



York Shodokan Aikido Club

Safety and Etiquette

This sheet is available from the web site at www.york-aikido.org. The instructors reserve the right to ask you to leave the class or the club if you are unsafe and/or rude.

Safety on and off the mat

- ◆ **No insurance, no training.** *No excuses will be accepted.*
- ◆ If you hear *yame* <yah-meh> stop whatever you are doing immediately.
- ◆ Please have finger and toe nails clipped, clean clothes and be generally presentable.
- ◆ Remove all jewellery (rings, chains, bracelets, earrings, or other removable body piercings, etc...) before training.
- ◆ Any cuts, grazes and other minor injuries must be taken care of appropriately.
- ◆ See an instructor as soon as you notice any injury in either yourself or others.
- ◆ If you need to leave the mats during class, please ask an instructor for permission.
- ◆ Be mindful of break falling people and be mindful where you throw people.
- ◆ Pay attention to the instructor's instructions.
- ◆ If a technique is painful, tap with your hand on either the mat or your side.
- ◆ If someone else taps, stop what you are doing.
- ◆ If you are uncomfortable with anything, please let the instructor and/or your partner know.

Etiquette on and off the mat

- ◆ If you do not have a dogi (suit) wear comfortable clothes you can move in.
- ◆ Before a class, help put the mats out.
- ◆ After a class, help put the mats away.
- ◆ Before practice, bow to your partner and say *onagai shimasu* (Let's practice)
- ◆ After practice, bow to your partner and say *domo arigatou gozaimashita* (thank you very much).
- ◆ If you arrive late, wait till an instructor says it is fine for you to get on the mats.
- ◆ Off the mat, wear suitable footwear.
- ◆ On the mat, do not wear any footwear.
- ◆ Do pay membership, insurance and class fees promptly.
- ◆ There are no stupid questions, if in doubt ask.
- ◆ Curry is the traditional meal of the Aikidoka thus after each grading, come and eat one.
- ◆ Train with a smile.
- ◆ Have fun!