

SAMURAI ENLIGHTEN MUSHIN KARATE ACADEMY



S.E.M.K.A.

SAMURAI ENLIGHTEN MUSHIN KARATE ACADEMY

**CHIEF INSTRUCTOR
PAUL ELLIOTT 7TH DAN RENSHI**

RULES AND REGULATIONS

S.E.M.K.A. IS AFFILIATED TO



BRITISH WADO KARATE FEDERATION



EUROPEAN KARATE FEDERATION



**INTERNATIONAL
WADO FEDERATION**

S.E.M.K.A. RULES AND REGULATIONS JANUARY 2015

These Rules and the 'Student's Code of Conduct' must be adhered to at all times.

Those Students or Visitors who do not comply with these rules will not be allowed back into the Club until the rules are obeyed.

The Dojo is the place where we learn both the spirit and technique of Budo. Etiquette is a necessary integral part of Budo and without it we would be practising nothing more than violence. The more training a person receives, the calmer, more dignified, and humble the karate-ka should become. The beginner must practice etiquette in order to make him/herself a better person. We must not enter the Dojo with malice or antagonism - you will gain nothing from this and it may result in injury. If you are not capable of adhering to the following etiquette then this Art is not the right discipline for you.

Parents & Visitors: Children must be dropped off and collected from inside the Dojo premises.

Mobile telephones, and all other personal electronic equipment, to be switched off. No photographic or personal electronic equipment to be allowed inside the Dojo at any time.

- ◆ All Students must have an up-to-date S.E.M.K.A. Licence which includes your membership and insurance and wear a clean white karate Gi with the S.E.M.K.A. badge on the left side, club badge on the right, sleeve and merit badges on the left sleeve. Those students, who have attended more than 2 free training sessions, must apply for a Licence and Gi after this period of time.
- ◆ Students, parents, visitors and guests must always arrive before the class starts. TACHI REI (Standing bow); always BOW upon entering and leaving the DOJO (Karate training hall), also before and after addressing a SENSEI.
- ◆ Dojo Kun (Dojo Rules) must be said before the bow and adhered to at all time. These rules are mottoes, the spirit of which serious students of the Martial Arts should try to follow if they wish to gain the maximum from their training. The rules are like our English sayings "Service, not Self"; "Deeds, not Words " or "Be Prepared" and exemplify an attitude and a dedication to a way of life.

REISETSU O MAMORI (STICK TO THE RULES) - In the Dojo, good etiquette must be observed by following the rules.

SHINGI O OMANJI (A STUDENT MUST HAVE LOYALTY TO HIS INSTRUCTOR) - This is the most important thing in Martial Arts.

JOJITSU NI OBEREZU (TEACHERS AND STUDENTS ARE NOT ALL ONE) - Outside the Dojo, you can be friendly with your SENSEI, but you must never take advantage of this friendship inside the Dojo - he is your Sensei.

SHINKERUNI NI TESSEYO (BE SERIOUS IN YOUR EFFORTS) - No turning up late to train, no flippancy chattering, smoking, eating or drinking in the Dojo. Concentrate solely on what you have come to do - KARATE, and train hard in everything you do. Visitors, as well as Students, **MUST** respect the DOJO KUN.

