



## Dojo Rules

For safety and to show respect to your instructor and class, please observe the following rules when in the dojo:

- Always acknowledge the instructor when he enters the dojo.
- Stand at attention or sit upright during class.
- Ask permission to leave the class (for any circumstance).
- Bow before entering or leaving the dojo.
- No talking during instruction and sit if other students are behind you.
- Do not enter class late or leave early without permission of the instructor. (Perform 20 push-ups / 20 sit ups if you are late.)
- Inappropriate conduct, such as the use of profanity, obscene gestures or actions, and unnecessary roughness towards fellow students is prohibited.
- Absolutely no horseplay.
- Shoes are to be left in the front of the dojo with socks inside. Please line them up neatly. Do not obstruct the exit way with any belongings.
- Prior approval is required before bringing a guest to observe or participate in class.
- All students must check in for attendance at the beginning of class. Attendance is (in part) your responsibility.
- Ridicule of other students is prohibited
- Keep jewelry off during class. Nails must be trimmed. Uniforms must be clean.
- Treat any substitute teacher with the same (if not more) respect / courtesy you would sensei.
- Approval for tournaments is given only by sensei.
- Refer to sensei as sensei in and out of class. Assistant instructors should be referred to by their titles.
- Do not practice karate outside of dojo without consulting with sensei first.
- Gross Violation of the rules may result in ejection from class and program. No refunds will be given.

## Other Rules

- 12 a) Free Sparring (KUMITE) is not allowed until at least 6 months of training. More importantly, participants in kumite must exhibit an understanding and control in daily practice before entering any sparring match. Only Sensei Rossini may give approval.
- b) New participants may only use punches as a means of attack for a minimum of the first two months.
- c) There is strict adherence to Hajime (Start) and Yame (Stop).
- d) Upon injuring another participant you must sit (in Seiza) facing the opposite direction until instruction is given to stand. **No exceptions.**
- e) Participants are to consider their opponent's skill level when sparring.
- f) A copy of the WKF rules is available from Sensei Rossini from which the Rossini Karate Aiki-Jitsu Dojo derives the rules of participation in Kumite.
- g) Parents, guardians and or spectators (when allowed) may use vocal positive encouragement and/or applause. Excessive encouragement or negatively construed comments are strictly forbidden. Such behavior may result in the end of a sparring engagement.
- h) Any Adult or Child who knowingly enters a sparring match without the proper equipment will lose sparring privileges for a minimum of two weeks and subsequent penalization.