



Roanoke Budo Kai

Revised 3/2023

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**”.

***NEW STUDENTS** please send a text message to [540-580-1231](tel:540-580-1231) and write your first and last name and e-mail address to be added to our email list. Once added you can send and receive email to the whole group. Also, go to www.RoanokeBudoKai.com and go to student resources to help you learn more.

- 1) 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**.
- 2) 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).
- 3) Since all techniques have the potential to inflict serious harm, observe the instructors instructions and **do not engage in contests of strength**.
- 4) **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.
- 5) If you are **late for class**, rei (bow) in to O Sensei and wait for the instructor to acknowledge you to join class.
- 6) Always rei (bow) when entering or leaving the dojo.
- 7) **When the instructor is talking**, pay attention. This lessons the possibility of injury for everyone.
- 8) Time to train is at a premium. Be fair to your training partner and **keep conversation (when necessary) limited to the technique being worked**.
- 9) 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.
- 10) A little stiffness or soreness is to be expected however; report any injury immediately (**no one should get hurt**).
- 11) 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.

How to Stand

~Always keep your knees soft (not locked) allowing you to lower your center and move freely when necessary with out losing your balance.

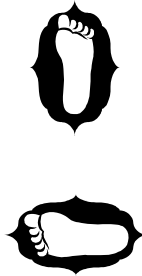
Maai (mah-eye)- the appropriate starting distance between uke and nage when practicing technique. (Approximately fingertip to fingertip when facing your partner while you both reach out in front of you.)

Neutral Stance- a persons natural standing position.

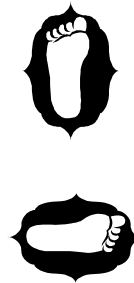


Hanmi (hawn-mee)- the relaxed triangular stance in Aikido, stable yet flexible enough to move quickly in any direction.

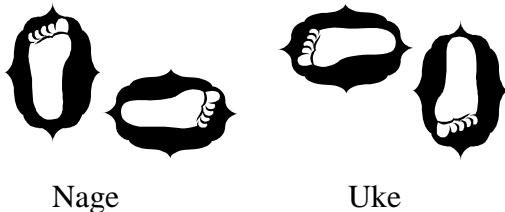
Migi (mee-ghee) **Hanmi**- Right foot forward.



Hidari (hee-dah-ree) **Hanmi**- Left foot forward.



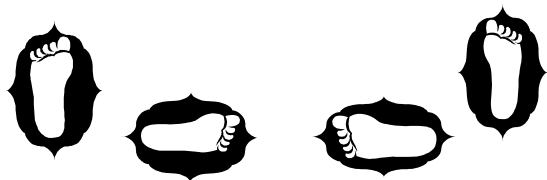
Ai (eye) **Hanmi**- (closed stance, opposite stance) partners stand facing each other, both having their same foot forward appearing to be the opposite side. **ex.** right/right or left/left.



Nage

Uke

Gyaku (gee-yah-koo) **Hanmi**- (open stance, same side stance) partners stand facing each other, having their opposite foot forward appearing to be the same side. **ex.** right/left or left/right.



Nage

Uke

Seiza- Formal sitting position. Knees approx. shoulder width while your 2 big toes over lap, right over left, making a triangle shape with your legs. Sitting on your feet while keeping your spine straight over your hips.