



DOJO ETIQUETTE

- Bow, as a sign of respect, when entering or leaving the dojo
- Bow, as a sign of respect, when greeting Sensei (teacher) or any other Budoka (practitioner of martial arts)
- Students must keep their bodies clean, nails must be kept short and gis kept clean
- Absolutely no jewellery
- Profanity and loud, disruptive behaviour is forbidden in the dojo at all times
- Unnecessary talking / discussion is not permitted during training
- When training with a fellow karate-ka, both shall bow to each other before and after training
- Any student who is under the influence of alcohol or narcotics shall not present him/herself for training
- No candy, gum or smoking is allowed
- Karate-ka are not permitted to correct or teach each other unless instructed to do so by Sensei
- If your gi or belt becomes undone while training, etiquette requires one to turn away when attending to it
- Do not lean against the walls or sprawl on the dojo floor
- Never leave the dojo floor without permission. Attract Sensei's attention and you will be excused
- If you are late for class, you must wait in "yoi" before being allowed to enter the dojo

The way of Karate begins with courtesy and ends with courtesy which, in turn, teaches courtesy