

Dojo Rules

- All students are encouraged to arrive 10-15 minutes prior to their class time. Students should be picked up no later than 10-15 minutes after their class ends.
- On entering and exiting the dojo face the front of the dojo and bow. This is to indicate your respect for the training area (dojo).
- All students must have a clean uniform, clean feet, short fingernails, and no jewelry may be worn during practice. Required to wear a black t-shirt under their gi top
- Lateness: If you arrive late enter the Dojo, kneel in seiza position and wait for the Instructor to give you permission to enter.
- All students are asked to put their shoes and coats away in an orderly fashion upon entering the dojo
- Once in the class you must ask permission to leave the Dojo for whatever reason.
- In the interest of safety finger/toe nails must be short.
- No alcohol, chewing gum or food to be consumed in the Dojo.
- No jewelry, watches or earrings to be worn in the interest of safety.
- Out of respect Instructors should be referred to as , 'Sensei' and assistant Instructors as 'Sempai'.
- No foul or inappropriate language in the Dojo.
- Student's behavior and appearance is a reflection on the club/school.
- No sparring unless supervised by a senior instructor.
- 100% effort and dedication must be given at all times.
- All junior students must arrive and depart dojo with their parent or legal guardian. If your child will be leaving with someone else, please contact the dojo and let us know.
- All parents are kindly asked to refrain:
 - From interacting in any way with their children during class.
 - From speaking to the Senseis during class. Please schedule time before and or after the class to speak with the Senseis.
 - From talking loudly while classes are in session as it is disruptive to the dojo and your child's learning.
 - All parents are kindly asked to maintain control of student's siblings while class is in session.