

Dojo Etiquette



- Students and Instructors will bow to the dojo each time they enter or leave, to demonstrate respect to the Instructors and fellow students.
- If students are late for class they should wait while kneeling inside the dojo. Upon being given permission from the Instructor to join the class, the student should perform the standard two kneeling bows before joining in.
- If wishing to leave a lesson early, permission should be sought from the Instructor before commencing the class.
- Students will respond "Hai Sensei" when in conversation with Instructors and stand respectfully.
- Students will turn away from Instructor or opponent when tidying uniform.
- Students are encouraged to participate in class enthusiastically; however they are to avoid unnecessary conversation.
- No student regardless of rank may instruct or correct another student without permission from the supervising Instructor
- Personal hygiene and a clean uniform is imperative in each class as a reflection of the student's pride, i.e. clean feet, short nail, adequate deodorant (not antiperspirant)etc.
- Long hair must be tied back.
- Female students must wear a white T-shirt or sports top under their uniform
- Any extra insulative clothing must be worn over the uniform and be removed by the end of the warm up.
- Students must be given permission to wear shoes on the workout floor. Only light trainers or martial arts shoes will be permitted.
- No jewellery shall be worn in class except for a wedding ring taped over.
- All belts should be tied to hang evenly, as one side represents the mind and the other the body.
- Students must not engage in free sparring without all proper protective gear and direct supervision of the Instructor.
- Before sparring, glasses and any prosthetics should be removed.
- There will be no use of foul language on the school premises at any time.
- Permission of the Instructor is required before a student may attend classes from another martial arts organisation.
- Students, parents and guests will not converse with any person involved in a class without permission from the Instructor.
- No food, drink or gum may be consumed in the centre.
- Place clothes neatly in an appropriate storage place (the school owner is not responsible for lost or stolen items).

Dojo rules are there for safety, to help with efficient teaching and to maintain the principles of respect, courtesy and self control.

