

Dojo-Kun

道
場
訓

- 1. Seek Perfection of Character.**
(Integrity)
- 2. Be Faithful.**
(Loyalty)
- 3. Always Endeavor.**
(Effort)
- 4. Respect Others.**
(Etiquette)
- 5. Refrain from Violent Behavior.**
(Control)

Originally written by
Gichin Funakoshi 1868 - 1957

DOJO ETIQUETTE: Procedures Before and After Class

Karate etiquette ensures that students respect each other, their sensei and themselves and that the lethal techniques that they learn are practiced in a safe and controlled environment. The concept of "reiho" can be sometimes translated as "etiquette," "respect" or "courtesy." It is a very important concept in Japanese culture, including traditional Japanese martial arts. It is not a

"ceremony" or a "ritual", but opportunity to demonstrate respect to the tradition, the teacher, and the students. Everything begins and ends with respect.

Procedures Before Class

SeizaKneel

All the students will line up by rank and kneel into seiza (a seated posture) with the senpei at the lead, facing the (dōjō shrine). The instructor will move to the front of the class and kneel into seiza facing the class.

Mokuso.....Meditation

The instructor will call everyone to perform mokusō (Japanese term for meditation to "clear one's mind"). Everyone will then place their hands in their laps, right hand over left, thumbs touching, and then lightly closing eyes to clear their minds. While in the dojo, training must be about karate – nothing else.

Mokuso yameStop meditation

Shomen ni rei (or Shinzen ni rei)Bow to front

Bow towards Shinzen demonstrating respect and gratitude for the art and those who have passed on the knowledge for centuries.

Sensei ni taishite rei.....Bow to teacher

The students then bows to the instructor, while the instructor does the same to the students, with everyone saying, "Onegai shimasu." (Please teach me).

Onegai shimasu (*all say*)Please teach me

Otagai ni reiBow to each other

The students then bow towards head student (Sempei) and say "Onegai shimasu" (please teach me) demonstrating respect for each other.

Onegai shimasu (*all say*)Please teach me

Procedures After Class

Seiza and MokusoKneel and Meditation

Mokuso yameStop meditation

Sensei ni taishite rei.....Bow to Sensei

Domo arigato gozaimasu (*all say*).....Thank you

Otagai ni rei.....Bow to each other (and say "Domo arigato gozaimasu" --Thank you

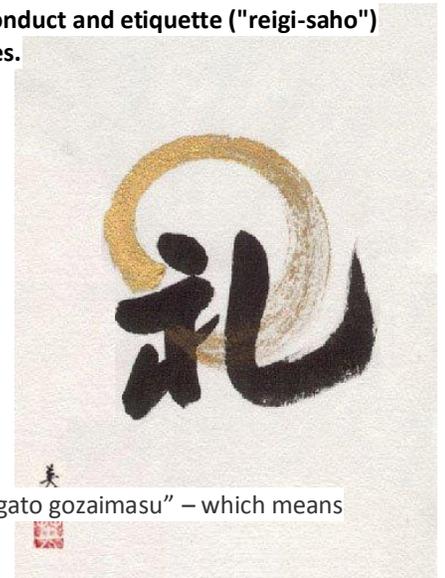


DOJO ETIQUETTE

In Japanese Martial Arts training, the development and demonstration of correct attitude, conduct and etiquette ("reigi-saho") are considered to be of equal, if not greater importance than the study of physical techniques.

"Budo begins and ends with Rei [respect]".

1. Always show courtesy to all
 2. Please remove all shoes and socks before entering the dojo
 3. Address your chief instructor as "Sensei" at all times
 - a. Other assistant (black belt) instructors will be addressed as "Sensei _____ (first name)"
 - b. Remain standing unless told to sit; remain quiet and attentive
 4. Bowing – is a demonstration of respect
 - a. Bow before entering the dojo (facing the shrine)
 - b. Bow upon exiting the dojo (facing the shrine)
 - c. When 'bowing in' at the beginning of class, students will say in unison: "Onegaishimasu" – which means "please teach me"
 - d. When 'bowing out' at the end of class, students will say in unison: "Domo arigato gozaimasu" – which means "Thank-you very much"
 - e. bow to your sensei, black belts, and other students as a greeting
 - f. Bow when working with other students or for demonstrations, gradings, competitions, etc
 5. Personal appearance:
 - a. Always keep your uniform clean and tidy, and repair all rips with white thread only. Place your CNGK crest on the left lapel over your heart. (Never wash your belt – it tells the 'story' of your journey).
 - b. Keep fingernails and toenails trimmed short (for safety reasons)
 - c. Take off all jewelry, watches, rings, necklaces, earrings, etc., before class begins.
 - d. Women and girls may wear a plain white t-shirt or tank top under the Gi jacket
 - e. Should your uniform become undone in class, traditional etiquette requires you to turn away from the shrine, kneel on one knee, and repair the damage
 6. In the Martial Arts your word is your bond. Your integrity is an important part of your martial arts training. Don't break your word.
 7. If you don't feel well in class or you must leave – get the teacher's attention and you can be excused. Never leave the dojo without permission.
 8. Please remember that class starts and ends on time. Should you arrive late you must observe traditional etiquette and kneel at the (opened) door until you are admitted.
 9. Do not teach anything you learn in class to anyone else.
 10. Do not show a junior student any higher kata that they have not yet learned unless instructed to do so by the head instructor
 11. Do not criticize other martial arts or martial artists.
 12. No alcohol or drugs before class; no candy, gum, or smoking while inside the dojo.
 13. No sparring without the permission of the Sensei or a black belt.
 14. No loud talking, laughter, screaming or profanity is permitted. Remember the dojo is a serious place of serious study.
 15. All membership fees are to be paid on time. If for some reason you cannot pay, make the necessary arrangements with the Sensei.
 16. At the discretion of the Sensei, any member of the class may be suspended from the dojo, either temporarily or permanently for not complying with any of the above rules.
 17. Respect yourself, others around you, and your environment. Have fun!
- If you are not at the dojo to train seriously – go home
 - Don't waste the time of the instructor, other students... or your own.
 - Karate can be the only difference between life and death – it is important to treat it that way



If you have any questions or concerns, please do not hesitate to let us know



"Karate begins and ends with respect." - Anko Itosu