



British Wadokai

Basic Dojo Protocol.

1. Remove all jewellery and turn off all mobile phones/electronics before commencing training. **Jewellery that cannot be removed must be safe & securely covered.** To avoid injury to your partner **OR YOURSELF!**



Don't forget, remove (or safely cover) ALL Jewellery before training! *Pictured; Classic injuries as a result of wearing rings in the Dojo.*

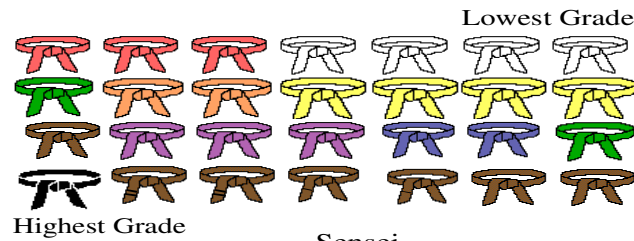
2. **Always** bow (tachi-rei) towards the Shomen/Kamiza when entering and leaving the Dojo.
3. **Always** bow to senior grades and refer to the instructor as **SENSEI** especially while he is wearing a Gi. The process of bowing towards each other is also considered good Dojo etiquette and must be encouraged at all times. **Obey the commands of all senior grades.**
4. On the command of “**Seiretsu**”; Line up quickly and quietly in rank order in the Kiotsuke (attention) position. **No talking at any time during the line-up.**
5. **Always** raise your arm if you wish to ask a Sensei a question and bow before and after communication/s.
6. During practise sessions (with a partner or free Kata practise) ask the next rank up from yourself, if you require access to knowledge or information; *try to refrain from going straight to the highest grade in the Dojo to ask simple questions.*
7. Never intentionally attempt to hurt anyone in training. **Deliberate endangerment will result in instant expulsion. The emphasis is always on control.**
8. Good etiquette & discipline is important **at all times** both in & outside of the Dojo.
9. **Obey the Rules of the Dojo.**

Bowing on/off Procedure

The ‘traditional’ method of lining up in the Dojo is quite simple. On the command of ‘Seiretsu’ students must line-up quickly and quietly in the proper grade/rank order (highest ranks starting from the front-right working down to the lowest ranks on the rear-left) *in equal rank & file* in the Kiritsu (informal attention) position (Musubi-dachi), as per diagram. You must not pass in front of higher graded ranks to do so, filter in from the rear and side of your own line. All Sensei stand facing the rank & file of students. In the event that there is more than one Sensei, the highest graded Sensei would usually be positioned at the left of the lower ranked Sensei (this would then be in correct rank position during the

'Shomen-ni-rei', where the highest ranks must be on the right in the line-up).

