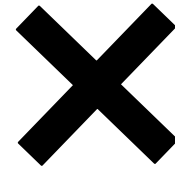
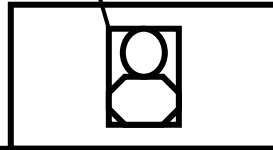
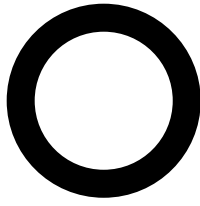


Dojo Etiquette

The Grand Dojo 7F

Photo of Kano Jigoro Shihan



Treat instructors and your seniors with respect and courtesy.

Make your utmost effort!

When resting, sit in *Seiza* or in the chair, or stand, and try to learn from other people by observing their training.

Before / after the training, sit in *Seiza* and always perform *zareai*, and show your respect to each other.

NO! Unnecessary chatting or playing around

NO! Sitting with your legs straightened out or lying

NO! Playing around with your belt.

Randori Session Here!

NO! Running around.

NO! Taking your jacket off,
Wearing a hat or cap,
Hanging the belt around your neck,
Leaving your jacket open.

The higher Dan holder is on the right side while the lower is on the left side.

Or the higher the Dan is, the closer he/she can stand near the photo of Kano Jigoro Shihan.

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

