

MICHIGAN RYUSYOKAI KARATE CLUB
DOJO RULES

1. Karate training begins and ends with respect.
2. Upon entering or leaving the dojo, bow formally and acknowledge the teacher.
3. Always address the teacher as “sensei” in the dojo and be courteous and polite to your teachers, seniors and peers.
4. Keep your body and training clothes clean and neat. The fingernails and toenails are to be kept short to prevent unnecessary injuries. Do not wear jewelry or other ornaments while training.
5. Refrain from engaging other students in idle talking and make the best use of class time. The dojo is not the place for loud talking and laughing. During the training session, students must work with a serious attitude and concentration. Quiet and seriousness during a training session minimize injury; emphasize respect and ensure an attentive mind and martial attitude.
6. Usually, the sensei will call for questions when the time is appropriate. This ensures the sensei has time to share the most important aspects of the planned class and allows senior students to share what they have learned. For serious questions, try first to learn the answer through continued practice and observation of other students - the answer will become permanent knowledge. Failing that, start with a lower or senior student during a break, or before or after class (white belts ask green belts, etc.). Consult the sensei as a final resort.
7. Senior students are responsible for ensuring that junior students observe proper etiquette in the dojo or at dojo-related functions. The behavior of each student is a reflection of the dojo and the sensei.
8. If observing dojo training, sit in the correct way and do not stretch your legs out.
9. When the senior student calls for training to begin, line up correctly and quickly, facing the “shomen” (front of the dojo) area as required.
10. Perform the proper warming up exercises prior to training and even if one is training alone.
11. When the sensei calls for “mokuso” (meditation), close your eyes, breath deeply from the lower stomach, concentrate on the “tanden” (lower abdomen) and clear your mind.
12. If the teacher is not present, the senior student will start the class when it is time to begin.
13. While in the dojo, listen carefully and seriously to the advice and instructions given to you. This is how one progresses.
14. When late for class, wait quietly for permission to enter the training area.
15. If you cannot attend a scheduled class, inform the sensei as early in advance of class as possible.
16. Each student must report to the sensei when they temporarily discontinue their training.
17. Never leave the class for a break, water or any early dismissal without prior permission from the sensei.

MICHIGAN RYUSYOKAI KARATE CLUB
DOJO RULES

18. Do not use the training equipment if you are unfamiliar with it unless you obtain permission from the sensei.
19. Sparring is not allowed without permission.
20. Do not bring food or drink into the dojo training area without permission. Water is permitted and should not be consumed during class unless a break is called.
21. Students should bow to each other before and after engaging in two-person training.
22. Never lean on walls or lay spread on the floor; stand, sit or kneel formally.
23. Prior to the end of training, all students should do the closing exercises together.
24. Always thank those who have helped or advised you.
25. If injured, it is recommended that you still attend class to observe training.
26. Clean the dojo without being asked.
27. Always remember, “Tai wa kokoru arawasu” (Your actions reveal your heart).

The dojo rules are instituted for your safety and protection. Intentional violation of any of these rules can result in temporary, or possibly permanent, expulsion from the dojo. Please endeavor to do your best and set an example for other karate-ka through the observance of proper “dojo kun.”

OFFICIAL SEKAI RYUSYOKAI DOJO KUN

We will devote ourselves to spread Karate-Do with a worldwide view, and cultivate and develop our physical strength and spiritual health by studying and training.

For that purpose,

1. The teacher and the students relate to each other on the basis of loyalty and honor.
1. Love and respect to one's father and mother.
1. Respect senior student.
1. Show sincerity toward one's friends.
1. Have affection for junior students.

We will always devote ourselves to training based on these five precepts.

Sekai Gojuryu Ryusyokai
Kaicho Senaha Shigetoshi

Translation by Sunahara Yoshiko, edited by Jonathon Hallberg

** the number "1" appears aside each precept to show that each is given equal weight and that the list is not denoting order of importance.*