

Reiho (Etiquette)

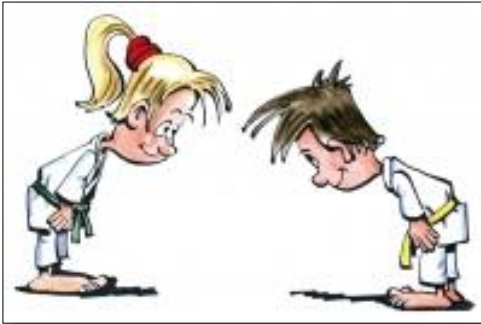


Kin Su Dojo



- Be in time for Class
- Leave shoes facing outward from the edge of the mat
- If late, kneel at end of mat till you are acknowledged by Sensei
- Bow to centre of mat when entering or exiting the mat
- Never cross in front of the instructor go round the mat instead
- Keep fingernails and toenails trimmed and clean
- Come with a clean Gi
- Bring water and Zori (Flip –flop) with you
- Foul language is not permitted
- No jewellery is to be worn on the mat
- No talking when a technique is being demonstrated
- Keep talking to a minimum
- Any conversation should relate to class subject
- Refer to Black Belts as sensei
- Be aware of your surroundings and maintain a safe environment when training
- Always ask permission before leaving the mat

Judo's Moral Code

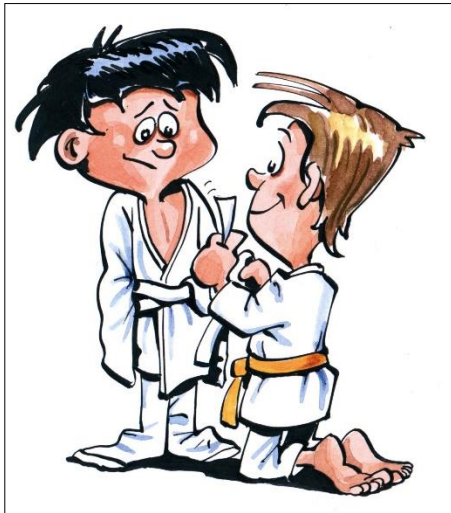
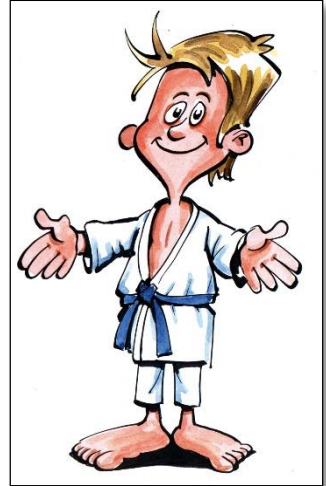


Politeness

Treat your training partners and opponents in competition as your friends. Show your respect for each judo practitioners through a neat bow.

Honesty

Fight fair, without unsportsmanlike actions and without ulterior motives.



Helpfulness

Help your partner, to learn the techniques properly. Be a good Uke. Supported As a higher-Graduate / Training Older support the beginners. Help the new comers to find their way in the group.

Respect,

Treat your teachers and older trainees with respect. Recognize the achievements of those who have practiced judo before you.



Seriousness

Be concentrated in all exercises and competition and totally engaged in the matter. Develop a positive training attitude.



Courage

Be brave in Randori and competition. Never give up, not even when defeat threatens or when confronted with a seemingly far more powerful opponent.

Self-Control

Pay attention to punctuality and discipline in training and competition. Never lose your self-control on the mat, even in situations that you feel are unfair..



Modesty

Stay in the background. Talk about your success without exaggeration. Emulate those who are more capable and not those whose performance level you have already achieved.

Esteem Acknowledge the performance of all who give their best within their abilities.



Friendship

Respect these values and all people. Then you'll inevitably find friends in judo.