

KUSHINKAI KARATE ACADEMY GREAT BRITAIN RULES

Rules, Regulations & Dress Code

The Dojo is any Room, Hall, Area, Place or Space where you go to Train, Learn, Practice & Participate in the Art of Karate Do. The following Rules, Regulations, Dress Code & Dojo Kun should always be observed when you are about to enter any of the Academy or relevant Dojo's. Be Disciplined & always try not to be late for the Academy Class, always try & arrive a minimum of 10 minutes early, prior to the normal lesson start time (as to allow enough time to get changed, register and pay fees etc).

Late arrivals should enter the Dojo quietly get ready and warm up. When you are ready to join the class, you must stand at the back and side of the class, where you can be seen by Sensei, and then watch carefully for Sensei's signal & acknowledgement for you to join in the class. When the signal is given, you should, Bow (Rei) deeply, and then walk on quickly and quietly to a convenient position.

Always Bow (Rei) correctly & properly every time you enter or leave the Dojo Training Floor Area within the Academy Dojo, & the Dojo itself.

Once you have registered & paid your fees etc, stand within the circle position in the Dojo Floor Training area quickly & quietly, do not talk or disrupt any other Academy Student, Player or Athlete or any person in the Dojo or Floor Training Area. Stay still & wait there for the Lesson to start.

When it is time for the class to begin, if Sensei (Chief Instructor) is not present, then the senior adult student (Sempai) will start the class.

All Students, Players & Athletes must follow the leader's instructions as if they were that of the Sensei. Never speak, distract or disrupt anyone in the Dojo & Lesson at any time, only speak when spoken to by Sensei. If a Kohai must stop work, then he must raise his hand to report to the Instructor and obtain permission.

Each Student, Player or Athlete must report when temporarily discontinuing lessons.

Parents & Guardians must be quite & must not distract or disrupt anyone & not attempt to coach or teach anyone from the sidelines/viewing/spectators area of the Dojo whilst the Lesson is in Progress.

Keep the Dojo, Training Area & the surroundings clean & tidy, immediately remove outdoor shoes when entering the Dojo & Training Area. It is also polite to walk around the edge of the Dojo training area to your position & not through the middle of the Training Area or Class. Never leave litter, clothing or any items in or around the Dojo when you depart & leave.

Keep all fingers and toenails short and clean, along with your own personal hygiene: clean body, pure soul & open mind.

Any & all Jewellery, watches and piercing's should not be worn by the Kohai whilst in the Dojo. If it is not possible to remove such items as rings, earrings or piercing's etc, then they must be safely covered and protected.

The Academy, its Instructors, Coach's Student, Players or Athlete etc, cannot & will not be held responsible for any damage to your person or items etc, if such items cannot or will not be removed.

Switch of all mobile/portable telephones, radios, stereos & alarms etc, before entering the Academy Dojo, this applies to all Kohai's, Parents, Visitors & Guests.

Always relieve yourself (go to the toilet) before you arrive at the Dojo or before the Class begins. Once the Class begins, you will not be allowed to leave the Dojo or Training Area until the Class ends. (Subject to Sensei's discretion & fairness to the younger Academy Kohai's, but not to be taken advantage of etc).

Never eat or chew in the Dojo. Drinks will only be allowed once the Lesson Ends & the whole Class has been dismissed.

During the session, all Student, Players & Athletes must work with a serious attitude and complete concentration. Therefore, as previously mentioned within these rules, laughing, talking, chewing gum or asking questions cannot be permitted except with special permission from the Sensei. Silence and seriousness during a session are two rules which must be followed if a high level of training is to be sustained.

All of Sensei's Assistant Kyu or Dan Grade Assistant Instructors & Coach's, Senior or Junior Student, Player or Athlete etc, regardless of which Kyu or Dan Grade they are, should be referred to as Sempai regardless of Seniority or Age, so please remember.

The only person you must call 'Sensei' is the KKAGBs Chief Instructor: Sensei DAVID BROOK or visiting Instructors.

Any & all other Authorized Academy Black Belt Dan Grade Assistants & Full Instructors, who are Authorized & Sanctioned within KKAGB & its Dojo's, whether they are Senior or Junior, should be referred to as 'Sempai'.

All Student, Players & Athletes must show the utmost respect to all other fellow Student, Players & Athletes and also Instructors & Coach's regardless of Grade and Seniority.

No Kohai should go directly to the Sensei with questions without first attempting to obtain the answers from the lower or senior Kohai's. If the Kohai is a white belt, then he should ask a purple belt, and etc.

Each Student, Players & Athletes should, however, make every effort to learn the answer through continued practice, work, and observing other Student, Players & Athletes. If a problem can be solved by the Kohai himself in this way, through his own effort, the answer will become permanent knowledge and will not be forgotten. As a final resort, the Sensei should be consulted.

When approaching Sensei, always wait for Sensei's acknowledgement first before you Bow (Rei) & Speak.

It is the sole responsibility of the individual Academy Student, Players & Athletes to ensure that their Gi, Safety, Training & Sparring Equipment & related items etc (if & when required), fits correctly and is kept clean and in a good state of repair.

