



# **SEMINAR RULES**

## **LE VIGAN**

- 1 – The seminar is open to any aikidoka regardless of affiliation or rank but membership in an aikido school or federation with insurance is obligatory.**
- 2 – This seminar is not open to children or beginners.**
- 3 – Class times are : 9 h 30 AM and 5 PM. A few minutes before class time you should be warmed up and formally seated in quiet meditation.**
- 4 – It is important to be on time for training and to participate in the opening ceremony.**
- 5 – If you are late you should wait for the next class.**
- 6 – The only proper way to sit on the mat is in seiza (formal sitting position). If you have a knee injury, you may sit cross-legged, but never outstretched or reclining, and never leaning against walls or posts.**
- 7 – During training, or during SENSEI's demonstrations, the more experienced students are in principle seated in the front.**
- 8 – Do not leave the mat during the class except in the case of injury or illness.**
- 9 – When receiving personal instruction, sit in seiza and watch intently. Bow formally when SENSEI has finished. When another near by is being instructed, you may stop your training to watch. Sit formally and bow as before.**
- 10 – When the end of a technique is signaled, stop immediately, bow to your partner and quickly line up with the other students.**
- 11 – Never stand around idly on the mat. You should be training or, if necessary, seated in seiza awaiting your turn.**
- 12 – During class when SENSEI demonstrates a technique, sit quietly and attentively in seiza. After the demonstration, bow to SENSEI, then to a partner, and immediately begin to practice the technique.**
- 13 – Respect those more experienced. Never argue about technique.**
- 14 – There is no room for argument on the mat.**
- 15 – It is each student's responsibility to assist in cleaning the dojo.**
- 16 – No jewelry should be worn during practice, including rings and pierced earrings.**
- 17 – The words spoken at the beginning of practice between the students and SENSEI are « Onegai Shimasu », and « Domo Arigatoo Gozaimashita » is spoken by the students to SENSEI at the end of training.**
- 18 – It is the responsibility of each student to cooperate in creating a positive atmosphere of harmony and respect.**
- 19 – The dojo and the training area reserved for people with a registration card.**
- 20 – Respect the rules on the mat : proper dojo etiquette, respect for partners and their safety, avoid injuries, make a sincere effort, remain aware and concentrated, etc.**
- 21- AIKIDO HARMONIE Association cannot be held responsible when training rules are not respected.**

**Thank you for your help.**

- When I register for this seminar, I agree to respect these rules.**