

## DOJO ETIQUETTE & TRAINING RULES

- You are expected to arrive on-time for class. But in case you are unavoidably late you should **kneel down** at the entrance of the dojo and wait for Sensei signaling permission for you to join in - do not run into class
- There is no room for foul language in the dojo, and violent behavior is never tolerated (may trigger expulsion!)
- Students must show up in the dojo's approved uniform, tidy and clean -- especially when taking exams and when they come in to receive their results. Those showing up without uniform may be turned away.
- The lower ranking students should be the first in the group who will tidy up the class and put all equipment away after each class, showing respect for those at senior levels
- When a question is asked of you in class the right responses are "yes-sir" for "yes", and "No-sir" for "No" -- consistently and with strong voice. "Yes-mam" if/when your instructor is female.
- OSS! is to be used with *strong* voice and spirit when a command is given to a *group* training together, Also when we bow generally (for example when you begin a Kata, or when you enter the dojo) or, when they greet each other
- It's customary to address your teachers using the proper terms; e.g. *Sempai* Ryan, or *Sensei Ramin* (not Ramin or Ryan). It's also common using *Sempai* when you address your peers at higher levels
- If you need to ask a question in class first raise your hand and wait for Sensei's acknowledgment
- Get used to responding "sir" (short for yes-sir) > when your name is called and > when you hear "first line set" or "second line, set"
- Attending class under the influence of anything is strictly forbidden
- Eating or drinking anything, or chewing gum is not allowed in class. **Parents**, please remind your child to visit the washrooms and to have some water if thirsty, before they jump into class. Note that parents of kids in L1 (4-7 yrs) are expected to stay in the building when their kids are in attendance.
- Using protective gear in sparring sessions is mandatory: Mouth Guard , Gloves , Cup (males), and Shin/Foot Protector. (Optional items: Head gear, Arm Protector, Chest Protector)
- All jewelry must be removed
- If your uniform comes with long pants please get them hemmed so they fit properly - long pants are uncomfortable and also they cause slipping and falling
- In case you feel pain when your body is in a certain position, or if you feel dizzy or nauseated, feel free to change the position you are in immediately, and feel free to let your instructor know
- If you are aware or become aware of any medical conditions that you may have you are expected to inform your teachers as soon as possible (Asthma? Heart conditions?)
- You are encouraged to train on your own outside of class. But you are *strongly* advised not to engage in hand to hand exercises (sparring/self defense) with a partner without supervision, especially if those you choose to train with have no karate experience - lack of control can be dangerous!
- Never try the techniques you learn in class on others (jokingly) in a careless manner in or out of the dojo
- You should always warm up well before you start training on your own. Esp. when kicking / stretching

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***The techniques you will learn in martial arts are potentially harmful and dangerous, as they will give you the ability to inflict serious injury to others. You bear the responsibility to use your acquired skills defensively, and productively, and are expected to refrain from playing games with karate, and avoid violent behaviour. You may use your skills in real self defense situations however, so long as you can justify your actions, as a last resort simply to defend yourself. Failure to comply with this expectation may result in demotion, or even permanent expulsion from The Powerhouse!***

## KARATE IS AN AUXILLIARY OF JUSTICE

*Master Gichin Funakoshi*