



## Club Rules and Etiquette

Etiquette is one of the most important aspects of Karate: it forms the basis for a good and solid karate club and it is the measure by which others will judge the reputation of the club, its members and the instructors. It is the responsibility of all club members to see that a high level of respect and etiquette is maintained at all times when training, visiting other clubs, participating in competitions or attending training courses.

- Bow upon entering or leaving the dojo floor. This is to show respect for the facilities used in the practice of karate.
- Students always line up for class in order of grade.
- Always follow the instructions given by the instructor. If you are unfamiliar with the movements, ask to be shown again or try to copy the person next to you or a senior.
- Never refer to an instructor by name while in the dojo. Always use the term "**Sensei**".
- At **NO** time will horseplay be tolerated. Karate is a discipline of both mind and body, and as such demands full concentration and serious effort on the part of the student. Horseplay can only lead to loss of knowledge and possible injury to oneself or one's partner.
- Jewellery should not be worn while training. Watches, rings, earrings, necklaces, etc. often get in the way and can cause otherwise avoidable injuries. In addition, if any items are damaged due to non removal, Worthing Karate Club will not be held responsible.
- Good hygiene should be followed. Finger and toenails should be kept short to prevent injury while training and hands and feet should be clean. Uniforms are to be kept clean and in good repair.
- Members must not smoke, eat or chew gum or commit any other act likely to offend the etiquette of the Dojo.
- Training whilst under the influence of alcohol or any other intoxicating substance is not allowed. Any person thought to be intoxicated will be asked to leave the session.
- No mobile phones are allowed to be left on while in the Dojo without prior permission from the Sensei.
- No one is to leave the class early without first obtaining prior permission.
- Do not make excessive noise when outside the Dojo, students should always have a coat over their gi's when walking to and from the Dojo.
- Students who consistently disobey the dojo etiquette will be asked to leave the club and their membership will be terminated.