	<p><b>KISHINKAI WADO – RYU</b></p> <p><b>CODE OF CONDUCT</b></p>	<p><b>2022 – V2</b></p>
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Karate training should be enjoyable for everyone (adults and children). To ensure we all have a good time and train in a safe way we have some simple rules for our Dojo:

Remember, Karate Do is first and foremost about showing respect.

- Respect for yourself,
- Respect for your fellow students
- Respect for your instructor (Sensei)
- Respect for the place you train (Dojo)

All things in karate training begin with a bow, and end with a bow. Respect is shown through the student's actions.

#### **Before Class**

1. If parents are dropping students off they must ensure that they are safely inside the Dojo before leaving them
2. Students should arrive 5 minutes before the start of class. If you are late you should enter the dojo and wait quietly inside the door for the instructor to ask you to join the class.
3. Please bring drinking water to training. Sports/sparkling drinks, sweets or biscuits are discouraged in the Dojo
4. Students must always bow when entering and leaving the Dojo.
5. Before class starts no running or horseplay is allowed. This can cause injury so save your energy for training during the class.
6. Remove all jewellery, rings, watches, earrings, necklaces etc. before training.
7. Toenails and fingernails must be kept clean and short to avoid injury to others.
8. All shoes and socks must be removed before class. Shoes should be left neatly beside the door.
9. If required, please go to the bathroom before class.
10. If you have an injury tell the instructor before class starts.

#### **During Class**

11. Don't chat or mess during class. This is disrespectful towards other students and your Sensei
12. While in the Dojo the student should call the Instructor "Sensei".
13. Please concentrate and follow the instructions of the Sensei
14. Don't give up .....even if it's difficult ..just try your personal best to do the exercises in the class.
15. If you have a question, please raise your hand during class and wait for the instructor to call on you
16. Students must be respectful to fellow students and the Sensei at all times.



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17. If you need to use the bathroom during class please ask the Instructor for permission. Do not just leave the class.
18. Parents are welcome and are encouraged to sit in the Dojo as spectators to see the child's progression in training at any time but are requested not to distract the class.

#### **After Class**


1. Don't forget your belongings (coat, water bottle etc.).
2. Parents – please arrive before the end of class and pick children up from the dojo, **not from the car park.**
3. Students, remember karate is about respect both inside and outside the Dojo.

#### **Children should undertake to:**

- play fairly, do their best and have fun
- shake hands before and after the event, whoever wins - and mean it
- respect officials and accept their decisions with grace, not a grudge
- respect fellow team members; give them full support both when they do well and when things go wrong
- respect opponents, they are not enemies, they are partners in a sporting event
- give opponents a hand if they are injured or have problems with equipment
- accept apologies from opponents when they are offered
- exercise self-control and tolerance for others, even if others do not
- be modest in victory and be gracious in defeat
- show appropriate loyalty to their sport and all its participants
- make high standards of fair play the example others want to follow

#### **Children should not:**

- cheat
- use violence, using physical contact only when it is allowed within the rules
- shout at, or argue with, the referee, officials, team mates or opponents
- take banned substances to improve performance
- bully or use bullying tactics to isolate another player
- use unfair or bullying tactics to gain advantage
- harm team mates, opponents or their property
- tell lies about adults or other children
- spread rumours
- keep secrets about any person who may have caused them harm

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**Children in sport are entitled to:**

- be listened to
- be believed
- be safe and to feel safe
- participate in sporting activities on an equal basis, appropriate to their ability and stage of development