

IAIDO - JAPANISCHE SCHWERTKAMPFKUNST

Übungsgemeinschaft Hakushinkai Berlin e.V.

Leitung: Wim van Mourik, 6. Dan Iaido Renshi



DOJO-RULES

1. **dojo**

The practice room is called **dojo**. Our sword style Muso Shinden Ryu and the basic school ZNKR are trained here, which serve the physical, mental and spiritual development. The behavior in the dojo must therefore always be appropriate to the atmosphere of a place of awareness. The instructions of the **sensei** (teacher) or instructor in charge must always be followed.

2. **swords**

For your own safety and the safety of all Iaidoka, **Iaito** and **Bokken** must be checked for damage before training. In particular, the **Mekugi** at Iaito should be checked. In training you always have to keep a safe distance from other participants.

3. **clothing**

The Iaidoka is correctly dressed with **Hakama**, **Keikogi** and **Obi**. The **Zekken** (name tag) is also part of the correct clothing. **Zori** or slippers are to be worn outside the dojo. Hygiene and cleanliness are always important. Beginners who do not yet have Iaido clothing practice with a clean Budo-Gi or other clean sportswear. You should avoid eye-catching clothing. Watches, chains, rings, other jewelry must be removed before training. And you will need knee-protectors.

4. **Reiho / Saho**

The dojo must be entered and left with respect for the common practice and all those present. This is expressed by a bow towards **Shomen** (place of honor, Kamiza). Even at the beginning and at the end of a lesson, the Shomen and Sensei are bowed to.

If partner exercises are practiced, you bow to each other before and after the exercise.

The sensei sits on the left side, the students queue from left to right according to their graduation. Sitting down and getting up take place simultaneously by command of sensei or instructor and according to the form of the sword school.

The behavior of all Iaidoka should be helpful, friendly and courteous with one another and the practitioners should show mutual friendship throughout the Iai course. Mindfulness should be practiced in all areas inside and outside the dojo.

Classes should be attended regularly. Avoid delays. If it cannot be avoided, the sensei or another student should be informed. When arriving later at the dojo, the Iaidoka waits for the sensei to be invited into the practice area and then makes the general greeting himself. After a short warm up he / she arranges him/herself into the current exercise sequence.

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5. Questions / Explanations

In the case of explanations from Sensei or instructors, the Seiza posture should be adopted.

Technical questions should always be addressed to them.

Private conversations are not appropriate during training.

Cell phones are left muted in the changing room.

Training breaks

A laidoka, who is currently not practicing, sits quietly aside and watches. If you have to leave the dojo for any reason, you should get permission from the sensei or instructor, or if the situation does not allow this, inform a fellow student.

When leaving the dojo, put your sword aside and make sure that you don't step on objects (bokken, sword bags, etc.) or hinder other students. Otherwise you stop and show clearly the desire to pass through to the others. A student should never cancel the announced exercise or move to another exercise without the Sensei's permission.

Photography / video

Photos and video recordings may only be taken by persons authorized from the dojo.

Food and drink

Food and drinks should not be brought to the dojo. You might leave them in the changing room. Even at seminars these may not be brought into the practice hall.