

# 島会道場空手道

## Shima Kai Dojo Karate-do

### Shima Kai Dojo Protocol and Etiquette

- Arrive at least a few minutes before class begins, ready to work out. If you come in late, be seated by the side of the practice floor until you are invited to join the class.
- Street shoes are not permitted in the practice area, however, martial arts training shoes or “kung fu slippers” are acceptable.
- You must always bow when entering or leaving the practice area.
- Junior students always sit to the left of seniors.
- Senior students are expected to set a good example for juniors,.
- All students are required to protect training partners from injury, assist each other in learning, and treat all with respect and consideration.
- Eating, drinking, chewing gum, and using cell phones are not permitted in the dojo area.
- Speak quietly whenever you are in the training area.
- Keep your focus on Karate-do and always pay close attention to instructions.
- Do not feel obligated to push beyond your reasonable physical limits. If you are tired or a task makes you uncomfortable sit to the side of the training area in seiza and watch the practice with attention. Return to the class in a way that causes minimal disruption.

### Dress Code for Karate Practice

A white Karate gi is the usual clothing for karate training. Loose fitting sweats are acceptable, provided that there are no loud colors or writing on them. Colored gi or ornate belt decorations are discouraged.

Karate belts are only worn with a karate gi, do not wear a belt over sweats.

All training clothing (belts included) should be washed on a regular basis.

Be sure that finger and toe nails are clipped short and kept clean to prevent injury to yourself and others.

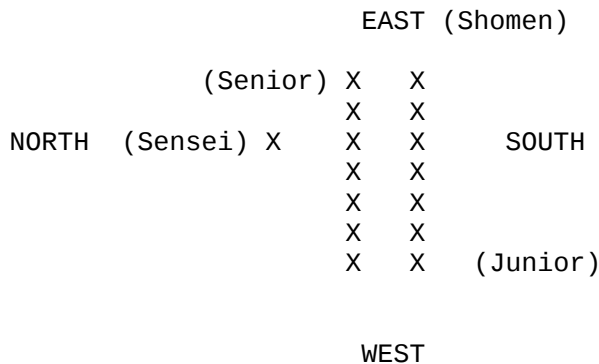
Long hair must be tied back and kept out of your eyes. Do not use hard clips for this purpose rather use soft flexible materials.

All jewelry must be removed. It is recommended that you do not bring valuables of any kind into the practice area.

Hakama (divided skirt) may be worn only by black belts and is usual only for special occasions.

Martial arts shoes or kung fu slippers may be worn at the student's discretion.

## Beginning Karate Practice



When the teacher assumes his or her place in the representative north of the dojo, all students immediately take their rightful positions to prepare for practice. Sit calmly and quietly at attention in seiza.

The sensei will call for meditation with “Mokuso” and end it with “Mokuso Yame”

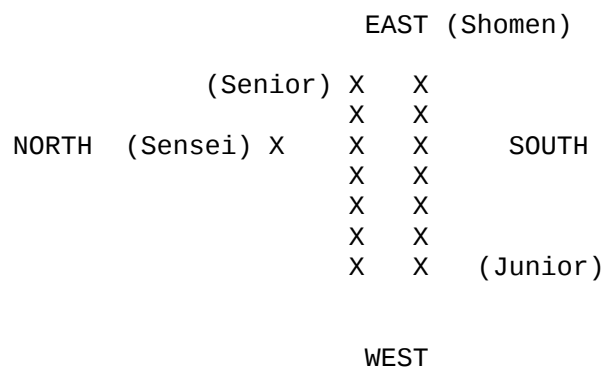
The sensei will call for a bow toward the “high place” of the dojo (east); traditionally this location holds a small shrine or a picture of the styles founder. Student turn slightly toward the East (right) and on command “Shomen ni rei” bow to the east.

Students turn back to front and the most senior student calls out “Sensei ni rei” and the students and teacher bow together.

At this time any announcements will be made.

Following the sensei, the class rises first on the right foot, then left, to the informal attention stance.

## Ending Karate Practice



When the sensei assumes his or her place in the representative north of the dojo, all students immediately

assume their rightful positions to prepare for practice. Sit calmly and quietly at attention in seiza.

The sensei will call for meditation with “Mokuso” and end it with “Mokuso Yame”

The sensei will call for a bow toward shomen, the “high place” of the dojo (east). In a dedicated dojo this location holds a small shrine or a picture of the styles founder. Students turn slightly toward the East (right) and on command “Shomen ni rei” bow to the east.

Students turn back to front and the most senior student calls out “Sensei ni rei” and the students and teacher bow together.

Class is then dismissed.