



Kenwa Karate of Sitka – Dojo Expectations

- Karate meets at the New Archangel Dancers Studio. Please respect this space.
 - Enter through the main door. Building exits are the main door & side door.
 - Walk in the hallway.
 - Students should only be in the dojo, single bathroom, or hallway.
 - Keep any food and drink in the hallway. Clean up after yourself.
 - Guests should be aware of their noise level.
 - Young children must be accompanied by a responsible adult. All minors must also have an adult present during 1-on-1 private lessons.
- Be punctual to all classes. Please arrive at the dojo 5-10 minutes prior to your class.
- No street shoes on the wooden floor. Students will practice in bare feet. Approved orthotics or karate slippers are acceptable.
- Keep your karate gi clean and in good repair. Do not wear movement-restricting clothing under your gi (ex: hoodies/coats, button-up shirts, jeans); instead compression shorts/leggings and tank-top/t-shirts are recommended.
- 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 are expected to follow directions. Only practice techniques which have been formally introduced.
- Youth students must get permission to leave class so that your instructor knows where you are at all times!
- Please limit photography to your own family or those for which you have permission. Some students do not wish to be posted online.
- 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 expectations 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.*