



Minimum Standards of Behaviour

- Responds to the Instructor when spoken to
- Responds to all instructions during class (with 'Hai' or 'Osu')
- Allows others to train without interfering, either verbally or physically
- Follows basic Dojo etiquette (shoes away neatly, bows at front entrance and when going on & off the mat etc)
- Demonstrates basic courtesy and politeness, both on and off the mat
- Asks Instructor before going off the mat during class eg. for toilet or water break
- Is able to sit quietly for a few minutes during the bow-in before class
- Is punctual to class
- Is appropriately attired and clean (Gi, clothes, face, hands, feet etc)