

Our Dojo and necessary Etiquette

Dojo Etiquette:

(Hold mouse over terms in blue for definition)

- Clothing should be comfortable; jogging trousers, t-shirt/sweat shirt are permissible if the student does not own a white [judogi \(or Gi\)](#). No zips or press studs are permitted
- All jewellery should be removed
- Long hair must be tied back
- Hands and feet must be clean with short finger and toe nails

- Clean white socks should be worn if students have foot infections (medical conditions of any kind must be notified to the Chief Instructor)
- Those students on medication must be able to administer it themselves
- Students under the age of 16 years must be collected by a parent/guardian from the hall. Children will be supervised at all times and will not be allowed to roam freely.
- There will be no smoking in the [Dojo](#), nor will food or drink be permitted.

- Whilst in the Dojo, and on the mat, all players will be SILENT
- [Judoka](#) will always [Rei](#) whenever a member of the Board of Custodians, or any Zen 4th Dan or higher visits a club and steps onto the mat. The players will be brought to a stop and will all [Rei](#) to the visitor (providing the visitor is of a higher grade than the highest grade currently on the mat).
- Visiting Senior Grades must not interfere with the running of individual clubs
 - On entering or leaving the Dojo
 - Stepping onto or off the mat
 - To your instructor at the start and finish of a teaching session
 - To your partner at the start and finish of [Randori](#) Or [Shiai](#)
 - Before addressing a Custodian

- When adjusting judogi, judoka will always sink onto one knee
- During Randori, movement should be relaxed, and techniques applied without strength
- It is the responsibility of the higher grade to look after the safety of a judoka of lower grade
- If [Matte](#) is called out by your partner or an instructor stop what you are doing immediately

- Copies of the official syllabus for the Zen Judo Family may be provided to a student by an instructor as he/she progresses through the belts
- The syllabus has been structured to give judoka a gradual introduction to judo
- Show respect to grades higher than yourself even if they are children

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