- ◆ The Instructor's title is SENSEI at ALL times during training. (Jujitsu Ni Oberezu). Higher Kyu grades who instruct will be called SEMPEI. Lower grade students must obey a higher grade during a training session. Students or Parents/Guardians must not argue with the Sensei or Sempei in the Dojo; if you do so, you have to leave the Dojo immediately.
- ◆ A Sensei is not just a Sensei while he wears a Gi or in the Dojo. However, you may refer to him by his name when he is not wearing his Gi or when not in the Dojo. He must be respected inside as well as outside the Dojo. If he is also your friend, do not take advantage of his friendship.
- ◆ Seniority system: All students must be aware that a higher ranked member to you is your senior, and must be obeyed as such while in the Dojo. Brown-Belts and lower graded Black-Belts must be referred to as SEMPAI at all times. They are the Dojo 'Police-force' and are responsible for the discipline in the Dojo, so 'ongoing' knowledge of the Dojo rules is of paramount importance (every Sempai must have a copy of the Dojo rules to 'hand'). Young as well as older Sempai **MUST** show a good example. Examples are always followed. Black-belts of 3rd Dan & above, and/or any Black-belt who is teaching, is referred to as SENSEI at all times. During practise no student should go directly to the Sensei without first attempting to gain the necessary knowledge from the next grade up. Each student, however, should make the necessary endeavours to learn the answers from continued practise and observations. The Sensei should be consulted **ONLY** as a final option.
- ◆ The motto of the Dojo. Practise hard in order to master the techniques of true Karate-do.
- ◆ Before the lesson starts students must line up in grade order sitting in a cross-legged position. Before the lesson starts or when bowing off for break, the Dojo must remain low-key in conversation and all talking will be done seated around the Dojo in the cross-legged position.
- ◆ There must be no running or playing in the Dojo at all before, during break or at the end of the lesson.
- ◆ When some students are still training, those that are not must sit cross-legged around the Dojo; they must **NOT** talk to each other or go in and/or out of the Dojo.
- ◆ Speaking whilst the Sensei is talking or demonstrating is considered very rude. Fidgeting is also rude, and is not tolerated even in the very young student.
- ◆ Finger and toenails must be kept short and clean. A clean white Karate Gi must be worn (apart for those who have attended less than 2 training sessions). The appropriate belt must be worn at the correct length and tied correctly.

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- ◆ No drinking, eating, smoking and no jewellery to be worn in the Dojo. Any jewellery, i.e. a bracelet/ring etc., that is difficult or impossible to remove **MUST** be safely covered.
- ◆ All students must reply 'Hai-Sensei' after a command has been given. During training, if you are approached by a Sensei for any reason, i.e. adjusting your technique etc., you must acknowledge the Sensei with 'Hai-Sensei'.
- ◆ Each student must report when temporarily discontinuing lessons, this is good etiquette.
- ◆ During practise sessions (with a partner or free Kata practise) ask the next rank up from yourself, if you require access to knowledge or information; *try to refrain from going straight to the highest grade in the Dojo to ask simple questions.*
- ◆ Techniques are to be pulled short of actual contact when directed to your partner. Never intentionally try to hurt anyone in training. **The emphasis is always on control.**
- ◆ No Student should leave the Dojo during the session, unless he has permission from a Sensei or Sempei.
- ◆ If a Student must stop work, i.e. to go to the toilet then the student must obtain prior permission for it from the SENSEI.
- ◆ If a student is injured then that student must stop what he or she is doing IMMEDIATELY and inform the Instructor.
- ◆ The student must have at least 90% attendance record when training for a grade. Grades are worked for - not waited for.
- ◆ You must not argue with the Sensei about Dojo rules, Grading or Etiquette.
- ◆ All students are treated the same if you have not trained enough do not ask the Sensei for special treatment to pass a grading.
- ◆ No talking at all by students or those who are watching and definitely no idle talking or coaching or communication with students who are training.
- ◆ Any small children must be taken out of the Dojo or nearby entrance immediately if they start making a noise.
- ◆ If you need to make contact with your child who is training, you must first approach the Sensei at an appropriate time.
- ◆ On leaving the Dojo all chairs that are used must be returned to their original position.
- ◆ Parents must ensure that there are no disruptions to the flow of the class (e.g. from ringing mobile phones, movement in and out of the Dojo etc). Please have mobile phones on silent. Turn off all mobile phones/electronics before commencing training.
- ◆ If the SENSEI is not present, the SEMPAI (Senior) will start the class. All students must follow the SEMPAI as though he were the SENSEI.
- ◆ Hand pads, foot and shin guards, gum shields and groin protection must be worn during free sparring.
- ◆ If at any time during training the student needs to adjust his GI or OBI, he must go the side of the DOJO.
- ◆ All students must pay their normal training fees at every training session. This includes any extra cost due to merit badges or gradings that are held at the club approximately every four weeks.

