

Tatsu Dojo Rules and Etiquette

For everyone's benefit, we ask all students adhere to the following:

Bowing (Not a religious act)

- Upon entering and leaving the dojo
- Before and after class
- Before and after training with a partner

Class Start Time

- Class will start on time. Get to the dojo early and be prepared to start on time

Arriving late

- If you arrive to class late, dress and warm-up. Then wait to be invited onto the mat.

Clothing

- Make sure your uniform (*dogi*) or clothes are clean and without wrinkles
- Never wear your uniform outside the dojo

Hygiene

- Trim finger and toenails before coming to class
- No perfumes, makeup or nail polish
- Tie long hair in a tight bun – no ponytails
- Absolutely no jewelry of any kind. This includes all rings and body piercings

Cleaning

- Make sure the dojo is clean at all times
- Do not leave garbage on shelves or on the floor
- The mats will be cleaned after every class
- Never wear shoes on the tatami mats

Training

- Come to class prepared to train
- Train with honesty and sincerity
- Give your partner solid strikes and attacks
- Go slower with newer students
- Avoid talking or joking during training

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