



RULES FOR GARDENA JUDO CLUB MEMBERS

(MUTUAL RESPECT, EXCELLENCE IN CHARACTER,
AND DOING YOUR BEST)

Those who train in judo not only must learn techniques but also train their mind and body.

Embrace Professor Jigoro Kano's teachings to benefit society and mankind.

The following etiquette and rules shall be observed in the dojo:

- 1) Bow when entering and leaving the dojo; also bow when getting on or off the judo mat.
- 2) Show respect toward the senseis, officials and seniors and obey their instructions.
- 3) Bow to each other before and after each practice, match or kata.
- 4) When on the mat, sit squarely (in the seiza position). If unable to do so due to injury, standing is permissible.
- 5) Judo players must be respectful and helpful with one another. Seniors must train and guide juniors with patience.

Make an effort to attend class regularly.

Teachers must teach with dignity, sincerity, and respect.

Show concern for the health and safety of others. Clip your nails and wash your judogi regularly.