



DOJO RULES

1. Gi must be clean.
2. No jewelry worn while working out.
3. No candy or gum while working out.
4. Gi must be worn only in the dojo, except for valid reasons.
5. Never show anyone what you learned in the dojo.
6. Never attempt to teach anyone, unless instructed to do so by your Sensei.
7. Always be respectful in and out of the dojo.
8. Don't brag that you're studying karate-- let people find out on their own-- they will respect you more.
9. Respect other person's rank, especially if higher than yours.
10. Always bow when entering or leaving the workout area.
11. Fingernails and toenails should be kept short.
12. Pay strict attention to what you are taught.
13. Be humble and courteous, but be confident.
14. In kumite, be mannerly but fight hard.
15. Never ask a higher rank to kumite, the higher rank will ask you if he or she wishes to do so.
16. No conversations on workout area, especially during class.
17. Act properly at all times, in and around the dojo (no goofing).
18. Always keep busy practicing while in the workout area, unless instructed otherwise.
19. During formal class get permission of high rank before leaving the floor.
20. Never take advantage of a lower rank.
21. If any individual has a problem of some sort in regards to the martial arts, he should speak with his Sensei.