

## **Dojo Rules**

1. Keep in mind that the dojo is a place of spiritual value as well as a place of physical technique.
2. Make a formal salutation (bow) when entering or leaving the dojo or when working with a partner.
3. No karateka shall ever take undue advantage of a lower grade karateka.
4. All karateka shall accept counsel and advice from the higher grades without unnecessary discussion.
5. When not actively engaged in karate practice, only the prescribed positions of rest will be allowed (standing, sitting or kneeling).
6. Idle conversation in the dojo will be held to an absolute minimum.
7. There shall be absolutely no chewing of gum in the dojo.
8. Personal cleanliness, including karate garments, is a prime requirement of all karateka in the dojo.
9. Finger-nails and toe-nails shall be cut short and kept clean.
10. Items of personal jewelry, such as rings, watches, chains, etc., shall be absolutely prohibited while engaging in karate practice.
11. All karateka should arrive promptly for class and be ready to line up for the opening of the dojo at the prescribed time.
12. Do not enter the area of kamiza and do not speak to the instructor when he is in the kamiza.
13. All karateka shall address their instructor as "Sensei".
14. All classes shall be started and ended with the formal salutation, for karate begins and ends with courtesy.