



TENKARA KARATE DOJO RULES



1. Obey all Dojo rules.
2. Be punctual about scheduled classes and meetings.
3. Wear traditional Karate gi properly and neatly at all times.
4. Keep the Karate gi clean and in good repair at all times.
5. Keep your body clean, and fingers and toenails trimmed short.
6. Do not wear rings, bracelets, neck chains, or any metallic articles.
7. Do not chew gum or have candy or food in your mouth while in the Dojo.
8. Observe all tradition in the Dojo.
 - a) Bowing to be performed upon entering and leaving the floor.
 - b) Bowing to be performed towards the instructors upon commencement of formal class.
 - c) Kyus will form one line on the "lower side" or left of the Dojo, with the Senior Kyu placed on the "upper place" (on the right).
 - d) Bowing to be performed between Karateka prior to mutual exercise and upon completion of that exercise, Senior Karateka will stand or kneel on the upper side of the Dojo.
9. Exercise sincerely entering in the spirit of Karate by exercising in accordance with karate principles and not relying solely on strength.
10. Lower ranks must be at all times seeking to exercise with higher ranks.
11. Remain quiet and attentive in the Dojo, (even though not exercising) sitting or kneeling on the proper side of the floor.
12. Do not sit idly or lie on the floor in a position that might interfere with others exercising.
13. Always be courteous in demeanor and helpful to juniors and each other.
14. Always be earnest and serious, especially in contest. The spirit of fair play, to fight fair and square and to be obedient to the referee's judgment, and to attach more importance to the attitude of the match than the results is the greatest importance.
15. Contribute to keeping the Dojo in good repair and clean condition.
16. Clean the dojo floor after each class.