

# Ko Bu Kan Ryukyu Karate

## Dojo Rules and Etiquette

1. Bowing (Rei) - Bend at the hips, not the waist and count to five in your head for each bow.
  - Bow twice at the entrance of the Dojo when you first arrive.
  - Face the centre of the room for the first bow, then the highest grade for the second bow.
  - Bow once to the centre before leaving the Dojo.
2. Learn and understand the 'Dojo Kun.'
3. A complete uniform (Gi) is required to wear a belt (Obi) and grade.
4. All students are to respect and obey the senior grades and Instructors at all times.
5. Seniors grades are to act responsibly towards the lower grades in accordance with the Dojo Kun.
6. Fighting must be avoided at all times with the exception of the protection of yourself and others as a last resort only.
7. You are responsibly for your Gi, you must keep it clean and tidy, (the belt is the only part of the uniform that does not get washed).
8. Always remember to be polite.
9. Keep your finger and toe nails at a safe length for yourself and the other students.
10. Any student who behaves badly, in or out of the Dojo may be suspended or expelled.
11. Limit the wearing of jewellery, remove any items that may cause injury.
12. The wearing of a watch is not permitted during class.
13. No drinks are to be consumed during the class, you are permitted to go to the toilet during class, but try to use the bathroom beforehand.
14. Do not speak unless addressed first, do not talk while the Instructor is talking.
15. No swearing in the Dojo.
16. The consumption of alcohol is not permitted prior to training.

### Etiquette

1. DO respect each other, there is no room for prejudice or selfishness in our Dojo.
2. DO help with the cleaning and preparation of the Dojo.
3. DO discuss any financial concerns if you need too.
4. DO NOT adjust or straighten your uniform or belt while facing the front of the Dojo.
5. DO NOT be afraid to ask Instructors for help, there is always time during the class to ask for some 'one on one' tuition with what you are working on for your gradings.
6. DO NOT rush your bowing, it is ceremonial and not a formality.
7. DO follow the correct protocol when handling weapons.