

DOJO ETIQUETTE

- If at all possible, be punctual for class. That having been said, come to class even if you are late; some training is better than none.
- Bow when entering and leaving the dojo.
- Help to assemble/disassemble the dojo equipment.
- Always refer to the senior instructor as sensei.
- The sensei will refer to you by title and last name.
- Refer to black-belt students by their title and last name.
- Treat your instructor (sensei), senior students (senpai), peers (dohai), and junior students (kohai) with respect.
- Every kohai is expected to have a personal senpai, to whom one can go for training advice or questions. Every senpai is expected to have at least one kohai – and is to be active in providing advice and answering questions. Senpais and kohais will not be related by birth.
- Keep your uniform (gi) clean and in good repair.
- Practice good hygiene. Keep your finger- and toe-nails clean and trimmed.
- For safety, do not wear jewelry, such as: watches, hanging earrings, face studs, or rings during training.
- Assume a straight line and proper stance (heisoku dachi) at the beginning and end of class. Kneel (or rise) only after the student on your right has knelt (or risen).
- During beginning meditation (mokuso) eliminate thoughts of the outside world and prepare yourself to focus on karate training. During ending meditation, focus on the thing(s) you've learned during that class.
- No eating, drinking, or chewing gum during class.
- Be attentive and alert in class. Don't lean against walls or sit with your legs spread (except when stretching).
- If the sensei is talking, you are not talking.

- If you do not understand a command or exercise, indicate it. Karate is a martial art and safety comes first.
- If asked by the sensei to move from one area to another the rule is, "If more than two steps, run!"
- Do not walk between two students who are facing each other.
- During kumite, there will be no contact to the face. Body contact, however, is expected.
- During water breaks: run to exit, drink, then run back to place.
- When reassuming your place in class, pass behind other students.
- Do not leave class without permission – but if you become injured or unable to continue, immediately indicate that to the sensei
- During class, line up straight, aligned on the senpai, in heiko dachi.
- If you are injured or (non-contagiously) ill, come to watch class. Observing a class often provides insights that participating does not.
- If your injury allows, consult with the sensei and participate in class in a limited capacity – always taking care not to exacerbate your injury.
- Train hard. Push yourself emotionally and physically – and be prepared to be pushed -- every time you train.