



SHORINRYU MATSUMURA SEITO SUIKEN BUGEIKAI & TORONTO SUIKEN BUGEIKAI

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STANDARDS AND POLICIES

Of Shorin ryu Matsumura Seito Suiken Bugei Kai and Toronto Suiken Bugeikai

1. The Board of Directors will form rules and judgment that determine, maintain and enforce the policies of the SHORIN-RYU MATSUMURA SEITO SUIKEN MARTIAL ARTS ASSOCIATION.
2. Students are not allowed to teach anyone outside of their immediate relatives unless permission is first given by the committee. This includes techniques, forms, etc.
3. Students are not allowed to tell other people (who are not students in the Dojo) about who is a student, another student's belt rank, fighting ability, or the results of sparring matches, etc.
"WHAT GOES ON IN THE DOJO STAYS THERE!"
4. Any student found misusing his/her knowledge will be subject to immediate dismissal.
5. Any student who shows disrespect toward the art or its instructors and fellow students is subject to immediate dismissal by the Board.
6. A Sensei, 4th degree and higher or the Head Instructor of the class, may dismiss a student at any time.

PERSONAL HYGIENE

1. Cleanliness should be practiced at all times
2. Karate Gi's (uniforms) must be kept clean.
3. Fingernails and toenails must be trimmed short

WEARING APPAREL

1. A complete Karate Gi must be worn by all students; this includes the Gi top and bottom, and belt. Gi top and bottom must both be white. Only Black Belts, assistants, and the Demo and or Tournament Team may wear a black Gi or a combination black and white Gi. (Other workout apparel can be worn with the permission of the Sensei or Instructor.)
2. The belt must be worn in the proper fashion, in the color representing the correct rank, and must be worn at all times. The belt knot is to be worn in the front.
3. If the Gi belt comes undone during practice, the student should face in the opposite direction from the instructor and retie the belt.
4. All clothing and shoes are to be left in the designated area.
5. No clothing or Gi's are to be left in the Dojo overnight.
6. No footwear is allowed in the Dojo. (In certain conditions, special footwear can be worn with the permission of the Sensei or Instructor.)
7. No jewelry can be worn that might be harmful to the student or to fellow students.

CONDUCT IN AND OUT OF THE DOJO

1. Students must conduct themselves in a formal, respectful manner at all times when in the Dojo.
2. Unnecessary roughness, crude language, or a display of ill-temper or disrespect is STRICTLY FORBIDDEN.
3. Always refer to assistant instructors as "Senpai" (1st thru 3rd dan)
4. Always observe Dojo etiquette:
 - A. Bow upon entering the Dojo, then bow to the highest belt present. Also bow upon leaving the dojo.
 - B. The highest ranking person in the Dojo will call the class to attention and have the class bow when a higher ranking Black Belt enters the Dojo.
 - C. A lower belt always bows to a higher belt. "Failure to do so constitutes a challenge."
 - D. When a student is shown something or is talked to by a higher belt*, the student should respectfully nod before and then a bow after the talk or demonstration by the higher belt.
 - E. Bowing is a sign of respect for a person's rank. (It doesn't necessarily signify respect for the person themselves.)



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- F. Wearing a complete Gi in the Dojo is mandatory. Failure to wear the correct Gi at testing will constitute failing the promotion examination.* (The Sensei or Head Instructor of the class can determine what apparel is suitable.)
- G. No gum or candy is allowed in the Dojo. Drinks are allowed to be kept in the designated area only.
6. Only students are allowed in the Dojo unless permission is given by the instructor.
 7. Lower grade students are strictly forbidden to attend or watch Black Belt training unless special permission is given by Sensei Rose
 8. No student is allowed to enter any dojo while under the influence of alcohol or drugs.
 9. All bottles and trash must be kept off the Dojo floor.
 10. The lowest ranking students of the class will be assigned to sweep the Dojo floor before their class begins.
 11. No smoking except in the designated areas. Minors are forbidden to smoke in any dojo at any time.
 12. Black Belts visiting from other schools must be shown proper respect.
 13. No student is allowed to designate himself as an instructor unless allowed to do so by the Board
 14. Students who visit other schools must remember that they are representing the headquarters Dojo and should refrain from making any critical comments about any of the other oriental fighting arts.
 15. Students shall not wear their Gi in public unless they are participating in a demonstration, en route to the Dojo, or practicing outside.

CONDUCT DURING CLASS

1. Prompt attendance is expected of all students. If this is not possible, arrangements should be made with the instructor.
2. All students must address all instructors formally and show them and their fellow students proper respect.
3. Students should not stand cross-legged or lean on the walls during practice.
4. When sitting, students should not show the soles of their feet to a higher belt. To do so is a great insult.
5. Students are to practice caution at all times.
6. There will be no unnecessary talking during instruction periods.
7. Students should be serious and at no time participate in horseplay in any Dojo.
8. During class, students should practice only what the instructor teaches.
9. No student is to leave the Dojo without the instructor's permission.
10. In the absence of an instructor, the senior student will take charge and all others will practice as directed.
11. No student is allowed to teach another student during class unless instructed to do so by the instructor of that class.
12. Practice should be vigorous; however, if a student feels fatigued, he should inform the instructor.
13. A student with an injury should inform the instructor immediately.
14. If a student wishes to take it easy in class because of lack of sleep or injury, they should inform the instructor before class begins.

CHARACTER

A student of the Dojo should strive for these qualities.

1. Is patient
2. Is Kind
3. Is not jealous
4. Does not brag or boast
5. Is not conceited
6. Does not act Rude
7. Does not seek gain at the loss of others
8. Is not easily provoked
9. Does not think or act dishonestly
10. Does not find joy in violence
11. Finds joy in peace
12. Courteous at all times



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And all students of Suiken should strive to achieve these virtues:

1. Courteous
2. Thoughtful
3. Courageous
4. Hard-working
5. Encouraging
6. Humble
7. Loyal
8. Peaceful
9. Truthful
10. Persistent

FINAL NOTES

1. Students should arrive early enough for class so that all stretching and warming up can be completed prior to the start of class.
2. Students should not interrupt a person while they are doing kata unless assistance is asked for.
(This is especially true if that person is the instructor and/or anyone working with weapons)
3. If you have not been shown a technique or kata by the instructor, don't ask another student to show it to you.
4. Don't show a student a new technique or kata unless it has been cleared through or by the instructor.

I..... Abide by the above STANDARDS AND POLICIES and declare myself a student of this organization. Failure to abide STANDARDS AND POLICIES will lead to take disciplinary action.

Signature of the Instructor

Signature of Student

Date (yyyy-mm-dd)

Location