



DOJO RULES

1. Students will not walk onto the training area with shoes on. Students must wear shoes or sandals outside the dojo.
2. Students must be clean, and fingernails and toenails should be cut short.
3. Students must properly wear a clean repaired karate-gi or iai-gi at all times. (Jacket must be on unless specific training requires it to be off.)
4. Students (with the exception of females) will not wear any sweatshirts, t-shirts, etc., beneath their karate-gi at any time.
5. Students must not wear any form of jewelry during class.
6. Students must not chew gum or candy during class.
7. Guests should watch attentively. There should be no eating in the training area.
8. Arrive early enough to get into your karate-gi and be ready when the class or event is called to order.
9. During formal classes, no one will leave the workout area without the permission of the senior Black Belt.
10. Respect all senior grades, and address Black Belts as Mister or Sir, Miss, Mrs. or Ma'am.
11. Students must be obedient and attentive to the instructors at all times. Students must not idly sit or lie on the mat.
12. While on the training floor, do not lean against the walls or sit with your legs stretched out. (Either sit in seiza or cross- legged.)
13. Students must always be helpful and courteous to lower ranks.
14. Students must remain quiet and attentive in the Dojo, even when not exercising or practicing. Students must not engage in idle chatter while in the Dojo, especially during a class.
15. Dojo means: a place of learning. Respect it and appreciate the fact that you have a place to train. Every student must take part in cleaning the dojo after each training session. (Mostly equipment and pads away, but also includes sweeping the floor and picking up and disposing of any trash)_This part of training is just as important as the techniques you perform. (Do not get a drink or start to change clothes until the entire dojo is finished). Respect for the dojo includes the dressing room and bathroom as well as the sitting area.
16. Students must not practice any technique that has not been formally introduced to them by a qualified instructor.

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The logo for Rising Sun Martial Arts features a stylized yellow and orange sun rising over a dark horizon. Below the sun, the words "RISING SUN" are written in a large, bold, red font with a yellow outline, and "MARTIAL ARTS" is written in a smaller, bold, black font below it.

RISING SUN MARTIAL ARTS

17. Students must remember that the teachings are safe as long as one keeps in mind the dangers and harm that can come from these teachings if not controlled
18. Students may not engage in kumite (sparring) or randori (free play) without being under the direct supervision of a Black Belt in that respective art.
19. Weapons will be handled only when given permission and with proper supervision - This means and includes personal weapons.
20. Sparring equipment will be brought to every class and each student will be responsible for his/her own equipment - This includes gloves, boots, mouthpiece, shin guards, groin cups (all males), and optional equipment such as rib pads and headgear.
21. Students must refrain from casting views on other arts with which they are not familiar. All arts have the same basic aim within their teachings. To cultivate the individual's mind, embody his mental culture, and above all, to perfect his character.
22. Students must approach and correct others not abiding by the Dojo rules, even if they are of senior rank. Anyone who violates these rules will be subject to disciplinary action.
23. Any student using his skills outside the Dojo irresponsibly will be expelled from the dojo.
24. No one will be allowed to train who is under the influence of alcohol. If the odor of alcohol is detected upon you, you will be asked to leave the dojo.
25. Any student under the influence of illicit drugs will immediately be suspended from the dojo.
26. No smoking in the dojo at any time, please advise parents and visitors of this rule.
27. Dues should be paid promptly by the 1st of every month. A late fee of \$5.00 will be added after the 5th.
28. Take all clothes and belongings home after each class.
29. Do not use any equipment (makiwara, shields, weapons, etc.) that you have not received training on.
30. Never remove anything that is not yours from the dojo. If it does not belong to you. DO NOT TOUCH IT WITHOUT PERMISSION
31. There will be no negative or reckless attitudes or behavior.
32. Report all injuries immediately.
33. ANY VIOLATIONS WILL RESULT IN DISCIPLINARY ACTION - A serious enough offense could result in permanent dismissal from the Dojo.