



Budo Shotokan Karate, LLC • 1401 3rd Ave • Longmont, CO 80501 • (720) 899-8836
info@budoshotokan.com
<http://www.budoshotokan.com>
Affiliated with the International Shotokan Karate Federation (ISKF)

Dojo Rules & Etiquette

The “dojo” means a place where we train. In traditional Japanese karate, etiquette is just as important as the physical aspects, if not more.

- **DO NOT** train if you are sick or on medication that may impair your ability or judgment.
- **DO NOT** fight inside or outside the dojo. This is cause for immediate expulsion.
- **DO NOT** be disrespectful to Sensei or other students. Disrespectful behavior will not be tolerated.
- **DO NOT** eat candy or chew gum during class.
- **DO NOT** drink alcohol or use drugs before class.
- **DO NOT** lean against the walls or sit down during class.
- **DO NOT** talk during class unless you’ve been asked a question by Sensei.
- **DO NOT** comment or ask too many questions that may disrupt the flow of the class.
- **DO NOT** cross your arms or rest your hands on your hips. This is considered a sign of disrespect.
- **DO NOT** bring any valuables to the Dojo. We are not responsible for lost or stolen items.
- **DO NOT** leave the Dojo with a stranger under any circumstances if you are minor, even if he/she tells you that your parents asked them to pick you up.
- **DO** pay dues at beginning of every month.
- **DO** be on time for classes (consider the time that you will need to use the restroom, change into the Gi, or perform other necessary preparation).

- DO** remove your shoes and socks before entering the dojo and leave them in designated area.
- DO** bring your personal water bottle for training and make sure to fill it up before the class.
- DO** bow to the front of the dojo prior to entering or leaving.
- DO** turn off or silence your cell phones.
- DO** take care of restroom business before or after class. If you need to do so during the class, discreetly excuse yourself and go to the restroom, no need to ask Sensei for permission.
- DO** remove all jewelry (rings, watches, earrings, necklaces, etc...) before class.
- DO** notify Sensei immediately if you are not feeling well or become injured, before, during or after the class.
- DO** keep fingernails and toenails clipped and clean.
- DO** keep long hair pulled back into a ponytail with soft elastic (no barrettes, clips or hard plastic).
- DO** wear a “sports tank top” under Gi if female Karate practitioner.
- DO** keep your uniform (gi) clean and in good repair.
- DO** warm-up outside of the dojo and kneel and wait for sensei to acknowledge you when you are late.
- DO** turn and face the back of the dojo when adjusting your gi or belt.
- DO** accept constructive criticism (from Sensei and Sempais) with a positive attitude.
- DO** respond to Sensei using “hai” or “oss” for positive acknowledgement.
- DO** ask Sensei before leaving the dojo during class, unless it is for the restroom.
- DO** use proper titles (e.g. Sensei, Sempai) when addressing instructor and senior students.
- DO** practice the art of humility, especially as you attain higher ranks.
- DO** memorize and practice the Dojo Kun. These principles apply inside as well as outside the dojo.

It is the responsibility of all students (colored belts and black belts) to ensure that new and existing students are aware of and follow the dojo rules and etiquette.