

Rules of the Dojo

1. Students must be punctual at all scheduled meetings.
2. Students must wear traditional judogi properly with a belt indicating their earned rank at all practice sessions.
3. Students must keep their judogi clean and in good repair.
4. Students must keep their bodies clean and fingernail and toenails trimmed.
5. Students must not wear jewelry or sharp objects during practice sessions.
6. Students must not chew gum or have food of any kind in their mouths while in the dojo.
7. Students must obey the instructions and respect the discipline of their seniors and instructors.
8. Students must practice only those techniques that have been formally presented by their instructors.
9. Students of lower ranks must seek to exercise with higher-ranking partners.
10. Students must not engage in idle talk while in the dojo.
11. Students must remain quiet and attentive when not exercising.
12. Students should always be courteous, respectful and helpful to each other.
13. Students are required to help keep the dojo clean and in good repair.
14. Students must use the correct form of standing or kneeling bows, when entering or leaving the dojo, and to each other at the beginning and end of each session.
15. Students must sit properly while on the mat.
16. Students must always be serious, sincerely entering into the spirit of the art of Judo, especially during randori and contests. The spirit of fair play, obedience to the referee's judgment, and giving as much importance to the attitude of the match or practice as to the results, are of the greatest importance.
17. Students must know the rules of the contest.
18. Students must not misuse the knowledge of the art of Judo.
19. Students must not leave the mat without the instructor's permission.