

Dojo Conduct

- Everything in the martial arts begins and ends with courtesy.
- Be sure to bow when entering and leaving the Dojo.
- During practice always follow the directions of your instructor and seniors.
- Whistling, singing and the like are improper behavior in the Dojo.
- Make the best use of your time by refraining from casual conversation during practice.
- Keep busy while in the Dojo. When tired, rest in a place away from the activity of others.
- Show respect for seniors and elders. Treat lower ranks and juniors with courtesy and compassion.
- Always have a clean uniform
- Always act with propriety whether in or outside the Dojo.

Principles of Practice

- The purpose of karate training is to discipline the mind and body and to master the art of self-defense.
- A karate practitioner should be well-mannered and modest, value courtesy, always wear decent clothing, pay attention to his speech and actions and work hard at training day and night.
- A karate practitioner must never call upon his strength in a quarrel, speak harshly, act roughly, or become troublesome to others.
- A karate practitioner must never bring shame upon himself or his school in either speech or action.
- A karate practitioner must never speak arrogantly, fall into laziness, or act conceitedly. He should endeavor to work diligently at training and improving himself.

- A karate practitioner should respect decorum and the martial arts, maintain the fine traditions of karate and contribute to society.

**Uechi Kanai, President
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