



# CSSD LEADERSHIP PROGRAM

## Monthly Worksheet

# APRIL: ETIQUETTE

**Etiquette - the customary code of polite behavior in society or among members of a particular profession or group.**

Etiquette is an important part of martial arts.

The following are a few ways that we show proper etiquette at our dojo.

- Always greet your fellow students by bowing and a handshake.
- Remove your shoes prior to stepping on the mat.
- Bow prior to walking on to the mat.
- While the instructor is speaking, remain quiet and give him/her your full attention.
- Introduce yourself to your training partner and bow, showing respect.
- Thank your Sensei after every class.

There are many other ways, these are just a few.

As a leadership student, it is important that you show proper etiquette at all times, lower ranks are always watching and will look to you to learn proper dojo etiquette.

### WHAT WOULD YOU DO

An orange belt enters the dojo, she bows onto the mat and then starts running around, playing on the equipment and screaming. The other students join in and before long, there are students running in circles screaming and playing tag. The Sensei is not yet on the mat, and you are one of the leadership students on the mat. What would you do?

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During class, everyone is doing techniques with a partner. Your partner continues to talk and not give 100% effort. What would you do?

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Name: \_\_\_\_\_ Rank: \_\_\_\_\_ Date: \_\_\_\_\_

Instructor: \_\_\_\_\_ Instructor Signature: \_\_\_\_\_