

### Dojo Rules & Etiquette

- Please remove your shoes prior to entering through the dojo door.
- Bow when you enter and leave the dojo.
- Traditionally, the head instructor should be addressed as 'sensei' inside and outside of the dojo. "Sensei" literally means "gone before" or "one who has gone before" but the connotation simply means "teacher" or "instructor".
- Only water is allowed inside the dojo/ studio. No other food or beverages are allowed.
- Do not chew gum during class. It can be a choking hazard.
- Do not wear jewellery while training. It may be damaged, or may do damage to yourself or your partner.
- Please keep fingernails and toenails short to avoid injuring your fellow students.
- If you arrive late, please kneel at the dojo door until invited onto the floor by the instructor. This is to relax and focus your mind before joining the class, and to avoid disrupting the other students in the class.
- White belt students may wear loose fitting or comfortable gym clothing. However, a white karate uniform (gi) is required before grading for yellow belt. These can be purchased from your instructor.
- Take care of the facilities. Keep the change rooms and lobby clean. Please respect those who provide the facilities for us to train. We are their guests.
- If for some reason you need to leave the class, even temporarily, please notify the instructor.
- Always train in a serious light. Take care to ensure safety and control at all times.
- Hand guards/protection and mouthpieces are mandatory for sparring and for gradings.
- Although partner work should involve pushing each other to train hard, communicate with your partner if they are exceeding the level of training you are comfortable with. Partners should work at mutually agreed upon levels. Communicate to the instructor if your partner does not respect the level you are comfortable with.
- Notify the instructor immediately of any accidents or injuries that occur in or around the dojo, regardless of how minor they may seem at the time. Please notify your instructor if you witness any accidents or injuries in or around the dojo.
- A student will never instigate or allow themselves to be instigated into violence for any reason inside the dojo or studio. Violent behaviour will not be tolerated and will result in immediate and permanent expulsion from the dojo without refund.
- Students are responsible for the actions of any guests invited to be an audience member during a grading or otherwise. Any violent, offensive or abusive behaviour by a guest will result in immediate and permanent expulsion of the guest and the host student from the dojo and studio, without refund, at the discretion of the instructor.
- Abusive, inappropriate or offensive behaviour will not be tolerated and will result in immediate and permanent expulsion from the dojo and studio without refund, at the discretion of the instructor.

**Have Fun! You should enjoy your classes!**