



Dojo Rules



- 1.** Children must stay inside the Dojo at all times. Children may use the restroom or get a drink only with the instructor's permission, and are expected to return immediately to class. Children are not permitted to run in the dojo unless as part of a supervised exercise. Siblings must stay under parental control at all times and may not disrupt class.

- 2.** Trash cans are not to be used for broken bricks or boards. Bricks and boards may be placed only in an appropriate Community Fitness Martial Arts container for disposal.

- 3.** Pick up after yourself!! If you see trash on the floor, throw it in a trash can. If others are picking up trash or cleaning up bricks or wood from a break, don't wait to be asked to help. Join in and do your part!

- 4.** Do not leave any personal items in the dojo when you leave. If you are the last one to leave, turn out the lights, check to see that the front doors are locked, and check the restroom for any trash on the floor or for items that have been left.

- 5.** Students should bow to the instructor (or flag when the instructor is not present) when entering and leaving the Dojo. Students inside the Dojo should bow to any Black Belt or instructor entering the Dojo.

- 6.** No horseplay, loudness, abusive language, or gestures are allowed in or outside of the dojo, before, during or after class. Alcohol, smoking, and gum chewing are prohibited.

- 7.** Sparring is permitted only during class and while in a supervised setting. Students must always display sportsmanlike conduct and should always show respect by bowing to their sparring partner and instructor.

- 8.** Try to arrive at least ten minutes early for class. If you're ready and class is not yet in session, please use the time for stretching or practicing your forms.

- 9.** Remember to respond with "Yes, Sir!" and "Yes, Ma'am!" when addressed by an instructor.

- 10.** Your uniform is a reflection of you, your school, and your commitment to being a dedicated martial artist. Maintain a clean, presentable Gi at all times. Personal hygiene and cleanliness is essential. Finger and toe nails should be clipped short. Avoid wearing jewelry during class.

- 11.** Mouth guards, fighting gear and groin protection (male students) are mandatory for sparring and should be brought to every class. Yellow belts and above should also have blocking pads available at every class.

- 12.** Whenever possible, students and instructors are expected to wear their uniform at all times while in the dojo, whether participating in class or spectating.

- 13.** Testing attire for all ranks shall consist of the traditional Gi top (white Community Fitness pullover or Black, Red or Blue Gi jacket, whichever applies), and white Gi pants. Demo uniforms are not allowed for testing. Shoes and socks are not permitted except for bona fide medical reasons.

- 14.** Instructors and students are expected to line up by rank. Within rank, individuals should line up in order by when they arrive for class. Belt stripes that are not considered a rank (e.g. purple w/ stripe) are not a factor in determining position in line.

- 15.** Respect all, especially yourself. "Honor", "Respect", and "Self-Discipline" are more than just words. They're our code of conduct both inside and outside the Dojo!