



POLITE NOTICE TO EVERYONE

We pride ourselves to have Fun Filled, Disciplined and Successful Classes

The Sensei's of Carn Brea Judo Club are concerned by the lack of thought by some of our judoka (pupils-students) and some of the pupils' parents of which is listed below

- We want you to support your children. However, IT IS IMPORTANT that you keep younger children under control during classes bring something to amuse them so as not to distract those being taught on the (tatami) mat. It is not acceptable for younger children to run around and crawl on the outer mats. You will be asked for them to leave the (dojo) judo hall. Dojo is found in Buddhism and means meditation hall. The dojo therefore must be clean and as quiet as possible. Visitors to the dojo are requested to observe such etiquette, a code that is found in Japans martial arts, including Judo.
- Adult spectators must NOT walk on the mat with shoes on. Once your child has finished their class and has put on their shoes **please do not** encourage them to walk on the mat with their shoes on because you are in a hurry to leave. The Tatami (mat) must be as clean as possible, judoka (pupils-students) often lay face down on the Tatami (mat) and out side dirt is not acceptable. It has been judo etiquette for 100's of years and we want to know where your children are when in our care, please all be aware. This upsets us!
- Judoka must keep their toe and hand nails short and clean.
- Judoka must keep their body and judo suit clean.
- If any child needs to leave the mat for whatever reason they must first ask the Sensei on the mat not just leave. It has been judo etiquette for 100's of years please be aware. This upsets us!
- When entering the dojo (hall) judoka (pupils) should have on the correct footwear. See below.
- When leaving the mat you must place on your zoris (slippers or flip flops) not trainers.
- If you have athletes' foot or any other foot problem please wear white socks and inform the Sensei on the mat.
- Females **only** should wear a **plain white tee shirt** with no buttons or zips. Males never wear anything under their judo jackets.
- All long hair (females as well as males) must be tied back with bands that have no metal seals or bobbles.
- All body piercing must be removed visible or not.

THANKING YOU FOR YOUR CO-OPERATION

