



Dojo Etiquette

JKA Karate is Martial Arts (Budo), so proper observance of etiquette is as important to our training as is learning the physical techniques of Karate. Please follow the etiquette below at all JKAWF INDIA dojo:

- Remove your shoes before entering the dojo and keep in order.
- Bow silently each time you enter or leave the dojo.
- Try not to be late for class. If you do, enter the dojo quietly; kneel at the dojo where you can clearly be seen by the instructor and wait and watch carefully for the instructor's command or any senior black belt to join the session, when receiving the command to join in stay kneeling down, bow, and then enter quietly, you can be asked to warm up by the side and when ready join in by going to your appropriate grade.
- The dojo is a formal place where all participants must wear a Karate DoGi (a plain white karate uniform).
- Wash your DoGi regularly and keep it in good condition.
- Remove your watch and all jewellery before practice to avoid injury to you and others.
- Keep your finger and toe nails cut short to avoid injury to others. Maintaining personal cleanliness is an act of consideration and respect for yourself and others.
- No food, beverages or chewing-gums are permitted in the dojo during practice.
- Do not lean against the walls or sprawl with your legs stretched out. Kneel or sit cross-legged.
- No unnecessary talking once you are dressed up inside the dojo.
- Never leave the dojo without permission.
- Report all injuries to the instructor before the class and inform immediately if you get injured in class.
- Help clean the dojo before practice. Cleaning dojo is actually cleaning your mind.
- Respect all dojo equipment such as kicking shields and focus mitts. They should always be neatly put away and should never be thrown around.
- Pay your dojo dues on time – if you are unable to pay your dues on time, talk with the person in charge.

Rei - Setsu

REI is based on the respect of human dignity, and the willingness to express this respect. It is a way of improving relationship between individuals and is a contributing factor to social harmony. SETSU is the way to express this concept in action; those who practice Karate-do must deepen their understanding of the spirit of Rei, and in inter-personal relationships, strictly observe the rules of Setsu.

- Bow silently when entering or leaving training floor of Dojo.
- Line up for meditation - Rei.
- Line up by rank or by seniority if of equal rank.
- Wait for person on right to kneel (Seiza) before you kneel.
- Men kneel with knees more than two fist lengths apart.
- Women kneel with thighs together.
- Kneel down keeping two fist length distances from your neighbour.
- Meditate closing your eyes on command – Mokuso.
- Stop meditation and open your eyes on command – Mokuso Yame.
- Bow silently to the front wall on command – Shomen Ni Rei.
- Bow to your teacher(s) saying 'Oss' on command – Sensei Ni Rei / Sensei-gata Ni Rei
- Bow to your colleagues saying 'Oss' on command – Otagai Ni Rei.

Rules while You are Outside of Dojo

- Don't brag about or show off what you think you have learned.
- Don't threaten or intimidate people.
- No fighting to settle disagreements arguments.

Rules for Karateka's Families and Visitors

- Observers and visitors are welcome but must remain quiet not distracting participants. Keep your cell phones in silence mode.
- Kids must be taken to the washroom before class and be ready to start on time.
- Please register at the front desk for "Free Trial Classes".