**Proper Dojo Etiquette**

“*A martial arts practice hall, a Dojo, is a place you go to practice being the best you can be.*” M Gerber

* Shoes and socks are to be neatly placed by the wall, outside the Dojo
* Remove watches, bracelets, wristbands, etc.
* Enter (and leave) the Dojo with a deep Bow of respect and with the greeting “Oss!”
* Practice strength in **humility**, never bragging about accomplishments or rank
* When **Shugo** (‘Attention, Line Up!’) is called:
  + Talking stops
  + Hurry to your place in line
  + Maintain good posture
* When **Seiza** (Kneel) is called:
  + Kneel quietly
  + Eyes front
  + Maintain good posture
* During class:
  + Respect all people
  + Listen intently to Sensei and Senpai
  + Stay focused
  + Train like a warrior
  + Enjoy your training

**Remember, your Dojo is a place where you are an important part of a team. It is your place to become stronger in Body, Mind and Spirit – Respect it and Enjoy it!**