



SHUSWAP DOJO

A

TYPICAL

CLASS

10 JANUARY 2022

# 1 DOJO ETIQUETTE

Proper respect and courtesy are an important element of practicing karate. Here is a list of etiquette rules to be followed at the Dojo:

#	ETIQUETTE RULES
1	Always bow (rei) when entering or leaving the Dojo. Bow with respect, sincerity and appreciation.
2	Always refer to your instructors as Sensei.
3	When the instructor calls for class to begin, line up quickly and quietly in order of rank and age.
4	Listen carefully and sincerely to instructions. Do not forget to show that you have heard and understood the advice by saying `` <b>Hai Sensei</b> ``.
5	No chewing gums.
6	Place shoes and all items in an orderly fashion.
7	Always use two hands to give or receive an object.
8	No leaning on walls.
9	Wearing of jewelry or body piercing is not permitted during training. If the body piercing cannot be removed, it must be covered in some manner to prevent inadvertent grabbing during training.
10	No swearing or inappropriate language/gestures.
11	When arriving for a class late, do <b>10 push-ups</b> and wait for the instructor to give you permission to join the class. Join the class in the last line, regardless of belt.
12	Advise the instructor before class if taking medication.
13	Make yourself available for Dojo duties before and after classes (such as taking attendance, mats set-up and storage, cleaning floors, etc.).

## 2 BEFORE THE CLASS

#	BEFORE THE CLASS
1	Upon entering the Dojo, bow to the front saying `` <b>konbonwa</b> `` (good evening).
2	Proceed to take off shoes, socks and coat, and change into your dogi (changing prior to leaving home is permitted since the Cedar Heights Community Center has washrooms but no change rooms).
3	If the class is not already in session, go and bow to the Chief Instructor.
4	Sign-up on the attendance record sheet.
5	Do a quick warm-up to loosen up and then practice the techniques you have learned.
6	<b>NO RUNNING AROUND IN THE DOJO.</b>

## 3 OPENING CEREMONY

#	OPENING CEREMONY	
	Command	Action
1	Shugo	When hearing the command `` <b>shugo</b> ``, all student reply " <b>Hai Sensei</b> ".  The students quickly line up in neat rows with the most senior belt on the left and then going in descending order to the right and the back.
2	Seiza	By order of rank (Black Belts first), the student adopt the keeling position. The command `` <b>seiza</b> `` (formal kneeling position) will be given.
3	Mokuso	Students close their eyes and meditate for a few seconds. This is the time to clear the mind for the practice of karate,
4	Mokuso yame	Open your eyes.
5	Shomen ni.....rei	Bow to the shrine. This is not religious but rather paying respect to all previous masters for whom

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#	<b>OPENING CEREMONY</b>	
	<b>Command</b>	<b>Action</b>
		without their dedication and teaching there would be no karate.
6	<b>Sensei ni ....rei</b>	Bow to the Chief Instructor and say "oneigai shimasu" (please teach me).
7	<b>Shido ni ....rei</b>	The students turn to the left and bow to the other Black Belt Instructors and say "oneigai shimasu" (please teach me).
8	<b>Otagai ni ....rei</b>	The students turn to one another splitting down the centre in front of the Chief Instructor and bow to each other and say "oneigai shimasu" (please teach me).
9	<b>Shomen</b>	Face the front.
10		The students then all stand in order of rank, starting with the Chief Instructor.

#### 4 DURING THE CLASS

#	<b>WARM-UP</b>	
1		After the opening ceremony, the warm-up exercises begin, led by a senior belt appointed by the Chief Instructor.
2		The exercises start by the feet and move up to the upper body. The exercises start slowly and increase in intensity as the body warms up.
	<b>KIHON (basics)</b>	
1		The students practice the basic stances, punches, blocks, kicks and strikes.
2		Basics are very important for they are the foundation of karate and no matter what level a student has achieved; the basics can always be improved.
3		By always trying to improve and giving 100%, the repetition of basics is never boring.

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<b>SELF-DEFENCE</b>	
1	Students line up one on one and learn different techniques which include blocks, counters, grappling, joint blocks and pressure points.
2	Depending what levels the students are at, they could be practicing very easy and basic self-defense to very street wise one step block and counter.
3	Sometimes the students will practice what is called the magic circle where the defender is in the center of the circle and each student on the outside uses a different type of attack. The defender in the center must quickly perform a counter and then be ready for the next attacker.
4	All moves performed can be traced back to techniques in the katas.
<b>KATA, BUNKAI, KUMITE, WEAPONS</b>	
1	This is the main event where students study subjects for their level. The subjects include kata, bunkai and kumite as well as some Okinawan weapons (Kobudo) at higher levels.
2	The students break into groups of their own rank and are assigned a Black Belt instructor by the Chief Instructor. Senior colored belts also get to teach junior students under Black Belt supervision when the opportunity presents itself. This way, students not only learn the art of karate but also how to teach and handle themselves in front of a class.

## 5 CLOSING CEREMONY

#	CLOSING CEREMONY	
	Command	Action
1	Shugo	When hearing the command `` <b>shugo</b> ``, all student reply " <b>Hai Sensei</b> ".  The students quickly line up in neat rows with the most senior belt on the left and then going in descending order to the right and the back.
2		Sanchin or a kata known by all students may be performed at that time.
3		The same procedure is then followed as in the opening ceremony except instead of saying `` <b>onagai shimasu</b> ``, the students say `` <b>domo arigato goza mashita</b> `` (thank you for teaching me) when bowing to Shihan, Senseis and the other students.
4		Class is dismissed.