

## **EXTRACTS FROM TRAFFORD AIKIDO'S CONSTITUTION – JANUARY 2001**

### **7. OPERATING PRINCIPLES**

- a) The Club is committed to a policy of equal opportunities. The participation of people with special needs is encouraged, within the practical constraints of health and safety and resources.
- b) The Club expects all members and individuals to endeavour to ensure that practice within the dojo is conducted in a safe environment.
- c) The Club will ensure only suitably qualified and insured coaches conduct classes.

The Club understands that it has a special responsibility to its junior members and would endeavour to operate high standards particularly having regard to their safety and rights.

### **Appendix IV**

#### **Code of Conduct**

- 1. No member, or individual belonging to the Club shall by act or by omission bring the Club, its members or Aikido into disrepute.
- 2. Any member contravening this Code of Conduct shall be in breach of the Club's Constitution and will be liable to disciplinary proceedings according to the Club's Rules.
- 3. Members shall adhere to policy passed or accepted by the Club.
- 4. Deliberate use by members of substances which could artificially improve their physical and/or mental condition is forbidden. The list of banned classes of substances which is in force at any given time and based upon the recommendations of the International Olympic Committee's Medical Commission is available from the Sports Council Doping Control Unit, Walkden House, 3-10 Melton Street, London NW1 2EB.
- 5. Individuals are liable to medical control and examination carried out in conformity with the guidelines of the Sports Council and the International Olympic Committee's Medical Commission.
- 6. The Club recognises the importance of standards and guidance with regard to ethics and conduct of members / individuals involved in coaching / instructing / assisting. The Club therefore adopts the principles of National Coaching Foundation's "Code of Ethics and Conduct for Sport coaches" (1996) expressed therein as being part of this Code of Conduct.
- 7. The Club also recognises the importance of having rules and conduct of practitioners and therefore adopts the principles expressed in the British Aikido Board's Dojo rules (v1.16) and accepts them as being part of this Code of Conduct.

# **BRITISH AIKIDO BOARD'S - DOJO RULES**

## INTRODUCTION

The following 'rules' are not intended to replace existing practices of associations (particularly with respect to the forms of *reigi*) which reflect the character of their practice. The aim is to establish an agreed common standard that ensures the safety of practitioners and an atmosphere of purposeful study reflecting the nature of Aikido as a modern budo, which has, as its core rationale, the personal growth and development of the individual, physically, socially, morally and spiritually and practical morality.

## **1. RULES OF CONDUCT DURING PRACTICE**

- 1.1 Aikido is a martial 'way' practising controlled forms of potentially dangerous techniques, therefore at all times students must give the strictest adherence to the directions of the supervising instructor, whose responsibility it is to ensure safe and meaningful practice.
- 1.2 Students have a duty to protect the health and wellbeing of each other, both junior and senior. They should:
  - o not execute techniques in a dangerous or reckless manner
  - o seek to develop control in the practice of martial techniques to avoid being hurt or causing injury
  - o never use superior skill or position within the dojo to gratuitously inflict pain or abuse others physically
- 1.3 As Aikido has as its ethical basis the resolution of conflict through the development of harmony in the conduct of human affairs, it therefore requires all practitioners should accord each other respect and consideration at all times. Practitioners should :-
  - o never use abusive language or conduct themselves in an offensive or aggressive manner
  - o never act in any manner that discriminates or gives offence to any person on the grounds of race, sex, sexual orientation, religion or disability
  - o never consume alcohol or take recreational drugs before or during a class. It is BAB policy that illegal drugs should never be taken. (See also BAB Constitution)

## **2. Responsibilities of the Practitioner**

Ethical standards depend on such values as integrity, responsibility and the understanding of the purpose of training. Practitioners in assenting to these rules accept their responsibility to fellow students, members, colleagues, their Association, the Club and to society.

