



Sankujitsu Karate Budokai

Code of Ethics policy

This document details **Rules**, which must be adhered to by everyone (members, parents, guests, etc.) in the interests of Health & Safety, and **Etiquette**, a code of conduct expected by students training within the club.

Rules

- Parents dropping-off and collecting children, must first themselves, enter the building. Children are not to be left unattended in the car park.
- Follow all instructions given by an instructor. Do not practice any technique without the approval of an instructor.
- Handle training equipment with care and only for the purpose as instructed. Unused equipment must be moved away to prevent a tripping hazard.
- Only train appropriately within the abilities of a partner. Be aware of your own impetuosity or over-enthusiasm.
- Basic rules of hygiene must be followed. Make sure your Gi is clean at all times. Keep your finger and toe nails clean, and cut short to prevent injury to other students. Long hair should be tied back off of the face.
- Jewellery that cannot be removed must be covered with a sticky plaster before training.
- Chewing gum is not allowed in the dojo neither is non-prescription drugs, smoking or alcohol.
- Training-lesson fees are to be paid within the same respective calendar month. Purchased equipment must be paid for in advance. Licence fees are to be submitted together with a completed licence renewal form & licence book before the licence's expiry date.
- Students on medication (asthmatics, diabetics, etc.) must ensure that their medication is brought with them to lessons.
- Obscene language (verbal or gestures), spitting, episodes of violent or anti-social behaviour is not allowed in the dojo or dojo-vicinity.
- Sparring equipment must include hand mitts that completely cover fingers (ie. Light boxing gloves) and foot protectors that extend over the toes/toenails.



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Etiquette

- Your gi must display a securely stitched club badge in the left-hand chest area (correctly orientated). Any other badges will require permission from the chief instructor before being attached to your gi.
- Upon entering and leaving the dojo, students must execute a short bow.
- Upon the start of the lesson, students must line up in grade order with beginners nearest the main dojo entrance.
- Students arriving late must wait at the entrance-end of the dojo, politely stand in the *shizentai* (feet together with hands down by sides flat against thighs) position, before being allowed to join the lesson by an instructor.
- There should be minimal chatting between students while class is in session and strictly no talking whilst an instructor is speaking. Questions may be asked at an appropriate time.
- Respect all club members and greet them politely upon entering the dojo. The gesture will be reciprocated.
- Students wishing to leave the dojo area must* first request permission from an instructor. *Exception to this rule will be urgent cases. In which case students must *tell* a senior grade of their intention.
- When training with a partner, always bow to them beforehand and again once you have finished.
- Electronic games, music listening devices or phones** must all be switched-off in the dojo. **Students *on-call* or for domestic reasons that need telephones nearby may do so only on the premise that they inform the instructor before the start of the lesson and only urgent calls are taken and the conversation is outside of the main dojo area.