

## Drifting Sands Aikido General:

### Hygiene:

Clean hands and feet – TRIM ALL NAILS SHORT. Hands will be on your partner's body – and their FACE. Your feet will invariably collide with your partner's feet and ankles. Your feet will be on the mat into which your face will soon be pressed. Long nails, or unclean hands or feet will immediately excuse any student from the remainder of the training session.

Have a seat, gentlemen! Keep the restroom and your feet CLEAN. Everyone is expected to take a turn cleaning the restroom. Clean it when YOU imagine that would be beneficial.

WASH YOUR HANDS after visiting the toilet - and, ALWAYS, prior to EVERY practice. Your hands will be on your partner's body - and their FACE. *Pushing a filthy hand into your partner's face may inspire a reaction for which you are unprepared...*

Wear appropriate uniform. Your appearance represents your school and your instructor. Gi tops and pants will be replaced when stained, torn, or otherwise shoddy in appearance. If proper attire is forgotten then training by observation is permitted.

ABSOLUTELY NO shoes on the mat. Keep clean feet. Once on the mat, please stay on and minimize off-mat traffic other than for emergencies. *If you spill any blood, keep others out of it, and clean it up promptly.*

Mats will be swiffer-mopped prior to class; Smooth floors will be swiffer-mopped after class; Carpeted areas will be vacuumed after class; Mats will be vacuumed at least once a month, with attention to the cracks and edges. Restroom will be wet-mopped at least twice a month. Mats will be washed at least twice yearly. These things do not arrange themselves - Personal initiative is required, and is expected of all students.

All students must be - and remain - free from substance abuse problems. This includes tobacco in any form - or any other chemical dependency.

### Etiquette:

Greet guests, and help them become comfortable (shoes off, sit down, be quiet). If you invite a guest to the school, please tell them about "secret martial arts test number one".

Cellular phones should be OFF except as really necessary. If your mother is in surgery, you should be THERE. If you're a SWAT-team officer, we'll understand. **Everyone else turn them off.** If you must take a call, exit the mat and depart the school with minimum disruption of class. Be considerate of those in the dojo who are not there to listen to your calls...

Any student who appears intoxicated or who smells of alcohol or tobacco will be excused from practice. If there is a second occurrence, the student will be permanently excused on the spot.

## Interaction with Partners:

Respect your partner's body by paying attention and doing clean, appropriate attack and technique. If you inadvertently strike your partner - or are struck by them - continue training with a steady spirit as if nothing has happened - unless someone is actually injured, in which case take appropriate actions for safety, recovery, and clean-up.

Respect your partner's health by keeping your hands, feet, and clothing clean - and by abstaining from class whenever you have a contagious illness. Respect your partner's well-being by noticing and remembering any injuries or limitations. Care for your partner's well-being as you are caring for your own training equipment.

Respect your partner's time by staying focused, paying attention, managing your emotional state, and attending to training. If you cannot chat and train at the same time, then train rather than chatting.

Respect your own body by paying attention to signals from it that may recommend moderation of various aspects of training.

Respect your own well-being by building your ability and habit of falling comfortably and otherwise receiving techniques safely (ukemi). Self-protection means FIRST learning to be safe in the training environment. New students should expect to focus primarily on these aspects of training for six to twelve months.

Respect your own body by attacking only with the speed and force that you are prepared to safely receive a reflexive response. Training partners will harmonize with (match) your movement, speed, and power. **Proper Aikido causes aggressive energy to rebound into the attacker's body in a directed manner, potentially causing severe injury.** *Uke determines the intensity of the energy they will experience during interaction – and is responsible for that.*

Respect your own physical and spiritual balance by building ukemi even more diligently than your other skills. Unbalanced skills create physical and spiritual weakness and upset the social balance as well. This kind of imbalance can generate an injury - or render you unwelcome.

Train to receive technique safely and comfortably while studying technique "from the inside". Only then may you execute that technique safely and effectively. Partner's technique informs, instructs, and improves your ukemi as they execute technique in harmony with your attack.

Respect the training paradigm: If you are unable or unprepared to receive a particular technique, then abstain from executing it while you build your ability to safely and comfortably receive it. **The "golden rule" is:** "Do not do to others what you do not wish done to you". Violating this principle will excuse a student from further practice.

**The definitive measure of your competence to safely apply a technique to your partner - is your ability to safely and comfortably receive that same technique at that same speed and power.**

**Aikido will injure an attacker's body beyond function.** Resisting or attempting to counter techniques is very dangerous and prohibited, with the exception of specific direction. **DANGER: resisting or attempting a counter may trigger automatic responses that could injure you severely.**

**"Give advice; if people don't heed it then let adversity train them." - Ethiopian Proverb**