

## **Dojo Manners & Rules**

The dojo is a special place where we train ourselves both physically and mentally. Students show respect to their teachers, each other and the dojo by observing the following manners and health and safety rules.

### **Manners:**

- Always show courtesy, politeness, respect, and kindness to all.
- Keep your gi clean and neat.
- Observe the training schedule by arriving early and being prepared for class. If you're late, change immediately, and then wait for permission from the instructor before entering the training area. If you miss warm-ups, quietly perform them as needed before joining into class activity. If you are consistently unable to arrive on time or must leave early due to your personal schedule, it is polite to explain in advance to Sensei and your instructor.
- When entering the dojo, remove your shoes and place them neatly in the area provided.
- When entering or leaving the training area, show your respect by bowing.
- When the instructor calls for training to begin, line up quickly, facing the front of the dojo.
- Bow to the instructor, senior students, and each other with appreciation and respect.
- During class, kata should be performed with kime (focused power). If you become tired, rather than proceed weakly, rest for a short period and then continue.
- When adjusting your clothing or wiping perspiration from your face, always turn away from the instructor.
- Do not leave the class for water, or early dismissal, without first asking permission from your instructor.
- Listen carefully to the advice and instructions given to you. Don't forget to thank the instructor and senior student(s) to show that you have heard and understood their comments.
- Sempai (senior students) are responsible for setting the example of cooperation and conduct in the dojo. Kohai (junior students) should observe closely the actions of the sempai to correctly further their learning.

- Don't talk in class except to ask or answer a question. While observing training, always stand, kneel, or sit in a proper way and do not distract others by talking.
- Any outside activities (fighting, etc.) that bring discredit to Sensei, the school, karate-do, or the student are sufficient reason for dismissal. Any incident that occurs should be reported to Sensei immediately.
- You should advise Sensei if you have to temporarily or permanently discontinue your training.

### **Health & Safety Rules:**

- To prevent injury to your training partners and yourself, remove all jewelry and hair ornaments before entering the training area. (Soft hair ties are acceptable.)
- Your fingernails and toenails must be kept short and clean to prevent injury to your training partners.
- Training with cuts or open sores is strictly prohibited unless properly covered. If injured while training, stop immediately, notify the instructor, and request first aid supplies.
- If you have a cold or flu, it is best to rest and not participate in class until you are feeling well and are not contagious.
- If you have medical restrictions for your training, it is your responsibility to notify Sensei and your instructors so they are aware. It is also your responsibility to notify your training partners when you are unable to perform a particular technique (such as throws) for medical reasons.
- If you are recovering from an injury and are unable to train, you are still encouraged to come to the dojo and learn by observing training.