

## Rules Of Conduct

The regulations prescribed by the A.J.K.A.I are to be carefully followed. These rules have been handed down from ancient times and are continued as part of the Karate-do. The following rules of etiquette are observed whenever Karate is taught.

- Whenever entering or leaving the dojo, stand in the doorway, face the front, bow and say “oss”.
- Remove shoes upon entering the dojo. Shoes are NEVER worn on the training floor. Shoes will be neatly placed on the shelf, not scattered about on the floor.
- Late arrivals should make themselves known to the Instructor by kneeling at the side of the Dojo floor, where the student must wait for permission to join the class.
- When sitting, always sit cross-legged or in seiza position. (If you have a knee problem, please speak to the Sempai.)
- While a class is in session, karate-ka should not lean against the wall or lie down on the mats. Rather, they should conduct themselves in a more acceptable manner paying strict attention to the instructions being given or the class being taught.
- The Karate student must show courtesy and respect to all instructors and fellow students.
- Always address the instructors by their proper title, Sensei or Sempai (senior student), inside the dojo. THIS INCLUDES PARENTS AND ADULTS.
- Acknowledge the Sensei or Sempai with a loud “Oss” when they speak to you or say “Hai (yes) Sensei” or “Hai Sempai”. Always acknowledge criticism given by the instructor or any other person.
- Be on time so you will not interrupt classes or instructors by being late. It is proper to ask the instructor for permission to practice when arriving late for class, or if you need to leave early.
- Every time you get a new partner for any exercise, bow. Every time you’re about to switch partners, bow to your old partner before moving on to the next. This is a mark of respect to each other and acknowledges your partner.
- Treat your partner courteously and with proper etiquette. Always challenge your partner to a degree that is beneficial to his/her learning.
- Junior students must look to seniors for guidance and treat them with respect.
- Senior belts must set an example for the junior belts. You must lead junior belts by example.
- Talking back to the instructor or senior in a condescending manner is strictly forbidden, whether you think that you are right or wrong the only acceptable answer is OSS. One must be willing to obey the rules and learn self-discipline.
- Your GI (uniform) must be NEAT and WASHED CLEAN at all times. Cleanliness will eliminate the possibility of offending others and a clean mind is a necessity for dedicating yourself to your training. Your belt should NEVER be washed, only air-dried. It symbolizes the spirit of your effort.
- When adjusting your GI or re-tying your belt it is proper etiquette to turn away from the front (shomen) and away from your partner. (It is improper behavior to dress or adjust your GI while facing someone.)
- Toenails and fingernails are to be kept short to prevent injury. Long hair is to be tied back during training.
- Makeup and jewelry are not to be worn during training sessions.
- It is everyone’s responsibility to ensure the Dojo is clean, tidy and safe at all times.
- Dojo fees must always be paid on time. This is also Karate; it is disrespectful to expect an instructor or club secretary to remind you of such matters.