



Karate Code

The Dojo Code is the code of conduct under which the Art of Karate is practiced.

Our club emphasises the character building aspects of Karate in which respect for the dojo, instructors and fellow students is an essential principle.

The ultimate aim of the Art of Karate lies not in victory or defeat but in the perfection of the character of its participants through hard training, sincerity, effort, etiquette and self control.

Sincerity	Be faithful and sincere
Character	Exert oneself in the perfection of character
Effort	Cultivate the spirit of perseverance
Etiquette	Respectful and courteous
Self control	Refrain from impetuous and violent behaviour

Club Etiquette

To make the training as enjoyable as possible, most of our Etiquette is fairly relaxed. If you are unsure about anything please ask for advice from your instructor.

1. Make sure you arrive on time for training
2. Make sure Gi (uniform) is clean, tidy, ironed and belt is worn. Remove shoes on entering room (juniors/seniors only). During summer months plain white t-shirt can be worn instead of Gi jacket.
3. Upon entering and leaving the Dojo (training hall) bow.
4. At the start of the session line up quickly and in grade order (higher grade to the left hand side of the room. Bow to the instructor at the start and the end of the training session.
5. Late arrivals must wait at the back of the room to be acknowledged by their instructor before joining the class.
6. Always treat with, and show respect to your instructor, higher grades and fellow students. Although a student may disagree with a matter, they should discuss this later with their instructor once the lesson has finished.



7. Always maintain harmony amongst all fellow members. Offer help and support at all time and never betray their trust (never bully, miscall or intentionally offend).
8. Don't use offensive language or behaviour in the Dojo
9. Don't use your Karate skills outside of the Dojo (except for self defence or the defence of others within the law).
10. Always set a good example to lower ranking students. It is only natural that they attempt to emulate their seniors.
11. Always bow and show upmost respect to your partner when training together.
12. Remove watches, rings (or tape up) and jewellery before practice as they may catch your partner's hair, skin or clothing and cause injury to yourself or training partner. Also ensure that finger and toe nails are kept as short as possible.
13. Never touch other members training equipment unless invited to do so.
14. Please keep talking during class to a minimum. It is also impolite to talk whilst the instructor is addressing the class.
15. Parents are free to watch lessons but are requested not to speak or distract the students during class.
16. Any open wounds must be covered. If you have any injuries or are unable to do a certain exercises then inform you instructor at the start of the class.
17. Always train to the best of you abilities.
18. Enjoy your training.