

Colorado Budo Center/American Isshinryu Karate Schools Inc.

Policies/Code of Conduct

Courtesy and respect are hallmarks of the martial arts. Please remember at all times that demonstrating respect for your fellow students also demonstrates your respect for yourself.

The Rules of Courtesy

1. To show respect, we bow at the door of the dojo (or the edge of the floor) when we enter or leave. We bow to our instructors at the beginning and end of class, and to our partners at the beginning and end of two-person drills and sparring.
2. All of us learn at our own pace and in our own way. What is easy for one person is difficult for another, and vice versa. Please concern yourself with your own training, and do not criticize or question others.
3. Promotions are based on Sensei's assessment of progress. Please don't ask about when you're going to be promoted – he'll let you know.
4. Name-calling, unfriendly criticism, or sarcasm at another's expense are strictly out of bounds.
5. Please refrain from using profanity, vulgarisms, and obscenities.
6. We all train on these floors barefoot, and we touch each other during two-person drills. As a courtesy to your training partners, please keep your hands and feet clean at all times.
7. On the floor, all instructors are to be addressed as "Sensei," or "Sensei" plus first name.
8. Please put your possessions in the appropriate racks – don't leave them on the floor in other people's way.
9. The office is private. Please do not come in unless you are invited.
10. If someone is using a training floor for practice, please do not cross in front of them, get in their way, or interrupt them.
11. Please do not walk across any training floor with shoes on.
12. Classes begin at the scheduled time, if you arrive late please wait at the entrance to the training floor for the instructor to invite you to join the class.

All martial arts as well as all sports include some inherent risks. In order to minimize the risks, please observe the following safety rules.

The Rules of Safety

1. With the exception of wedding rings, please remove all jewelry, including wristwatches, before entering the training floor. Jewelry can catch and scratch, injuring a partner or you.
2. The most important part of any exercise or drill is protecting your partner and yourself.
3. Most classes require specific equipment or clothing (uniform) for safe practice, please make sure you have all required equipment before class starts.
4. Please get rid of gum, candy, cough drops, etc., before entering the training floor. They cause a choking hazard.
5. To prevent accidents, we don't allow sparring without: a. Obtaining permission from one of the senseis. b. A referee, purple belt or higher rank. c. Supervision by an instructor of brown belt or higher rank.
6. Horseplay can cause injuries. It may also cause you to sit out of class.
7. Weapons are tools, not toys, and they are personal. Do not handle weapons without permission. This includes the padded weapons.
8. If you want to practice weapons before a class, please be sure you have enough room to be safe.
9. Leave intoxicating substances (alcohol, drugs, etc.) at home. If you bring them with you, or in you, you will be asked to leave.
10. Tobacco products are not allowed.

I have read and agree to abide by these rules.

Student Signature _____ Date _____

Parent Signature (if student is a minor) _____ Date _____