



CORRECT DOJO ETIQUETTE AND BEHAVIOUR IN AND AROUND THE DOJO

Applies to all ESRKK members of any grade

Arriving at the Dojo:

- Always arrive on time. Regular lateness is not acceptable and may lead to exclusion from the Dojo.
- You should arrive at the Dojo at least 10mins before the start of the class to enable yourself to get changed, warm up and pay any monies due.
- Where possible your Karate Gi should not be worn to the Dojo. It should be changed into when arriving. If it has to be worn then you should wear a tracksuit over the top of it. Remember no jewellery is to be worn.
- When waiting to come into the Dojo itself, please wait quietly and respect other users of the facilities. Keep door and access ways clear at all times.

Entering the Dojo:

- Always enter the Dojo in a quiet and respectful manner, allowing senior grades to enter in front of you.
- Always 'Rei' (bow) when entering the Dojo and remember the following:
 - If the Chief/Lead instructor is NOT in the Dojo, enter and start warming up or practicing your Karate techniques.
 - If the Chief/Lead instructor is in the Dojo, then enter and kneel down inside the door (in a safe place) and wait to be invited into the Dojo.
- When a senior Dan grade/Dojo Sensei enters the Dojo, stop what you are doing, stand in Musubi Dachi and Rei/Bow. The most senior student in the Dojo at the time should call Yame and Sensei Ni Rei.

This only applies to Association Dojo Leads. The command Sensei Ni Rei is not used for Dan grades that are not lead or club instructors.

- If you arrive late at the Dojo and the class has started, enter the Dojo quickly and quietly and kneel inside the door and wait to be asked to join the class. Never just walk in and start training.

- When the Association Chief Instructor or someone Senior to him enters the Dojo (any Dojo), the most senior grade will call Yame and all students must move to the edges of the Dojo, stand in Musubi Dachi. The command Renshi or Shihan Ni Rei is then called.
- When a grade senior in the Dojo approaches you, acknowledge them with a formal Rei/bow first before engaging in conversation with them. This applies to all grades and not just Dan grades.

During training:

- When called to line up, do so quickly and quietly, adjust your Dogi and Obi (suit and belt) and stand in attention stance in line with the senior grades. Do not fidget.
- Always train with full spirit and effort, remembering that you are learning an art that may one day prevent you being injured in a fight situation, so training must be taken seriously.
- There should be no chatting, chewing or any other un-martial behaviour whilst training and always be respectful of other students.
- When Yame/Stop is called in the Dojo, you must stop what you are doing immediately, not only for etiquette but also for safety reasons. When Yame/Stop is called you should always Rei/Bow and say 'Ossu'.
- If you need to leave the Dojo for any reason (toilet, feel un-well etc.) then immediately alert the lead instructor and tell them what you need to leave for. NEVER leave the class or the Dojo without permission.
- Always Rei/Bow when leaving the Dojo, and leave quickly and quietly.
- When partnering up during training always Rei/Bow respectfully to your partner (do not wait to be asked).
- Lower grades must always move towards a senior grade when partnering up, where possible.
- When training do not fidget with your Obi/Belt, look around, look at the clock or fold your arms.
- When called to watch a demonstration by the lead instructor, Rei/Bow before and after the demonstration.
- The instructors will make sure that necessary drink and other breaks are given, so do not ask to be excused for a drink or rest during training unless you are unwell.
- If you have a medical condition then you must ensure your medication (e.g inhaler) is close by. If you have left this at home, then you will NOT be allowed to train.

- You must ensure that if you have an injury you let the lead instructor know before training commences and ensure that you respect the injury when training.
- When asked a question either as a group or individually, always Rei/Bow at the end and say 'Ossu Sensei' and when asked to confirm your understanding of something always say 'Ossu' loudly and with spirit.

After training:

- Leave the Dojo when told to quickly and quietly and be respectful of other students, parents, visitors and users of the facilities.

General:

- Be respectful to all students, parents and visitors and always behave in a manner that will not bring the Association or Karate into disrepute.
- Your Karate Dogi (suit) needs to be kept clean and in good repair at all time. It should be pressed before training and bare a club or governing body badge.
- Ladies may wear a white t-shirt or sports vest under their Dogi jacket. Nothing else may be worn under the Dogi – men and ladies.
- Finger and toe nails need to be kept short and clean and long hair needs to be tied back.
- Consideration must be given to personal hygiene.
- Students must not train if under the influence of alcohol.