

DOJO RULES

OKINAWA DOJO AND ITS INSTRUCTORS/SENSEIS RESERVE THE RIGHT TO DISMISS ANY STUDENT AT ANY TIME FOR CONDUCT THAT MIGHT CONVEY A NEGATIVE IMAGE OR BE DEEMED HARMFUL TO FELLOW STUDENTS, INSTRUCTORS, ANY OTHER PERSON OR PROPERTY LOCATED WITHIN OR OUTSIDE OF THE DOJO.

GENERAL:

1. Always be on time for classes, meetings, competitions or any other events organized by Okinawa Karate Dojo (consider the time that you will need to use the restroom, change into the Gi, fill up your water bottle or perform other necessary preparation).
2. Turn off or silence your cell phones.
3. Remove shoes and socks before stepping onto the mat.
4. All clothes and personal belongings should be left in the changing room except for shoes.
5. Shoes must be left at the designated mat area next to the entrance.
6. Do not bring any valuables to the Dojo. We are not responsible for lost or stolen items.
7. Take care of restroom business before or after class. If you need to do so during the class, approach your Sensei, bow and ask for permission. Please, do not forget to put your shoes on.
8. Listen carefully and follow all the instructions given by Sensei.
9. Do not come to class if sick.
10. Notify your Sensei immediately if you are not feeling well or become injured, before, during or after the class.
11. Always display a positive attitude inside and outside of the practicing area. You and your actions reflect on the Dojo.
12. Students are to refrain from chatting, coaching.
13. Students should always address their instructor as "Sensei."
14. Spectators are reminded to silence cell phones and to refrain from conversations, including coaching from the side.
15. Bow whenever entering or leaving the Dojo, stepping onto or off of the mats.
16. Bow before and after practicing with a partner.
17. Bring your personal water bottle for training and make sure to fill it up before the class. Please do not leave your personal water bottle in the dojo. Abandoned water bottles will be recycled.

18. Never leave the Dojo without permission. Do not leave the Dojo with a stranger under any circumstances, even if he/she will tell you that your parents asked them to pick you up.
19. Keep Dojo equipment and the training area in clean and neat condition. Do not climb on heavy bags. Do not run around the Dojo. Do not use any equipment or pull-up bar without Sensei's permission.
20. Uniforms, accessories and equipment are available for purchase in the Dojo. All equipment, including uniforms, purchased elsewhere, must be approved by Sensei.
21. Do not spar without the supervision of Sensei.
22. Do not touch or approach the mirrors closer than 2 feet away.
23. Always line up by belt rank and then by age; highest rank on the right, lowest on the left. If the same rank - the oldest on the right.

APPEARANCE:

24. Karateka always should look neat, wear clean and pressed Gi, only white undershirts are allowed.
25. Sport white tank tops is required for female Karate practitioners.
26. No jewelry or metal of any kind is allowed during the training. Please, avoid metal hair pins, substitute with rubber. No earrings, no wristbands, no pendants or necklaces of any kind are allowed.
27. Long hair must be pulled back into a ponytail with a soft elastic (no barrettes, clips or hard plastic), keep nails trimmed, and practice good personal hygiene.
28. Do not chew gum during the practice.
29. Wear your belt only in the Dojo and with your complete Gi.
30. The belt is never to be washed.
31. Always show respect for your belt. Do not toss, play with or leave it on the floor.
32. Okinawa Dojo patch is required for all students beginning with 9th kyu (yellow striped belt) and higher. The patch represents the Dojo that a student belongs to. It must be sewn on your Gi (uniform) over the heart and worn with pride.



IF YOU ARE GOING TO MISS A CLASS:

- 33. If possible, notify your Sensei in advance via phone or text (preferred).**
- 34. Try to find time to practice at home.**

IF YOU COME LATE:

In a Karate Dojo, as is it is in life, it is very bad manners to be late. Sometimes, however, this may be unavoidable.

- 35. Without interrupting the class change into your Gi quickly and quietly.**
- 36. You will be required to kneel in seiza in front of the mat. If you arrive while everyone else is also kneeling in seiza, do not make any noise what so ever, just wait quietly until the Sensei acknowledges you and invites you to join the class. This may not happen right away, and it is important to remember that you must remain kneeling where you are until your are invited in, at which time you may be asked to perform some task as a penance for being late. Once you are invited to join the class, you must first bow while still kneeling, then get up quickly and join the class by finding a place in the last row unless some other space is indicated to you.**