



Sanchin Kempo Karate Kai : Rules of the school

- 1. Do nothing to bring the name of Sanchin Kempo Karate Kai New Zealand into disrepute.**
- 2. Show respect to your instructors and fellow students at all times.**

Dojo & Etiquette Rules

1. You must follow your instructor's instructions to the best of your ability.
2. Make sure that your appearance is clean & tidy.
3. Make sure that your uniform is clean & tidy, and that your belt is tied correctly.
4. Endeavour to be on time to trainings, gradings, tournaments and any other formal events.
 5. No jewellery is to be worn.
 6. Nails are to be kept clean and short.
 7. No swearing in or around the dojo.
 8. No smoking in or around the dojo.
 9. No consumption of alcohol or drugs in or around the dojo.
 10. Bring own water bottle or cordial.
 11. No eating in the dojo unless permission is granted.
 12. Keep questions until the end of class or before class begins.
 13. Bow in and out of the dojo.
 14. Bow on and off the mats or training area.
 15. Respect all members of Sanchin Kempo Karate at all times.
- 16. Do not ridicule, bully or cause any unnecessary harm to any other members.**