

Dojo Etiquette

- ☯ Martial arts begin and end with respect.
- ☯ Bow when entering and leaving the dojo.
- ☯ Carefully follow the directions given by sensei and other seniors.
- ☯ Conduct yourself in a respectful manner when at the school.
- ☯ Make sure you have a clean unwrinkled gi, short finger and toe nails, and clean hands and feet.
- ☯ A complete uniform must be worn when working out.
- ☯ No jewelry is to be worn while working out.
- ☯ No food, drink or chewing gum is allowed in the dojo.
- ☯ Permission to watch class must be obtained from sensei.
- ☯ Students who visit other schools should remember that they represent the Sanchin Martial Arts and should conduct themselves accordingly.
- ☯ No unnecessary talking during class.
- ☯ Students are to practice caution during all workouts, whether it is in class or free time.
- ☯ Only slow and soft 'touch-sparring' is allowed.
- ☯ Sparring must be supervised by a brown or black belt.
- ☯ Cups and mouthpieces must be worn during workouts.
- ☯ Keep an open mind and follow the direction of the instructor teaching that particular class.