Shimoza



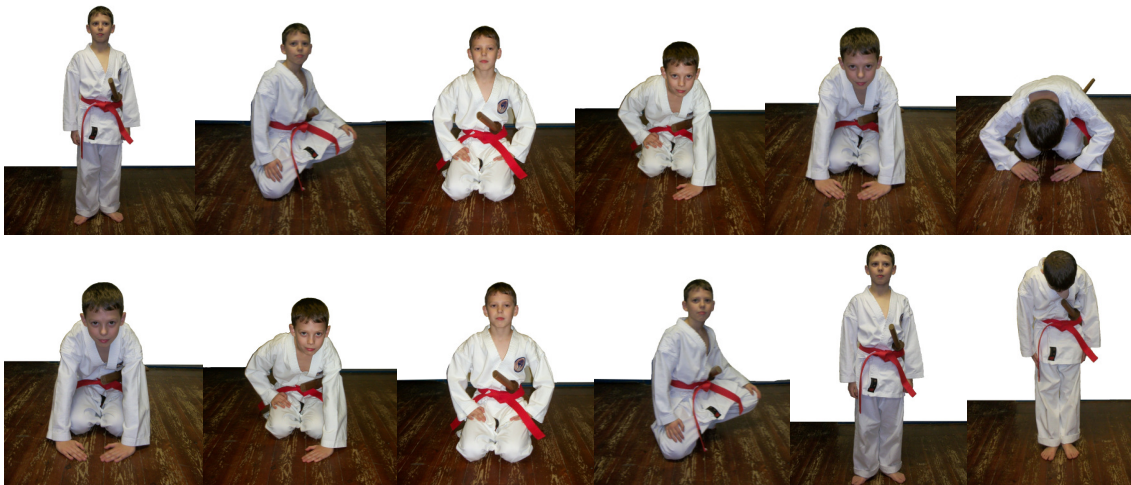
Sensei



Kamiza

Pictured: Classical Bowing-on/off procedures (with 'sword') demonstrated by Jake Joyce of the Plymouth Schools of Karate, Devon.

O-Rei in Seiza (the correct method of the kneeling-bow).



Bowing on/off Terminology

Shômen ni Rei	正面に礼	Bow to the front (Kamiza).
Sensei ni Rei	先生に礼	Bow to the instructor.
Otagai ni Rei	お互いに礼	Bow to all assembled.
Arigatô gôzaimasu	ありがとうございました	Thank you.
Onegai shimasu	お願いします	Pleasure/You are welcome.

Bowing-on Procedure

Sensei: 'Seiretsu' (line up in correct ranks and files). Sensei 'signals' the Sempai to acknowledge the start of the bowing-on procedure.

Sempai: 'Seiza' (all kneel).

Sensei: 'Dojo kun' (Dojo maxims).

Deshi: 'Dojo Kun' (acknowledgement of command.).

Sensei: 'Reisetsu O Mamori' (stick to the rules of the Dojo).

Deshi: 'Reisetsu O Mamori'.

Sensei: 'Shingi O Omanji' (be loyal to your Instructor).

Deshi: 'Shingi O Omanji.'

Sensei: 'Jojitsu Ni Oberesu' (students & Instructors are not all one, never take advantage of his friendship).

Deshi: 'Jojitsu Ni Oberesu.'

Sensei: 'Shinkenmi Ni Tesseyo' (be serious in your efforts).

Deshi: 'Shinkenmi Ni Tesseyo.'

Sensei: 'Mokuso' (quiet thought) - *Students and Instructors shut their eyes for a moment of meditation to clear the mind of outside distractions etc., concentrating on the task ahead of serious Karate training and the concepts of the Dojo-kun.*

Sensei: 'Mokuso Yamae' (stop meditating) – *all students and instructors open their eyes and look to the front. The Sensei will turn to face the Shomen (front), towards the Kamiza (shrine).*

Sempai: Shomen Ni Rei (bow to the front) – all bow.

The Sensei turns to face the class.

Sempai: 'Sensei Ni Rei' (bow to the Instructor) – all bow.

Sempai: 'Otaga Ni Rei' (bow to each other) – Deshi bow.

Sempai: 'Kiritsu' (come to attention) - all must stand at once, with the Sensei, to the attention stance – Musubi Dachi) – all bow together with the Sensei.



Seiza in Wadoryu Karate.

RULES OF THE DOJO

1. Students must always arrive BEFORE the class starts; it is disrespectful to turn up late to the Dojo. If you are unavoidably late for the 'bow-on': a. Bow to enter the Dojo. b. Kneel at the Dojo entrance and recite the Dojo-kun in your mind. c. Perform the 'bow-on' sequence. d. Stand, then bow towards the Sensei (Tachi-rei). e. Wait for the Sensei to acknowledge your presence BEFORE joining the class.
2. Tachi-rei (standing bow). Always bow upon: a. Entering and leaving the Dojo. b. Before and after addressing your Sensei, or, if your Sensei is addressing you. c. Before and after performing various techniques with each other.
3. If the Sensei is not present, the Sempai (most Senior) will start the class. All students must follow the Sempai as though he were the Sensei.
4. During the session, students must work with an attitude of seriousness and complete concentration. Laughing and talking cannot be permitted. Silence and seriousness during the session are the two rules that must be followed if a high level of training is to be sustained.
5. Unless training has commenced, all students must bow to Yūdansa upon their arrival to the Dojo.
6. Rapid movement is an essential part of the training, even as it pertains to lining up on command. This habit of moving quickly, without wasted motion and effort, will also help keep the class working smoothly as well as making the student instinctively responsive.
7. When not training, i.e. during breaks etc. Students must sit crossed-legged against the wall in the Shimoza (lower-house) area of the Dojo, or in the designated resting area/s away from the Dojo training area.

