

## DOJO ETIQUETTE & SAFE PRACTICE

1. You are expected to arrive on-time for class. But in case you are unavoidably late you should kneel down at the entrance of the dojo and wait for Sensei signaling permission for you to join in - do not run into class
2. There is no room for foul language in the dojo, and violent behavior is never tolerated
3. Students must show up to class in the dojo's approved uniform, tidy, clean and well groomed
4. Students, especially the lower ranking students, are expected to help with tidying up the dojo and put all equipment away after each class
5. When a question is asked of you in class the right responses are "yes-sir" for "yes", and "No-sir" for "No" -- consistently and with strong voice. "Yes-mam" if/when your instructor is female.
6. OSS! is to be used when responding to a command (e.g. 20 more push ups. >> OSS!)  
Also, OSS is used in situations such as when you come face to face with your peers, or instructors
7. It's customary to address your teachers using the proper terms; e.g. *Sempai Dave*, or *Sensei Ramin* (not Ramin or Dave). It's also common using *Sempai* when you address students that are senior to you
8. If you need to ask a question in class first raise your hand and wait for Sensei's acknowledgment. Do not yell across the room calling Sensei over
9. Eating, drinking, or chewing gum is not allowed in class
10. Attending class under the influence of alcohol or anything else is strictly forbidden
11. All jewelry must be removed (wedding band is OK)
12. You should not have long nails as they may break, and may injure your partners during training
13. In case you feel pain when your body is in a certain position, or if you feel dizzy or nauseated, feel free to change the position you are in, and let your instructor know if you need to take a rest
14. You are encouraged to train on your own outside of class. But you are *strongly* advised not to engage in hand to hand combat (sparring/self defense) testing your techniques. Especially if those who you choose to train with have no karate experience - lack of control can be dangerous!
15. Never try the techniques you learn in class on people outside of class jokingly as you will run the risk of hurting someone by accident
16. **Parents**, please remind your child to visit the washrooms, and also ask them to drink some water if thirsty before walking into class, so they don't need to step out when class is in progress

**We appreciate your cooperation**

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**The karate techniques you will learn are potentially harmful and dangerous, as they will give you the ability to inflict serious damage to others. You bear the responsibility to use your acquired skills defensively, and productively. You are expected to refrain from violent behaviour as a Karate-ka and use your Karate techniques only in a self-defense situation. Failing to comply with this expectation may result in demotion, or even expulsion from The Powerhouse!**

**KARATE IS AN AUXILLIARY OF JUSTICE**

*Master Gichin Funakoshi*