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:  KAMETE 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