8. You must always wear a clean & pressed white Gi. Badges must be worn on the left-side of your Gi (arm/chest). Other badges, as country representation badges etc., may be worn on the right sleeve (*these are only issued & supplied by your Sensei*).
9. Only females, and students with special medical conditions, may be permitted to wear a T-shirt (white) under their Gi top.
10. No student should leave the Dojo (or ranks) during the session; unless he has prior permission from a Sensei or Sempai to do so (this is for reasons of good etiquette as well as Health & Safety).
11. On the command of 'Seiretsu' students must line-up **quickly and quietly** in the proper grade/rank order in the Kiritsu (informal attention) position (Musubi-dachi). You must not pass in front of higher graded ranks to do this, but move in line behind your own, or lower graded, ranks.
12. If a student must stop work, for any reason, then he must **FIRST** obtain permission from his Sensei. **DO NOT JUST WALK AWAY FROM TRAINING - If you need a 'water-break' or need to use the toilet - ask the Sensei FIRST and always wait for permission to rejoin the session!**
13. All students must reply 'Hai-Sensei' after a command has been given. During training, if you are approached by a Sensei for any reason, i.e. adjusting your technique etc., you must acknowledge the Sensei with 'Hai-Sensei' accompanied with a proper bow.
14. Each student must report when temporarily discontinuing lessons, this is good etiquette.
15. **Unless you are the/a Sensei, or have been asked:** During line-up, whilst training in Fundamental and Renraku techniques, do not allow yourself to be distracted by other students in the ranks and start adjusting or 'teaching' them. Concentrate on **YOUR OWN** technique and allow the other students to learn at their own pace and by the Sensei.
16. Finger and toenails are to be kept short and clean.
17. No drinking, eating, chewing gum, or smoking in the Dojo.
18. No jewellery to be worn in the Dojo. Any jewellery, i.e. a bracelet/ring etc., that is difficult or impossible to remove **MUST** be safely covered.
19. A student who has undergone surgery, or who suffers from any kind of medical condition or injury, will not be permitted back into regular training until a signed letter from the Doctor has been received by the Instructor. Your Sensei, as well as your working partner/s, must also be made aware of any ongoing condition.
20. If at any time during training the student requires to adjust his Obi or Gi, he must go down on one knee to do the adjustment. On serious adjustments the student may require to ask the Sensei in order to leave the ranks to go to the side of the Dojo, again, drop onto one knee for the adjustment/s.
21. Seniority system: All students must be aware that a higher ranked member to you is your senior, and must be obeyed as such while in the Dojo. Sempai (Brown-Belts and lower graded Black-Belts) are the Dojo 'Police-force' and are responsible for the discipline in the Dojo. Young as well as older Sempai **MUST** show a good example. Examples are always followed. No student should go directly to the Sensei without first attempting to gain the necessary knowledge from the next grade up. Each student, however, should make the necessary endeavours to learn the answers from continued practise and observations. The Sensei should be consulted **ONLY** as a final option.
22. All Black-Belts must be referred to by title **NOT** by name (Senpai, Sensei, etc.) while they are in their Gi, by all Kyu & Dan Grades, and all students must bow and respect them as they would **ANY** senior grade.
23. The Sensei of a Dojo must **ALWAYS** be referred to as 'Sensei' by students as well as well as Yudansha within the Dojo. All Black belts must refer to all higher graded Yudansha with the proper title, etiquette and respect **AT ALL TIMES**.
24. A Sensei is always a Sensei, not just while he wears a Gi. He must be respected inside as well as outside the Dojo. If he is your friend, do not take advantage of his friendship.
25. Respect higher grades, and refer to them with proper title, and have compassion and empathy for your peers and lower graded students.
26. Respect and revere your parents and elders, respect other people. Respect property and all life. Also, respect yourself.
27. The motto of the British Wadokai Dojo. Practise hard in order to master the techniques of true Wadoryu Karate-do.
28. Never use Karate outside the Dojo, unless for self-defence. Understand the correct concepts, principles and implications of Sente & Karate-ni-Sentenashi.

