



## Proper Dojo Etiquette

"A martial arts practice hall, a Dojo, is a place you go to practice being the best you can be." M Gerber

We are a team studying a Budo Martial Art. We are all equal. Everyone belongs here. We will train together, learn together, travel together, and compete together. We will support one another. We will become better together.

- ❖ Shoes and socks are to be neatly placed by the wall
- ❖ Remove watches, bracelets, wristbands, etc.
- ❖ Enter (and leave) the Dojo with a deep Bow of respect and with the greeting "Oss!"
- ❖ Bow as a courtesy to senior belt ranks
- ❖ If a senior rank enters the Dojo, training stops, and the class turns to bow in their direction
- ❖ Practice strength in humility, never bragging about accomplishments or rank
- ❖ When Shugo ('Attention, Line Up!') is called:
  - Talking stops
  - Hurry to your place in line
  - Maintain good posture
- ❖ When Seiza (Kneel) is called:
  - Kneel quietly
  - Eyes front
  - Maintain good posture
- ❖ During class:
  - Bow to your partner before and after each drill
  - Respect everyone
  - Listen intently to Sensei and Senpai
  - Stay focused
  - Train like a warrior
  - Enjoy your training

Karate does not guarantee that you will become a better fighter or a better person, but it does give you the tools to do just that. J Hutchings, Sensei