



# Battistello Karate School

## Rules & Etiquette

### Dojo Kun – School Creed

- Respect
- Effort
- Patience
- Creativity
- Temperance

### Conduct

- Always observe dojo rules and etiquette.
- Conduct yourself in a formal, respectful manner befitting of the Art at all times when in the dojo.
- Respect instructors and your fellow students, regardless of rank or ability.
- Always refer to all senior instructors (3rd Dan and above) as Sensei and assistant instructors as Senpei.
- Take out your attendance card before class.
- No chewing gum.
- Never walk onto tatame wearing shoes.
- Be on time to class – any student arriving more than 15 minutes late will not be permitted to train.
- If entering the class late, complete a full kneeling bow at the edge of the tatame, announce your presence with “oos” and remain in seiza until you’re asked to enter.
- A short standing bow must be performed when entering or leaving the tatame.
- No talking when the Sensei or Senpei is giving instruction.
- The class will stop immediately on the Sensei or Senpei’s command for attention.
- Always bow as a sign of respect before and after training with a partner.
- When spoken to, acknowledge the given instruction respectfully by responding with “hai” (yes).
- Never lean against walls or sprawl about the tatame.
- Keep hands off mirrors and walls.
- Before leaving the tatame, obtain permission from the Sensei.
- Unnecessary roughness, crude language or display of ill temper or disrespect is strictly forbidden.
- Students will not attend class if they have been drinking or using any illicit substance.
- Students will attend their designated class unless other arrangements have been made with the Sensei.
- Always show respect to students visiting from other dojos.
- Students who visit other dojos must refrain from making any critical comments about other styles or instructors.
- As representatives of our dojo, any misbehaviour outside of class time or the dojo is unacceptable and will not be tolerated.
- Do not congregate around doorways blocking off access – this includes parents and other onlookers.

### Uniform

- No jewellery is permitted to be worn during training.
- A full uniform must be worn to all classes.
- Full protective equipment must be brought to all classes – mitts, shin & instep pads, mouthguard, chest guard (female) and groin guard (male).
- If your uniform or belt needs adjusting during training, face in the opposite direction to the Sensei, Senpei, your partner and the rest of the class beforehand.
- If your belt needs to be retied during training, kneel on your left knee, facing the back of the dojo.
- No clothing is to be left at the dojo overnight.

## Hygiene

- Uniforms and protective equipment must be washed regularly.
- Shoes must be worn to the dojo.
- Shoes should be removed before entering the tatame and placed on the shoe racks or in change rooms.
- Hands and feet must be clean.
- Finger and toe nails must be kept short.
- Please bring a towel to class.
- The mats are not absorbent, please wipe up any sweat or water spillage you may cause.
- Any person bleeding must leave the tatame immediately.
- Bleeds are usually from an existing injury or fingers and toes.
- You should clean your wound, cover it and then return to clean the tatame.
- Cleaning products are available from the kitchen.

## Valuables

- Do not leave any valuables in the change rooms.
- Boxes are available behind the reception desk.

## Parking

- Limited parking is available at the rear of the building.
- Access to the dojo must be through the front door.
- If you do park in the street, please do not park across driveways.