

# SEITOU RYU KARATE

## CODE OF CONDUCT FOR STUDENTS

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The following formalities are expected of those students beginning study and commonly practiced throughout the dojo.

- ▶ Always arrive for training 10 - 15 minutes early. Use this time to stretch and warm up for the class.
- ▶ Shoes should be removed before entering the dojo (only if this is practical).
- ▶ Always bow as you enter or leave the dojo, this forms part of your humility and respect for others in the hall and also shows your willingness to do your best at every session.
- ▶ There should be no unnecessary noise. If another class is operating, sit quietly until your class starts.
- ▶ All classes and groups of exercises should begin and end with bowing.
- ▶ Always show respect and courtesy to your training partners.
- ▶ Students should always be helpful to each other.
- ▶ Demonstrate your utmost courtesy in regards to anything that may have matters tied to karate or to your dojo, during training or not, both on and off premises and especially when representing your dojo.
- ▶ Have a clean body and clear mind before entering the dojo.
- ▶ Students must not chew gum or eat while in the dojo.
- ▶ Try to go to the toilet before class begins. It is also recommended not to eat at least one hour before class.
- ▶ If you are late for the class, get the instructors attention and quietly stand near the side of the hall, bow, then enter the class by walking behind the lines and joining in at the appropriate place.
- ▶ Remove all jewellery before training.
- ▶ Make sure your 'gi' (uniform) is clean and your finger and toenails are kept short and clean.
- ▶ However familiar a student may be with the instructor outside of the dojo, in the dojo they should be addressed as "Sensei", "Sensei [NAME]" or "[NAME] Sensei", not by name alone.
- ▶ Always follow the instructions you are given and maintain a good attitude at all times.
- ▶ You should sit on the floor during break times, or remain standing.
- ▶ There should be no unnecessary heavy contact during sparring (kumite).
- ▶ Do not push for grading. You may ask when you are ready for grading but accept the instructors' decision.
- ▶ Students should never use techniques they have learned except in self-defence.
- ▶ Seize affirmative opportunities as they become available.
- ▶ Strive to develop courage and fighting spirit.