

Enderby Karate Dojo Etiquette or how we do things in class.

1. Entering the Dojo.

When you come for Karate class it is required that when you enter the Dojo you must do a bow of respect to show your thanks for having a place to learn Karate. When you come in the door turn to face the front of the Dojo, put down anything that you are carrying, do

the required bow, saying Jung Shin as you bow. Now you may take off your shoes and place them neatly in the space that will be shown to you by Sensei or a senior student.

At this time you may now take your belongings and go to the change room if you need to.

Please bow before leaving the main Dojo as you go to enter the change room hallway.

** If there are any Black Belts at the back of the Dojo getting ready to do class, you are required to approach them, respectfully get their attention, bow and say hello, before you go change. If there aren't any Black Belts available then head to the change room.***

After you are changed into your do-gi, you may place your belongings at the back of the main Dojo neatly out of the way so no one may step on them. At this time you are required to warm up quietly while you wait for class. Please be sure to remain quiet as there might be a class in session already.

2. Manners during class.

While you are training your thoughts should be about your Karate and nothing else.

When practising your Karate always be very focused and very attentive so that you are listening to direction at all times.

If you have a question during training, raise your hand as you would in regular school. When acknowledged you may then say "excuse me Sensei?" and then ask your question.

Do not speak out in class without permission, especially if someone else is already talking.

Do not talk in the background while someone is talking.

When your question is answered always say thank you by doing the customary "OSS!"

Always ask to leave the training floor, do not just leave without permission. This is mostly to enable the instructor to know where everyone is at any given time for safety sake.

When given direction by any Black Belt or senior belt [blue, brown] always show the proper respect by saying thank you[OSS!], shaking their hand and then bowing.

When training with a partner always start with a bow and end with a thank you, a handshake and a bow.

Always show proper respect for your fellow students no matter what colour their belt is.

Always show proper respect for all Black Belts as they have come before you and have experience, knowledge and wisdom.

At the end of class once you are dismissed, get changed, say good night to your fellow students and instructors, and make sure to bow right before you leave.

We want you to enjoy your training, have some fun and a laugh or two. Just keep in mind Karate takes a great amount of focus and we take our training very seriously so that it will benefit you.

So have fun, enjoy training, but stay focused and be present.

Oss! Jung Shin!!