

## **Seminar Etiquette**

Please sign in at the registration desk

Please wear dogi, hakama if dan rank, **no socks/tabi or sweatbands, remove jewelry**

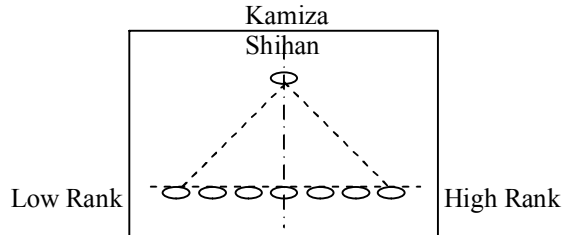
Please prepare to stay on the mat from the start of a session until the end

Stepping on & off the mat Bow

Before start of session line up in rank order, centered on Kamiza, in Seiza, knees aligned

Shihan will step on the mat and bow to the Kamiza from seiza

Shihan will sit in seiza at the front of the class facing the Kamiza



### **To open class**

Following Shihan's lead

Breathing exercise

Place hands together and bow

Repeat

Clap twice

Bow

Shihan will turn to face students, Bow and all say: "Onegai shimasu" (Please train with me)

### **During class**

Please practice with different partners

Face each other in Seiza, higher-ranking student on the Kamiza side

Bow and say: "Onegai shimasu" (Please train with me)

Before changing partners

Face each other in Seiza, higher-ranking student on the Kamiza side

Bow and say: "Domo Arigatou Gozaimashita" (Thank you very much)

Do not line up in rank order until end of class

For technique demonstrations Semi-Circle around Shihan leaving space for demonstration

### **Please follow Shihan's direction in everything**

To ask Shihan for help, stand nearby until recognized then Bow

Bow to Shihan before and after instruction

### **Coming Late or Leaving Early - Don't,**

If unavoidable

If late sit in Seiza near low end of mat until recognized by the Shihan, Bow to Shihan

Ask to Train, Bow to Shihan, Bow to Kamiza, Join in

If you need to leave the mat, Stand near Shihan until recognized, Bow to Shihan

Give a Great Excuse, preferably detailing physical damage, Bow to Shihan, Bow to Kamiza

### **To close class**

All will face the Kamiza

Line up in rank order, centered on Kamiza, in Seiza, knees aligned

Following Shihan's lead

Breathing exercise

Place hands together and bow

Repeat

Clap twice

Bow

Shihan and students face each other,

Bow and say: "Domo Arigatou Gozaimashita" (Thank you very much)

Stay in seiza until Shihan leaves the mat and the person to your right bows & stands