

DOJO Etiquette : The Broward Kenpo System

Come to training on time, mentally prepared to train

If you arrive late for class, wait for instructor to bow you in.

If you need to leave class early, please notify the instructor.

Always bow when leaving or entering the dojo area.

Always make sure you have warmed up before class.

Come to training with clean feet and clothing.

Bow after instruction.

Bow before starting training with someone.

Junior grades should seek out higher grades to train with.

Bow after training with someone.

Keep your finger and toenails clean and cut short.

Remove all jewelry before training.

Avoid wearing heavy colognes and perfumes.

Be polite to those around you.

When observing others, or resting, stay in seiza stance.

Refrain from eating, drinking, or chewing gum in the dojo.

Be prepared to help with dojo activities.

Relax and enjoy yourself.

Mention to the instructor any physical limitation/injuries you may have.

The instructor should be addressed as Sensei (those who came before)

Please silence your cell phone during class. No cell phone use during class!

The senior student should be addressed as Senpai.