



Martial Arts Federation International

Dojo Code

1. The Instructor is always addressed as SENSEI by students. This word is translated to be "he/she who has gone before". Therefore whatsoever your instructor demands of you, he/she has already done before and understands the implications of the technique you are being asked to carry out.

2. In traditional Martial Arts, the development of a whole person is more important than the development of the physical and technical prowess, the strict compliance of the Dojo etiquette is fundamental for the development of Budo spirit.

3. Within the realm of Karate Do, etiquette is a sign of respect. It is respect from the student to the sensei and from the sensei to the students. Respect to all practitioners in the Dojo and to the Dojo itself.

4. When entering or leaving the Dojo, stand in the doorway facing the Kamiza (The front of the dojo where the instructor takes the seat of honour), bow and say "OSU". This shows respect towards your Dojo and Sensei's.

5. If you arrive late to training, kneel at the side of the entrance in SEIZA (formal kneeling position) facing the Kamiza (Front of the Dojo).

When the Sensei acknowledges you, stand up, bow and say "Shitsurei Shimasu" (excuse me for disturbing) or "OSU" (Pronounced as "OSS") and quickly join in the class.

6. Do not eat, drink or chew gum in the Dojo.

7. Do not talk in the Dojo unless to invited to do so by the Sensei.

8. Do not break rank for any reason, without asking permission from the instructor.

If you must leave your position, do not walk between the instructor and the class. Walk behind the row you are in to either side and proceed from there.

9. Always address the instructor and seniors by their appropriate title (SEMPAI, SENSEI, SHIHAN, KYOSHI...) inside the Dojo. Acknowledge them with a loud "OSU" when they speak to you.

10. Your training should be taken seriously. Do not laugh, giggle, talk or cause disruption during the class. You should always stand in Heisoku Dachi when listening to the Sensei or awaiting for their next instruction.

11. All instructions from the Sensei should be executed correctly without any question or comment. You will not be asked to do anything that your Sensei has not done him/herself already. If you cannot keep up, do the best you can.



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12. Always keep fingernails and toenails short and clean.

13. If a break is given between moving from one type of a technique to another, you must not be sitting on chairs, leaning against the wall or strolling in the dojo.

14. If you arrive early in the Dojo, start practicing your techniques.

15. It is everyone's responsibility to ensure the Dojo is clean, tidy and safe at all times.

16. Your Karate-Gi must be neat and washed clean at all times, your belt should NEVER be washed, only aired dry.

It symbolically contains the spirit of your hard training, and under no circumstances are male practitioners allowed to wear t-shirts or other clothing underneath their karate-gi. (Exception is given for children with white T-shirts)

17. Do not practise KUMITE unless you are instructed to do so.

18. Do not wear jewellery or watches during training.

19. If you wish to leave the Dojo whilst training is still under way, ask for permission from the Sensei and leave appropriately if it is given.

20. If you have an injury or just sustained one during training, you must report it to the Sensei or a senior student. (If you have caused injury to another student you must kneel facing away from the opponent)

21. Remember the Dojo is a special place therefore you must behave accordingly.

22. When training is over, all students must follow the closing ceremony and sit in seiza as long as necessary.

23. After the training, students must fold their Gi in the traditional manner as per our school.



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Dojo Kun

Seek Perfection of Character

Hitotsu! Jinkaku kansei ni tsutomuru koto.
(To strive for the perfection of character.)

Be Faithful

Hitotsu! Makato no michi o mamoru koto.
(To protect/defend the paths of truth.)

Endeavor to excel

Hitotsu! Doryoku no seishin o yashinau koto.
(To foster the spirit of effort.)

Respect others

Hitotsu! Reigi o omonsuru koto.
(To honor the principles of etiquette.)

Refrain from violent behavior

Hitotsu! Kekki no yu o imashimuru koto.
(To guard against impetuous courage.)

OSU

道場訓

一、人格完成につとむること

一、誠の道を守ること

一、努力の精神を養うこと

一、礼儀を重んずること

一、血氣の勇を戒むること

押忍