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- ◆ No student will do any act or thing which may be or become a nuisance, annoyance or danger to others.
- ◆ NEVER use KARATE outside the DOJO unless for self-defence. You must fully understand the concepts of KARATE NI SENTANASHI. It means that the Karate-ka must never attack first - mentally or physically. Years of hard correct training are needed. As the Karate-ka grows in stature, so also will grow his good manners and etiquette, both outwardly and even more important, inwardly.
- ◆ Included in the concept of "Karate Ni Sentenashi" is intense, purposeful Karate training and correct Dojo etiquette. One of the concepts of this word is that you must also not bully another person either by physical, mental or emotional means.
- ◆ Respect and protect your parents and elders.
- ◆ You are here to work not to socialise or to become socially involved with other students. Maintain your respect for each other, in and out of the Dojo and get the most out of the time you spend here.
- ◆ Students are to come to class and be ready to learn, not to talk and disturb others.
- ◆ At all clubs do not enter the Dojo (Training Hall) before the Instructor and then only when the Instructor tells you that it is safe to do so. This is a very important Health & Safety issue. If the Instructor is not in the Dojo please wait outside until the Instructor arrives.
- ◆ Parents/Guardians are responsible for the supervision of their children prior to class and at the end of the session. You must only enter the Dojo when told to do so. Please make sure that all rubbish and clothing is taken away with you at the end of the class.
- ◆ When it is badge week or grading all students and anyone else who is watching must respect the rules of the Dojo - the most important rule is no talking, noise or coaching in the Dojo or in rooms nearby the entrance. You must respect all students by keeping to the rules.
- ◆ It is very poor etiquette to question a teacher's or assistant's authority or technical knowledge, and especially so during a class.
- ◆ If you are confused about something, ask respectfully. Don't insist on your point of view.

Bowing-on Procedure

Sensei: 'Seiretsu' (line up in correct ranks and files). Sensei 'signals' the Sempai to acknowledge the start of the bowing-on procedure.

Sempai: 'Seiza' (all kneel).

Sensei: 'Dojo kun' (Dojo maxims).

Deshi: 'Dojo Kun' (acknowledgement of command.).

Sensei: 'Reisetsu O Mamori' (stick to the rules of the Dojo).

Deshi: 'Reisetsu O Mamori'.

Sensei: 'Shingi O Omanji' (be loyal to your Instructor).

Deshi: 'Shingi O Omanji.'

Sensei: 'Jojitsu Ni Oberesu' (students & Instructors are not all one, never take advantage of his friendship).

Deshi: 'Jojitsu Ni Oberesu.'

Sensei: 'Shinkenmi Ni Tesseyo' (be serious in your efforts).

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Deshi: 'Shinkenmi Ni Tesseyo'.

Sensei: 'Mokuso' (quiet thought) - Students and Instructors shut their eyes for a moment of meditation to clear the mind of outside distractions etc., concentrating on the task ahead of serious Karate training and the concepts of the Dojo-kun.

Sensei: 'Mokuso Yamae' (stop meditating) – all students and instructors open their eyes and look to the front. The Sensei will turn to face the Shomen (front), towards the Kamiza (shrine).

Sempai: Shomen Ni Rei (bow to the front) – all bow.

The Sensei turns to face the class.

Sempai: 'Sensei Ni Rei' (bow to the Instructor) – all bow.

Sempai: 'Otaga Ni Rei' (bow to each other) – Deshi bow.

Sempai: 'Kiritsu' (come to attention) - all must stand at once, with the Sensei, to the attention stance – Musubi Dachi) – all bow together with the Sensei.

S.E.M.K.A. Safety procedures for students

- ◆ If you have any medical condition, which may cause you any harm, due to the type of training being performed, you must not take part in the training. This includes infections and transferable conditions such as verruca.
- ◆ If at any time you feel unable to perform or to continue any action in safety you must stop and rest.
- ◆ If you feel dizzy, nauseous, experience any chest pains, excessive fatigue, feel unwell or experience any other condition, which may have an effect upon your health, you must stop and rest. If required, seek medical advice.
- ◆ Do not wait for someone else to rest first. If you need to stop and rest, then you must STOP and REST.
- ◆ Do not strike, kick or perform any other action to anyone in a way, which will cause him or her pain or harm. The techniques do work, so you must not try to prove it to yourself by hurting your partner. Techniques are to be pulled short of actual contact when directed to your partner by at least 150 mm or more. When your level of skill has progressed, you can perform them at a closer range without making any contact.
- ◆ If you are in an arm lock, strangle hold or similar situation, notify your partner of the fact that the technique is applied by tapping the floor, your partner or yourself with your free hand.
- ◆ If your partner taps (as described above) you must release the pressure applied immediately and in a safe manner.
- ◆ If a technique is incorrectly applied, the actions should stop and be re-applied correctly.
- ◆ If you notice that a technique is being performed incorrectly, you must inform your partner of this at once, either verbally or by tapping (as described above) and then verbally.
- ◆ If any of the actions performed include take downs, throws or any other techniques likely to cause you to fall to the floor, you are only permitted to perform these techniques if you have been given appropriate training, on how to fall safely for that particular technique. This also applies to all that participate in the techniques. Use Mats when necessary.

