

USKF Dojo Rules

While training in the dojo, the following list of rules must be adhered to by each and every student. The same rules apply to all USKF karate clubs within the organization and have been designed to promote discipline and create a safe environment for all USKF students while training.

Students must read the list below and become familiar with these rules. Any questions about these rules should be addressed to the instructor before or after the class has begun.

- 1. Remove shoes and bow upon entering the Dojo. Shoes are NEVER worn on the training floor.**
- 2. Keep the dojo clean. Clothing should be neatly placed along the back wall of the dojo. Make sure that you take any rubbish home with you.**
- 3. Karate - Gi {Karate suit} must be clean and pressed at all times.**
- 4. Nails should be cut & cleaned as to avoid injury.**
- 5. No eating, drinking or smoking in the dojo at any time.**
- 6. Bow with "OSS" upon entering or leaving the dojo floor. This is to show respect to Dojo/Sensei and fellow students in the practice of Karate-Do.**
- 7. Never refer to an instructor by name while in the dojo. Always use the term "Sensei".**
- 8. There should be no talking between students while class is in session. Questions may be asked at an appropriate time.**
- 9. You must arrive at least 10 minutes before class starts.**
- 10. Late arrivals must wait at the left hand side of the dojo until bowed into class by the Sensei.**
- 11. Mobile phones must be turned off (this applies to students and visitors/spectators).**
- 12. At NO time will horseplay be tolerated.**
- 13. Good hygiene should be followed. Gi's are to be kept clean and in good repair. Finger- and toenails should be kept short to prevent injury while training and hands and feet should be clean.**
- 14. Jewellery should not be worn while training. Watches, rings, earrings, necklaces, etc. often get in the way and can cause otherwise avoidable injuries.**
- 15. Chewing gum is not allowed in class.**