



# Bridgwater Bushi Karate Club

## Dojo Rules

Endeavour to be on time.

Bow when entering or leaving the Dojo.

Greet the instructors with a bow.

Make sure your Gi is clean and smart.

Finger and toe nails should be short and clean.

Jewellery should not be worn when training.

When asked to line up, do it quickly and quietly.

At all times, in the Dojo, the Black belt instructors will be addressed as Sensei.

No Sparring without the presence of an adult instructor.

If you need to leave the Dojo, bow out and kneel at the side of the Dojo until addressed by Sensei to leave.

Parents are free to watch the lesson but are requested not to speak to or distract the students during a lesson.

When facing a partner for sparring or to apply a technique, bow to each other at the beginning and at the end.

No food or drink in the Dojo.

Show respect to all Karateka in and out of the Dojo.

If you are late kneel at the Dojo entrance until instructed to join the class.

Most importantly, Enjoy your training!



### Mokuteki (Purpose)

The purpose of the Wado system of karate, the International Wado Ryu Karatedo Renmei, The All Japan Karatedo Federation, and at any Dojo affiliated with these bodies, is to teach the Japanese Martial Arts, their spiritual attitudes, traditions and culture.

### Sonkei (Reverence)

Revere that which is Holy. Honor your Parents and Guardians. Respect your elders and other person's property and rights.

### Kansha (Thankfulness)

Be thankful for all things; your life, friendships and love. Gratefulness will bring happiness.

### Shuyo (Discipline)

Discipline your mind and body so that you have absolute control over both. Only a disciplined person can attain his or her goals in life.

### Makota (Sincerity)

A person's character will be judged by their sincerity and integrity. Only one who is sincere should be worthy of your friendship and trust.

### Toitsu (Unity)

Unity of one's mind, body and spirit in all endeavors are essential to one's success. Concentrate on one thing at a given time.