

# Training Rules and Guidelines

**These rules apply to all dojos and grading venues within the Zen Do Kai Freestyle Karate System. They are simply a matter of commonsense; being a combination of good manners and hygiene practices, which in our modern society are often overlooked.**

- **Regular class attendance is an important part of your training!** If you are unable to attend class, a quick phone call or SMS message to the instructor is a simple act of good manners. This helps the instructor to plan classes and ensure that all students are up-to-date with any information regarding training, gradings, etc. If you decide to discontinue your training, again, please contact your instructor to let them know.
- Dojo (Training Hall) is a sacred place. Please treat it as such by sitting quietly before the start of class. Kidz class members may play together before class, but sit down when class time begins.
- To show respect, bow upon entry and exit of training area.
- Remove shoes before entering training area.
- This is a close contact sport. Students should be clean and showered before coming to class. Any wounds, cuts or warts should be covered with a bandaid.
- Students should have clean and tidy uniforms. Female students are encouraged to wear black crop tops or singlets under their gi. Male students may wear a black singlet under their gi during the winter season.
- Chewing gum, smoking, alcohol and eating are not allowed in the Dojo.
- For safety reasons students are not allowed to train under the influence of alcohol.
- Students requiring asthma puffers or other medication must bring their medicines to class and make the instructor aware of their particular health problem. Instructors need to be aware if a student is carrying a particular injury.
- All students should bring a bottle of water to class, especially during the summer months.
- Swearing or disrespectful behaviour will not be tolerated in the Dojo.
- Please ensure all toenails and fingernails are clipped and trimmed to avoid injury.
- It is highly recommended that ladies with long fingernails should wear covered sparring mitts when free sparring to avoid injury to another student.
- Students must not enter class without the acknowledgment of the instructor.

- When leaving class early, the student needs to notify the instructor first.
- A student must never abuse their fighting skills.
- All students are expected to show discipline and respect.
- It is disrespectful to ask another's rank or belt level.
- Students are not permitted to intentionally strike another student with malice.
- It is the Instructor's decision (no one else's) who attempts a grading.
- Students are not permitted to teach outside the Dojo without the minimum teaching title of Dai Sempai. (Senior Instructor).
- Please ensure all fees are paid on time. Class fees are due each term for the Kidz class and monthly for the senior class. Students who do not pay for a class, do not train. Un-financial members will not be allowed to attend gradings.
- **Instructors are to be called by their respective teaching titles at all times (e.g. Dai Sempai, Sempai).**
- For safety reasons, a 'no jewelry' policy is encouraged. Any piercing unable to be removed must be covered with a Band Aid.
- It is very unwise to train on a full stomach. Eat a light healthy snack approx. 1 hr before class to provide enough energy to train. Junk food is best avoided.
- It is recommended that students go to the toilet before commencing training. This lessens the risk of serious injury should the student accidentally receive a kick to the bladder region.