



Rules of the Dojo



When you become a student of *Karate*, you should try to live a respectable life with honesty and dignity. Practise politeness and understanding towards other people. Put all your energy into everything you do.

Work hard to maintain good health and strive to develop patience and a strong spirit.

Show respect for yourself and other people. You must be courteous not only to teachers and seniors, but to everyone.

Good behaviour is expected at all times. Work hard to develop good character and always maintain control over your temper and emotions.

Learn to recognise weakness in your *Karate* and train hard to improve.

Always try to understand. Do not hesitate to ask your instructor when you have questions.

As you rise in rank, you also gain greater responsibility for helping those of lower rank. Endeavour to keep this position of trust.

Show respect to the *Dojo* as a place of learning by bowing when you enter or leave.

All footwear must be removed before you enter the *Dojo* and should be placed neatly on the mats in the hallway.

Greet all those who are in the *Dojo*, acknowledging and bowing to the *Sensei* before others.

Be punctual and arrive at the *Dojo* in time to change and loosen up before class begins.

If you are late for class, quickly change into your *Gi* then bow to *Shomen* and sit in *Seiza* at the back of the *Dojo* for one minute or until *Sensei* invites you to join the class. Take the last position in the class and remain there until the end of class or told to move to another position by *Sensei*.

Swearing and abusive language is not permitted in the *Dojo*.

Smoking and chewing gum are not allowed in the *Dojo*.

Show respect for the class and the *Sensei* by paying close attention and listening carefully to instructions.

There are three postures you may assume when listening to *Sensei* or any other instructor; (1) standing with your hands together in front or behind, (2) sitting cross legged and (3) sitting in *Seiza*. Do not slouch or lean against the wall.

Senior *Karateka* should be kind, considerate and helpful to junior *Karateka*.

Avoid training when you are full, hungry or tired. Do not eat just before class.

Use the washroom before class.

Do not drink large quantities of beverages just before or just after training.

Wash and clean your *Gi* frequently. Repair tears and clean stains as soon as possible.

Keep your body clean with trimmed fingernails and toe nails.

Remove all jewellery before stepping onto the *Dojo* floor. Be careful to avoid injuries - to yourself and to others. Do not train with a serious injury. If you train with a minor injury tell the *Sensei* about it before class.