

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 right side door.
 - Walk in the hallway.
 - Students & families should only be in the dojo, single bathroom, or hallway. Other areas are off-limits.
 - Food, drink, and street shoes are not to be brought onto the wooden floor.
 - There are chairs available for friends or family members wishing to watch class both in the hallway and in the dojo. Please also be aware of your noise level.
 - All younger children, whether in karate or not, must have a responsible adult present with them when in the building.
- 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.
- 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 should sit together before class. Alternatively, students may 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 or eat 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.*

I agree that I (and/or my minor student) and any guests we bring to the dojo will abide by these rules.