



PETER MORTON ACADEMY OF SELF DEFENCE

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ETIQUETTE STANDARD

The following description is the etiquette standard for the Peter Morton Academy of Self Defence and all of its branches. It is the responsibility of the chief instructors of each branch to ensure that assistant instructors and kyu grades conform to this standard.

1. **Motto.**

The motto of the Academy is;
"Be Master of Yourself."

2. **The Bow.**

2.1 *Bow from seiza.*

In seiza position the back must be straight, the hands closed and placed on the knees. When executing the bow, keep the back straight at all times during the bow. As you start to bend forward, move both hands from the knees and place them palms down on the ground in front of you, keeping the hands close together but not touching. The hands are now about right angles to each other. Continue to bend forward until the elbows are just touching the ground outside the knees, ensure that you keep your head up so that you can look down the tatami several metres in front of you. Stay for about a second at the bottom of the bow and then return to seiza.

2.2 *Bow from standing.*

Stand in a natural stance with your back straight, shoulders back and hands closed and placed on your legs at the top of the thigh. When executing the bow, keep the back straight at all times during the bow. Bend forward at the hips until your upper body is about 30 degrees off the vertical. Keep the hands on the thighs and eyes up and looking forward. It is not necessary to cock the head back. Stay for about a second at the bottom of the bow and then return to the natural stance.

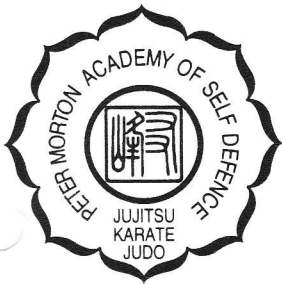
3. **Entering and leaving the Dojo.**

All judoka must bow at the door of the Dojo as they enter or leave.

4. **Sitting around the Tatami (Mat).**

When the chief instructor calls judoka "Around the mat", the following rules must be observed.

4.1 All judoka must move quickly to their positions around the tatami. All black belts at the head of the tatami. The chief instructor and any senior grade instructors occupy the centre and all lower Dan's sit at either side of the centre. Kyu grades (where possible) sit opposite



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the Dan's with the 6th Kyu's sitting to the right and progress up in grades to 1st Kyu on the left. See figure 1.

- 4.2 Judoka must sit in the seiza position for Opening and Closing ceremonies. At other times during training, judoka may sit in seiza or with their legs crossed.
- 4.3 All judoka must remain silent during the time they are around the tatami.

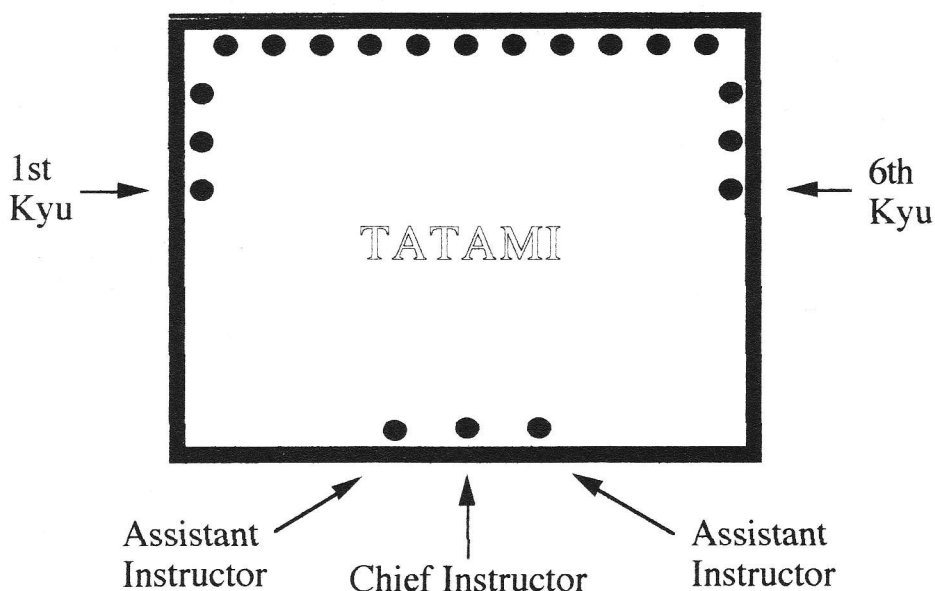


Figure 1. Sitting Around the Mat.

5. Opening ceremony.

The opening ceremony is the formal commencement of the class. All judoka are to gather around the tatami as laid out in paragraph 4.

Upon the command of the chief instructor (“Soke Ni Rei”) all judoka shall turn and face either Soke Peter Morton, if he is present in the Dojo, or to his picture and will bow (“Rei”). This bow is done as a sign of respect to our Principal and Founder. All judoka will then turn back to face the centre of the mat.

Upon the command of the chief instructor (“Otagai Ni Rei”) all judoka shall bow to the centre of the mat. This bow is done as a sign of respect to the chief and other instructors.

Upon the command of the chief instructor (“Tate”) all judoka shall jump to their feet and once again bow. This bow is a general bow and is done as a sign of respect to all judoka.



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If there is a visiting Black Belt with the grade of Yondan or above, the second bow, to the instructors as described above, is substituted with a bow to the visiting black belt. This is done by the regular black belts turning to face the visitor and bowing. The black belts will then turn back to face the class. All judoka will then jump to their feet and once again bow.

6. **Closing ceremony.**

The closing ceremony is the formal completion of the class. It shall be conducted in the same manner as the Opening Ceremony as laid out in paragraph 5.

