



Dojokun For Parents And Relatives Of Karate-Ka

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Dojokun (Japanese 道場訓, *dojo rules* or *rules for the training of Martial Arts*) are the code of conduct of Budo (Martial Arts).

These rules do not only apply to Karate-Ka but also to their relatives (parents, friends etc.). Proper behaviour, manners and respect are the cornerstones of Karate. This is why we created this code of conduct. Karate begins with respect and ends with respect. Seishinkai functions according to this principle. We thank you for complying with these rules in your role as an example for your children.

- Make sure that your child only eats and drinks something light. Eating too much food before training is not optimal. Before your child leaves, it is a good idea to remind him/her to go to the toilet.
- Verify that your child is clean, the toe nails and finger nails are properly cut and his/her Gi is washed.
- Before entering the dojo, make sure that your mobile phone is switch off or the sound is turn down as to not disturb the training.
- For new students, parents are allowed to watch during the first few lessons. Afterwards, it is preferred not to remain in the dojo during training lessons, as it can distract your child and the class.
- We interact courteously with each other in the dojo.
- It is forbidden to enter the dojo or the gym with outdoor shoes.
- Respect the privacy of the dressing-rooms for men and women. Fathers use the dressing-room for men and mothers the dressing-room for women.
- As a spectator, we ask you kindly to keep still, to not use your mobile phone, eat, drink or talk with other spectators.
- Problems, questions and all other topics should be discussed in private with the sensei (head of the dojo).
- Please ask any questions to the instructors before or after a training lesson but not during a training lesson.
- Before bringing your child to a training lesson, check the training plan to be sure training lesson is taking place.
- Make sure that your child arrives at the training lesson on time.
- If your child cannot go on his/her own to the training (due to age) please accompany him/her not only to the door but inside the dojo or the gym to ensure that a training lesson is taking place. Once inside, the instructors will take the responsibility in the dojo or gym for your child and assure that your child will remain there during the training lesson.
- Photos during the training lesson can only be taken with the permission of the instructor.
- Please make sure that you pick up your child on time at the end of a training lesson.

We thank you very much for your co-operation.