



Hartlepool Wadokai

DOJO ETIQUETTE Hartlepool Wadokai Karate Club

- Bow on entering and leaving the Dojo. To those who practise Karate, the Dojo is a sacred place. We also bow on entering the Dojo to affirm our intention to train hard and seriously, and we bow on leaving to show gratitude for the training session received.
- Great your fellow student's quietly.
- Address any instructor as "Sensei" whilst in the Dojo.
- To acknowledge conversation and instructions from your instructor always answer 'Hai', meaning 'yes' or 'I have understood'.
- No-one is to leave the class without first obtaining permission from an instructor.
- No jewellery can be worn during training. If a piece of jewellery cannot be removed, then speak to an instructor as it may need to be taped up.
- Finger and toe nails must be kept clean and short.
- Gi's (Karate suit) must be kept clean and in good condition.
- NO Smoking, Drinking, Eating or Chewing Gum in the dojo. Drinks are permitted away from the main training area.
- Any behaviour or act which is deemed as inappropriate will not be tolerated.
- It is each student's responsibility to keep the DOJO (training area) clean and tidy.
- Any member arriving late must take up a kneeling position at the front of the Dojo and await permission from an Instructor before joining in the class.
- If you have to adjust your Gi whilst training, step to the side of your training line, kneel down on one knee, make the adjustments then return to your position in the line when it is safe to do so.

Members must not use their skills in any offensive way outside the Dojo

IF YOU CANNOT OBSERVE DOJO RULES, YOU WILL NOT BE WELCOME IN THE DOJO