

# Pantojas Shotokan Karate Do



## DOJO RULES

### **1. ARRIVE ON-TIME-**

If you are late, do not enter the training area. Wait respectfully on the sideline until sensei gives you permission to join your fellow students.

### **2. WEAR PROPER KARATE ATTIRE-**

A Karate Gi (preferred)- (Traditional Karate Uniform): If wearing a Karate Gi it MUST be All white (both pants and top) No writing or patches of any kind are allowed on the Gi unless it's a dojo patch.

Other Clothing- Absolutely NO SHORTS allowed. If students do not have a Karate Gi it is acceptable to wear white sweats and a white shirt or Dojo Shirt. During the first few classes sensei will let a student wear colored sweats.

### **3. DO NOT WEAR JEWELRY-**

Please remove any jewelry prior to training. It presents a safety hazard to fellow students.

### **4. NEVER QUESTION SENSEI'S DECISIONS/DIRECTIONS DURING TRAINING.**

If you need to speak with sensei, patiently wait to do so after training has ended.

### **5. ALWAYS BOW WHEN ENTERING AND LEAVING THE TRAINING AREA**

Not bowing before entering and/or leaving the training area is disrespectful to the sensei.

### **6. IF YOU ARE GONG TO BE ABSENT FROM CLASS, PHONE SENSEI PRIOR TO CLASS.**

If you are going to be absent from class please be respectful and phone Sensei prior to class to let him know of your absence. You can leave him a message at 831-5600.

### **7. NO "HORSE PLAY" IN THE DOJO**

The Dojo is a sacred place of martial arts training. Please do not disrespect the dojo and Sensei by "horse playing" at anytime while in the dojo.

### **8. PARENTS-**

When possible please refrain from staying inside the dojo while class is in session. if you remain in the dojo please remain silent so as not to disturb the students while training.

### **9. SPARRING-**

Male Students MUST wear a cup and ALL students must wear mouth guards to spar on Fridays.