



Good practices of the Estonian Naginata Federation

SAFETY

- The safety of people is of primary importance during classes.
- The dojo must have a first aid kit.
- The dojo must comply fire requirements and must have good air ventilation.
- Naginata student must not attend classes if sick.
- If student feel sick or have an injury during class, then must inform his instructor.
- Accessories must not be worn during training.
- Uniform and bogu must be in good condition at every naginata class.
- Student must check naginata before training: tape on the sendanmaki must be without damage, ha-bu and eb-u must be without cracks and flinders, kissaki and ishizuki must be wrapped with tape.
- The Bamboo or wood flinders must be picked up immediately from the floor and broken naginata parts must replaced with whole ones.
- The training naginata must be treated like a real sword! for example: student must not to step over the naginata, because real naginata is sharp and can accidentally cut the feet; student must not make real hits with the naginata if the training partner

is without an armor; must not play with a naginata; not aim at the face when training partner have helmet on.

- Student should not come to class famished or overeating.
- Student must take enough drinking water to class.

GOOD REPUTATION

- Naginata students must treat into the Japanese culture with respect and must follow the traditions of budo at the dojo.
- Atarashi Naginata, like other budo diciplines, was developed in Japan of real medieval martial arts and the strict military. discipline and ranks hierarchies are it´s natural characteristics that must be accepted unquestionably.
- Before learning naginata techniques, a naginata students must understand a concept of budo etiquette, rules of conduct based on respect, courtesy, deep sincerity andcommitmen, correct dressing and compliance with safety rules.
- The sensei is the main authority in the budo environment and all students have to treat sensei with deep respect.
- All naginata students must familiarize with the Estonian Naginata Federation statute, safety rules, Code of Honor, etc.
- In the dojo students have to focus only on naginata training.
- Naginata students are required to maintain a neutral attitude to a partner of the opposite sex and does not express likes or dislikes.
- Solving private life problems and bad moods should stay outside of the dojo.
- A naginata environment must not have an unequal attitude towards people, who are of different nationality, age, gender, financial situation or physical possibilities.
- All naginata students must take care of the good reputation of the Estonian Naginata Federation and take part in the popularization of naginata.