

DOJO ETIQUETTE

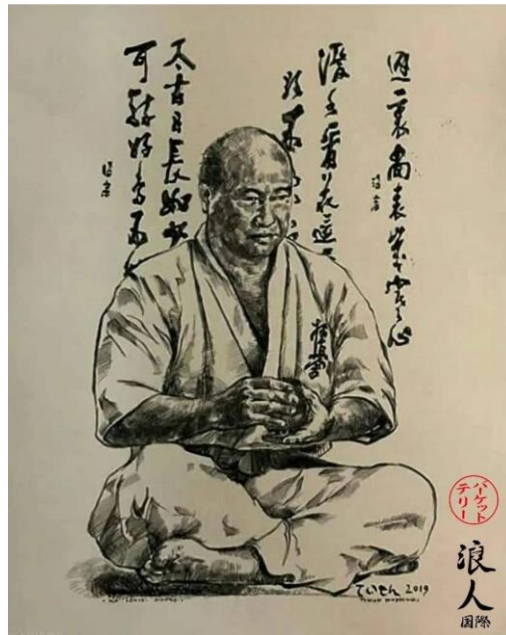
1. When entering or leaving the dojo, always face the front, bow and say Osu, then face the general direction of the other students in the class, bow and say Osu again.
2. When entering or leaving the dojo, always face the front, bow and say Osu, then face the general direction of the other students in the class, bow and say Osu again. When late to class, kneel facing the back of the class in SEIZA. Wait with your eyes closed in MOKUSO. When acknowledged, remain in SEIZA and bow, saying "SHITSUREI SHIMASU" (excuse me for being late). Stand turn to the front of the dojo and bow once again with a strong OSU, and quickly join the back of the class. Students who are late for class should try harder to be on time.
3. Do not remove any part of your DOGI during training without being told to do so.
4. Do not eat, chew gum, smoke or drink in the dojo.
5. When asked to proceed to a position, or when lining up at the beginning of training or for some reason during training, always move as quickly as possible – do not stroll.
6. Never practice Kumite unless an instructor is present. When practicing Kumite with a black belt, do your very best, but show respect for the rank. If you think you can go harder then do so, but remember that they have your lower rank in mind while they are sparring, and so will not be fighting their hardest.
7. Do not ask a higher grade for Kumite. You should not refuse however, if you are asked by a senior grade.
8. Do not break rank for any reason without permission from the instructor. Never walk between rows, or between the instructor and those training. If you must leave your position, walk behind the row you are in to either side of the class and proceed from there.
9. Address your instructor as SEMPAI, SENSEI or SHIHAN, as the case may be. Do not address an instructor by their first name in class.
10. Do not swear, laugh, giggle, talk, lounge or act inattentively during training. Treat your training seriously; it is not a laughing matter. A karate-ka is always alert and well behave. Possession of a senior grade (especially black belt) is not your ticket to relaxation and familiarity in the dojo. Do not waste your time and everyone else's if you are not prepared to treat your training and your fellow karate-ka with respect and the seriousness deserved. This includes leaving before the end of training. Unless directed by the instructor, a student should remain in the class until completion of the final bow-out. Abuse of this rule will not be tolerated.
11. Kneel on your right knee to adjust or re-tie your belt. Turn to the right, away from the front of the class, or from your partner if you are working with someone, to adjust

your Dogi. Learn to respect your belt as a symbol of your efforts in training.

12. Your Dogi must be washed clean and neat at all times. Your belt should be aired dry but never washed, as it symbolically contains the spirit of your hard training.
13. Listen carefully to the instructor's directions. Remember that the instructor will not ask you to do what he or she may think you can not do. Acknowledge all instructions with a strong Osu.
14. The instructor, whoever it may be, should be treated with the respect that you yourself would expect as common courtesy. If you cannot find it in you to show respect to a person who is taking their time to teach you, then you do not belong in a karate dojo. Never question his/her direction; never speak in class unless asked by the instructor. Such obedience develops a bond of trust between the instructor and student, which improves mutual receptivity, simplifying and speeding the learning process.
15. For the sake of safety and neatness, do not wear jewellery during training, or when you are wearing your Dogi.
16. Keep your toenails and fingernails clean and cut short at all times. Always be sure your feet, nails and hands are washed clean for training. In training you often work closely with others. Nobody likes to train with someone who is dirty.
17. Be sure to go to the toilet prior to training. An accidental blow to a full bladder can be extremely dangerous. Try also to remember that it is not good for the body to train on a full stomach, so avoid eating for at least one hour before class starts.
18. It is everyone's responsibility to ensure the Dojo is clean, tidy and Safe.

For new staters, the key things you need to know are:

- Leave your shoes at the door before entering the dojo
- Whenever you enter or leave the dojo, do so with a strong "Osu"
- Make sure your Dogi (uniform) is clean and neat
- No jewellery and keep nails cut short
- When the instructor indicates class is about to start, line up in rank order with Black belts in front through to white belts at the back
- Karate Starts and Ends with Respect treat everyone as you would like to be treated.



Mas Oyama, Sosai Founder of Kyokushin Karate Born 27/7/1923 Died 26/4/1994