

# JERSEY ISHINRYU KARATE

## Dojo Etiquette: Rules of Conduct

A Martial artist strives to improve as a person in five specific areas.

They include: - **Character Development, Effort, Sincerity, Respect and Self-Control**

### The Dojo Kun (Code):-

**Seek perfection of character – Be faithful – Endeavour – Respect others – Refrain from violent behaviour.**

Since there is a risk of injury, classes must be run in an orderly manner, which includes strict discipline. Safety must come first! So please adhere to the following training rules:

- ❖ Bow and say **OSS** when entering or leaving the training (Dojo) area.
- ❖ Remove shoes when entering the dojo. Never walk on the floor with your shoes on.
- ❖ The dojo must be kept as clean as possible. Clothing and personal items should be placed neatly along the back wall of the dojo.
- ❖ Good hygiene must be observed. Uniforms must be kept clean. Finger and toe nails should be kept short to reduce the possibility of injury.
- ❖ Jewellery, including Body Piercing's, watches and rings must **not** be worn while training in the Dojo.
- ❖ Chewing gum is not allowed when training. It is disrespectful and is not a safe practice.
- ❖ No drinking during the lesson unless you have permission from the instructor.
- ❖ Do not talk with your fellow students during the class. The Instructor talks and students listen. Acknowledge all instructions with a strong **OSS**.
- ❖ Fooling around or horseplay will not be tolerated. Karate training demands discipline of both body and mind. Any breakdown in class discipline could cause someone to be injured.
- ❖ Show respect to all class members i.e., bow to each other when working together. In addition always maintain control of your techniques at all times.
- ❖ Since promptness is part of the self-discipline karate-do encourages, arriving late for class should be avoided whenever possible. Anytime you arrive late and training has begun, wait at the back of the dojo until the instructor motions you in before entering class.
- ❖ Never refer to the instructor by name in the dojo. Always address your instructor as Sensei or Sempai. Unless solicited, do not question the instructor during class. Wait until after class to ask any question. **An emergency or illness is different.**
- ❖ 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.

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The most important thing that a Karate-ka needs to succeed in their goal of becoming a Black belt is ambition, this they will get from their desire to achieve and their will to win, these are essential if the Karate-ka is to endure the years of hard rigorous training they will undergo.

Training only at the Dojo is not enough, the Karate-ka must take their lessons home with them and practice each day, only then will the karate-ka grow to be skilful and strong both physically and mentally, as the karate-ka matures with each grade so will their good manners and etiquette, outwardly and even more important, inwardly.