

BEFORE, DURING & AFTER CLASS

Welcome! You've taken your first step in becoming a Black Belt. To help you become more comfortable with your school and class, here are some basic rules of etiquette.

- *Do not wear shoes on the training floor
- *Keep your uniform and body clean, to show respect for those who train with you.
- *Keep your fingernails and toenails short and clean to avoid injuring your training partners
- *Always do a proper bow when entering or leaving the training floor (dojo)
- *Always be courteous and respectful to instructors and fellow students.
- *Always check the bulletin board for any information relating to you or the school.

*Before entering the dojo (training floor) , all students remove their shoes and place them on the shoe shelf, located next to the door. Karate is traditionally done in bare feet. Above on top of the shoe shelf are the attendance boxes with the students cards. They are label with the class group you train with (kinder, youth, adult, STORM & SWAT, Competition, & cardio kickboxing. Attendance cards are color coordinated with the students belts (Example: white cards for white belts, yellow cards for yellow belts, etc.) It is your responsibility to pull your card before class bring them on the floor for the instructor to collect. This is how we keep attendance for belt testing. At the entrance onto the floor the student is to bow before walking onto the floor. The bow is intended to show respect for the training area and a readiness to focus on karate for the class ahead (there is no religious aspect in bowing, even to each other, it is the Japanese way of showing respect and courtesy ,no different then when we shake hands). If you have some time before your class begins, you may do individual warm-up as you choose.

Shihan or Sensei will announce the beginning of class by calling out, Shugo (line up)! All students line up on the white tape lines, white belts and beginners to the front(for better vision in following the instructor). During your first couple of classes, just relax and follow the instructor (we don't expect you to be Bruce Lee, so just follow and have fun) Remember we all started the same way, so no one stares at you or laughs, they all know what you feel.