



Student Details

Surname _____

First Name _____

Phone No. _____

Mobile No. _____

E-mail _____

Address _____

Address _____

Address _____

City _____

County _____

Post Code _____

Date Started _____

Current Grade _____

Insurance Start
Date _____

Membership
Start Date _____

Dojo Etiquette

Proper observance of etiquette is as much a part of your training as is learning techniques. Please take the following guidelines seriously.

1. When entering or leaving the dojo, it is proper to bow in the direction of O Sensei's picture, the kamiza, or the front of the dojo. You should also bow when entering or leaving the mat.
2. No shoes on the mat.
3. Be on time for class. If you do happen to arrive late, sit quietly in seiza on the edge of the mat until the instructor grants permission to join practice.
4. If you should have to leave the mat or dojo for any reason during class, approach the instructor and ask permission.
5. Remove watches, rings and other jewellery before practice.
6. Please keep your finger and toe nails cut short.
7. Practice on the mat is barefoot and always wear footwear to and from the mat (flip-flops are convenient). Hygiene care – particularly keep hands and feet clean
8. Please keep talking during class to a minimum. What conversation there is should be restricted to one topic -- Aikido.
9. Carry out the directives of the instructor PROMPTLY. Do not keep the rest of the class waiting for you!
10. Keep your training uniform clean, in good shape, and free of offensive odours.
11. Remember that you are here to learn, and not to gratify your ego. An attitude of receptivity and humility (though not obsequiousness) is therefore advised.

Preserve common-sense standards of decency and respect at all times.

Dojo Etiquette

Beginning the class

Seiza –	Kneel
Mokuso –	Silent contemplation
Yame –	Stop
O Sensei ni Rei -	Bow to O Sensei
Rei -	Bow to teacher
Onegaishimasu – On – e – guy – sham – ass-	Please, usually as in please lets practice.

When practicing with a partner

At the beginning:

Rei –	Standing bow
Onegaishimasu -	Please, usually as in please lets practice together

At the end:

Rei –	Standing bow
Domo Arigato Gozaimashta – Thank you very much for something that has happened	

Dom – o – ar- e- gat – o goz- I – e- mash – ta-

End of the Class

Seiza	Kneel
Mokuso	Silent contemplation
Yame	Stop
O Sensei ni Rei	Bow to O Sensei
Rei	Bow to teacher

Domo Arigato Gozaimashta – Thank you very much for something that has happened

Dom – o – ar- e- gat – o goz- I – e- mash – ta-

Japanese Vocabulary

Japanese	English
----------	---------

Commands in the Dojo:	
Hajime	Start
Suwatte	Sit down
Yame	Stop
Sensei ni rei	Bow to sensei
Rei	Bow
Domo arigato gozaimas'ta	Thank you very much (for something that's happened)
Onegaishimasu	Please, usually as in Please lets practice together)

Striking:	
Atemi	Strike to a vital point
Chudan-zuki	A punch to the abdominal region
Men-uchi	Strike to head
Shomen uchi	Overhead strike to the head.
Tsuki	In Aikido, usually a Chudan Oi-zuki
Yokomen uchi	Diagonal strike to the side of the head.

Holds:	
Gyakuhanmi-Katatedori	Mirror Grip, oposite hands (i.e. left to right)
Aihanmi-katatedori	Same grip. (i.e. right to right)
Katate dori	One hand holding one hand.
katate-Ryotedori	Two hands holding one hand.
Ryote dori	Two hands holding two hands.
Mune dori	One or two hand lapel hold.
Hiji dori	Elbow grab
Ushiro eri-dori	Neck grab from the back (usually the collar :-)
Ushiro Ryokatadori	Shoulder grab from the back
Ushiro-Ryotedori	One hand holding one hand from the back.
Ushiro Ryohijidori	Elbow grab from behind
Ushiro-Katate-jime	Rear choke.

Postures:	
Hanmi	Half forward stance.
Kamae	Posture, stance.
Kiza	Kneeling, but up on the toes.
Seiza	Kneeling on both calves.
Tachi	Standing.

Techniques:	
Ukemi	Lit. "receiving with the body"
Suwari waza	Techniques executed when both kneeling.
Tachi waza	Standing techniques.

Directions:	
Mae	Forward
Migi	Right
Hidari	Left
Ushiro	Rearward, behind
Omote	Front
Ura	Back
Uchi	Inside
Soto	Outside
Jodan	High
Chudan	Middle
Gedan	Low
Happo	The eight sides; in all directions

General:	
Uchi deshi	A live-in student
Budo	Martial way
Aikido	The way of harmony with ki
Dojo	Lit. "way place"
Zanshin	lit. "remaining spirit", balanced and aware state
Tatami	Mat
Uke	Receiver of the technique (attacker)
Nage	Doer of the technique (defender)
Bokken	Wooden sword
Jo	Short staff (~130 cm length)
Irimi	Entering
Kaiten	Rotation
Maai	Combat engagement distance
Mokuso	Meditation
Osae	Press; push; to immobilize
Sabaki	Body motion
Shikko	On one's knees
Taisabaki	Body motion
Taijutsu	Body art
Tai-no-henko	Reversing the body's position
Tenkan	Pivot
Uki	Floating