



剛柔流
空手道



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PRACTITIONER'S CODE

To master an actual technique, mental culture should come first. Acquiring a technique requires a careful, modest, non-malicious, free and attentive mind. In other words, a practitioner should do his utmost and nothing less. You are studying a traditional martial art. Always conduct yourself in a **formal, respectful manner**, both in and out of the Dojo.

- Students are to wear uniform during training. This is a full gi with emblem on the front with white pants. Only white t-shirts can be worn under the gi for females.
- Out of respect for instructors and class mates, students must have good personal hygiene – clean gi, clean body, clean feet, control body odor, long hair tied back and fingernails and toenails kept short. You may be asked to stop training if these requirements are not adhered to.
- **Maintain a desire to learn. Never tire of learning, anywhere, any time; this is the secret of knowledge. Be eager to ask questions and learn. Appreciate the thrill of learning**
- **Prompt attendance** is expected of all students. If you arrive late, proceed to the side of the class and sit in **sieza**, bow twice (respect to instructor and class mates) until your presence is recognized by the teacher. When this occurs, the instructor will turn in your direction and you will stand up, bow to your teacher, and proceed to the back of the class.
- **Be willing to sacrifice for the art and the Instructor. Respect the skills you are learning, and the efforts it took to bring them to you.**
- Remember that karate is a form of self-discipline studied with a view to forming **strong will, humility and good character**.
- Always refer to instructors as **SENSIE** (The instructor) or **SEMPAI** (The assistant teacher). Students must also respect each other, cultivating the virtues of **modesty and humility**.
- **Always be loyal to the instructor and the teaching methods. If you disagree with any procedure or technique, discuss it privately with the instructor.**
- **Practice what you learn and try perfecting your techniques to the best of your abilities. This includes spare time in the gym, and regularly doing conditioning exercises at home on off days.**
- **Discard any technique you have learned from another school if your instructor disapproves of it.**

Morgan Moss (3rd Dan)

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

Affiliated to: Karate-Do International (KDI), Champions International Karate Association (CIKA), West Rand Karate Federation, Gauteng Karate Federation, Karate South Africa (KSA), Union of African Karate Federations (UFAK), World Karate Federation (WKF), African Goju-ryu Karate Federation (AGKF), World Goju-ryu Karate Federation (WGKF)



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- Always set a good example for lower belts. Be aware that they will try to emulate senior practitioners.
- Help other practitioners to learn to succeed. Recognize that you are all members of a strong group sharing common goals and interests.
- Remember your conduct inside and outside the Dojo reflects upon the art and the instructor. Keep in mind that you cannot discard your responsibility for the karate skills that you have learned, wherever you go.
- Behave honorably. Never be impolite. Try to live by the Dojo Kun that guides the art of karate.

All teaching aids must be treated with respect, whether they are real weapons such as a sword, katana or stick, simulated weapons such as wooden or plastic knives, sparring equipment or mats.

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