

THE DOJO ETIQUETTE

- You are expected to be in the right uniform for your class and always on-time
- In case you are unavoidably late, you should take up a kneeling position at the entrance until Sensei signals permission for you to join the class - do not run in
- Enter and leave the dojo with a quiet bow, displaying the attitude of respect and humility
- It's customary that you use the right terms when you address your instructors. "Sensei" and "Sempai" are usually used before their names. *e.g. Sensei Ramin or Sempai Dave, as you would say e.g. "Captain Smith"*
- You are expected to greet your teachers and peers with a proper bow ...OSS!
- The right responses:
 - Every time your name is called: Response: "yes-sir/mam"
 - When a question is asked of you or the group you are in, that calls for a Yes or No answer: "Yes-Sir No-sir" "Yes-mam No-mam"
 - When a command or correction is directed at yourself: "yes-sir" / "yes-mam"
 - When a command is thrown at a group you are in (class): OSS! When you greet your peers: OSS!
- Talking with your peers in class is to be avoided. ,
- If you need to ask a question feel free, but first raise your hand
- Do not lounge around the dojo, especially when observing a demo (kneel down or cross legs)
- Avoid eating, or chewing something in class
- Avoid cursing, using foul language, or similar impolite behaviours that would offend the etiquette of the dojo
- You may NOT attend class if you happen to be under the influence of alcohol or any substance
- There shall be no ego conflicts in the dojo and insolence is never tolerated. Anyone showing aggressive or disrespectful behavior may be sent home (for a long time!)
- Students are expected to participate in the final clean up after their class ends and put all equipment away. Lower ranking students (beginners - positioned at the bottom of the totem pole) are expected to take the upper hand and offer to perform this task before their seniors

To know by heart: and live by

STUDENT CREED: > I am a martial artist. > I intend to, develop myself, mentally and physically, to the highest level, and to avoid, anything, that would reduce, my health or progress. > I will overcome, any challenges, with patience, and self discipline, and will never give up on my goals > I am dedicated, I am motivated, I am a martial artist, I respect all, and, Fear None!

DOJO KUN: > Seek perfection of character > Refrain from violent behavior
> Be faithful > Endeavour > Respect all > Fear none

TRAINING RULES & SAFETY

- Always warm up before your training and, especially before deep stretching
- If a position you are in triggers pain (not just slight discomfort) stop and change the position you are in
- Drink enough water before your class starts, as drinking while session is in progress may not be permitted
- You must NOT attend class if/when you are under the influence of any substance
- Every student has different abilities and reasons for study. These must be respected.
- It is every student's responsibility to protect oneself and his/her training partners and prevent any injuries or conflicts at all cost.
- Your nails, particularly toe nails, should always be kept short
- All jewelry and watches should be removed and stored in a safe place
- The uniforms approved by the school are to be worn at all times when in attendance
- You are expected to use protective gear when you attend sparring classes -
mandatory: > Mouth Guard > Gloves > Cup (males) > Helmet
Optional Gear: Shin Protector, Arm Protector, Chest Protector
- All students are expected to be **MEDICALLY FIT** to participate in 'high intensity exercises'. You are advised to check with your physician and make sure you have your doctor's approval for participating in high intensity exercise and training. (Any special health concerns or limitations are expected to be shared with instructors (ADHD? Asthma?))
- Amongst sports Karate is one of the safest you could be involved in. Relax and Enjoy!

The techniques you will learn in martial arts are potentially harmful, as they will give you the ability to inflict serious damage to others. You bear the responsibility to use your acquired skills defensively, and productively. You advised to refrain from playing games with karate and avoid misusing your skills. Failure to comply with this rule may result in demotion, or even permanent expulsion from the school.

KARATE IS AN AUXILLIARY OF JUSTICE

Master Gichin Funakoshi