7. **Presentation of Certificates.**

When certificates of grade are to be presented, the whole class is to be seated around the tatami. (See paragraph 4). When a judoka is called up to the head of the tatami to receive their certificate of grade, the judoka may then walk across the tatami and stand before the presenter. They must then bow to the presenter, then shake hands with their right hand and accept their certificate with their left hand. After receiving their certificate they should again bow to the presenter and then return to their seated position.

8. **Addressing instructors.**

All judoka must address their instructors by the following titles.

- 8.1 Any Kyu grade instructor by Mr., Mrs. or Miss. <surname>.
- 8.2 Any Teacher (purple belt), Shodan, Nidan or Sandan by Sensei <surname>.
- 8.3 Any Yondan or Godan by Renshi <surname>.
- 8.4 Any Rokudan or Nanadan by Shihan <surname>.

9. **Randori and Kumite.**

When two or three judoka are on the tatami for Randori or two man attack, the following etiquette must be observed. All signals and directives given by the referee must be observed by the combatants.

Bowing in.

- (a) Judoka bow to the head of the tatami, then...
- (b) Judoka bow to each other.
- (c) Wait for the start signal from the referee, "Hajime".

Bowing out.

At the completion of the bout,

- (a) Judoka bow to each other, then...
- (b) Judoka bow to the head of the tatami.



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10. Cleanliness.

The following rules must be observed at all times in the interests of health and safety for all judoka.

- 10.1 All judoka must have a clean body and hair, especially hands and feet.
- 10.2 Finger and toe nails are to be clean and cut short.
- 10.3 The chewing of gum, eating, drinking or smoking are not permitted in the Dojo.
- 10.4 *Blood Bin Policy.*

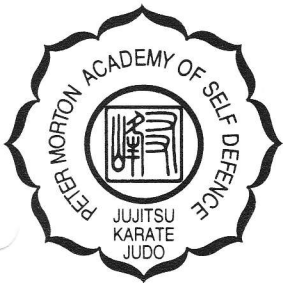
During the course of training, if an injury occurs such that the skin is broken and bleeding occurs, that person must be immediately removed from the tatami area and treated for the injury. They are not allowed to return onto the tatami until the injury site has stopped bleeding and/or that the site has been properly dressed to prevent further injury and/or loss of blood. Also, all blood stained clothing must be removed before the person is allowed back on the tatami. Blood stained clothing and particularly judogi's must be taken home and properly washed before they are to be worn back in the Dojo. Any blood that falls onto the tatami must be immediately cleaned away before any training can continue in that area of the tatami.

11. Dress.

- 11.1 No watches, jewellery or adornments of any nature are to be worn during training. New ear piercing studs will be permitted until such time when they are allowed to be removed.
- 11.2 No footwear is allowed to be worn or brought onto the tatami at any time.
- 11.3 The judogi must be clean and in good general condition with no rips or tears. A torn judogi is potentially dangerous in that joints or limbs can be injured if they are caught in the tear during training.
- 11.4 The whole Judogi must be worn with the jacket under the belt during Opening and Closing ceremonies and at certificate presentations.
- 11.5 The whole Judogi must be worn at all times by judoka participating in their grading.
- 11.6 Judoka must kneel on one knee when tying their belt around the waist. Belts are to be worn at all times during the lesson.
- 11.7 Jackets may be removed in general classes, however, only during Exercises, Tsuki and Geri sections.

12. Code of Conduct.

The following rules are for all members of the Academy and, unless specifically stated, these rules shall apply at all times, i.e. both in and outside of the Dojo (24 hours every day). Through their actions and behaviour, any members found violating any of these rules will be subject to disciplinary action that shall encompass; stern reprimands, temporary suspension, or permanent expulsion as a member of the Academy.



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- 12.1 All judoka must practice respect, self restraint and humility at all times.
 - 12.2 Techniques are NOT to be used indiscriminately.
 - 12.3 Techniques are NOT to be used just for the sake of showing off.
 - 12.4 Techniques are NOT to be used as an initial form of aggression.
 - 12.5 *Techniques are ONLY to be used in a genuine self defence situation.*
 - 12.6 Members must not act in a manner so as to bring discredit on the Academy. Any member found doing so will be dealt with severely.
 - 12.7 Members must not act in a violent manner where intentional harm is meant.
 - 12.8 Members shall not arrive to training under the influence of alcohol or other intoxicating substances.
 - 12.9 Any member found engaging in illegal substance abuse shall be dealt with severely.
 - 12.10 Within the Dojo, judoka are expected to exhibit proper decorum in the Dojo and should not engage in idle talk or frivolous behaviour.
 - 12.11 Within the Dojo, training should be brisk and sincere.
- 13. General Etiquette.**
- 13.1 If a Judoka wishes to interrupt a class they must wait at the side of the tatami for an appropriate moment, then approach and bow to the Sensei. After the interruption the Judoka must again bow to the Sensei.
 - 13.2 If Judoka arrive late or wish to leave early from the class, they must approach the Sensei and give a reason. If Judoka wish to leave the Dojo for a short period of time, they must also approach the Sensei and ask to be excused. (See paragraph 13.1).
 - 13.3 All injuries that occur during class must be reported immediately to the chief instructor for evaluation and/or treatment. (See paragraph 10.4) Also any judoka that is carrying an injury must inform the chief instructor such that they may give alternate exercises so as not to aggravate the injury.
 - 13.4 The Sensei is to be aware of Japanese terminology for techniques. However the use of Japanese terminology is optional except when it is prescribed by the syllabus.