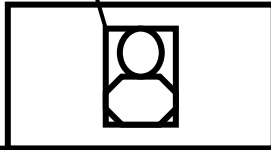
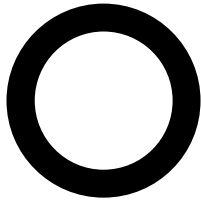


# Dojo Etiquette

The Grand Dojo 7F

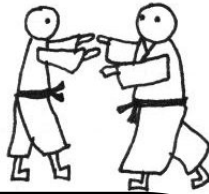
photo of Prof. Jigoro Kano



Treat instructors and your seniors with respect and courtesy.



Give your entire efforts.



When resting, sit in seiza, on the chair or stand, watch other people's practices, and learn something beneficial.

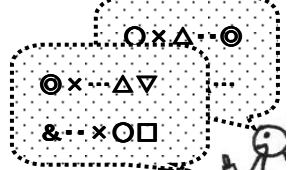


Before and after practice, sit in seiza and *always* perform *zareai*, and show your respect to each other.



**NO!**

Useless chatter or playing around.



**NO!**

Sitting with your legs straight out or lying



**NO!**

Playing around with your belt.



**NO!**

Running around.



**NO!**

Taking your jacket off, hats or caps, hanging your belt around your neck, leaving your jacket open.



The higher grade holder is on the right side and the lower is on the left side as one faces photo of Prof. Kano.

When entering or leaving the dojo area, straighten your judogi, stand properly, and do a *standing bow*.

