

## Dojo Etiquette

Karate is a disciplined activity and as such certain rules must be adhered to in the training hall (dojo). Adult lessons are conducted on a less formal basis but courtesy and discipline is essential.

The basic rules of our dojo are as follows;

1. Bow on entering and leaving the dojo.
2. No eating or drinking in the dojo during lesson times unless specifically permitted by the instructor of the lesson. The exceptions will normally only be for medical reasons.
3. Due to the risk of injury, students may not run around unsupervised before lessons in the dojo. Practice kata, kihon or do stretching exercises only.
4. The instructor must always be addressed as ‘Sensei’ and the senior student/s as ‘Sempai’ in the dojo..
5. If a question needs to be asked, you raise your hand until the instructor invites your question.
6. If you arrive late for a lesson, you must kneel down to the side of the lesson and wait to be invited in. You then bow and join the lesson. Do not walk in front of students always enter the line from behind.
7. Students will only be allowed out to the toilets in extreme cases during lessons. Ensure that you use these facilities before the lesson starts.

In order to ensure a safe level of training, all students taking part in kumite must wear knuckle protectors and gum/groin/chest guards are optional. A small number are available for use in the club but students should purchase their own once at a grade where kumite is a regular event. Knuckle protectors cost £5 at the club.