



THE JUDO ACADEMY

‘Technique Over Strength’

Etiquette

As much as possible, The Judo Academy follows judo along traditional lines. Etiquette is a huge part of traditional judo. For our purposes, etiquette means ‘the way we behave’ at judo. It includes the time we come into the dojo, before we step on the mat, during our session as well as after the classes.

Judo players tend to **RESPECT** each other both on and off the mat, and so carry on in their outside lives. This is the philosophy behind traditional judo and its values. For example, before and after we practice with a partner, we bow as a sign of respect.

Following some simple Judo Academy etiquette requirements will enhance the learning of all players;

1. **Bow on and off the mat**
2. **Follow instruction from coaches at all times**
3. **Only do the techniques asked by the coaches**
4. **Listen carefully during instruction and demonstration**
5. **Do not speak when coaches are giving instruction**
6. **Sit in the correct manner when receiving instruction**
7. **Take care of your partner while carrying out techniques**
8. **Ask permission from coaches to leave for water or bathroom**
9. **Shoes should NOT be worn on the mat area, though, when leaving the mat area, footwear is compulsory**
10. **All forms of jewellery, watches, metal hair clips, glasses, sharp objects should be removed before participation**
11. **Personal hygiene should be of a very high standard**
12. **It is a safety requirement that fingers and toenails should be kept short**
13. **Players should have a bottle of water for rehydration through the session**
14. **Players should NOT be on the mat area at any time without a coach present**
15. **Best behaviour should be exercised at all times in the dojo**

This is not an exhaustive list, and is based on common sense coaching principles. These guidelines will be strictly adhered to and used in conjunction with the ‘Timeout’ Rule. Both are guidelines and are in place to ensure high levels of safety; and enhance the learning of each member.

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