

# etiquettes...2

## 2.0 OUR ATTIRE

**2.1 *The full attire:*** It consists of the Gi, Belt and Hachimaki (+ optional tabi shoes) must be worn during classes and while training. No other outfit or shoes are allowed on the mat.

**2.2 *The Gi:*** Members are allowed the option of wearing the full Black Gi or the Camp Gi (camouflage). They are two separate sets of gis and members will not be allowed to combine the sets to wear. Gis purchased from outside without the Society's logo are not allowed.

**2.3 *Undergarments:*** T-shirt or leotard can be worn under the gi but they must be black in colour with no visible motifs.

**2.3 *New members:*** An exemption from the full attire for up to 2 months. They will however be expected to wear the hachimaki and attend classes with track-pants/shorts, t-shirt (black or dark blue). No shoes of any kind (except the Tabi) will be allowed on the mat.

**2.5 *Hachimaki:*** During training all members shall wear a cloth headband known as the Hachimaki. The colour of the hachimaki denotes the rank of the person that wears it.

**2.6 *Cleanliness, Hygiene & Cosmetics:*** The Gi is a reflection of the person wearing it; one must ensure its cleanliness and no cosmetic items like jewellery, rings, medallions, watches, nose & ear studs etc. should be worn once the Gi is put on. Long toe nails or finger nails must be trimmed to avoid injury to opponents and one-self.

## 3.0 THE WEIGHT AREA ETIQUETTE

**3.1** The gymnasium is an integral part of the dojo, it helps students maintain a good physical state, thereby enhancing their training prowess. Students below 15 years old are prohibited from using equipments in the gymnasium without an instructor's supervision.

**3.2** It is the duty for those who use the gymnasium to help keep the place organised, clean and tidy. Students must replace all weights they have used back on the racks or stands provided. Weights are not to be placed in an unsafe manner that could endanger others. It would be considerate to have a sweat towel to wipe down the equipment after use. Do not litter the place by placing towels or clothings on equipments or the floor.

**3.3** Those training must be appropriately dressed (e.g. T-shirt, tank-top, singlets & track pants or shorts with shoes.). Training shoes must also be worn; no open footwear, thongs or bare feet permitted.

**3.4** The Weight area is a place for serious training not gossiping or idle talking. At the start or end of a formal class or during a meditation session or when the Shihan/Kyoshi is talking to a class, there is to be complete quiet in the weight training area.

**3.5** Students are responsible for their own safety and ensuring that they are familiar with the equipments they are using.