



Dragon Martial Arts Academy

UECHI-RYU KARATE-DO CODE OF ETHICS

(Translated from the Japanese)

DIRECTIONS FOR DOJO ACTIVITY

- The martial art begins and ends with respect.
- Bow upon entering and leaving the dojo (Training Hall or Gym) indicating respect.
- Diligently follow the instruction given by your instructor and your seniors.
- Thoughtless and careless actions such as whistling, singing, and social conversation have no place in the dojo.
- Refrain from engaging another student in idle conversation. Make the best use of time given for your class.
- Practice in a business-like manner. If you need to rest, do so in an area where you will not interfere with another's training.
- Person to person relationship in the dojo must be reinforced by courtesy and affection.
- Keep your body and your Gi (uniform) always clean.
- You are responsible for keeping your conduct under control inside and outside of the dojo.

Master Kanei Uechi's Principles of Practice

Uechi Kanei (Translated by Jon D. Mills, October 1984)

The purpose of Karate training is to discipline the mind and body and to master the art of self-defence.

- A karate practitioner should be well-mannered and modest, value courtesy, always wear decent clothing, pay attention to his speech and actions and work hard at training.
- A karate practitioner must never call upon his strength in a quarrel, speak harshly, act roughly, or become troublesome to others.
- A karate practitioner must never speak arrogantly, fall into laziness, or act conceitedly. He should endeavour to work diligently at training and improving himself, and be filled with the vigour of life.
- A karate practitioner should respect decorum and the martial arts, maintain the fine traditions of karate and be a positive, contributing member of society.