

RULES (DOJO ETTIQUETTE)

You must always bow on entering or leaving the Dojo. You must always bow when coming onto or leaving the floor. You must always bow to your partner at the start and end of a training exercise.

The Instructor (Black Belts) must always be called '**Sensei**' before, during and after training. Assistant Instructors (Brown Belts) are known as '**Sempi**'.

Students always line up for class in order of grade. For beginners, this means that you will line up at the left-hand side.

There should be no talking between students while class is in session. Questions may be asked at an appropriate time.

Say 'Oss' when give instructions by your Sensei. This term of acknowledgement and confirms you understand.

Always follow the instructions given by Sensei. If you are unfamiliar with the movements, ask to be shown again or try to copy the person next to the right of you or a senior grade.

Horseplay can lead to injury to oneself or one's partner and will not be tolerated.

Your Karate suit, known as a 'Gi' must be clean & pressed for every training session.

Finger nails must be kept short and clean at all times.

Jewellery of any type may not be worn during the lesson.

Long hair must be tied back and kept tidy.

If you are late to class, wait for Sensei to signal you to join in.

Students may not eat or chew gum in class. Fizzy drinks are not allowed. Water is allowed.

Students must not use their skills in an offensive way outside the Dojo. Any member found disrespecting this rule will be excluded from further classes.

KARATE TERMS AND FACTS

'Dojo' is the Japanese term for training hall.

'Sensei' is the Japanese term for Instructor or teacher.

'Yoi' is the Japanese term for ready.

'Kiai' is the Japanese term for shout or *spirit yell*.

'Oss' means that you understand Sensei. If you do not understand put up you hand.

'San' is the Japanese term for three.

Karate is for self-defence only. You will NOT be taught how to fight.

Having a Black Belt does NOT make you a MASTER of karate.

There are 27 KATA in Shotokan karate.

The founder of Shotokan karate was Gichin Funikoshi Sensei