



Hickey Karate Center Dojo Rules

1. RESPECT THE TEACHER

- a) Always watch and listen carefully. When the teacher speaks, do not interrupt or ask unnecessary questions. Never talk back.

2. RESPECT THE DOJO

- a) Help keep the dojo clean by not leaving food, clothes, trash and other assorted items about the place. Take your shoes off when entering the building. Volunteer to sweep the floor and mats or to do other necessary jobs before class.

3. UNDERSTAND KARATE AS AN ART, A SPORT AND AS SELF-DEFENSE

- a) Practice Karate always as an art. Karate must never be used as an attack unless a life is in danger.

4. TAKE A SERIOUS ATTITUDE

- a) Keep quiet, restrained and courteous. Have patience. Always acknowledge instructions by "yes sir" or "hai". True skill comes only after much work and continued dedication to learning. Concentrate hard.

5. PRACTICE WHAT IS TAUGHT

- a) During class, follow the directions of the instructor closely and only practice what the instructor permits.
- b) Show interest and attentiveness.
- c) Learn how to get along with classmates.

6. ALWAYS BE CAREFUL

- a) Safety is part of health. Karate techniques can maim or kill. Practice only with utmost seriousness. Never take your eyes off your opponent. Move in with strategy and think about your actions.
- b) Never act foolishly in the dojo. Misbehavior can cause injuries. Always line up correctly, listen to directions and follow them carefully.
- c) Do not discuss or demonstrate Karate techniques outside of the dojo, except among other students or with close friends in confidence or with your parents.
- d) Be a good partner allowing your partner to learn correctly and the class to be safe.

7. USE COMMON SENSE AND COURTESY

- a) High standards of courtesy are demanded by all students of the dojo at all times.
- b) When students are in the dojo, traditional rules apply.
 - Always acknowledge the master instructor when he enters the dojo.
 - ii) Acknowledge seniors by calling them Mister, Sir or Ma'am.
 - iii) Stand erect at yoi, the ready stance, during class.
 - iv) Ask permission to enter and leave class.
 - v) Bow before entering or leaving practice areas and the dojo.
 - vi) Sit properly during instruction.
 - vii) Always stand and sit without using your hands.
 - viii) Make sure your shoes and coat and other items are put in the right place.
 - ix) When sitting, do not play with your feet.
 - x) Come to class with the face, hands and feet clean and washed.
 - xi) All students must sign in each class.
 - xii) No shoes to be worn on the mats for any reason.
- c) Beginners line up to the left of and behind colored belts.
- d) Students should get in the habit of going to the bathroom before class so as to not disturb the class.