NB: Parents & Visitors: Children must be dropped off and collected from inside the Dojo premises.

Mobile telephones, and all other personal electronic equipment, must be switched off.

No photographic or personal electronic equipment to be allowed inside the Dojo at any time. Parents/Carers may stay and watch the training session. However, you may be asked to leave if you 'involve' yourself, influence your child (or any other student), or interrupt, with any aspects of the training programme.

Thank you for your support.

DOJO-KUN

REISETSU-O-MAMORI: Stick to the rules of the Dojo.

SHINGI-O-OMANJI: Be loyal to your Instructor.

JOJITSU-NI-OBERESU: Students and Instructors are not all one, *never take advantage of your Sensei's friendship.*

SHINKENMI-NI-TESEYO: Be serious in your efforts.

BAN

Instruction and commands are given in Ban - 'Number/s'. These types, and methods of counting with numbers, include:

Finger Counting: 1 – 10; Ichi, Ni, San, Shi (Yon), Go, Roku, Shichi (Nana), Hachi, Kyu (Ku), Ju.

11 – 20; Ju-Ichi, Ju-Ni, Ju-San, Ju-Shi, Ju-Go, Ju-Roku, Ju-Shichi, Ju-Hachi, Ju-Kyu, Ni-Ju.

21 – 30; Ni-Ju-Ichi, Ni-Ju-Ni, Ni-Ju-San, Ni-Ju-Shi, Ni-Ju-Go, Ni-Ju-Roku, Ni-Ju-Shichi, Ni-Ju-Hachi, Ni-Ju-Kyu, San-Ju.

31 – 40; San-Ju-Ichi, San-Ju-Ni, San-Ju-San, San-Ju-Go, San-Ju-Roku, San-Ju-Shichi, San-Ju-Hachi, San-Ju-Kyu, Yon-Ju.

41 – 50; Yon-Ju-Ichi, Yon-Ju-Ni, Yon-Ju-San, Yon-Ju-Shi, Yon-Ju-Go, Yon-Ju-Roku, Yon-Ju-Shichi, Yon-Ju-Hachi, Yon-Ju-Kyu, Go-Ju.

1st – 10th: Ipponme, Nihonme, Sanbonme, Yonhonme, Gohonme, Ropponme, Nanahonme, Naponme, Kyuhonme, Jupponme.

Level: Shodan, Nidan, Sandan, Yodan (Yondan), Godan, Rokudan, Shichidan, Hachidan, Kyudan, Judan.

Should Children Train In Wadoryu Karate?

The study of karate has become increasingly popular. Karate training was traditionally an adult endeavour, however, there has been an explosion in this country of karate activities for children. It is not unusual to see young children enrolled in karate classes. Parents have also become interested in karate as a mechanism to enhance the overall development of their children. Some karate schools extol the benefits of karate training for children as a 'cure' for many problems and have created complete marketing strategies around such concepts. While there are, indeed, numerous advantages to be gained from the study of karate, parents of children (especially young children) must be cognisant of some of the practical aspects associated with such studies. Outlined here are some of the issues interested parents should examine when contemplating enrolling, or supporting, their children in karate training.

AGE? The earliest age for starting karate training is highly dependent on the child. A good rule of thumb is to start no earlier than 8 years of age. Karate training must be fun, but it is not playtime. It requires a certain amount of mental self-discipline and concentration. The ability to focus on tasks must be maintained during the lesson or the child will become bored and perhaps disruptive. Some 7-8 year olds *can* maintain some degree of attention. However, it is very individual.

