



# International Judo Center

## RULES OF STUDENTS CONDUCT

### **Judo Etiquette:**

1. Must be respectful.
2. Must conduct oneself in a humble and appreciative manner.
3. Must respect one's uniform and never wear Judo Gi without an obi (belt).
4. Must listen more than talk. Do not interrupt Sensei (instructor/teacher, Sempai (senior student), or other students.
5. Must execute instructions given by Sensei or Sempai IMMEDIATELY.
6. Must be grateful when assisting Sensei during demonstrations.
7. Must not express opinion unless asked to. If there is an issue with anything, then ask Sensei, Sempai, or dedicated school staff privately.
8. Outside of a Judo Waza (technique execution), Uchikomi (technique imitation), Kumikata (grip control), Randori (sparing), or Shiai (competition) students must conduct themselves in a manner to not cause a physical or emotional injury to another Judoka (student). Students must keep their cool and not get emotional during a Judo bout. Any aggressive behavior may cause the student to be expelled.
9. Must not use Judo as means of any physical activity outside of a dojo.
10. Must strive to come into the dojo without the burden of the outside world. Have a positive and healthy attitude to train.
11. Must remain in standing position when Sensei or Sempai is standing unless instructed otherwise.
12. Must ask before taking a sitting or kneeling position when Sensei or Sempai is in a sitting or kneeling position.
13. Must rise when Sensei enters the mat area.
14. Must maintain control of one's body and not make unnecessary sounds or movements.
15. Must not call Sensei by the first name in the dojo.
16. Adhere to Sempai/Kohai (senior/junior) relationship at all times.
17. Must not touch anything that is not yours.
18. Must treat others as how you would like to be treated.

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### **In the Dojo:**

1. Must be on time (15 minutes before the class starts).
2. Must follow all bowing etiquette when entering and leaving the mat or the dojo.
3. Must be barefoot on the mat. Absolutely no footwear of any kind (including socks) is allowed on the mat.
4. Must not walk barefoot on any surface but the mat.
5. Must not bring outside footwear inside the dojo mat area.
6. Must wear easily removable footwear, such as slippers, flip-flops or alike around the mat area, in the bathroom, or locker room.
7. The Judo uniform and dojo footwear must not be used outside of the dojo.
8. Must not touch any equipment without permission of the Sensei (instructor/teacher), Sempai (senior student), or dedicated school staff.
9. Must not step on the mat without permission of the Sensei, Sempai, or dedicated school staff.
10. Must not leave the mat without permission of the Sensei or Sempai or dedicated school staff.
11. Must not horseplay or fool around in the dojo at anytime.
12. Must not use any derogatory language.
13. Must privately inform Sensei, Sempai, or dedicated school staff of any illness, injury, fatigue or any other physical discomfort before the class starts, or immediately after the discomforting feeling is first experienced.
14. Any external bodily decorations are forbidden in the dojo.
15. Must not wear any metallic or plastic hair pins or clips. Any protective gear must be of elastic material.
16. Must maintain an average of at least a "C" grade or equivalent at school to be allowed in the dojo. If school grades constantly deteriorate and no improvement is evident, then the student will be banned from this Judo program.

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## RULES OF STUDENT CONDUCT

### **In the Locker Rooms and Bathrooms:**

1. Must spend as little time as possible when changing in the locker rooms.
2. Must spend as little time as possible when in the bathrooms.
3. Must not horseplay or fool around in bathrooms or locker rooms.
4. Must fold and stack clothes neatly on the shelves in the locker rooms.
5. Must maintain a clean and safe environment.
6. Must follow all Hygiene rules in the bathrooms and locker rooms.
7. Bathrooms and locker rooms are for the students' use only.
8. Boys should never enter girls' locker rooms or bathrooms.
9. Girls should never enter boys' locker rooms or bathrooms.
10. Must never be barefoot in the bathrooms.

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### Hygiene:

1. Judo Gi must be clean, wrinkle and odor free.
2. Must not attend a class if ill (if to be absent, we ask that parents/students notify the school before the class).
3. Students will not be allowed on the mat if they have any open skin wounds or rashes.
4. Must always maintain accurately trimmed and clean finger and toe nails.
5. Must wear clean under clothing.
6. Boys must not wear any shirts under the Judo Gi unless otherwise instructed.
7. Girls must wear clean, white, and free of any decorations shirts under the Judo Gi.
8. Must not have any excessive bodily odors.
9. Must tie up the hair if it is so long as hanging below the collar of the Judo Gi.
10. Must inform the Sensei (instructor/teacher), Sempai (senior student), or dedicated school staff if there is any bleeding from any part of the body.
11. Must maintain clean ears and nose.
12. Must not attend to congested nose or ear in public.
13. Must use a personal towel to wipe off any excessive perspiration.
14. Must not chew gum, eat or drink while in the dojo.
15. Generally, must follow healthy eating and drinking habits.

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