



Dojokun For 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).

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.

Dojo (Training Room)

Please arrive no earlier than 15 minutes before the start of training on the two training evenings at the Judo Club Dübendorf. As the changing rooms are not optimally located, it is inconsiderate and a distraction for the students of the first training lesson when people are constantly crossing the dojo.

It is important to be dressed and ready to begin on time, as it is a disturbance for the other training participants when people arrive late. Should it happen that you are late, you are asked to sit at the edge of the training mats until the teacher invites you with a small bow to join the training.

Everybody has to take a bow before entering and leaving the dojo. This is an expression of respect for the founders and masters of the different Budo arts as well as a greeting to the already present students and masters.

It is prohibited to enter the training mats (Tatami) with street shoes.

If a student wants to leave the training mats during a lesson, she/he must notify the teacher. As soon as she/he returns, he needs to follow the same procedure.

Please do not bring valuables (wallets, watches, rings, etc.) to training. Opportunity invites theft and we cannot be responsible for loss or theft of personal property. If you bring valuables to the training then make sure that you bring them to the dojo. This way we can ensure that nothing will get lost.

Students

Consumption of alcoholic beverages is prohibited before every training as well as consumption of strong-smelling dishes. Chewing gum, candy, food or beverages are not allowed during the training and are also not allowed on the mats.

It happens over and over again that students arrive at a training session, even though no training is taking place or a special training which is scheduled for only a specific level of students. This is why we ask you to do the following:

- Please check the training schedule carefully to ensure that a training lesson is actually taking place **before** you or your child leave the house.
- We ask parents and/or the person responsible for your child, who cannot join a training lesson (due to their age) without being accompanied by an adult, to bring the child not only to the dojo, but always directly **inside the dojo or gym** in order to ensure that a training is taking place and they are not put in a situation where they are left alone with the doors locked. We (the trainers) are responsible as soon as the student has said hello to us (tick list). We ensure that the student remain in there during the entire lesson.



Compliance with **hygiene** is required. Please always arrive **clean and washed** before training. Fingernails and toenails should be cut short. This is for your own and for your fellow training partners' safety (risk of injury).

All training rooms and attached facilities must be left in a proper condition. Empty bottles, etc. should be disposed **outside** the dojo.

Glasses, rings, necklaces, earrings, piercings etc. must be removed before the start of a training in order to prevent injuries. In case jewellery cannot be removed it must be fastened over with tape.

Training always takes place dressed in the traditional Gi. It must be clean and washed regularly.

Boys and men **always** have to wear a groin guard during the training.

Girls and women **always** must wear a chest protector during the training.

Please bring your additional protectors (for hands, teeth, shins, forearms) to **all** training sessions.

Girls and women may wear a t-shirt underneath the Gi (training suit), but only in a **white colour**. Boys and men are **not allowed** to wear t-shirts underneath the Gi. Please adhere to this rule as we follow the traditional rules of Karate.

Girls and women with long hair need to **tie up their hair**.

Training

Before the start and end of each training session, the students kneel down facing the teacher (called "Seiza") and bow towards him/her (called "Sensei Ne Rei" or "Sempai Ni Rei").

- During bowing at the beginning of the training session the student says "Onegai Schimas(u)" (the "U" is not pronounced). Translated it means "Please take care of me".
- During bowing at the end of the training session the student says "Arigato Gozaimas(u)" (the "U" is not pronounced). Translated it means "Thank you very much".

This is a token of recognition, courtesy and respect towards him/her. The trainer responds to this ritual.

If a student wishes to have an explanation from the teacher during an exercise, he/she has to turn towards him and bow in order to attract attention. Only when he faces the student and bows as well is the student allowed to speak.

Discussions with the teacher regarding a technique are refrained upon during a lesson.

The student has to train with full concentration. A superficial and careless behaviour is often the cause of injuries.

Occasionally, a student gets injured during a training lesson. A small wound, especially a bleeding one should be immediately brought to the attention of the trainer so that the injury can be treated.

Any disruptions (e.g. loud discussions or comments) are not allowed during training lessons.

During a demonstration or an explanation of a technique, it is forbidden to talk to the trainer. There is plenty of time to ask questions during the following practice.

The trainer may choose a student to demonstrate a technique. For this purpose, he bows towards a student. The student then has to respond with a bow and approaches the teacher (approximately 1.5 metres distance). The student bows again towards the teacher and he responds as well with a bow. Assuming a combat position is only to be done when the teacher asks for it. While the teacher is giving explanations, the student must wait beside, kneeling on the left knee.



Before and after an exercise with a training partner, the students are asked to bow towards each other. If you are asked to train with a training partner by him/her bowing in your direction, you must accept this request.

The advice of higher ranked, older or more experienced belts must be accepted without any discussion.

Do not leave the tatami mats or the dojo during training without asking your instructor for permission.

Manners and Respect

- Be aware of your responsibility towards your training partner and treat him/her the same way as you wish to be treated.
- Treat your teacher with the appropriate courtesy and respect as he/she is in a position to provide you with a good education.
- Be polite and helpful but do not force help upon others.
- Be honest, loyal and reliable.
- Handle your skills wisely. Omit violent or uncontrolled behaviour. Do not misuse knowledge nor skills which you acquire from practicing Martial Arts for self-serving purposes. Commit to physical and mental non-violence. Seek for peaceful alternatives in all problematic situations. Always be aware of the fact that the learned techniques may only be needed as self-defence or in a state of emergency.
- Do not let yourself be influenced by others to any unfair actions or activities.
- Pride and arrogance are out of place in the dojo.
- Avoid any form of selfish aspirations. Overcome egoism, selfishness and greed. Be modest in taking and generous in giving. Do not push yourself to the foreground, remain humble, and be responsible for your behaviour, help one another and practice tolerance.
- Behave in a correct manner; only in this way you will be held in respect.
- Do not exclude anybody who is different than you because when wearing a Gi and in our hearts we are all the same.
- Strive to find the true spirit of Martial Arts. Support this by:
 - o perfection of your character
 - o mental development
 - o health, physical development
 - o proficiency in Karate
 - o respect, politeness towards others
 - o modesty.
- Criticize in private and never in public.
- Honour and respect the Budo etiquette and strive to make this visible in your behaviour. Do not ignore this as frivolous and do not give excuses if you violate them. Settle mistakes through increased dedication and do not let the matter rest.
- Do not only train only your body but also face your inner shortcomings with the same power and convictions in which you train during a lesson to help you overcome external difficulties.
- Respect the life, your art and other human beings. Keep an honest attitude and prevent a mind-set that others could question. Stick to your responsibilities and foster the spirit of friendship.