

MEDICAL CLEARANCE

“One of the most striking features of Karate is that it may be engaged in by anybody, young or old, strong or weak, male or female.” – Mater Gichin Funakoshi. Nevertheless, karate training can be intense, so it's important to ensure that it's a suitable fit for your current physical condition. If you're considering joining the Dojo consulting a healthcare professional is a good practice, especially if you have pre-existing medical conditions or concerns about your health.

Our instructors need to know if there are any injuries or conditions present that might heighten your risk of injury or harm when undertaking different exercises and drills.

KARATE IS NOT A RELIGION

Taoism and Zen are the philosophical foundations that play a significant role in shaping many Asian martial arts. These philosophies are not theistic religions as we understand them in the West. The rituals like bowing and meditation are not just part of the dojo's formalities but serve to cultivate a holistic mindset, fostering qualities like courtesy, respect, and gratitude within the martial arts community.

AKNOWLEDGEMENTS

LIABILITY RELEASE. While reasonable precautions to avoid injury are taken, injuries may occur. The practice of karate involves inherent risks, including risk of physical injury (e.g., fractures, lacerations, sprains and strains, contusions, concussion, nose bleeds, tooth dislodgement, etc.), temporary or permanent paralysis and or loss of life. As a practitioner, the adult student or minor student's legal guardian assumes all these related risks and release the Dojo and its members from any liability relating to any harm that may be sustained as a result of the dojo's karate training.

MEMBERSHIP TERMINATION. The Dojo reserves the right to suspend or terminate the membership without refund of membership fees for a breach of dojo's rules or regulations, violations of facility's rules or regulations, violations of contract terms, or generally undesirable behavior as determined by the dojo's instructor at its sole discretion.

PHOTOGRAPHS AND FOOTAGE. Please be advised that photographs and footage might be taken throughout all dojo's activities. These will be used by the Dojo for publicity in our publications, on our website and in social media. For privacy protection, images and footage will not be identified using full names or personal information without written approval from the photographed subject, subject's parent or legal guardian(s). Please contact your instructor if you have any concerns or if you wish to be exempted of these activities.

ETIQUETTE PROVIDES A STRUCTURED ENVIRONMENT

At the elementary level, rules give us structure for the proper functioning of a class for students to follow in order to ensure a safe and fertile class environment.

DEVELOPS MINDFULNESS

More than being an action or a set of actions, etiquette is a state a mind that cultivates how to do things mindfully, in and out of the dojo, with all your being. It teaches us to put our heart and soul in every moment, in every action, and fully experience each succession of moments.

PROMOTES SELF-DISCIPLINE

By applying etiquette in various ways like obeying rules and developing good manners, the student will learn to control themselves and show integrity. Self-discipline is a skill that is useful in both life and martial arts.

- Your Sensei is the central authority in the dojo, not your peer. Treat them with absolute respect, attention and immediate obedience. They are your primary source of knowledge, the keystone that holds your progression and the embodiment of moral rectitude every student should seek to achieve.
- Karate teaches us the obligations we have to others. Stay at home if you are sick or not feeling well, cover coughs or sneezes with your elbow or wear a face mask, wash your hands thoroughly with soap and water before and after training, and it's totally fine to keep wearing a face mask if it makes you feel more comfortable.
- Be teachable. Never let your ego stop your learning. The bigger the ego (one's sense of self-importance), the higher the resistance to learning.
- Students must behave accordingly to the Dojo Kun and Master Gichin Funakoshi's Precepts both inside and outside the dojo.
- Students must have a positive attitude and exert continuous effort during practice.
- Students must be obedient to instructions and safety precautions. Failure or refusal to follow directions shows a lack of respect for instructors, parents, students, and the entire organization.
- Always bow to your Sensei the first and last time you see your Sensei, even if your Sensei is busy with someone else; and anytime your Sensei approaches or addresses you during training time and once before leaving.
- Never interrupt when the instructor is speaking, even if you didn't understand something that was instructed or said. Typically, the instructor will ask if there are any questions after giving instructions. If you have a question, raise your hand and wait to be acknowledged by the instructor.
- Senior students are expected to set a good example for juniors, protect them from injury, help them learn, and treat them with respect and consideration.
- Junior students are expected to look to seniors for guidance, imitate their behavior, and treat them with

respect and consideration.

