

BigRock Aikikai
Character Development Program

Kick Start

Dojo

Please list below 3 positive things you do at the DOJO:

(Some examples: helping to prepare the dojo for practice, vacuuming, folding the clean laundry, putting dirty dishes in the dishwasher, emptying the dishwasher, sweeping, placing your shoes on the show rack and hanging up your jacket, bringing your dogi in a bag and taking it home in a bag (not wearing your dogi outside of the dojo), giving ALL of your effort in every class, consistently showing good manners toward sensei and your fellow students, consistently speaking in a respectful manner and with a respectful tone toward sensei and your fellow students)

***** At least 1 of the 3 examples you list below must be about your manners *****

1.

2.

3.

By signing below, sensei agrees the effort shown in the DOJO demonstrates sufficient positive participation.

Student Name:

Approval: