

## THE KARATE DOJO AND BSKA MEMBER CLUBS

### DOJO RULES

- Always ensure hands and feet are clean before beginning your lesson.
- Always ensure your Gi is clean and pressed.
- Always ensure your finger and toe nails are kept short.
- Always REI (bow) on entering and leaving the Dojo.
- Always REI to your training partner.
- Always go to the toilet before you start training.
- Always drink plenty of water before you start training.

#### **IF THE LESSON HAS STARTED WHEN YOU ARRIVE, OR YOU HAVE LEFT AND RETURNED DURING THE LESSON:**

- Always REI at the door of the Dojo, kneel just inside the door facing your Sensei and wait until Sensei sees you.
- When seen by Sensei you should REI.
- When told to join the class you should REI again.
- DO NOT join the class until told to do so.
- After receiving any instructions or after speaking with your Sensei, always say 'OSS'.
- DO NOT fidget or fool around during lessons, especially when in your lines or when your Sensei is speaking. This is a sign of disrespect and ignorance, not only to your Sensei but also to your fellow students who want to learn Karate.