

# Shuhari Etiquette Sheet

1. Please bow before entering and leaving the dojo.
2. Always treat fellow students with courtesy and show respect to higher grades.
3. Address the assistant instructor as Senpai and the instructor as Sensei.
4. Always bow to the instructor upon first meeting of the day.
5. Never interrupt the instructor while he is teaching, always ask for permission to speak.
6. When given a direct instruction, or given feedback, say "Hai" loudly [Yes in Japanese]
7. Please be in the dojo 15 minutes before the training starts.
8. If you arrive late, please stand at the entrance and wait for permission to join.
9. Training is bare feet.
10. Line up in grade order. White belts stand on the left hand side. Always look to your right to make sure that you are in line with the others.
11. No swearing and no eating in the dojo.
12. Make sure you are not wearing jewellery while training to avoid injury to yourself and training partners
13. Cut your nails and toe nails for the safety of your training partners.
14. Wear a clean and ironed Gi [Uniform]
15. Higher grade chooses the lower grade in kumite. White belts do not spar.
16. When "Yame" is called during sparring, bow to your partner and line up ASAP.
17. Make sure kids watching the class do not make noise and distract the students, especially during bowing at the beginning and at the end of each class. If they are too young to understand, please take them outside the dojo.