

# *DOJO Etiquette & Rules!*

Bow before entering and leaving the training area (dojo)!

Address your instructor as Sensei during class and acknowledge them with “oss” when spoke to.

Do not arrive late for class! It's a sign of poor discipline. Always try to be there at class 10 minutes before the start.

Do not run around, climb on equipment or play before class, during breaks or when you are asked to sit down and watch. You are not allowed to go and have a drink during class except for during designated breaks. Use that time to practice on your own.

Respect those with higher ranks than you! They are known as Sempai's. Guide, protect and teach those with lower ranks than yourself.

Observe good hygiene. Uniforms must be kept clean and ironed and finger and toenails must be kept short and clean to reduce possibility of injury and infection.

Keep trying even if it's difficult and don't give up. Not giving up makes you a stronger, better person in everything you do.

Be prompt and avoid being late. If you are late enter the dojo on the side and kneel at the side towards the back in SEIZA. When the instructor acknowledges you, stand up, bow, say “oss” and then join the class.

Remove ALL jewellery, before training as it may pose a health hazard to you and others and can also be damaged. If you cannot remove earrings or rings please cover them with plaster or surgical tape.

Do not leave the lesson without permission. (So please go to the toilet before you enter the dojo!)

Long hair should preferably be tied back for your own convenience and hygiene.

We might start & finish each lesson by reciting the DOJO KUN (below) to remind us why we do karate.

Parents and spectators are welcome provided they keep quiet and do not distract karateka (trainee's).

ALWAYS remember, KARATE, is more than the ability to fight; it is also the development of character, and mutual respect.

## **DOJO KUN**

Jinkaku kansei ni tsutomuru koto *(To strive for perfection of character)*

Makoto no michi o mamoru koto *(To defend the paths of truth - sincerity)*

Doryoko no sieshin o yashinay koto *(To foster the spirit of effort)*

Reigi o omonzuru koto *(To honour the principles of etiquette)*

Kekki no yu o imashimuru koto *(To guard against impetuous courage – self-control)*