

Etiquette

If you look at Karate it seems to be full of fancy kicks and punches, but in reality Karate is an art about

- **Manners**
- **Attitude**
- **Etiquette**

In the dojo,

If your Karate is weak this is because you are learning,
You must keep focused and always give 100% effort,
I believe in individual praise as given as Karate is about you.
However it works both ways,

If you show disrespect to anyone in the dojo, or the dojo itself, you **WILL** be told to leave.

If you watch a karate class you will see people bow to one another,

You will see them bow when they enter the dojo and when they leave, it is respect, respect for yourself and for others, respect for the dojo and your art.

This is a must in Karate.

Dos and Don'ts

- Arrive on time
- When you enter or leave the dojo, you bring your feet together and perform a simple bow
- Always call Instructor Sensei
- Follow instruction effectively, if you are told to line out, move fast and safe
- Always keep yourself clean and tidy. Clean cut toenails and fingernails, clean karate suit, brush teeth before karate
- No eating or drinking in the dojo unless permission from Sensei is approved i.e. – special events
- No swearing in dojo
- Anyone seen to be bullying or a constant distraction to the class will be **told** to leave
- No jewellery to be worn
- If you have to yawn cover your mouth
- No unnecessary talking, others are learning as are you
- If parents are **viewing** class please **SHOW RESPECT** and **view**, the dojo is not a place to catch up on news while others are learning, you will be asked by a kohai to leave if students are distracted