



Texas Tech Aikido Club.

Dojo Kiku.



- Upon entering and exiting the dojo, bow in the direction of the picture of O Sensei.
- Safety First! Students must practice being alert not only to the front and to the partner with whom they are training, but to people on both sides and the back. Be aware of other people practicing around you so as to avoid accidental collisions.
- Treat others in the way you want to be treated.
- Never talk while an instructor is teaching.
- Never talk back to the instructor or a helper.
- Sit in seiza while being instructed, unless you are involved.
- When Sempai (senior student) is instructing in Sensei's absence, all dojo and instruction responsibilities rest on Sempai's position. In such cases, therefore, all students are under his/her authority, and must observe it accordingly.
- Sit properly while on the mat. Sit in seiza or cross-legged.
- Carry out the directives of the instructor promptly. Do not keep the rest of the class waiting for you!
- Keep talking during class to a minimum. What conversation there is should be restricted to one topic. Aikido.
- No goofing around while training.
- No shoes on the mat.
- Keep body and Gi clean.
- If you do not own a Gi (martial arts suit) then we recommend wearing clean, loose and inexpensive clothing.
- Long hair should be tied back.
- Keep your toe and finger nails trimmed properly.
- Act kindly toward less experienced students. No matter what your level of training may be, always cultivate in yourself a beginner's mind and heart. We are all learning, even Sensei!
- Do not take other's practice weapon without permission.
- Remove all jewelry before practice. If you have pierced parts you may need to cover rings or studs with tape.
- There is no shame in having to stop to catch your breath. Sit in seiza or cross-legged at the edge of the mat. (Do not lean on walls or columns in the dojo.) Your partner can join another pair until you are ready to continue.
- Do not engage in rough-housing or contests of strength during class unless by mutual consent of your partner.
- No sparring during class unless it is expressly part of the practice session.
- If at any time you are unsure of the proper behavior, or way of doing something, politely ask a senior student or watch what senior students do.