

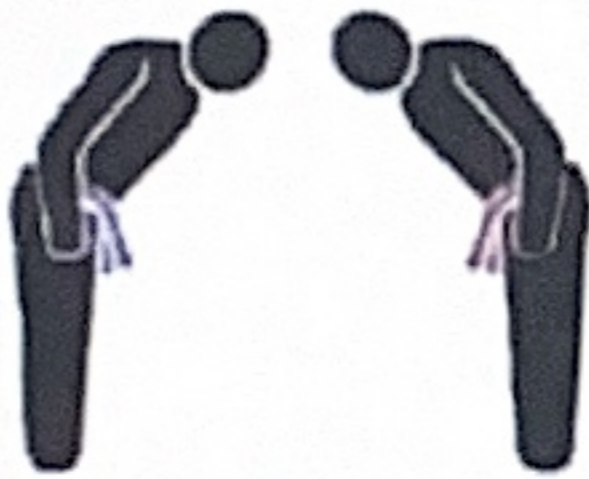
**Bow when stepping onto or off of the mat**



**Keep quiet during instruction**



**Sit correctly**



**Respect your training partners**



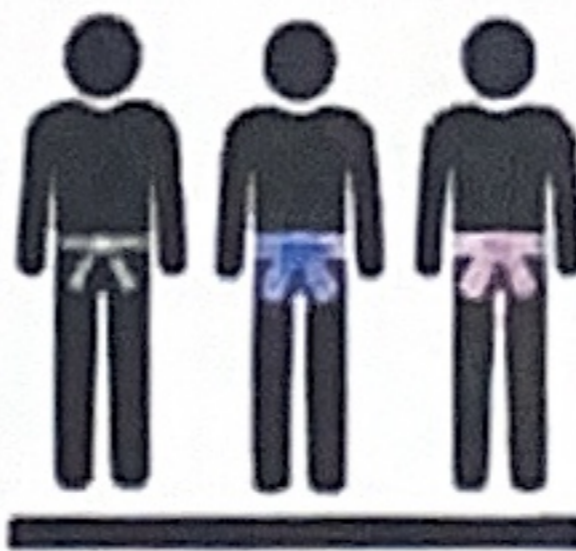
**Listen without interrupting**



**Do not leave the mat without permission from Sensei**



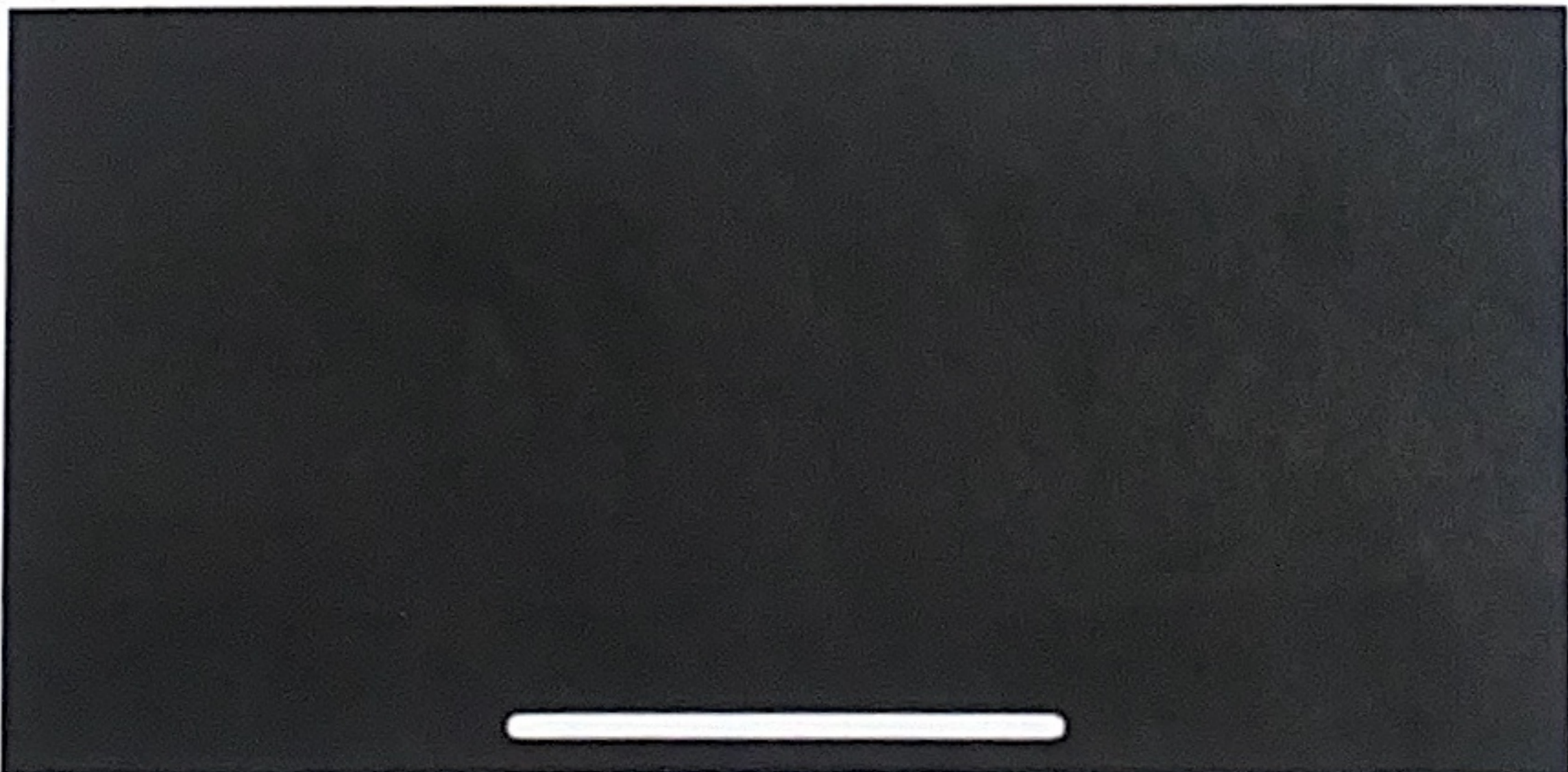
**Support lower ranks**



**Line up quietly by rank order at the end of class**



**Keep the mats clean**



NEVER EVER GIVE UP !

