



Redlands Aikikai



Rules of the Dojo

(Adapted from Shobukan Dojo, Mitsugi Saotome Shihan Founder and Head Instructor)

道場掟

Preamble:

Budo is not a sport. It is a discipline, and educational process for training the mind, body and spirit. Physical technique is not the true object, but a tool for personal refinement and spiritual development.

A Budo Dojo is not a gymnasium. It is the place where the teachings of its founder, such as Master Morihei Ueshiba of Aikido, are studied. It is not the place for the display of one's ego, but a place for uplifting and cleansing one's body, mind and spirit. The correct attitude of respect, sincerity and modesty, and the proper atmosphere are essential to the learning process; and as Budo is also a martial art, essential to the safety of each individual.

The following rules are necessary to the maintenance of this atmosphere and vital to your study of Budo.

This Dojo operates in the strict traditional manner following the traditional rules of proper conduct. Its spirit comes directly from the founder of Aikido and it is the place of the succession of his teachings and of those of certain other schools. It is the responsibility of each member to honor and sincerely study those teachings.

It is the responsibility of each member to cooperate in creating a positive atmosphere of harmony and respect.

Cleaning is an active prayer of thanksgiving. It is each member's responsibility to assist in cleaning the Dojo; and to cleanse his or her own mind and heart.

The Dojo is not to be used for any purpose other than regularly scheduled classes without the direct permission of Prakash Sensei.

It is Sensei's decision whether or not he will teach you; you cannot buy technique. The monthly membership dues provide a place for study and provide one small way in which to show gratitude for the teaching received. It is each member's responsibility to pay dues on time.

Respect the founders, their teachings as succeeded and handed down by Prakash Sensei and all other Sensei at this Dojo; respect the Dojo; respect your training tools, and respect each other.

修業心得

Rules of Training

(Adapted from Shobukan Dojo, Mitsugi Saotome Shihan Founder and Head Instructor)

Concerning Budo, the student has no opinion. It is necessary to respect the founder's teachings, and the way in which Sensei conveys those teachings.

It is the moral responsibility of each student to never use Budo technique to harm another person or as a way to display ego. These are not techniques of destruction, but of creation. It is a tool to develop a better society through the character development of the individual.

There will be no ego conflicts on the mat. Budo is not street fighting. You are on the mat to train and purify your aggressive reactions and embody the spirit of the Samurai by discovering your social responsibility.

There will be no competition on the mat. The purpose of Aikido is not in fighting and defeating an enemy, but in fighting and defeating your own aggressive instincts. The strength of Aikido and other Budo is not in muscular force, but in flexibility, timing, control and modesty.

Everyone has different physical abilities and different reasons for study. These must be respected. True Aiki is the proper and flexible application of technique appropriate to any changing situation. It is your responsibility to cause no injury, to protect your training partner and yourself.

Insolence will not be tolerated. Be aware of your limitations.

Receive Sensei's instruction and carry out his suggestions for training sincerely and to the best of your ability. There is no room for argument.

All students are studying the same principles. There will be no conflicts of one group against another; or of choosing sides. The Dojo membership is one family and the secret of Aikido is harmony.

If you cannot abide by these rules, you will be unable to practice in this Dojo.