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- ◆ Some training may require the use of safety equipment such as hand and foot pads. You are to ensure that these are fitted correctly, kept clean and replaced if damaged or worn out. Do not share your pads with others.
- ◆ When training do not perform punches, kicks or other techniques in a way, which over extends the joint, as this may cause you to damage a joint. For example, a 'tennis elbow' type injury may occur.
- ◆ Notify your instructor if any accident occurs. Also notify your instructor if you find anything which may endanger the health and safety of those present during the training session.
- ◆ Read, 'In case of fire' notice and know your means of escape in case of an emergency.
- ◆ If you do not know why you should perform warm up exercises before performing some vigorous actions such as high kicks, ask your instructor to explain when and why these are necessary for the prevention of injury.
- ◆ During a rest period, if you are thirsty you should have a non-alcoholic drink. This helps to prevent dehydration. Alcohol is not permitted in ANY Dojo.
- ◆ Do not bring food, drinks or any other items into the training area. Do not leave bags or equipment in such a position that they may cause a risk of tripping or falling on someone.
- ◆ If an item of equipment is too heavy or awkward for you to lift or move safely by yourself, such as a large punch bag or training mat, then do not attempt to move the item until a sufficient number of others assist you. Always keep your back straight when lifting or moving an object. Bend your legs and use the strength in your legs for lifting, not your back.
- ◆ Items such as watches, rings and jewellery must be removed to prevent injuries to yourself and/or others.
- ◆ If you do not understand any of these rules you must seek appropriate information and instruction from your instructor before you are permitted to participate in any training.

Dojo Etiquette

- ◆ Dojo etiquette is within each and every one of us. Whether we realise it and choose to display it is a different story. If acknowledged and implemented, it is the first step to respect and value, a cause more important than yourself.
- ◆ Respect, honesty, discipline are the ways of the Dojo, not competitiveness, greed and selfishness. Appreciate the gift of the Martial Art being handed down to you and don't for a second question the traditional teachings.
- ◆ You must not argue with the Sensei about Dojo rules, Gradings or Etiquette.
- ◆ True etiquette is practised not just in the Dojo but every second of the day throughout life. Look out for each other and respect students of all grades around you.
- ◆ Display the highest gratitude for your black belts and especially your Sensei/Master, as without them your training would not exist. Etiquette will become common sense if you let it. You should feel true etiquette from inside, only then will you know the difference between poor and true etiquette.
- ◆ Respect the Dojo, respect your Sensei, respect the Martial Art and respect your seniors, peers and your surroundings. Only then, can you learn and develop yourself and let your martial art begin to grow within you.

Free Fighting

- ◆ The highest injury rates occur during free fighting. There is a very simple reason for this. People punch and kick each other. Think what an ippon scoring technique is meant to represent - death or maiming an opponent. Is it any wonder then, that people can be hurt?
- ◆ Whilst the potential hazard from free fighting can be great, if it is controlled appropriately the risk should be very small. The biggest cause of injury during free fighting is usually the ego. Someone tries a bit too hard to better their opponent, or to 'just get one good one in on them'. Such behaviour must be totally eliminated and never tolerated in the Dojo. Remind everyone that 'free fighting is a training exercise for everyone and not meant to be a means to boost your ego. Remember Also that you will need your partners again in the future, so look after them!

The Individual

- ◆ We all have some exercises or movements, which we are better at than others. Some people can perform exercises such as hyper-flexion of the knee joints and experience no pain or ill effects. The vast majority of us cannot perform these exercises without considerable risk. The person demonstrating the exercises is usually performing those that they prefer to do, or ones that they are best at. If this includes exercises they can perform with ease but everyone else suffers from a high risk of injury, then it would be a wise action to decline any participation of such an exercise and perform a safe one instead. Let the individual showing off their exercises put themselves at risk, (if it helps their ego) but not you.
- ◆ Pulled muscles can often occur during warm ups and stretching.
- ◆ Avoid any exercise you personally think is too high risk for you to perform safely. The common exercises which are often performed which should be

avoided include; ballistic stretching, bunny hops, double dorsal raises, feet off the floor six inches, neck rotation, toe touching and hyper flexion/extension.

