

etiquettes...1

UNDERSTANDING that the DO-JO is sacrosanct; that it is a refuge for the body and a temple for the mind and spirit,
AND UNDERSTANDING that the Dojo Experience is an experience of the mind, body and spirit.

IT IS THEREFORE IMPORTANT that, as Practitioners, we understand the need to be in accord with the etiquette and rules of the dojo to enable us to fully experience Ninjukai Taijutsu.

TO ATTAIN THIS, we must ensure that at all times we are in harmony with...

1.0 THE MAT ETIQUETTE

1.1 *The Formal Bow (kneeling bow - Zarei)* By custom, the class ought to be opened and closed formally with the kneeling bow (Zarei). The Kyoshi takes the responsibility for all opening & closing bows. All Instructors and students must lined up and the Kyoshi then walks into the mat area for the Opening Bow and likewise leaves the mat after the closing bow before the Class is dismissed.

1.2 *The Standing Bow (Ritsurei)*: On entering or leaving the mat area the proper procedure is for a student to perform a RITSUREI (standing bow) towards the direction where the teacher normally stands.

Bowing is the Western equivalent of "shaking hands". It is intended as a sign of respect and courtesy and not subservience. Members and Instructors are therefore required to bow when approaching each other on the mat area, either for training or other purposes. It is proper to ritsurei to any opponent without exception, before and after any form of practice or when members approach or liase with one another.

Late arrivals to classes must attract the instructor's attention, perform a standing bow and then enter the mat when approved to do so.

1.3 *Use of Honorific Titles*: The following is the proper etiquette of addressing instructors, (a) The Chief instructor of 5th Dan and above should be addressed as SHIHAN (Grandmaster) at all times, (b) The Chief Instructor 3rd Dan & 4th Dan should be addressed as SHIDOSHI (Master) at all times, (c) Licensed Instructor (1st Dan) & Senior Licensed Instructors (2nd Dan) to be addressed as RENSHI or SENSEI during classes and within the Dojo, (d) Certified Instructors of Jonin Level (Brown Belt & Shodan Dai) to be addressed by their honorific titles of JONIN during classes and within the Dojo, (e) Senior Trainee Instructors of Chunin Level (Red & Purple Belts) to be addressed by their honorific title of CHUNIN during classes only, (f) Trainee Instructors of Genin Level (Green & Blue Belts) could be addressed by their honorific title during classes only.

1.4 *Our conduct during Class*: One must view a formal class as an opportunity to subject oneself to the humbling experience of self-realisation to know one's true potential where one finds balance and harmony. Therefore, understanding that a proper decorum is necessary to run the classes effectively, the following conduct will be deemed improper – chatting, laughing, eating, chewing, standing with folded arms or showing indifference while the instructors are teaching or demonstrating, walking off the mat without informing the instructor.