

White Belt Customs and Protocol

1. Bow with your eyes down, your hands open and placed softly against your side and your heels together. Bend your waist about 30° and wait for the senior person to rise first.
2. When encountering your *Sensei* always bow and address him or her with a courteous greeting. This is both inside and outside of the dojo.
3. After receiving instruction or correction from a higher rank, be sure to bow and thank the person.
4. When your *Sensei* enters the dojo, the highest ranking student will call the class to attention. Face your *Sensei* and bow to show respect.
5. Make sure that your *obi* (belt) is always tied properly and is tight at the knot.
6. Face away from your *Sensei* or any other high ranking person while adjusting or tying your *gi* or *obi*.
7. Your *obi* should never be placed on the ground or the floor. While tying your *obi* around your waist, try to avoid having it touch the ground.
8. Only wear your *obi* while you are in the *dojo*.
9. Remove your shoes before entering the *dojo*.
10. Remove your jewelry before class, as it can cause injury.
11. Keep your fingernails and toenails trimmed short.
12. Bow to the center of the *dojo* when entering or leaving.
13. Avoid walking between your *Sensei* and the class when your *Sensei* is teaching or observing the class.
14. Pay close attention when your *Sensei* is instructing, listen carefully to the instructions, and train hard during class. Always give 100% of your effort.
15. Focus on the techniques being taught. Avoid idle talk and horseplay during class.
16. Your *Sensei* knows when you are ready for testing. It is discourteous for a student to ask.
17. Do your best to maintain proper attendance.
18. When sitting on the floor, either sit straight upright on knees/heels or with legs crossed ("Indian style").
19. Do not boast or brag of your ability or strength, either inside or outside the *dojo*.
20. If you have a question, raise your hand and wait to be called on. Never yell out during class.