PROGRESS. The younger the child, the slower the initial progress will be. The physical skills needed for controlled movements are not usually available to very young children (their motor systems are not developed enough). Be content with laying a good foundation that they will build upon later. For the time being, stress fun, self-discipline and understanding. Remember, a child will only progress at his own speed, *not yours.*

ENTHUSIASM. Children will always be extremely enthusiastic when starting karate training. After a while, when training starts to become more repetitive and difficult, they may lose interest and wish to stop practising. This is normal and to be anticipated. The younger the child, the more likely it is that

this will happen at some time. The trick is to remain supportive as a parent and not to 'push' them into training. Give them a good nudge when you feel they are lagging excessively. *Lead them, but do not force them.* Make sure that whatever training they experience is of high quality. The best way to lead your children is for you (the parent) to study karate with them. This allows for shared experiences, reinforces the study discipline at home, and lets them show off to (and playfully compete with) you. Perseverance, if not innately part of the child's personality, can be taught with you as a role model. Karate training will also have numerous benefits for you personally. Parents who simply sit down and watch the class can very often divert the attention of the child, especially if the parent is *counter-productive* in the class by involving themselves or 'assisting' their child during class - Leave the instruction to the Sensei, as he alone knows how much or how little to place upon the child's karate development. Also, the Sensei is *INSURED* to teach, you're not; which could lead to an insurance liability claim if something went wrong in class as a result of your added 'tuition', or if the child (or another) got injured through your distractions!

DISCIPLINE. Discipline is touted as one of the great benefits of karate training. *That claim is valid for older children.* Do not expect too much from the *young* ones. Kids will be kids and if you expect them to become little soldiers - forget it! The biggest concern you might face, in the early days, is preventing them from showing off and using their new skills at play or at school. *This must be absolutely forbidden.* Home training is always essential, but not as a tool for showing off.

INJURIES. Some injuries are inevitable, it's the 'nature of the beast' - It's a Combat Martial-art. The vast majority, however, are minor, such as bumps & bruises, sprains, strains, and scrapes. Be supportive and do not over-react. Have ice packs available in your home freezer to ice down minor injuries. Obtain the kind of ice pack that can be used directly on the skin. Prompt icing will do wonders.

Wadoryu Karate training is great for everyone, especially for families who train together.

The Family that Kicks together, sticks together!

VISITORS AND STUDENTS JOINING FROM OTHER CLUBS/GROUPS

When joining a different dojo just remember: You are a new student to a new club, and you must follow the way of your new Sensei, do not compare them to your previous Sensei or style.

JUNIOR STUDENTS

Although children are allowed to attend many of the British Wadokai training sessions, they must understand that they will be training with (**and will be expected to behave like**) adults at all times.

PARENTS & VISITORS TO THE DOJO

Parents, visitors and guests are always welcome to visit the Dojo and watch, *if there are facilities to do so.* However, small children, babies, and other noises, such as talking, etc., can be both distracting and off-putting to both instructors and students alike. Please keep all children/babies under control (do not allow them to wander around the Dojo) and please keep **talking and other noises** to an absolute minimum; or you may be politely asked to leave the Dojo and wait in the rest-area/reception. Parents and Guardians are also reminded that the Instructor of the Dojo is the Sensei; please refrain from influencing students (including your own child) within the Dojo: you are not qualified or insured to do so.

CHILD PROTECTION AND HEALTH & SAFETY

All junior students must arrive at the Dojo ready to train (wearing their Gi). If a child is unable to change prior to arriving then the parent is asked to assist their own child within the changing room/facilities. All parents are asked to bring their child into the Dojo and collect from the Dojo - Please do not simply drop them off or collect them from the car-park, etc. All juniors must remain in the Dojo until collected. Mobile phones must be switched off. No photographic equipment to be allowed in the Dojo (unless previously permitted).

...Thank you for your support.