



SHOTOKAN KARATE INTERNATIONAL - AUSTRALIA

DOJO ETIQUETTE

1. Always arrive at a scheduled training session before time. Being late could be regarded as an impolite action.
2. Bow when you enter or leave the Dojo.
3. Pay your respects to Dan Grades, who are senior to you, when they enter the Dojo. Turning towards them, bowing and saying "Oss" is sufficient. People already in the Dojo, should alert others when a Senior Dan grade or the Sensei enters the Dojo. This gives everybody an opportunity to pay their respects to the person who has just entered.
4. Always be neat and tidy with regards to your Karate-Gi and general presentation. If you have pride in being a member of Shotokan Karate International Australia, it would be proper etiquette to also be wearing the official organisation badge. Only one badge is to be worn on the Karate-Gi, being placed on the left breast of the jacket.
5. Keep your Finger and Toe Nails neatly clipped.
6. Do not wear jewellery or anything else that is not appropriate for Karate Training.
7. Acknowledge all directions given by the Sensei with "Oss".
8. Always address the current session teacher as "Sensei". Other teachers and senior Dan Grades must also be addressed as Sensei. It is not uncommon for very Senior Dan Grades to be addressed as Sensei, both in and out of the Dojo.
9. Grades, senior to you, would normally be addressed as "Senpai". This point of etiquette should be used if an official address or approach is being made. As we are friends it tends to get overlooked most of the time.
10. Grades, junior to you, would normally be addressed as "Kohai". This point of etiquette should be used if an official address or approach is being made. As we are friends it tends to get overlooked most of the time.
11. When partner training and sparring is being conducted, proper etiquette would dictate that both people would pay their respect to each other by bowing. For preset sparring exercises, the attacker would step in with the right foot and the defender would step in with the left foot to take the bow.
12. Training to your maximum ability is a sign of respect to your Sensei and fellow Karate-ka.
13. When the Sensei is giving explanation or demonstration, it would be proper etiquette to face towards him/her and stand erect with hands at your side. Slouching, folding arms, hands on hips, leaning against walls, and practicing while the Sensei is giving explanation is not regarded as good Karate Etiquette.
14. When sitting, the correct procedure is to kneel first, then (if you cannot maintain this position) bow and sit cross-legged with back straight and wrists on the knees.
15. Do not disturb a class, in session, if you arrive late. Go to a place in the hall, where the Sensei can see you, go into Seiza (kneeling position), bow and wait for the Sensei to accept you as a member of the class. Regardless of your grade, you should join the class at the White Belt end of the lineup.
16. Do not disturb a class, in session, if you have to leave early. After having gained prior approval (usually before the sessions starts), from the Sensei, go to a place in the hall where the Sensei can see you, go into Seiza (kneeling position), bow, rise and leave the class in an orderly fashion.

DOJO KUN

Strive to perfect character.	Hitotsu. Jinkaku Kansei ni Tsutomuro Koto.
Defend the paths of truth.	Hitotsu. Makoto no Michi wo Mamoru Koto.
Guard against rash courage.	Hitotsu. Doryoku no Seishin o Yashinau Koto.
Foster the spirit of effort.	Hitotsu. Reigi o Omonzuru Koto.
Honour the rules of etiquette.	Hitotsu. Kekki no Yu o Imashimuru Koto.