



Heisei Budo

Dojo Rules and Etiquette

Please be aware of the following rules that are enforced in this dojo. If you cannot follow these rules and are not happy or comfortable in this environment you are under no obligation to continue your training and may leave at any time. These rules are to ensure everyone is on equal ground in regards to etiquette and respect:

- Only those able to exercise true patience, self-control, and dedication shall be allowed to participate
- If you arrive after the class begins or are not ready in time to begin you must be quiet while getting ready. Do not disturb those who have are ready on time. Do not walk in front of the kamidana or the class. Please walk to the rear perimeter of the room if necessary.
- Although we take a relaxed approach to the training, certain formalities (bowing, etc.) are observed while actually involved in giving and receiving instruction
- We do not use honorifics as a rule but they are very appropriate:
Geniality and respect between all training members, student and teacher, is the rule and will be observed.
Students should also be aware of certain politeness that will make them more comfortable if there should be an opportunity to go to Japan and study or if a Japanese instructor visits us.
- You were all beginners at one point and uncomfortable to train with in the beginning. Remember that when training with new members. Do not disrespect those with less experience than yourself. Treat your seniors with respect, your juniors with care.
- It is your responsibility to participate and be involved. You get out of training what you put in. If you are being left out, get yourself involved.
- The classes are conducted in a supportive, non-competitive atmosphere with the emphasis on safety. The reason for this is because, as mentioned, the techniques are real and have not been adapted for use as a sport. They must be practiced in a certain way or injury will result. **DO NOT PLAY AROUND!** Take your training seriously and practice only what is shown.
- The speed at which technique exchanges occur must be appropriate for the level and ability of the participants; training dynamics must be mutually agreed on in advance by "attacker" and "receiver."
- Testing will *only* be for members who attend regularly (minimum 5x's/month – 20x's between testing periods) and whom do not participate in other **Bujinkan** dojos.

If there are any questions or concerns you must address them immediately with the instructor and action can be taken without delay. This is for everyone's benefit.