

## Dojo Etiquette and Procedures

Kyokushin karate, the art we study, is a classical (traditional) martial art. The behaviour and interaction of students and instructors, inside the **dojo**, is modelled on traditions of Japan, the home of modern karate.

We believe that our **dojo** is more than just any old gym or training centre. It is a place where you will learn something useful, that may some day save your life, a place where you will expand your horizons, physically and spiritually, and above all a place where you will become part of a large group and quite possibly make some lifelong friendships.

Without a doubt, it is a place of importance.

The code of conduct was primarily designed to facilitate the smooth running and operation of the **dojo**, where everyone knows their rank, place, duties, and responsibilities within the group. We also take into account the fact that we are not all Japanese, and where possible a compromise is made to accommodate our own Western values and characteristics. But for the most part, as you will realise, these rules are based on common sense, good manners, and common courtesy. These requirements of etiquette must be adhered to inside the **dojo** by everyone, regardless of age, grade, or status.

The following are only the main points of **dojo** etiquette. The finer aspects should be picked up during training.

1. Bow, and **osu** twice, when entering or leaving the training area of the **dojo from** any exit. This is a mark of respect for your instructor and your place of training.
2. Be ready for your training sessions in good time. If you are waiting, practise techniques or **kata** rather than talk.
3. When called by your instructor, move quickly into line in order of grade and seniority. Stand without talking, in the **fudo-dachi** (ready) stance. At the command "**seiza**", kneel in the formal position with fists on hips. At the command "**mokuso**", close your eyes and clear your mind of outside thoughts, while regulating your breathing. At the command "**mokuso yame**", open your eyes.
4. Acknowledge all commands and directions, given by your senior grades, with **osu**. To attract the attention of the person in charge, bow and **osu**.
5. During a training session, do not leave the **dojo** except for urgent personal reasons. Always ask the person in charge of the session. Unless students are instructed otherwise, the only person to speak in the training area is the instructor.
6. When leaving or taking your place among the rows of students, never walk in front of your senior grades, instructor included - choose a path that takes you behind them.
7. When late for a training session, kneel in **seiza** to the right of the entrance inside the training area until the instructor gives permission for you to join the class with the command **ayo**. Unless instructed otherwise, you should take your place at the very back, after the lowest grade regardless of your own grade, until instructed to take your correct place. If you are not wearing your **gi**, your place is also at the end, again regardless of grade. **TRY NOT TO BE LATE.**

8. Do not remove any part of your **dogi** without being told to do so.
9. Do not eat, drink, smoke or chew gum in the **dojo**. NOTE: It is acceptable to have a drink during the break in training.
10. Always move quickly in class when instructed to do something. DO NOT STROLL.
11. Do not practise **kumite** (sparring) unless the instructor is present. Do not ask senior grades to do **kumite**, but do not refuse if asked by a senior, unless you are injured.
  - a. Practise **kumite** as instructed to do, i.e. if told non-contact, then practise non-contact.
  - b. If your partner hits you accidentally, keep your cool and try not to pay back.
12. Do not intentionally hurt people of smaller stature and/or strength than yourself, e.g. women, children, and people smaller than you.
13. Always address the instructor by their proper title (**Senpai**, **Sensei**, **Shihan**), inside the dojo. Acknowledge them with a loud **osu** when they speak to you.
14. Your training should be a serious matter. Do not laugh, giggle, talk or cause disruption during the class. You should always stand in **fudo dachi** (stable stance), when awaiting the next command.
  - a. NOTE: It is considered bad manners to fold your arms on your chest or to put your hands on your hips.
15. Turn to your right, away from the front of the class or your partner, when readjusting your **gi**.
16. Your **gi** must be neat & washed clean at all times. Your belt should NEVER be washed, only aired dry. It symbolically contains the spirit of your hard training.
17. All directions by instructor should be obeyed in the dojo, without question. You will not be asked to do anything that your instructor has not done him/herself already. If you cannot keep up, do the best you can. **DON'T GIVE UP.**
18. Don't wear jewellery or watches during training.