



Guidelines for Dojo Behaviour

The following guidelines have been translated from Japanese and are found in all Dojos in Okinawa. Each student should read them carefully and abide by them

- 1. The Martial Arts begin and end with respect**
- 2. Bow upon entering and leaving the Dojo indicating respect for that place**
- 3. Diligently follow the instructions given by the instructor and your seniors**
- 4. Thoughtless and careless actions such as whistling, singing, and social conversation have no place in the Dojo**
- 5. Smoking is prohibited in the Dojo**
- 6. Refrain from engaging a student in idle talk and make the best use of the time given for your class**
- 7. Practice in a business-like manner; If you need to rest ask the Sensei, do not interfere with another's workout**
- 8. Person-to-person relationships in the Dojo must be reinforced by courtesy and affection**
- 9. Always keep your body and your Gi clean**
- 10. You are responsible for keeping your conduct under control inside and outside the Dojo**