



# Dublin Kendo Kobukai



## General Kendo Etiquette

1. Always bow when you enter and leave the Dojo.
2. Never lean on or step over a Shinai or Bokken.
3. Don't wear shoes, caps or hats inside the dojo.
4. Before the practice begins check that your equipment is intact, working and that you wear it correctly for you and your fellow kendoas safety.
5. Be quit and pay attention during practice. Do not interrupt or contradict the trainer.
6. If want to ask anything during practice raise your hand.
7. If need to leave the practice before it ends, let the teacher know.
8. If you during an exercise or competition (Shiai) you need to stop you must raise your left hand.
9. Sit in Seiza when you put on and take off your armour in the Dojo
10. Always walk behind another persons who is practicing
11. Finish each exercise if you partner has not enough energy to do so.
12. Keep your armour on until end of each lesson, unless injured or due to health reasons
13. Do not swear or talk disrespectful in the dojo.
14. Always treat your fellow Kendoka with respect.
15. Every command from the instructor must always be replied to with HAI!
16. If you are having problems or are injured let the instructor know as soon as possible.
17. Say "Onegai shimasu" (please let me train with you) at the start of each exercise to your opponent
18. Say "arigato gozaimasu" (Thank you very much) at the end of each exercise to your opponent.