

CLUB RULES AND GUIDELINES

The rules of the club are really very simple and easy to understand.

1. No shoes on the training mats. There is a black row of mats next to the wall where you may walk with your shoes on to get to the changing rooms or the restroom. But please make sure your shoes are clean and dry if you must cross the floor.
2. Please keep talking to a minimum and a low volume as to avoid distracting students in class.
3. No vulgar language or behavior will be tolerated.
4. Treat others as you want them to treat you.

In Japanese, the word *dojo* (*dough-joe*) is made up of two words: “do” which means way, and “jo” which means place. The translation means “the way of the place.” The word originated in Zen Buddhism and refers to the place where one finds their life enlightenment. There is no religious meaning in *Karate-do* training, but we still use the word *dojo* for you to find your self-improvement. *Dojo* etiquette is the way we show common sense and respect for *Karate-do* and for the people we train with. A few common sense tips are:

1. Always keep your *Karate-gi* clean. The white uniform denotes purity and we know the uniform will get dirty, but we keep it clean to show the purity of the curriculum. It is also an international rule (WKF) to wear a white uniform.
2. Keep proper hygiene, fingernails and toenails neatly trimmed.
3. Keep the *dojo* clean and neat. This is where you practice to improve yourself.
4. Come on time. However if you are late, better to practice than never attend. Sit in *seiza* (kneeling position) until the instructor invites you to join the class. If you have to leave the floor, do the same thing in reverse.
5. When you enter or leave the *dojo*, *rei* (*ray* - bow) – a polite Japanese custom – to the front, and *rei* to the instructor.
6. Always *rei* to get on the mats – this says you’re going to try your hardest – and when you leave the mats – this says you’ve done your best.
7. Keep your equipment together and clean. It is your responsibility to keep your *Karate-gi* and equipment in your possession and keep it in good condition. Parents must teach their children to keep their equipment together and they often need close attention and encouragement.
8. Do not come to the *dojo* barefooted. You may be asked to wash your feet before you step on the floor.