



Shido-kan Shorin Ryu Karate
at
The CLC @ Birmingham First



Dojo Manners & Rules

The dojo is a special place where we train ourselves both physically and mentally. Students should respect each other and the dojo by observing the following manners and rules:

1. Always show courtesy, politeness, respect, and kindness to all.
2. **No sparring is allowed!** Hitting, kicking and other contact can be dangerous. Fooling around can result in injuries and is absolutely prohibited. Violation will lead to being suspended from class. Repeated violations will result in not being allowed to continue training.
3. Observe the training schedule by arriving early and being prepared for class. If you're late, change immediately, and then wait for permission from the instructor before entering the training area.
4. Shoes should be removed when entering the dojo and placed **neatly** in the area provided.
5. When entering or leaving the training area, show your respect by bowing.
6. Your gi should be kept clean and neat. Wearing jewelry or hair ornaments is not allowed. Fingernails and toenails should be kept short to prevent injury to other students and yourself.
7. When the instructor starts class, line up quickly, facing the Shomen (front of the dojo).
8. Bow to the instructor, senior students, and each other with appreciation and respect.
9. Training with cuts or open sores is strictly prohibited unless properly covered. If injured while training, stop immediately and ask permission to obtain first aid supplies.
10. When adjusting your clothing or wiping perspiration from your face, always turn away from the instructor.
11. During class, kata should be performed with kime (focused power). If you become tired, rather than proceed weakly, rest for a short period and then continue.
12. Never leave the class for water, or early dismissal, without first getting permission.
13. Listen carefully to the advice and instructions given to you. Don't forget to thank the instructor and senior student(s) to show that you have heard and understood their comments.
14. Sempai (senior students) are responsible for setting the example of cooperation and conduct in the dojo. Kohai (junior students) should observe closely the actions of the sempai to correctly further their learning.
15. Don't talk in class except to ask or answer a question. While observing training, always stand, kneel, or sit in a proper way and do not bother others by talking.
16. Any outside activities (fighting, etc.) that bring discredit to Sensei, the school, karate-do, or the student are sufficient reason for dismissal. Any incident that occurs should be reported to Sensei immediately.
17. If injured, it is recommended that you still come to the dojo and learn by observing training.
18. You should advise Sensei if you have to temporarily discontinue your training.