



Children's Code of Conduct

Karate training should be enjoyable for children and their parents, and for the instructors. To ensure we all have a good time and train in a safe way we have some simple rules for our Dojo:

Remember – Karate Do is first and foremost about showing respect:

- Respect for yourself, and for your fellow students
- Respect for your instructor (Sensei) and for the place where you train (Dojo)

Karate training begins with a bow, and ends with a bow. Respect must always be demonstrated through the instructors' and students' actions.

Before Class

1. Students should arrive 5 minutes before the start of class. If you are late you should enter the dojo, remove outdoor clothing and wait quietly in *seiza* (seated position) for the instructor to ask you to join the class. When joining the class please do so from the rear of the training line.
2. All footwear must be removed before class, and be left neatly where it will not interfere with the training area.
3. Please bring drinking water to training. No sports or sparkling drinks, and no food of any kind.
4. Students and Instructors must always bow when entering and leaving the Dojo.
5. Horseplay is not allowed in the hall.
6. Remove all jewellery, rings, watches, earrings, necklaces etc. before training, or if this cannot be done tape them up so as to avoid the risk of causing an injury.
7. Toenails and fingernails must be kept clean and short to prevent injury.
8. Please go to the bathroom before class (ideally before you leave your home).
9. If you have an injury you should tell the instructor before class starts.

During Class

10. Don't chat or mess during class. This is disrespectful towards other students and your Sensei.
11. Please concentrate and follow the instructions of the Sensei.
12. At all times you should try your personal best to do the exercises in the class.
13. If you have a question please raise your hand during class and wait for the instructor to call on you.
14. Students, instructors and parents must be respectful to each other at all times.
15. Foul or abusive language is not acceptable from anyone in class.
In this regard adults should show good example.
16. If you *must* use the bathroom during class please ask the instructor for permission. Do not just leave the class. Only one student may be absent at any one time to use the toilets.

After Class

17. Don't forget your belongings (coat, water bottle etc.) as you are leaving.
18. Parents – please arrive before the end of class and pick children up from the dojo, not from the car park. Please do not smoke in the vicinity of the door.
19. If parents wish to talk to the instructor it is best to do so before the junior class begins, as the adult class starts immediately after the junior class and the instructor will be anxious to start that class on time.
20. Students – remember Karate Do is about respect both inside and outside the Dojo.

