



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 Kids Class

1. Students are not allowed to teach anyone outside of their immediate relatives unless permission is first given by their Sensei. This includes techniques, forms, etc.
2. Any student who shows disrespect toward the art, instructors, or fellow students, is subject to immediate dismissal by their Instructor

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. As soon as is possible 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, demo team and or tournament team can wear a combination black and white GI. "Some Sensei will allow their students to train in sweat pants and a tee shirt. This is allowed only during informal classes and summer camp."
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 (training area) overnight.
6. No footwear is allowed in the Dojo, except when allowed by an instructor.
7. No jewelry can be worn that might be harmful to the student or to fellow students.

"Note: Only those students designated by the instructor may wear a combination gi or other workout apparel.

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 "Sempai".
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 give a respectful 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.)
 - f. Wearing a complete Gi in the Dojo is mandatory. Failure to wear the correct Gi at testing will constitute in failing the promotion examination.
5. 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.



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7. Lower grade students are strictly forbidden to attend or watch Black Belt training unless special permission is given by their Sensei
8. No student is allowed to enter any dojo while under the influence of alcohol or drugs ever.
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 and after.
11. 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 their Sensei.
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's in public unless they are participating in demonstrations, en route to the Dojo, or practicing outdoors.
16. Students who are not performing well in school could be suspended from the martial arts until grades improve or upon parent's discretion

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 student's proper respect.
3. Students should not stand cross-legged or lean on the walls during practice.
4. When sitting cross-legged, 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 at any time.
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, injury, etc. 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 bother a person while that person is doing kata (this is especially true if that person is the instructor and/or that person is working with weapons) unless assistance is asked for (there is a difference between practicing and doing kata).
- 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.
- 5. Never interrupt people when they are working on bunkai (choreographed fighting techniques.) Find your own partner and work with them.
- 6. School grades must be kept at a level that your parents must agree with. They cannot drop or you will be asked to leave the class.

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

Signature of Parent/Guardian

Date (yyyy-mm-dd)

Location