

GSJJ Dojo Rules

1. Be on time for training.
2. Bow when entering or exiting the dojo and before and after practicing with a partner. It is a greeting and a sign of respect.
3. If you need to leave before the end of the class, let the sensei know in advance and make sure you bow out to your partner and to the sensei before leaving the dojo.
4. Ask permission if you need to leave the Dojo during a session.
5. When seated on the mat, sit in anza (legs crossed) or seiza (kneeling).
6. Students should remove all jewelry before class, for their own safety and that of others.
7. Fingernails and toenails should be kept short and clean to avoid scratching and infecting one's partners. All open cuts must be covered by a bandage.
8. Keep your gi (uniform) clean and in good repair.
9. Bring a named drink bottle (with water or appropriate sports drink) to training and ensure you use it during breaks.
10. Don't do or say things that could harm your fellow judoka (students) or the GSJI.
11. Be courteous and helpful to all judoka at all times.
12. Do not talk while the instructor is talking or demonstrating.
13. Remember only sensei may teach judo. Do not "teach" judo to your friends. If they want to learn, invite them to class, every one is welcome!

Respect Each Other



Help Each Other



Be Supportive



Be Courteous