All Gi Arm Sleeves must end a minimum of 1inch before the wrist level, & all trouser pants must be a minimum of 1inch above the ankles, & not below, over or turned up, they must be correctly adjusted & stitched up in the inside of the Gi sleeves & Gi trouser legs. The appropriate Coloured Ranked Belt (Obi) must be worn and tied correctly with the Gi at all times.

Male Student, Players & Athletes must not wear T Shirts or Vests etc, underneath they're Gi Top, all Gi Ties must also be correctly tied & secure.

Female Student, Players & Athletes must wear a White V or Round Neck T Shirt or White V or Round Neck Vest underneath they're Gi Top & all the Gi Ties correctly Tied & Secure.

Visitors (Parents, Guardians and Friends) to the Academy Dojo's are welcome to stay & watch any Regular Class, Mock, Pre-Grading, Courses, Tournaments & Student, Players & Athletes Kyu Grading Syllabus Tests etc. They should sit quietly at the section the Dojo or Honbu that is made available for visitors & spectators etc, & please do not interfere, talk or move around & distract either the Kohai's or Instructors etc, once the Classes/Lessons begin.

Bullying of any kind, to any person, Karateka or not, whether it be a Kohai or not, in or out of the Academy Dojo, be it Physical or Verbal, will not be tolerated whatsoever within the Karate Academy. You will be asked to take your leave & Dismissed from the Academy Immediately.

'Free' Academy Student, Players & Athletes Classes: If you pay the reduced weekly attendance fee as apposed to the regular 1 hour lesson fee & wish to train at any other Academy Dojo Classes/Lesson's on the same or any other days throughout the week at any other of our Academy Dojo's, you will not have to pay any extra sets of fees. Any extra regular Academy Dojo Lessons in the

same week are 'Free' if you pay the one of weekly attendance fee; this is applicable to all Karate Academy Student, Players & Athletes. You may attend any or all the Academy Dojo's regular Classes as many times as you wish, there is no limit to how many times & regular classes you can attend & train at each week.

Family 'Fee' Student, Players & Athletes Reductions: The Karate Academy will only ever charge a maximum of two-Student, Players & Athletes Fees in any one immediate family with more than two attending Student, Players & Athletes in a Dojo / Class / Lesson, (Adopted, Step Brothers & Sisters, Step Parents, Guardians etc).

Always show restraint, compassion, love & friendship for your fellow being, whether friend or foe, especially your enemies, be kind, generous, courteous and helpful to all, young and old, good and bad, and always be ready and willing to help others in need and never ask or look for any kind of reward for any of your good deeds done. Always be charitable to others in your good deeds.

Any Student, Players & Athletes or they're Family Members, Guardians or Friends etc, found to be of a Disruptive Nature or constantly Mis-Behave, uses Bad Language, is rude, insolent, aggressive & threatening or in-polite etc, toward any & all persons & Members of the Karate Academy etc, will be asked to leave immediately the Academy & or Dojo immediately.

Any Academy Student, Player & Athlete or Member that is found to be or caught stealing or in participation of any illegal activity, will be immediately & Permanently Dismissed from the Karate Academy.

Always train hard and diligently, never say 'I can't' always say 'I can', anything and everything is possible and achievable, & 'Never Quit'.

Always remember, Karate must only be used for Self Defense of you, your family, the weak & frail & others in desperate need or that are in Danger, need Protection & Help. Karate is not for 'Offence' or to attack first, mentally or physically, you should never instigate or start a fight or altercation etc, but you must always end it if you have to, but only by using reasonable force & the minimum amount required to stop your attacker from hurting you or another person as pertained by the Law, & you must always do this by showing Compassion & Love for your enemy when they are beaten & lost, as to show Real Compassion & Love for your enemy is the Hardest & most important Discipline of all.

If circumstances dictate & if at all possible you must have the courage to abstain & walk away from any potential personal confrontation, harm & trouble. This is much better to do, also more rewarding, because your enemy would have lost & beaten himself & hence you would have won by not Fighting the Fight.

Lastly, enjoy your journey & quest, Karate is a never-ending wonder that will never end.

The Academy Rules, Regulations, Dress Code & Dojo Kun must & will be Strictly Adhered to at all Times.

KKAGB Membership & Insurance is a must & Mandatory to all Students, Players & Athletes.

It is the sole responsibility of the Students, Players & Athletes to always carry his or her Membership Book to each Class or Lesson they attend etc, & maintain the yearly Membership, Insurance & all relevant & applicable renewals etc.

Any Student, Player & Athlete who lets they're Membership & Insurance lapse or who trains without them & without renewing they're Membership & Insurance are fully responsible for they're actions & will be held directly accountable, responsible & liable for any damage or injuries incurred to them or any other Student or person etc.

KKAGB & its Instructors & Coach's, Student, Players & Athletes cannot & will not be held responsible for any damages & injuries that may occur to any Student.

Academy Dojo Kohai (Student) Dress Code.

KKAGB. Approved Traditional White Kara Te Gi Only.

The wearing of the Kara Te Gi (Karate uniform) outside the Dojo is strictly prohibited. However, the Karate Gi may be worn at home or a members home during your own private practice sessions.

Each Student, Player & Athlete of Kara Te must thoroughly understand the "Code of Conduct", Tenets and Dojo Kun, Ethics, Rules & Regulations

Signed

Sensei DAVID BROOK
Chief Instructor/Director of Training KKAGB
Date