



# Middlesbrough Shotokan Karate-Do

## Dojo Rules and Regulations

The foundations of martial arts are structured upon discipline, respect, and honour. On the basis of these basic principles, strict rules are set in the relation to student's behaviour and conduct.

The following list covers the rules and regulations for Middlesbrough Shotokan Karate-Do (M.S.K) and must be adhered to. Most of all we want our students to learn and progress in a safe and fun environment.

### 1. Dress Code

- 1.1 Before any training session it is your responsibility to ensure that finger and toenails are cut short.
- 1.2 No jewellery is to be worn during training. If the jewellery cannot be removed, it must be taped up securely.
- 1.3 All long hair must be tied back accordingly.
- 1.4 Only white Gi's (Karate suit) are acceptable in the dojo.
- 1.5 Please make sure your Gi is clean and representable for every training session. The club badge can be worn on the left side of the chest.
- 1.6 Female students must wear a plain white t-shirt underneath their Gi.
- 1.7 No outdoor shoes are to be worn in the dojo. In-door shoes are acceptable if the student has a foot infection.

### 2. Dojo Etiquette

- 2.1 Respect is a major aspect of the Dojo. You must respect your peers, your Sempai, and your Sensei. The respect you learn within the dojo should translate into your everyday life.
- 2.2 Any form of disrespect and misbehaviour will not be tolerated and will be taken with zero tolerance attitude.

- 2.3 Students must bow when entering and leaving the dojo. As a sign of respect and gratitude to the facilities we train in.
- 2.4 Any chairs located within the Dojo are for spectators only, students must sit on the floor.
- 2.5 There is to be no smoking, eating, or chewing gum in the Dojo. All drinks must be kept around the edge of the room and not in the training area.
- 2.6 There are to be no use of mobile phones by participating students unless agreed by the Chief Instructor. Mobile phones must be kept in a training bag for emergency use only.
- 2.7 In an occurrence you are late to a training session, before entering the class you must:
  - Kneel in 'seiza'.
  - Once recognised by the Sensei, bow to the Sensei.
  - Then bow once more to the students as a sign of respect to the other students, for disrupting the class.
- 2.8 Address any instructor as 'Sensei' when in the Dojo.
- 2.9 Students over the age of 18 or over 5<sup>th</sup> Kyu is to be referred as 'Sempai' when in the Dojo.
- 2.10 Inform your instructor of any medical related issues before the lesson commences, so they can cater for your needs.
- 2.11 If at any circumstance you need to leave the session, please ask for your instructor's permission before doing so.

### **3. Lesson Transitions**

- 3.1 Before the session, students must congregate in the waiting area in an orderly fashion.
- 3.2 When waiting for your class, be diligent and respectful of the ongoing class.
- 3.3 Take the opportunity to lightly stretch off before your session in the waiting area, to allow for prompt start to the session.
- 3.4 When the session ends, remember all of your training equipment and make a prompt exit, to allow the other participants into the dojo.

A Sempai will have a copy of these rules within their kitbag and make sure these rules and regulations are adhered to. Any serious issues will always be dealt with by the Chief Instructor.