



Proper Dojo Etiquette

1. The Instructor is normally addressed by the students as Sensei. This word is translated literally as "he/she who has gone before", or simply "instructor or teacher". So whatever your Sensei asks of you, he/she has already done before and understands the implications of the technique that you are being asked to carry out.
2. In traditional Japanese martial arts, the development of the whole person is as important as the development of physical and technical prowess, thus Dojo etiquette is aimed at developing the overall budo spirit of a person.
3. Within the dojo, bowing to another karate-ka (practitioner) on meeting them is a sign of respect. This is especially so when you meet your Sensei. If someone bows to you, it is normal to reply with your own bow to return their sign of respect.
4. When entering or leaving the Dojo, it is normal to stand in the doorway, face the front, and bow. This represents a mark of respect. Bowing when entering or leaving the training area is also normal practice.
5. Remove footwear at the door before entering the Dojo and training area.
6. If you arrive late to training, please wait until the Sensei acknowledges you, bow then quickly join in the class.
7. Please do not run around, eat, drink (water permitted), or chew gum in the Dojo.
8. During training, please refrain from talking unnecessarily. If you have a question for the Sensei, raise your hand and wait for he/she to acknowledge you.
9. Your training should be a serious matter. Do not laugh, giggle, talk or cause disruption during the class. You should always stand in Heiko Dachi when listening to the Sensei or awaiting the next instruction.
10. When asked to line up at the start or end of a class, please do so quickly in rank order.
11. All instructions from the Sensei should be executed properly without any question or comment. You will not be asked to do anything that your Sensei has not already done themselves. If you cannot keep up, do the best you can.
12. Always keep fingernails and toenails short and clean.
13. It is everyone's responsibility to ensure the Dojo is kept clean, tidy and safe at all times.
14. Your karate-gi must be neat and washed clean at all times. Your belt should NEVER be washed, only aired dry. It symbolically contains the spirit of your hard training. Male practitioners should not wear t-shirts or other clothing underneath their karate-gi.
15. Don't wear jewellery or watches during training for everyone's safety.
16. If you wish to leave the Dojo while training is still underway, please ask for permission from the Sensei.
17. If you have an illness or injury, or just sustained an injury during training, you must report it to the Sensei and/or the training partner you're working with.
18. Remember the Dojo is a special place, so please behave accordingly.