

Kenwa Karate of Sitka - Dojo Rules

- Karate classes are held at the New Archangel Dancers Studio. Please respect this space and be sure to:
 - Enter the building through the main door. Exits are the main door & side door.
 - Walk in the hallway.
 - Students should only be in the dojo, single bathroom, or hallway. Other areas are off-limits.
 - Food and drink are not to be brought onto the wooden floor. Clean up after yourself.
 - Parents and guests may sit in a chair in the dojo or hallway. Please also be aware of your noise level.
 - Young children must have a responsible adult present with them when in the building. All minors must also have an adult present during 1-on-1 private lessons.
- Be punctual to all classes. Please plan to arrive at the dojo 5-10 minutes prior to the start of your class.
- Please remove your shoes and socks before entering the dojo & put them away neatly. Street shoes are not to be brought onto the wooden floor.
- Keep your karate gi clean and in good repair. Do not wear bulky nor movement-restricting clothing under your gi (ex: hoodies/coats, button-up shirts, jeans); instead compression shorts/leggings and tank-top/t-shirts are recommended.
- Students may sit together or practice non-contact karate skills (i.e. kata) on the main floor between classes.
- Keep your body free of anything potentially dangerous. Remove watches or jewelry before class and keep fingernails and toenails short & trimmed. Do not chew gum while exercising.
- Students must obey directions given by their instructors and by senior students. Practice only those techniques which have been formally introduced by their instructors.
- Youth students must get permission to leave line or class so that your instructor knows where you are at all times!
- Demonstrate good manners, respect, self-discipline, and sportsmanship both in the dojo and in everyday life. Poor behavior or criminal activity may result in suspension or expulsion from the karate program. Failure to abide by dojo rules may also result in dismissal from karate.
- *If you have any medical or physical condition that will impact your ability to do some or all activities please let your instructors know how to best accommodate your needs. It is your responsibility to bring any needed medications with you to class.*