



剛柔流
空手道



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DOJO ETIQUETTE AND RULES

The practitioner must constantly be guided by a deep respect for the dojo, for all the people in it, and for the purpose of the art. Good manners, politeness, courteous behavior, and maintenance of formal etiquette are part of a practitioner's code training, and essential to developing a respectful attitude to the art. The practitioner should memorize the rules, and always obey them.

Instructors should monitor the practitioner's commitment to self-improvement, and insist on constant self-control. The goal is self-confidence, to be able to achieve a peaceful resolution of conflict wherever possible.

The following are several basic rules on how to conduct oneself in the Dojo:

THE BOW

If standing, bend forward at the waist. You should retain eye contact with the person to which you are bowing. If kneeling, place your hands flat on the floor in front of you so that your hands are touching or overlapping. Touch your forehead to your hands.

When a higher Black Belt member enters the Dojo with a class in session the instructor will stop the class, and acknowledge his presence by having the class bow to him or her.

ENTERING/EXITING THE DOJO

No practitioner should join or leave the class in progress without the instructor's permission. Face the room and bow as you enter and exit the Dojo.

WORKING WITH A PARTNER

Show respect by bowing to your partner both before and after working together.

SITTING SEIZA

Whenever sitting in class, sit in seiza or with your legs crossed: never sit with your legs outstretched.

STEPPING ON/OFF THE DOJO SURFACE

Always take off your shoes before you step onto the Dojo surface.

Line up, sitting seiza, facing the front of the Dojo. When you hear "shomen-ni rei" bow to the front of the class and when you hear "sensei-ni rei" bow to the sensei. For the close of class, you will line up the same, but the bows are in reverse order.

Morgan Moss (3rd Dan)

BA Hons Sport Science (UJ), BA Child and Family Psychology (UJ), BA Sport Psychology (UJ), Sport Nutrition and Supplementation (HPPA), Sport Massage Therapy (HPPA), Level 3 First Aid (First on Scene), Instructors Diploma (IBA), World Karate Federation Accredited Coach (WKF)

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JOINING/LEAVING CLASSES IN PROGRESS

To join a class in progress, stand at the edge of the Dojo and wait for the sensei to bow you on. When you must leave before class is concluded, tell the sensei you wish to leave before class or the duration period and then when you must leave, bow off before leaving the Dojo.

SAFETY

It is the responsibility of all the participants to maintain a safe environment. When you feel uncomfortable about a technique, the safe thing to do is to pass. Inform the Sensei whenever you feel another participant is not working safely. Notify the Sensei before class if you have any mental or physical limitations that may restrict the techniques that are safe for you to receive and/or do to others.

INJURIES

Injuries must be taken seriously. If you injure yourself stop where you are and call the Sensei over. Immediately bring any, and all injuries to the instructor's attention. Do not leave the Dojo surface to attend to the injuries without notifying the instructor as to why you are leaving.

THE TAP

This is not really a rule of etiquette, but is a very important safety rule. If you are in pain or placed in a dangerous position, tap your partner, yourself or the Dojo surface so that your partner is aware that you wish him/her to stop. This means that the tap should be loud and/or distinctly felt.

THE ART STAYS ON THE MAT

Much of what we practice routinely with each other will seriously injure the uninitiated. It is not to be demonstrated or practices on others outside of the Dojo. The first rule of self-defense is to avoid situations that require self-defense.

There are also some additional rules to etiquette that should be practiced:

- No profanity in the Dojo.
- No smoking in the Dojo.
- All sensei's should be addresses as Sensei.
- No practitioner should ask or challenge a higher-grade belt or free spar.
- No jewelry should be worn during class.
- Practitioners should not chew gum during class.
- Practitioners should always work out of clean uniform
- Practitioners should always keep fingernails and toenails trimmed.
- No practitioner should test for promotion if behind on lessons or payments.

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