S.E.M.K.A. Students Code of Conduct

- ◆ As a student of Wado-Ryu Karate I strive to understand the 'WAY', to practice this art to the best of my ability, and to commit myself to the training.
- ◆ By respecting myself I respect all others (Ikanaru hito demo sonke suru koto).
- ◆ By knowing myself (Jiko o shiru koto)
- ◆ By never breaking a promise (Yakusoku o yayoranai koto)
- ◆ By not speaking ill of others (Hito o onshitsu shinai koto)
- ◆ By not being afraid of anything (Ikanaku koto ni oite mo osorenai koto)
- ◆ By respecting the opinions of others. (Hito no iken o soncho suru koto)
- ◆ By having compassion and understanding for everyone (Hito ni taishite omoiyari o mot koto)
- ◆ By never forgetting to be appreciative (Kansha no kimochi o wasurenai koto)
- ◆ Never lose my "Beginner's Sprit" (Shoshin o wasurubekarazaru koto)

Parents

- ◆ Parents must be on time when collecting their children. All children must be collected from the Dojo by their parent or appropriate adult. Sensei may also need to discuss their training and progress from time to time.
- ◆ Parents and other guests are welcome to observe class. However, Sensei would prefer that the student is dropped off and picked up after a month (This will help the student to focus more if there are fewer distractions).
- ◆ If Parents and Visitors do come into Dojo, the following conditions must be adhered to at all times. (If students see this it will help them understand anyone who enters the Dojo need to understand the rules):
- ◆ Bow before entering and leaving the Dojo. (This expresses the student's intent to concentrate fully on karate-do training, and provides an opportunity to remind themselves to be grateful for the chance to train in karate-do.)
- ◆ **Mobile telephones, and all other personal electronic equipment, to be switched off. No photographic or personal electronic equipment to be allowed inside the Dojo at any time.**

Parents are expected to:

- ◆ Positively reinforce their child/young person and show an interest in their chosen activity.
- ◆ Do not place their young person under pressure or push them into activities they do not want to do.
- ◆ Complete and return the Health and Consent Form pertaining to their child's participation with S.E.M.K.A..
- ◆ Deliver and collect the child punctually to and from training sessions.
- ◆ Ensure their child is properly and adequately attired for the training session - tracksuit, sweat-tops, hat, gloves, Gi, Obi, Bogu, Gum Shields etc...

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- ◆ Ensure that proper footwear and protective equipment are worn at ALL times in accordance with Health and Safety Regulations. Any child not in possession of the fundamental requirements will not be permitted to participate.
- ◆ Detail any health concerns pertaining to the child on the consent form, in particular breathing or chest conditions. Any changes in the state of the child's health should be reported to the Sensei prior to coaching sessions.
- ◆ To inform the Sensei prior to departure if child is to be collected early from a coaching session.
- ◆ Encourage their child to play by the rules and teach them that they can only do their best
- ◆ Behave responsibly on the sidelines, do not embarrass your child.
- ◆ Show appreciation and support the Sensei
- ◆ Ensure your child is punctual
- ◆ Be realistic and supportive.
- ◆ Provide your child with proper clothing and equipment.
- ◆ Ensure your child's hygiene and nutritional needs are met.
- ◆ Accept the official's judgement.
- ◆ Acknowledge the importance and role of the club Sensei who provide their time to ensure your child's participation in the club.
- ◆ Know your child is safe
- ◆ Be informed of problems or concerns relating to your children
- ◆ Be informed if your child is injured
- ◆ Have your consent sought for issues such as trips
- ◆ Any misdemeanours and breach of this code of conduct will be dealt with immediately by a "S.E.M.K.A." official. Persistent concerns or breaches will result in the parent/guardian being asked not to attend sessions if their attendance is detrimental to the child's welfare.
- ◆ The ultimate action should a parent/guardian continue to breach the code of behaviour may mean the "S.E.M.K.A." officials regrettably asking the child to leave the club.