In the same way that coaches / Instructors are bound by responsibilities as set out on the National Coaching Foundation's Code of Ethics and Conduct there are similar responsibilities for the practitioner which are listed beneath:-

- 2.1 Practitioners must respect the rights, dignity and worth of every human being and must promote the treatment of everyone equally as outlined at 1.3

- 2.2 Practitioners must accept responsibility for their own behaviour and performance in training.
- 2.3 Practitioners should co-operate and follow the instructions of their teacher.
- 2.4 Students should undertake to discourage inappropriate behaviour or actions.
- 2.5 Students must not compromise standards by advocating measures that are inappropriate, such as the use of drugs. Such usage should be actively discouraged.
- 2.6 A student must display high personal standards and project a favourable image of the martial arts.
- 2.7 Students should make themselves aware of their personal responsibilities in terms of the safety of themselves and other fellow practitioners.
- 2.8 Students should be aware of the Safety Rules and Dojo Rules, be able to check the qualifications of their teachers, and be able to participate within the democratic processes of their club and association.
- 2.9 Practitioners have a responsibility to themselves to maintain their own effectiveness, resilience and abilities, and to know when their personal resources are so depleted or an area of expertise is lacking as to make it necessary for them to seek help and/or withdraw from practising - whether temporarily or permanently.

### **3. DOJO ETIQUETTE**

The British Aikido Board has within its affiliated membership, organisations whose style and practice of Aikido reflects different traditions and interpretations of the founder of modern Aikido, O'Sensei Morihei Ueshiba's core of original teachings. As such, these traditions express reigi, or the etiquette of Aikido in different ways.

Practitioners should give account to the areas of formal conduct and respect for Aikido as suggested below, which also carry safety implications:-

- 3.1 The dojo is a formal space for the practice of Aikido and is dedicated to learning of *budo*, a martial 'way', in accordance with cultural and social traditions that have their origin in Japan. The maintenance of these traditions of behaviour give value and respect to the activity and its practitioners, and assist in developing personal ethical standards of behaviour and promote self-discipline. Practitioners are therefore required to observe the codes and forms of behaviour and their procedures as required by the dojo in which they practise.
- 3.2 When entering or leaving a dojo, practitioners must conduct themselves in a respectful manner, performing such rituals, salutations, or bows (*rei*) as required by that dojo.
- 3.3 Practitioners must treat the tatami, or mat area, on which they practise with respect in recognition of the safety it will afford them during the physical activity of Aikido. Therefore, salutations, as prescribed by the particular dojo must be observed before stepping onto the tatami and zori (footwear) left tidily at its edge.
- 3.4 Practitioners should continue to conduct themselves in a respectful manner, performing such initial salutations or bows (*rei*) as required by that dojo at the start and end of classes and during the practice.

- 3.5 When coming late to a class, practitioners should wait before entering the dojo until the instructor is not demonstrating so as not to distract their fellow practitioners; wait at the side of the tatami until they receive the acknowledgement of the instructor and permission to come onto the matted practice area; perform such salutations as required; when leaving early they must seek the permission of the instructor and again perform such salutations as required by that dojo.
- 3.6 Although Aikido is an activity within which each participant is accorded equal respect there will always be junior or senior (sempai/kohai) in the experience of Aikido to another and it is part of the formal tradition of Aikido that this superior experience is respected at all times.
- 3.7 During an Aikido class, formal salutations to a partner before and after practising with them is usual in all dojos and may be accompanied by a verbal acknowledgement in Japanese, such as “onegaishimasu”, or English - “Thank you”.

#### **4. COMPETITION**

- 4.1 The element of competition exists in some styles of Aikido to test the quality of aikido practice. This is generally done in one of two ways; either by two or more Aikidoka demonstrating their skills in a more or less predetermined manner, subjecting that demonstration to the judgment of their peers; or by a more direct one to one competition where the object above all else is to test and to demonstrate aikido skills against more committed attacks.
- 4.2 The foregoing sections concerning Rules of Conduct and Dojo Etiquette should be exactly the same in competition, as in normal dojo practice. The competition arena should be regarded as the Dojo. All those involved in competition including both competitors, competition officials and spectators, should display the highest standards of conduct and behaviour. Particularly those who are “successful” as they will tend to become role models for others and the standards they portray are likely to be copied.
- 4.3 All competition officials should understand the rules of an individual competition and to implement them fairly and without bias.