



# ZANSHIN DOJO ETIQUETTE



The great master Funakoshi said, ***"Those who follow Karate must consider courtesy of prime importance. Without courtesy the essence of Karate is lost."*** Conceit has no place in Karate. The student who really wishes to progress should show proper respect to his Sensei and his seniors. He should be aware of, and be receptive to criticism, and should not pretend to have knowledge of that which he does not have. The way of Karate is not easy, it is not meant to be. The beginner may find the attitude and methods of his teacher difficult to understand, obstacles will be put in his way, and he will be tested. His Sensei will not ***"tell him everything"*** much will be up to him to find, but if he perseveres, truly he will in time find the ***"WAY"***.

Japanese Students understand ***"Dojo Etiquette"*** but for the Western Student ignorant of the customs of Okinawa and Japan here is a guide to how to conduct ones self in the Karate Dojo.

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- i. On entering the Dojo or upon meeting one's Sensei bow (**REI**).
  - ii. Never walk on any training or contest area when wearing shoes.
  - iii. Smoking and swearing in the Dojo is at all times strictly forbidden.
  - iv. Any person who has been drinking shall not present himself for training.
  - v. Students must keep their bodies, clean, nails must be cut short, gi's should be clean and well pressed. Gi's must not be drawn or written on, may only bear the official badges of **The Zanshin or the JKR** If in doubt ask.
  - vi. Always wear Zori (Dojo straw slippers) when wearing a karate suit, but not actually training, e.g. when proceeding from the dressing room to the Dojo etc.
  - vii. **NO!** talking is permitted during training, unless absolutely necessary.
  - viii. Members shall do their utmost to carry out the training as laid down by their instructor.
  - ix. Students should make every effort to attend classes on time.
  - x. Never lean against the walls or sprawl about on the Dojo floor. Always sit upright (cross-legged or in **SEIZA**). If you are awaiting your turn to train with a partner, do not sit or stand about, but train in a similar manner to the rest of the class. When listening to explanations by the Sensei, never stand with the arms folded or hands on the hips. Hands should be held straight down at the sides, fists should preferably be clenched.
  - xi. On greeting one's Sensei, training partner or other budoka (practitioner of other martial arts) bow and say "Onagi Sumasu"
  - xii. When asked to "line up" or called on by the Sensei, always run into line.



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- (a) As soon as the Sensei enters the training area, students will line up in the appropriate manner immediately, standing in **MUSUBI-DACHI** (Heels together, hands by the side).
- (b) The senior grade present in the body of the class shall, as soon as everyone is in position call "**SEIZA**".
- (c) The class shall then kneel in unison, (first on the left knee, keeping the back straight, then on the right knee), and finally sitting back on the heels with the palms of the hands resting on the upper thighs, fingers pointing inwards.
- (d) On the command "**MOKSU**" the hands may remain or can be cupped, left hand on top, and thumbs pointing upwards and with the eyes closed the students will compose themselves for training.
- (e) On the command "**YAMAE**" the eyes are opened and the hands returned to the thighs, palms down.
- (f) On the command "**SENSEI NI REI**" the class shall place their hands on the floor, palms down, and bow for approximately two seconds. (They shall not raise their heads before the Sensei as this is a breach of etiquette).

- xiii. Any member arriving after training has commenced, shall execute a full kneeling bow at the edge of the mat, facing the direction of the Sensei, before joining the class.
- xiv. Any member wishing to leave the mat shall not do so until he has received the Sensei's permission.
- xv. When demonstrating for, or with the Sensei, or upon receiving instructions from the Sensei, students will acknowledge with a loud "**ONAGAI SUMASU**", and run into position. The student should bow to the Sensei and await further instruction.
- xvi. If a student is taking part in **KUMITE** (sparring) in the Dojo and the Sensei is watching, he should bow first to the Sensei and then to the referees. This does not apply at tournaments where the referees and competitors bow to the seniors (**SHOMEN-REI**).
- xvii. When training with a partner both shall bow simultaneously before and after each section of training.
- xviii. Before entering any training or contest area for a competition, always bow at the perimeter before advancing into the area, being careful to enter from your own side. Never cut across the contest area (**SHAIJI-JO**). Bow first to the referee and then to your opponent. At the end of the contest reverse the order- i.e. opponent first.
- xix. The **SEIZA** bowing routine should also be undertaken at the end of training.
- xx. FINALLY----remember the Dojo creed;

***HUMILITY, SINCERITY, RESPECT, PURITY, ENDEAVOUR, PATIENCE & LOYALTY.***