



PETER MORTON ACADEMY OF JUDO JUJITSU KARATE

モートン流自修館柔術

Etiquette

1. *In the Dojo*
2. *On the tatami*
3. *Training*
4. *Addressing an instructor*
5. *The bow*
6. *Dress*
7. *Personal hygiene*

It is the responsibility of a dojo Chief Instructor to ensure that all persons in a dojo adhere to Academy etiquette.

1. In the dojo

- 1.1 Whilst in a dojo, proper decorum is to be exercised at all times.
- 1.2 No junior member is to leave a dojo unless accompanied by an appropriate person.
- 1.3 A member must:
 - 1.3.1 bow to a sensei before and after an interruption
 - 1.3.2 wait for an appropriate moment if they wish to interrupt a sensei
 - 1.3.3 wait at the side of the tatami for an appropriate moment if they wish to interrupt a sensei in charge of a class.
- 1.4 A student must:
 - 1.4.1 inform the sensei in charge:
 - 1.4.1.1 of their presence in a dojo when that student arrives late
 - 1.4.1.2 if that student wishes to be excused:
 - 1.4.1.2.1 early from training
 - 1.4.1.2.2 during a class
 - 1.4.2 state a reason when seeking to be excused from:
 - 1.4.2.1 training
 - 1.4.2.2 a dojo.
- 1.5 A non-participant must:
 - 1.5.1 not interfere with class instruction
 - 1.5.2 not interrupt a class without reasonable cause
 - 1.5.3 wait for an appropriate moment if they wish to interrupt a sensei.

- 1.6 Within the dojo, no:
 - 1.6.1 idle talk
 - 1.6.2 frivolous behaviour
 - 1.6.3 chewing of gum
 - 1.6.4 eating
 - 1.6.5 alcohol consumption
 - 1.6.6 smoking.
- 1.7 Entering and leaving a dojo is to be done in a quiet and orderly manner.
- 1.8 A member must bow:
 - 1.8.1 in, as they enter
 - 1.8.2 out, as they leave.

2. On the tatami

- 2.1 On command of an Instructor all activity will cease immediately.
- 2.2 A participant must observe all directives given by an Instructor.
- 2.3 A belt of grade or rank must be worn at all times.
- 2.4 A member of any standing must kneel on one knee when tying or adjusting a belt of grade or rank.
- 2.5 A non-participant must not go onto a tatami, except when invited by an eligible Dan Belt.

3. Training

- 3.1 On command of an Instructor all activity will cease immediately.
- 3.2 A participant must observe all signals and directives given by an Instructor.
- 3.3 All activity between training partners or opponents will cease immediately when a training partner or opponent:
 - 3.3.1 taps out
 - 3.3.2 uses any signal to indicate stop
 - 3.3.3 appears injured.
- 3.4 Training must be brisk and sincere.

4. Addressing an instructor

- 4.1 A sensei is to be aware of Japanese terminology for titles and techniques.
- 4.2 The use of Japanese terminology is optional, except when it is required by the Academy Syllabus.
- 4.3 An instructor is to be addressed by the title of:
 - 4.3.1 Mr. Mrs. Miss – *Kyu grade (all levels)*
 - 4.3.2 Sempai – *1st Kyu instructor, Junior Black Belt*
 - 4.3.3 Sensei – *Purple Belt, Shodan, Nidan, Sandan (1st – 3rd dan)*
 - 4.3.4 Renshi – *Yondan, Godan (4th – 5th dan)*
 - 4.3.5 Shihan – *Rokudan, Nanadan, Hachidan, Kudan (6th – 10th dan)*
- 4.4 In a class situation it is acceptable to address a Dan Belt instructor of any standing as *Sensei*.

5. The bow

- 5.1 As a sign of respect, a bow (rei) must be performed:
 - 5.1.1 upon entering or leaving a dojo
 - 5.1.2 before and after a:
 - 5.1.2.1 training class
 - 5.1.2.2 grading
 - 5.1.2.3 seminar
 - 5.1.2.4 official ceremony
 - 5.1.3 when on the tatami to:
 - 5.1.3.1 a training partner
 - 5.1.3.2 the chief instructor at the head of the tatami
 - 5.1.3.3 an opponent
- 5.2 Kneeling position bow – *seiza*:
 - 5.2.1 kneel with the:
 - 5.2.1.1 back straight
 - 5.2.1.2 hands closed and resting on the knees
 - 5.2.2 with a straight back, begin to bow forward
 - 5.2.3 from the knees, move both hands toward the tatami in front of the body
 - 5.2.4 continue to bow forward
 - 5.2.5 keep the elbows to the outside of the knees
 - 5.2.6 keep the hands:
 - 5.2.6.1 open palms down
 - 5.2.6.2 close together but not touching
 - 5.2.6.3 almost at right angles to each other
 - 5.2.7 place the hands, left hand first closely followed by the right, flat on the tatami in front of the knees
 - 5.2.8 tilt the head up so that a line of sight is a few metres forward down the tatami
 - 5.2.9 stay at the bottom of the bow for about one second
 - 5.2.10 return to the *seiza* position.
- 5.3 Standing position bow:
 - 5.3.1 start in a natural stance with the hands:
 - 5.3.1.1 closed
 - 5.3.1.2 placed on the top front of the thighs
 - 5.3.2 bow forward at the hips until the upper body is about 30 degrees off vertical

- 5.3.3 keep the:
 - 5.3.3.1 hands on the thighs
 - 5.3.3.2 head tilted back
 - 5.3.3.3 eyes looking forward
- 5.3.4 stay at the bottom of the bow for about one second
- 5.3.5 keep the back straight through the bow
- 5.3.6 return to a natural stance.

6. Dress

- 6.1 A judogi must:
 - 6.1.1 be correctly worn:
 - 6.1.1.1 at a ceremony or grading
 - 6.1.1.2 with the correct belt of rank or grade
 - 6.1.1.3 with the judogi jacket left side folded over the right side
 - 6.1.2 be clean and in good general condition with no rips or tears
 - 6.1.3 whilst being worn on a tatami, not have any part removed without the permission of the Chief Instructor.
- 6.2 Prohibited dress items whilst on a tatami:
 - 6.2.1 skimpy or flimsy clothing
 - 6.2.2 footwear
 - 6.2.3 adornment of any nature.
- 6.3 Excepted dress items whilst on a tatami:
 - 6.3.1 pierced body adornments that are safely taped up
 - 6.3.2 a wedding ring.

7. Personal hygiene

- 7.1 A participant must not have a transmissible disease.
- 7.2 A wound or sore must be safely covered.
- 7.3 The body and hair must be clean, especially hands and feet.
- 7.4 Fingernails and toenails are to be clean and cut short.
- 7.5 Footwear must be worn when going to, from and whilst in a toilet.