

Knoxville Uechi-ryu Karate School

Dojo Etiquette

Personal etiquette in the Dojo:

- ✚ Report any injuries promptly
- ✚ Always be polite, courteous, and honest
- ✚ Always train diligently, consistently, and to the best of your ability
- ✚ Never walk in front of your seniors or others who are training
- ✚ Be helpful and show understanding to newer students
- ✚ Remove all jewelry before beginning class
- ✚ Always keep fingernails and toenails trimmed and clean
- ✚ Do not be idle. Keep yourself busy. Stretch or practice
- ✚ Never walk across the floor of the dojo while wearing shoes

The Bow:

The bow is a traditional Asian way of showing respect. Respect is an important part of traditional styles of karate and we use bowing in our training just as the Asian people have done for centuries.

When to Bow:

- ✚ Bow when you enter or exit the dojo to show respect for the school
- ✚ Bow to the sensei or instructor at the beginning and end of classes
- ✚ Bow to your partner at the start and finish of two person exercises
- ✚ Bow when addressing instructors, senior students, or your sensei

The etiquette of the bow is;

When bowing to another student when beginning an exercise or sparring, you should maintain eye contact. This indicates that there is no difference in position and that there is no major difference in rank.

When bowing to a senior student, a teacher or sensei, or an assistant instructor, you should not maintain eye contact, and should look at the floor during the bow. This shows respect for your sensei, instructor, or senior student.

Courtesy and Respect:

Knoxville Uechiryu Karate School is a place free and safe from bullying and persecution due to race, sex, age, sexual orientation, religion, or any other differences. You should show respect to everyone regardless of your feelings and be courteous always.

At the end of class, your sensei will say to you: "*Go Kura Sama*", which means "Thank you for working hard."

You will reply to your sensei: "*Domo Arigato Gozai Mashite*", which means "Thank you very much for teaching me."