- Bow at the door when you enter and leave the training hall. If you find yourself entering or leaving the dojo with a group of students, allow the most senior students in the group to enter, and exit the dojo first.
- The dojo is a highly venerated space in which you learn and train. You must practice self-discipline by keeping your voice down before and after class.
- It is the students' responsibility to clean and maintain the dojo. Practicing cleanliness helps to be ready to put all the favorable conditions for the training practice.
- There should be no unnecessary talking or noise during class. Students should speak only when acknowledged by the instructor in charge.
- Students must refrain from the use of foul and hurtful language.
- Always maintain a dignified neutral posture, keeping the body upright whenever you are moving, sitting, or standing. While a class is in session, students should not lean against the wall or lie down on the floor.
- Students must practice self-control by maintaining a state of complete composure by avoiding overt displays of emotional or physical expressions that are unfavorable to the training. Some of these expressions are tiredness, boredom, excitement, aggressiveness, fearfulness, frustration, confusion, anger, mind-blanking or any physiological pain reaction that can be suppressed or tolerated. "Do not be influenced by your body, or your body influenced by your spirit" – Master Swordsman Miyamoto Musashi, Niten Ichi-ryu.
- Do not walk on the dojo's floor with shoes. Leave your shoes neatly lined up outside or in their designated area.
- Avoid walking in front of other students or the Sensei, go behind them as much as possible.
- Never turn your back to your instructor or classmates (unless fixing your uniform) as a show of respect.
- Bow every time you get a new partner for any exercise and before moving on to the next partner.
- Students are required to attend a minimum of three training classes each week. Regular attendance is important for the overall development of all students.
- Students must complete the 'Attendance Sign Up Sheet' prior to every class.
- Students must be on time. Lateness is disruptive and discourteous to the instructor and to your fellow students. Arriving 10 to 15 minutes before class begins allows you ample time to change clothes and warm-up for the training. If you are late, kneel at the door until recognized by the instructor. Then,

unless directed otherwise by the instructor, line up in the last line to the right and be humble by pairing up last for any drills.

- No jewelry (rings, earrings, bracelets, necklaces, etc.) may be worn in order to avoid injury to yourself and others.
- Students don't require to receive approval to wear a black or white religious head covering as long it doesn't interfere with their vision, movement, or pose a safety hazard to the student or others.
- Female students must wear a t-shirt, tank top, sports bra or other appropriate clothing under their uniform top. If visible, the undergarments must be white. In addition, it is highly recommended to sewn ties to fasten the uniform in front.
- Keep your uniform clean and in good condition.
- The belt's knot must be properly tied, and it's ends even. This symbolizes the balance between the physical and mental aspects of our training. On advanced belts the name of the student goes on the right and the name of the style, group or organization on the left.
- Hands and feet must be clean. Toenails and fingernails must be kept short in order to avoid injury to yourself and others.
- Wear flip-flops or some other type of footwear when using the gym's restroom or locker room to lower your risk for skin-diseases.
- Prescription eyeglasses and soft contact lenses are permitted. However, during sparing, eyeglasses may pose a safety hazard while you're actively engaged, so they're not allowed. If you're going to wear glasses, it's strongly recommended to invest in a sport strap or holder to keep your glasses secured.
- Place bags against the wall and away from the practice area.
- Turn your cellular phones off or into silent mode to avoid distracting the class in case you have a call.
- If you ever need to leave a class early, let the instructor know beforehand.
- There is no eating, chewing, drinking or smoking in the practice area.
- When lining up at the beginning and end of class, do so quickly, and shoulder-to-shoulder. Always line up in straight lines, from left to right and front to back. This is always done with the most senior student to the far left and the newest student to the far right.
- When kneeling, always line up your left knee with your senior student's right knee.
- Whenever you stand from a sitting position, switch to kneeling, bow, then stand.

- If you're asked to count, count and then do your technique. The count can be in whatever language you feel comfortable with, but make the counts short, sharp, and spirited.
- Be mindful. If you're blocking another student to be able to see the Sensei's demonstration, move aside, kneel or sit down to provide an unobstructed view to all your classmates.
- When sitting, always sit cross-legged or in keeling position.
- Do not cross your arms or rest your hands on your hips. This is considered a sign of disrespect.
- Be aware of your surroundings while other students are practicing, to avoid collisions.
- If your partner is not comfortable with your level of contact, respect their request.
- If you feel ill, have an injury, or need to leave class for some reason, raise your hand and inform the instructor.
- As a registered member, the adult student or parent of a minor student acknowledge financial responsibility resulting from registration. Full payment of tuition and fees are expected to be paid at the beginning of each month. In order to be eligible for testing, your monthly payments need to be in good standing.
- In addition to the payment obligation, all color belts with regular attendance and required uninterrupted time in grade are encouraged to test, as well as your head instructor's permission if you are applying for the dan exam.
- Unsupervised sparring between students is not allowed, unless they are given prior authorization from the instructor.
- If you wish to travel to or visit another dojo, camp or seminar always ask the permission of your Sensei before doing so.
- Do not enter a tournament without the consent of your Sensei.
- The use and or possession of non-prescribed or illegal substances, including alcoholic beverages, are prohibited at-all-times. Students who are found to be in possession of items in the dojo's facility grounds, intended to be given, sold to other students, or abused will be immediately dismissed, suspended or terminated. Further, any student who displays erratic behavior and is suspected to be under the influence of substances will be immediately dismissed, suspended or terminated as any level of impairment does not allow a student to safely perform in class.
- Sexual misconduct and gender-based harassment are prohibited at this dojo. All members are encouraged to immediately report them to the board of directors, to the police or both.

- Guests, visitors and parents wishing to observe while the class is in session are requested to do so in complete silence and following the dojo's rules. Cell phones must be on vibrate or turned off and no talking to your child or friend during class is allowed. If there is any issue you feel needs to be addressed, please privately discuss with the instructor at the end of the class.