

JAPANESE MARTIAL ARTS ETIQUETTE

Discipline in the Dojo is of paramount importance. Dojo etiquette is a code of conduct essential to the proper practice of the Japanese Martial Arts, without it their practice becomes meaningless. Self discipline, mutual respect for one's opponents are essential to safe practice.

Please carefully observe the following procedure in any Dojo:

1. On entering or leaving the Dojo, bow (rei);
2. On greeting one's Sensei (instructor), training partner or other budoka (practitioner of martial arts), bow and say "osu";
3. Before entering any training or contest area for kumite, always bow at the perimeter before advancing into the area, being careful to enter from your own side. Never cut across the contest area (shiai-jo);
4. Never walk on any training or contest area whilst wearing shoes;
5. Students must keep their bodies clean, nails must be cut short, Gi's should be clean and pressed. Gi's must not be drawn or written on and may only bare the badges of Shukokai;
6. Smoking and swearing in the Dojo is at all times strictly forbidden;
7. Any person who has been drinking shall not present themselves for training;
8. No talking is permitted during training, unless necessary;
9. Members shall do their utmost to carry out training as laid down by their Sensei;
10. When asked to "face up" or called out by the Sensei, always run into position;
11. Never lean against walls, sprawl about on the floor, cross your arms or put your hands on your hips as these are all signs of bad manners within the Dojo. If you are waiting your turn to train with a partner do not stand about, but train in a similar manner to the rest of the class;
12. Students shall make an effort to attend classes on time;
13. Any member arriving after training has commenced shall execute a full kneeling rei (bow) at the edge of the mat, facing in the direction of the Sensei, before joining the class;
14. Any member wishing to leave the mat shall not do so until he/she has received the Sensei's permission;
15. Any member leaving the Dojo before the class has completed training, shall execute a full kneeling rei at the edge of the mat;
16. When demonstrating for, or with the Sensei, or upon receiving instructions from him/her, students shall acknowledge with a standing bow and "osu". Please note the student should always bow to the Sensei first, the Sensei will acknowledge;
17. Instructors at any level shall not be called by their first names during training, within the Dojo, or at any Karate function;
18. When training with an opponent, both shall bow simultaneously before and after each section of training;
19.
 - a) As soon as Sensei enters the training area students will line up in the appropriate manner immediately, standing in musubi-dachi (heels together, hands by the sides);
 - b) The senior grade present in the body of the class shall, as soon as the Sensei has knelt down, call "Seiza";
 - c) The class shall kneel in unison, first on the left knee, keeping the back straight, then on the right knee, and finally sitting back with the palms of the hands resting on the upper thigh, fingers pointing inwards;
 - d) On the command "shomen-ni-rei" the students and instructors will bow towards the Shukokai emblem, at the front of the Dojo. On the command "mokso" the hands shall be cupped, left hand on top and with eyes closed the students will compose themselves for training;
 - e) On the command "yamme" the eyes open and hands return to the thighs and palms down;
 - f) On the command "Sensei-ni-rei" the class shall place their hands on the floor, palms down, and bow for approximately two seconds and "osu". They shall not raise their heads before Sensei as this is a breach of etiquette;
20. Remember your Dojo Creed.