



IKO Kyokushinkaikan

“The Martial Way begins and ends with courtesy.” – Sosai Mas Oyama

1. When entering or leaving the **dojo**, always face the front, bow and say **Osu**, then face the general direction of the students in the class, bow and say **Osu** again.
2. When late to class, kneel facing the back of the class in **seiza**. Wait with eyes closed in **mokuso**. When acknowledged, remain in **seiza** and bow, saying **‘Shitsurei shimasu’** (Excuse me for being late). Stand, turn to the front of the **dojo** and bow once again with a strong **Osu**, and quickly join the back of the class. Students who are late for class should try harder to be on time.
3. Do not remove any part of your **dogi** during training without being told to do so.
4. Do not eat, chew gum, smoke or drink in the **dojo**.
5. When asked to proceed to a position, or when lining up at the beginning of training or for some reason during training, always move as quickly as possible – do not stroll.
6. Never practice **kumite** unless an instructor is present. When practicing **kumite** with a black belt, do your very best, but show respect for their rank. If you think you can go harder then do so, but remember that they have your lower rank in mind whilst they are sparring, and so will not be fighting their hardest.
7. Do not ask a higher grade for **kumite**. You should not refuse, however, if you are asked by a senior grade.
8. Do not break rank for any reason without permission from the instructor. Never walk between rows, or between the instructor and those training. If you must leave your position, walk behind the row you are in to either side of the class and proceed from there.
9. Address your instructor as **Sempai**, **Sensei** or **Shihan**, as the case may be. Do not address an instructor by their first name in class.
10. Do not swear, laugh, giggle, talk, lounge or act inattentively during training. Treat your training seriously; it is not a laughing matter. A **karate-ka** is always alert and well behaved. Possession of a senior belt (especially black belt) is not your ticket to relaxation and familiarity in the **dojo**. Do not waste your time and everyone else’s if you are not prepared to treat your training and your

Dojo Etiquette

“The ultimate aim of the art of Kyokushin Karate lies not in victory or defeat, but in the perfection of the character of its participants”

fellow **karate-ka** with the respect and the seriousness deserved. This includes leaving before the end of training. Unless directed by the instructor. A student should remain in the class until completion of the final bow-out. Abuse of this rule will not be tolerated.

11. Kneel on your right knee to adjust or re-tie your belt. Turn to the right, away from the front of the class, or from your partner if you are working with someone, to adjust your **dogi**. Learn to respect your belt as a symbol of your efforts in training.
12. Your **dogi** must be washed clean and neat at all times. Your belt should be aired dry but never washed, as it symbolically contains the spirit of your hard training.
13. Listen carefully to your instructor’s directions. Remember that the instructor will not ask you to do what he or she would not do also. Acknowledge all instructions with a loud **Osu**.
14. The instructor, whoever it may be, should be treated with the respect that you yourself would expect as common courtesy. Karate begins and ends with courtesy. If you cannot find it in you to show respect to a person who is taking the time to teach you, then you do not belong in a karate **dojo**. Never question his/her direction; never speak in class unless asked by the instructor. Such obedience develops a bond of trust between the instructor and student, which improves mutual receptivity, simplifying and speeding the learning process.
15. For the sake of safety and neatness, do not wear jewelry during training, or when you are wearing your **dogi**.
16. Keep your toenails and fingernails clean and cut short at all times. Always be sure your feet, nails and hands are washed clean for training. In training you often work closely with others. Nobody likes to train with someone who is dirty.
17. Make sure to go to the toilet prior to training. An accidental blow to a full bladder can be extremely dangerous. Try also to remember that it is not good for the body to train on a full stomach, so avoid eating for at least one hour before class starts.