

# Dojo Rules

- 1. Students must keep themselves and their equipment clean. A traditional white Gi with approved patches must be kept neat at all times. Jewelry and watches must be removed during classes. Students should bring a complete set of approved sparring equipment to all classes.**
- 2. Students should be ready to enter the training area five minutes before their class time. Students should stretch or practice quietly before their class. If late, the student must immediately go to the rear of the room until an instructor invites them to join the class. Students should minimize using bathroom facilities during class.**
- 3. Students must bow: when entering or leaving the dojo, when entering or leaving their training group, when starting or finishing an exercise or kata, or when starting or finishing exercises with a partner.**
- 4. Students must treat each other and instructors with courtesy and consideration. A student's words and actions must always be polite in the dojo. All black-belt Instructors must be addressed as Sensei.**
- 5. Students must listen carefully to instructors and follow directions. To ask a question, the student must raise their hand and wait until an instructor calls upon them to speak.**
- 6. Students must practice in a serious and spirited manner (even though they may not understand the importance of some exercises right away.) When assigned an exercise, the student must focus on that drill until given another.**