

DOJO RULES AND REGULATIONS

1. NO TRAINING UNDER INFLUENCE OF DRUGS OR ALCOHOL
2. NO SHOES ON FLOOR
3. NO LEAVING PRACTICE EXCEPT FOR EMERGENCIES
4. NO TALKING WHEN INSTRUCTOR IS SPEAKING
5. NO WEARING JEWELRY (RINGS, WATCHES, ETC.)
6. NO GUM CHEWING DURING CLASS
7. KEEP DOJO CLEAN (WASH FLOOR AFTER PRACTICE)

DOJO ETIQUETTE AND PROCEDURE

BOW WHEN ENTERING OR LEAVING FLOOR

LINE UP FOR MEDITATION

LINE UP BY RANK OR BY SENIORITY IF OF EQUAL RANK
WAIT FOR PERSON ON RIGHT TO KNEEL BEFORE YOU KNEEL
KNEEL DOWN ONE FIST FROM NEIGHBOR
MEDITATE ON COMMAND: MOKUSO
STOP MEDITATION ON COMMAND: YAME
BOW ON COMMAND: REI

BASIC PRACTICE

ON COMMAND: YOI GET READY IN NATURAL STANCE
ON COMMAND: KAMAETE STEP FORWARD INTO STANCE AND WAIT FOR
COMMAND: YASUMEI BEFORE RELAXING

MATCHING PRACTICE

ALL ENGAGEMENTS BEGIN WITH A BOW AND END WITH A BOW

BASIC ONE TIME ENGAGEMENT

BOW TO OPPONENT

ATTACKER GETS PROPER DISTANCE

ATTACKER STEPS FORWARD INTO FRONT STANCE

DEFENDER STANDS IN NATURAL STANCE

ATTACKER ATTACKS WITH PRESCRIBED ATTACK TO DEFENDER

DEFENDER BLOCKS AND COUNTERS

PROCEDURE REVERSED

BOW AT END OF ENGAGEMENT TO OPPONENT

BASIC THREE TIME ENGAGEMENT

BOW TO OPPONENT

ATTACKER GETS PROPER DISTANCE

ATTACKER STEPS BACKWARD INTO FRONT STANCE

DEFENDER STANDS IN NATURAL STANCE

ATTACKER ATTACKS WITH THREE PRESCRIBED STEPPING ATTACKS TO OPPONENT

DEFENDER USES THREE STEPPING BLOCKS AND COUNTERS AFTER OPPONENT'S THIRD ATTACK

PROCEDURE REVERSED

BOW AT END OF ENGAGEMENT TO OPPONENT

FREE MATCHING

BOW TO REFEREE

BOW TO OPPONENT

BOTH SIDES CAN USE ANY CONTROLLED ATTACK

WHEN ONE SIDE SCORES ONE FULL POINT OR TWO HALF POINTS, HE/SHE IS WINNER

BOW AT END OF ENGAGEMENT TO OPPONENT

BOW TO REFEREE

KATA (FOR GRADING)

BOW

STEP TO NATURAL STANCE AND ANNOUNCE FAVORITE KATA
TO YOURSELF:

YOI (READY)

HAJIME (BEGIN) -BEGIN KATA FOR DEMONSTRATION

YAME (STOP) -AND STEP BACK TO NATURAL STANCE

BOW

SHOTOKAN KARATE RANKING SYSTEM

UNRANKED: HAS NOT BEEN GRADED

KYU: JUNIOR LEVEL OF BELT; WHITE BELT LEVELS-8th, 7th,
6th, 5th, 4th

BROWN BELT LEVELS-3rd, 2nd,
1st

DAN: SENIOR LEVEL OF BELT (ALL BLACK BELT)

SHODAN-1st DAN

NIDAN-2nd DAN

SANDAN-3rd DAN

YODAN-4th DAN

GODAN-5th DAN

GRADINGS FOR RANK ARE CONDUCTED TWICE A YEAR AS CLOSE AS
POSSIBLE TO THESE DATES: NOVEMBER 10th, TO COMMEMORATE THE
ANNIVERSARY OF MASTER FUNAKASHI'S
BIRTH

APRIL 26th, TO COMMEMORATE THE
ANNIVERSARY OF MASTER FUNAKASHI'S
DEATH