

DOJO ETIQUETTE & RULES

- Greet Shomen (Front of the Dojo) with rei (bow) when entering and leaving the dojo, showing respect for those that have gone before.
- Greet those who are present in the dojo by saying "hello", acknowledging the instructor "Sensei" prior to the others.
- It is prohibited to enter the dojo with shoes.
- Senior members shall be kind, considerate and helpful to the junior members and through this effort will result a friendship based on the fact that we are all striving for the same goal.
- Newer members shall always show their utmost respect for the seniors, always greeting them first.
- Profanity will not be permitted to be used in the dojo.
- It is prohibited to smoke or chew gum in the dojo.
- Address the instructor by "Sensei".
- Members shall respect the instructor who shall in turn strive to be an example in front of the students.
- Be proud in your study of Chito Ryu.
- Practice courteous manners.
- Students must bow when entering or leaving the Dojo.
- Respect the ideals of loyalty, honor and those elders who have come before you.
- Students must wear a traditional white Uniform (Gi) with both Chito Ryu and Halifax Ryuseikan crests attached to uniform to all practice sessions.
- Your Karate Gi (Uniform) must be clean and in proper order.
- If you arrive late for class, you must wait until the instructor invites you to join the class.
- If you must leave early, please advise the instructor as soon as possible.
- Please keep finger- and toe-nails short so as not to injure yourself or others.
- There is no Kumite (sparring) permitted without the instructor's permission.
- Students must **not** engage in idle talk while in the Dojo and should remain attentive at all times.
- Students must always be courteous and helpful to each other.
- Demonstrate your utmost courtesy in regards to anything that is tied to Karate or to your DOJO, whether during training or not, both on & off premises, and especially when representing your Dojo.
- Have a clean body and clear **mind** before entering the DOJO.
- Resolve conflicts before they occur by not allowing them to happen.
- Students must not chew gum or candy, or eat while in the Dojo.
- Try to go to the restroom before class begins. It is also recommended not to eat at least one hour before class.
- Refrain from outbursts and comments during class, no matter what it pertains to.
- Refrain from violent behavior.
- All classes and groups of exercises should begin and end with bowing.
- Students should never use their Karate skills, except in self-defense.