



Dojo Kun

(Dojo kun is a Japanese martial arts term literally meaning training hall rules.)

The five rules are:

一、人格完成に努めること

hitotsu, jinkaku kansei ni tsutomeru koto

Each person must strive for the completion and perfection of one's character

一、誠の道を守ること

hitotsu, makoto no michi wo mamoru koto

Each person must be faithful and protect the way of truth

一、努力の精神を養うこと

hitotsu, doryoku no seishin wo yashinau koto

Each person must endeavor (fostering the spirit of effort)

一、礼儀を重んずること

hitotsu, reigi wo omonzuru koto

Each person must respect others and the rules of etiquette

一、血気の勇を戒むること

hitotsu, kekki no yū wo imashimuru koto

Each person must refrain from violent behavior (guard against impetuous courage)

Dress Code and Personal Hygiene

- Each member must train in suitable attire i.e. appropriate gym dress or traditional Karate uniform (Gi).
- No person may train while suffering a medical condition or injury.
- No one will be permitted to train while wearing jewellery of any kind including rings, watches, bracelets, earrings, necklaces.
- Only female members to wear white crop top beneath Karate uniforms.
- Clean and tidy appearance is essential.
- Long hair must be tied back.
- All Karate Gi's to be properly worn and no one is to enter the dojo (training hall) unless the Karate Gi is properly worn and belt tied in the correct manner.
- Should your uniform or belt become loose during training you are required to remove yourself to the back of the dojo, and properly re-dress before re-joining the training session.
- Finger and toe nails are to be short at all times.
- Female members are to be mindful of their finger nail length.
- No shoes are permitted to be worn on the dojo floor (training area).
- No toilet stops during class except in an illness or emergency situation.
- There is to be no eating or drinking in the dojo apart from water bottles.

Attendance

Each member is required to attend classes regularly.
Senior members are required to attend all training sessions.

Grading's

Grading's are to be usually conducted
3 times per year for the Senior Belts and
4 times per year for the Junior Belts (end of term)

Conduct in the Dojo

- No talking or general frolicking
- On entering and leaving the dojo you must bow.
- You are obliged to bow as a form of greeting to senior members particularly Japanese instructors as this is the traditional Japanese greeting.
- Junior members are expected to always show respect to senior members. Always show respect to adults.
- You should arrive at training at least 10 minutes before class and commence your own practice and warm up.
- **Once class is finished there is to be no running around school grounds. Parents / caregivers are to pick children up promptly after class.**

Karate is a Contact SPORT

- Extreme care and control is to be exercised at all times.
- During class one is expected to train extremely hard and focus on your own individual training, remembering to Kiai on each 5th /10th technique and on Mawate (when one turns).

Safety

- Mouth-guards should be worn when sparring
- Mitts should be worn when sparring
- Chest protectors are recommended for Female members.
- Groin guards can be used by male members
- Shin guards required for WKF competitions
- Children should be seen into the dojo and picked up in school grounds immediately after class.

Manners

- Good manners are an essential part of Japanese culture. Courtesy and politeness is expected at all times.
- Be helpful and offer assistance to members with less skill.
- The dojo is to be kept clean and tidy at all times.
- All personal belongings are to be taken home after each Karate class.
- Unless you remain for extra training each person must leave the dojo immediately following training.

Shotokan Karate Waikato Introductory Terminology

<u>3 Building Blocks of Karate:</u>	Kion	Basics
	Kata	Forms
	Kumite	Sparring

Stances:

Hei-soku-dachi	Feet together. This is usually a transitional stance, although it is used as the ready stance in some kata.
Musubi-dachi	Heels together, toes open at about 45 degrees. This stance is used to perform the formal respectful bow, <i>rei</i> .
Hachiji-dachi	Natural Stance. The feet are at the shoulder width, toes open at about 45 degrees. This is the basic ready stance in Karate.
Heikō-dachi	The feet are at the shoulder width, and their outer edges are parallel.
Zen-kutsu-dachi	Front stance 70% weight on front leg 30% weight on back leg
Ko-kutsu-dachi	Back stance 40% weight on front leg 60% weight on back leg
Kiba-dachi	Horse stance
Kamae	Get ready to fight

Strikes:

Oi Tsuki	Basic punch
Mae Geri	Basic kick

Blocks:

Age Uke	Rising Forearm Block
Soto Uke	Outside Forearm block from ear level
Uchi Uke	Inside block from belt
Shuto Uke	Knife-edge block
Gedan Barai	Kick Block/Downwards Block

General Japanese used in class:

Kia	Shout
Naotte	Relax in place
Zanshin	Awareness
Yoi	Ready Position
Mate	Turn around
Kamae	Enter stance/position, fighting posture
Waza	Technique
Kime	Focus
Waza	Technique
Tai Sabaki	Swivel
Hanmi	This means half-front facing position, the position taken. Example blocking age-uke

Karate training Fees

Annual registration	\$75
Term Fee (per school term)	\$200 (mintwice a week)
Grading Fee	\$75
Japan Karate Association Book	\$25
Belts	\$15 per belt (Excludes Black Belts)