

Dojo Rules Of Conduct / Etiquettes

1. All students are required to learn and follow the Rules, conditions and regulations of The Shotokan Academy Ltd plus Dojo Rules, Dojo Kuns, Principles of Karate along with other related policies and teachings related to Traditional Shotokan Karate Discipline and the Academy's,
2. Make sure all outstanding fees are dully, timely and fully settled without reminders,
3. You should arrive 10-15 minutes before class; report in advance if you have to arrive late or leave early,
4. Karate parents must personally drop off and pick up all students under age 12,
5. Refer to the Patron, currently a 5th Dan as Shihan, Chief instructor or 3rd Dan and above as Sensei while all other black belts of 2nd Dan and below as Sempai,
6. Always bow when entering or leaving the dojo,
7. Bow to Sensei or Instructor when you first come to class,
8. Use "osu" when acknowledging an instructor's direction in class,
"Osu" – This term is used frequently in the dojo and is derived from "Onore Wa Shinobu", meaning "I will persevere". The usage of the term is broad and usually indicates an attitude of respect. Examples of such usage are:
 - When first entering or leaving the dojo,
 - At the beginning and ending of a class under the direction of the instructor,
 - When answering 'yes' to a question directed at you by the instructor,
 - In response to a direction given by the instructor to the class (this indicates you understood the direction or instruction).
9. Stand straight and listen attentively when the instructors are speaking,
10. Do not lean on walls or laying around the dojo during class,
11. There should be none or minimal talking during class times,
12. Your gi must be kept clean, neat and tidy,
13. Your gi should be worn strictly only for Karate training,
14. Plain white Karate uniforms (Gi's) must be worn during class. All female students must wear a plain white tee-shirt (Allowed for male students as well) under the Gi during class,
15. Do not wear shoes inside the Dojo,
16. Finger & toe nails should be kept short and clean,
17. No jewelry should be worn during class including watches,
18. No chewing gum or candy during class,
19. Always leave your belongings neat and in order in the dojo or changing rooms,
20. Students are responsible for helping to keep the Dojo clean,
21. Advisable to go to the bathroom before you come to class,
22. Always warm up before training and warm down after training,
23. Pay attention! Raise your hand before asking questions during class. Other than questions and comments related to Karate, there is no talking during class.

24. During training, and while you are on the Dojo floor, if you need to take more than 2 steps to get from one place to another you must run. Otherwise there is no running in the Dojo and no running anywhere else in the premises,
25. You are not allowed to laugh at mistakes made by other students,
26. The Karate techniques you learn here are never to be used to start fights. You are only allowed to use the Karate techniques you learn in class to defend yourself in case a need has arisen to do so. Otherwise use any other ethical ways i.e diplomacy, dialogues, withdrawal, avoidance etc to resolve situations or entirely refrain and avoid being in one. Any student who bullies other students or anyone else at all will not be allowed to continue training with this center,
27. No Fighting—No Teasing—No chewing gum—No wearing jewelry—No toys on the Dojo floor.
28. Students must learn the Japanese words and phrases used during class (You must recognize the basic Japanese terminology before you will be allowed to take your first rank examination).
29. Practice your Karate at least 10 minutes every day.
30. Remember to pull your attendance card out of the attendance box each time you come to class.

Ensure you frequently go through and understand the rules, regulations and conditions as will help in moulding and converting you into a true Karateka and assist you in your routine trainings.

Thanks and kind regards,

Management,
Shotokan Academy.