

DOJO ETIQUETTE

- Bow upon entering or leaving the dojo (front or back door). Also bow when entering or leaving the training area.
- Bow to instructors (or senior students) when entering the dojo.
- Place shoes neatly on shoe rack at back door.
- Keep your karate gi clean and in well maintained condition.
- Keep hands and feet clean. Trim finger and toe nails to avoid injury to yourself and others.
- Do not wear jewelry in class.
- Keep the dojo training floor for practice of karate. Do not mess around or run around on the practice floor.
- Line up quickly when the instructor signifies that class is beginning. It is important that you make every effort to be at class on time.
- Ask permission of the instructor before leaving class for any reason once class is session.
- Ask senior students to help you before and after class.
- Avoid excess talking and loud activities when the instructor is speaking.
- Listen carefully in class to instructions. Remember to do only what you are instructed to do.
- Always bow correctly from the waist.
- Turn away from the rest of class to adjust or rearrange your uniform (gi),
- Begin each practice with a partner with a bow and say “onegaishimasu” – Please.
- End each practice with a partner with a bow and say “ arigato gozai mashita” – Thank you.
- Always address the senior instructor as “Sensei” and all other senior students as “Sempai”
- Respond quickly and strongly by saying “Hai” when the instructor addresses you or asks you to do something.
- Control your emotions. Do not lose your temper.
- Respect everything and everyone in the dojo.
- Always practice in a safe and respectful manner.