

## **Judo Canada National Coaching Certification Program Reference Manual**

### **Dojo Rules**

- Be punctual at all scheduled classes and meetings
- Help to keep the dojo clean and in good repair
- Wear traditional judogi properly for all practice sessions
- Women and girls, please wear a white t-shirt under the judogi
- Keep your judogi clean and in good repair
- Keep your body clean, fingernails and toenails trimmed
- Remove all jewellery and hard objects when practicing
- Be courteous and helpful to all judoka at all times
- Use the correct forms of standing and kneeling bows
- Sit in an acceptable position while on the mat (cross-legged or in a kneeling bow position)
- Listen to the instructions of your instructors and address them in an appropriate manner
- Accept instruction from an authorized instructor only
- Practice only techniques that are appropriate to your age, aptitude and ability and that of your partners
- Seek to practice with higher-ranking opponents
- Engage in competition only when authorized by the instructor
- Follow the rules at all times
- Respect the referee's decisions at all times
- Obey the dojo rules relating to first-aid treatment of injuries