

## **AIKIDO OF JACKSONVILLE RULES AND REGULATIONS**

1. **Withdrawal:** Member wishing to drop out must notify the chief instructor in advance. Members are responsible for paying dues until the time that they resign or are granted a leave of absence.
2. **Absences:** Member should notify the instructor by phone, in person, or by note, if an absence of two or more weeks is anticipated.
3. **Attendance:**
  - a. Members should be present at dojo at least 5 minutes ahead of time.
  - b. If any member is not present for two weeks consecutively and a valid reason is not presented, he can be disenrolled automatically.
4. **Tardy**
  - a. Members must dress promptly, bow to the instructor, then commence with training when invited onto the mat.
5. **Dues and Fees:**
  - a. Dues should be payed on time. **THERE WILL BE A LATE FEE FOR DUES NOT PAID BY THE 10 TH OF EACH MONTH.**
  - b. Those who are absent without leave must pay their dues and fees up to date.
6. **Dojo courtesy**
  - a. When entering doorway or upon stepping on mat area bow head in respect of dojo.
  - b. Do same when leaving dojo.
  - c. No leaning on dojo walls. No hands on hips and no arms crossed on chest. All are discourteous. When sitting, your feet should be crossed, unless sitting in seiza.
  - d. Dress promptly in clean uniforms.
  - e. Female members should wear a tee shirt under their uniforms.
  - f. When leaving dojo for short periods or having to leave early because of another engagement, members must have the permission of the instructor.
  - g. There will be no profanity or horse playing.
  - h. Ogling or making passes at any female member by a male will not be tolerated, and vice-versa.
  - i. Each member will ensure that nails are properly manicured.
  - j. Do not read comic books, chew gum, play radio, or make unnecessary noise; no smoking in the dojo, and no drinking of alcoholic beverages. If a member has been drinking prior to class time, he will be sent home.
  - k. Remove all rings, watches and jewelry.
  - l. Persons having any infectious condition (viruses, colds, fungal infections, poison ivy, etc.) will please not come to practice in consideration of the other students.

8. Upon starting the class, the senior student will give the signal by saying:
 

senior student	<b>“Kio Tsuke”</b>	- Attention
senior student	<b>“Mokuso”</b>	- Meditate
the <u>instructor</u> says	<b>“Yoi”</b>	- Good (Enough)
senior student	<b>“Shomen ni Rei”</b>	- Bow to the Front
senior student	<b>“Sensei ni Rei.”</b>	-Bow to the Instructor
  
9. When closing the class.
 

senior student	<b>“Shomen ni Rei”</b>	- Bow to the Front
senior student	<b>“Sensei ni Rei.”</b>	-Bow to the Instructor
  
10. Everyone will address the instructor or his assistant by "Sensei". (Sen-Say).
  
11. Each individual will show courtesy to his partner by bowing to him and saying Onegai Shi-Mas (Oh-nay-guy-she-muss) (please may I have the honor to practice with you), before class. Then, Domo Arigato Gozai Masu (Thank you very much) when class is over.
  
12. When you bump into someone accidentally, say Gomenasai (excuse me).
  
13. When the instructor claps his hands, that means he wants your undivided attention, so stop everything and sit on the mat.
  
14. There will be absolutely no boisterousness, bragging or boasting by any member, during class or otherwise. If anyone is caught doing so, he will be dropped from AIKIDO immediately.
  
15. No member will talk or discuss any matter under any circumstances while the instructor is speaking. Members will refrain from talking of matters unrelated to the Aikido class, during class times.
  
16. Remember, the AIKIDO proverb: The mountain does not laugh at the river because it is lowly, nor does the river speak ill of the mountain because it cannot move about. Speak ill of others and it will surely come back to you.