



"Karate begins with courtesy and ends with courtesy."

The Essence of Okinawan Karate-Do by Shoshin Nagamine (O'Sensei) from 'The Ethics of the Dojo'

Rules & etiquette that must be followed when training karate-do, as follows:

Dojo Rules

- **Bow** when entering & leaving the dojo
- **Remove** shoes when entering the dojo
- Address all instructors as **sensei** (teacher)
- **Permission** must be obtained **before** leaving the class
- Any member arriving late must **bow** in a kneeling position, **wait** & raise their hand for **permission to join** in the class
- Finger & toenails must be kept **short** & **clean**
- Gi's (karate uniform) must be kept **clean & in good condition**
- Jewelry must **not be worn** during training, if a ring etc cannot be removed, it must be taped up for **safety**
- Members must **not** swear, spit, chew gum or undertake any action likely to **offend** the etiquette of the dojo or its representatives
- Always **try** your best, **spirit** is more important than strength or technique
- Members must use **control** when undertaking partner work
- Cell **phones** must be **silent** on vibrate or turned off when training.



Even after many years, kata practice is never finished, for there is always something new to be learned about executing a movement.

Shoshin Nagamine

Dojo Rules (Jrs)

- Only practice Karate-do when you are on the floor.
- No horseplay, No fooling around in the Dojo at any time.
- Don't talk or goof off during class.
- Raise your hand to ask a question.
- Call the instructor "Sensei".

NOTE: The following guidelines are instituted primarily for the safety and protection of Participants

IMPORTANT: Guests are not permitted to be in class while class is in session for safety and to minimize distraction or injury to students. Wishing to observe while class is in session are requested to do so in complete silence. Cell phones must be on vibrate or turned off.