



REIGI (Etiquette)

Reigi is to increase everyone enjoyment and make it easy to learn Kendo.

The basic philosophy in Reigi is:

“ALWAYS TREAT OTHERS AS YOU WANT OTHERS TO TREAT YOU”.

Therefore many of the rules are quite self-explanatory.

Always bow when you enter and leave the Dojon

- To show respect for Kendon and the members of the club.

Never lean on or step over a Shinai or Bokken

- Shinai and Bokken shall be treated as real swords, because sometimes, we do practice with real blades.

Be changes and ready when the practice starts

- Then others don't have to wait for you.

Don't wear shoes, caps or hats inside the dojo

- Shoes can bring garbage with them and you shall show respect for the other members.

Don't bring food or drinks into the Dojo, without permission for the trainer (Sensei)

- It may give spot and distract those how are practicing.

Keep your finger and toe nails shot and clean

- Long and dirty nails can hurt someone.

Remove all jewelry and rings before practice

- As it may cause you to hurt other or yourself, and you may lose them during practice.

Before the practice begins check that your equipment is intact, working and that you wear it correctly.

- That way you minimize the risks of hurting yourself during practice and you don't have to take a brake to correct your equipment.

Be quit and pay attention during practice

- So that you don't miss anything or disturbs anyone else.

If want to ask anything during practice raise your hand.

- That way the teacher can see and decide when to break the practice.

If need to leave the practice before it ends, let the teacher know.

- So the teacher can adjust the practices.



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If you during an exercise or competition (Shiai) need to halt it raise your right hand.
- The person you're practicing with or the judges with will then halt the practice or fight.

Make sure that you sit in line with the Dojo-Captain (Sempai) when practice starts and ends
- So that the teacher can see how many are practicing.

Put the Shinai, Kote and Men in the same manner as the teacher
- Gives a nice unified impression and looks good.

Carry your Kote, Men and Shinai in your left hand
- Always keep your right hand free to draw the sword.

Sit in Seiza when you take on and take off your equipment the Dojon
- Other will see that you are preparing for practice.

Always walk behind another person who is practicing
- That way you won't block them from seeing something.
(If you have to walk in front of someone extend your right hand and bow as you pass them)

Say thank you before every exercise by saying "Onegai Shimasu" and after each one by saying "Domo Arigato Gozai-Mashita".
- It is polite to thank the other person for the opportunity to practice with them and for the experience that you received.