

DOJO GUIDE-LINES

- **(RULE #1) ALWAYS PAY ATTENTION TO THE SENSEI (TEACHINGS)**
- **(RULE#2) ALWAYS PAY ATTENTION TO THE MATS (SURROUNDINGS)**
- **(RULE #3) YIELD, "TAP" BEFORE INJURY! (DO NOT PROMOTE BAD TECHNIQUES.**
- **(RULE #4) THE FIRST 3 RULES ARE ABSOLUTE! DO NOT BREAK THEM.**
- **PAY YOUR DUES ON TIME & RESPECT YOUR DOJO PROTOCOLS.**
- **ALL GUESTS AND STUDENTS MUST SIGN A WAIVER & UNDERSTAND THE RULES BEFORE TRAINING. NO EXCEPTIONS**
- **THIS IS A DOJO IT IS NOT A GYM; ALL ETIQUETTE IS TO BE FOLLOWED.**
- **PROMOTE YOUR DOJO & DOJO EVENTS SHOW SUPPORT.**
- **DO NOT SHOW DISRESPECT, BAD MANNERS OR BAD ATTITUDES TOWARD GUESTS, FELLOW STUDENTS, OR VISITING MARTIAL ARTISTS.**
- **WORK HARD ON THE TECHNIQUES YOU ARE GIVEN, REMAIN ON TASK!**
- **DO NOT INSTRUCT FELLOW STUDENTS ANY TECHNIQUES DURING THE CLASS NOT INSTRUCTED FIRST BY THE INSTRUCTOR!**
- **TRAIN EVERY DAY OR GIVE 100% THE DAYS YOU DO TRAIN.**
- **NO SHOES ON THE MATS OR BARE FEET IN THE RESTROOMS!**
- **HARNESS THE EGO TO EMBRACE THE LESSON DO NOT ARGUE WITH THE SENSEI THERE IS A TIME & PLACE FOR DISCUSSIONS, IN CLASS OR WHILE ON THE MATS IS NEVER THAT TIME "ALWAYS SHOW GOOD ETIQUETTE".**
- **DO NOT "BULLY" ANYONE THIS WOULD ALSO INCLUDE THE SENSEI!**
- **HAVE WATER OR BEVERAGE STORED IN A SAFE PLACE WITHIN EASY REACH, DO NOT DRINK OR EAT ON THE MATS (CLEAN UP YOUR MESSSES).**
- **ALWAYS BOW WHEN ENTERING OR LEAVING THE DOJO TRAINING AREA.**
- **IF THE CLASS HAS STARTED, YOU MUST KNEEL OR STAND IN ATTENTION STANCE AND WAIT TO BE INVITED BY THE INSTRUCTING SENSEI TO JOIN THE CLASS. THIS SHOWS GOOD ETIQUETTE & COURTESY. (MANNERS)**
- **WHEN JOINING THE CLASS DO NOT WALK IN FRONT OF THE SENSEI OR THE CLASS BE POLITE. (COMMON SENSE)**
- **DO NOT EAT, CHEW GUM, DRINK, OR SMOKE IN OR IN FRONT OF THE ENTRY OF THE DOJO.**
- **WEAR THE PROPER ATTIRE, UNIFORM & BELT TO YOUR CLASSES.**
- **KEEP YOURSELF & YOUR UNIFORM CLEAN AND TIDY.**
- **DO NOT WEAR ANY JEWELRY OR WATCHES DURING TRAINING, THIS COULD LEAD TO DAMAGE TO THE MATS, YOURSELF & FELLOW STUDENTS.**
- **KEEP YOUR FINGERNAILS AND TOENAILS TRIMMED. (SHORT & CLEAN)**
- **LIMIT YOUR CHATTER, KEEP VOICE AT A REASONABLE LEVEL, DO NOT YELL ACROSS THE DOJO TRAINING AREA OR ACT UNORDERLY.**
- **ALWAYS USE CONTROL BOTH PHYSICAL & EMOTIONAL WHEN TRAINING.**
- **ALWAYS GIVE RESPECT TO YOUR COACH, IF THIS IS NOT POSSIBLE IT IS THE TIME FOR YOU TO LEAVE OR PUT YOURSELF IN CHECK. (EGO-PRIDE)**
- **ALWAYS BE ON TIME FOR CLASS, DO NOT MAKE LATE SHOWS A HABIT.**
- **CLASSES BEGIN AND END WITH COURTESY.**