



Roanoke Budo Kai

Founder: Chris Gaston 1994



RULES FOR CONDUCT

Aikido is different from all other martial arts, only through training does one truly begin to comprehend the techniques. Do not have preconceived notions, be open minded. To quote O Sensei "Always train in a vibrant and joyful manner".

- 1) **Aikido is budo. The techniques learned in class are not to be used frivolously nor or they to be demonstrated to or on people outside of the dojo (practice hall).**
- 2) **Since all techniques have the potential to inflict serious harm, observe the instructors instructions and do not engage in contests of strength.**
- 3) **Assist in the maintenance of the mats, setting them up, putting them away and cleaning them is everyone's responsibility, this is not a commercial dojo.**
- 4) **If you are late for class, rei (bow) in to O Sensei and wait for the instructor to acknowledge you to join class.**
- 5) **Always rei (bow) when entering or leaving the dojo.**
- 6) **When the instructor is talking, pay attention. This lessons the possibility of injury for everyone.**
- 7) **Time to train is at a premium. Be fair to your training partner and keep conversation (when necessary) limited to the technique being worked.**
- 8) **Always be aware of who is around you. Remember your training partner is not your "throwing dummy" he/she is also a human being and didn't come here to get injured.**
- 9) **A little stiffness or soreness is to be expected however; report any injury immediately (no one should get hurt).**
- 10) **Do not train in any techniques other than the one Sensei has demonstrated. Do not attempt to counter or alter the technique Sensei has demonstrated.**
- 11) **Keep your nails (fingers and toes) cut short, your dogi (uniform) clean, remove jewelry before stepping onto the mats, do not walk on mats with your shoes, and when walking outside of the dojo wear zori (sandals) to keep dirt from being tracked into the dojo.**

****NEW STUDENTS** please send an e-mail to twinpalmsmt@gmail.com and list your name and contact information for our class records. Any contact information will be considered confidential. You may join the Google Groups to receive/ post information regarding class and/ or information posted by other Kai members.