

DOJO ETIQUETTE & SAFE PRACTICE

1. You are expected to arrive on-time for class. But in case you are unavoidably late you should kneel down at the entrance of the dojo and wait for Sensei signaling permission for you to join in - do not run into class
2. There is no room for foul language in the dojo, and violent behavior is never tolerated
3. Students must show up to class in the Powerhouse's approved uniform, clean and well groomed
4. It is customary that students, especially the lower ranking students, offer and help with tidying up the dojo and put all equipment away, etc. after each class ends
5. L1 & L2 students: When a question is asked of you, the right responses are "yes-sir" for "yes", and "No-sir" for "No". ("Yes-mam" if/when your instructor is a woman)
6. L3 & L4 students: "OSS" is to be used in response, in times when a confirmation is called for. OSS is also used in situations such as when you come face to face with your peers, or instructors
7. It's customary to address your teachers using proper term; like, *Sempai Kareem*, or *Sensei Smith*, and, also to call those who are senior to you "*sempai*" (e.g. *Sempai John*)
8. If you need to ask a question in class first raise your hand and wait for Sensei's acknowledgment. Do not yell across the room calling Sensei over
9. Eating, drinking, or chewing gum is not allowed in class
10. Attending class under the influence of alcohol or anything else is strictly forbidden
11. All jewelry must be removed (wedding band only is OK)

12. In case you feel pain when your body is in a certain position, or if you feel dizzy or nauseated, you should stop, inform your instructor and step aside to take a rest
13. You are encouraged to train on your own outside of class. But you are *strongly* advised not to engage in hand-to-hand combat (sparring/self defense) testing your techniques on people

14. **Parents**, please remind your child to visit the washrooms, and also ask them to drink some water if thirsty, before they walk into class, so they don't need to step out when class is in progress

We appreciate your cooperation

The karate techniques you will learn are potentially harmful and dangerous, as they will give you the ability to inflict serious damage to others. You bear the responsibility to use your acquired skills defensively, and productively. You are expected to refrain from violent behaviour as a Karate-ka and use your Karate techniques only in a self-defense situation. Failing to comply with this expectation may result in demotion, or even expulsion from The Powerhouse!

KARATE IS AN AUXILLIARY OF JUSTICE

Master Gichin Funakoshi