



## S.E.M.K.A. RULES & REGULATIONS NOTICE

Issue 2 2011

It has come to my notice that some of the following rules are being broken at some of the clubs.

These are the main ones that are being broken to see a full list of the rules go to [www.semka.co.uk](http://www.semka.co.uk).

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 practicing 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 etiquettes, this Art is not the right discipline for you.

The Instructor's title is SENSEI at ALL times during training. (Jojitsu Ni Oberezu). Higher Kyu grades who instruct will be called SEMPEI. Lower grade Students must obey a higher grade during a training session. Student or Parents must not argue with the Sensei or Sempei in the Dojo; if you do so, you have to leave the Dojo at once. Showing respect to your Shihan, Sensei and Sempai has always been a must! When you train any form of martial arts, it is important that you show respect to the elders that are teaching you.

At all clubs do not enter the Dojo (Training Hall) before the Instructor then only when the Instructor tells you to do so. This is a very important Health & Safety issue. If the Instructor is not in the Dojo please wait outside till the Instructor arrives. Parents/Guardians are responsible for the supervision of their children prior to class. 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.

Parents and other guests are welcome to observe class. However, Sensei would prefer that the student be dropped off and picked up after a month (This will help the student to focus more if there are less 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 students 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.)

No talking at all by students and 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 and 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).

When its badge week or grading all students and anyone else who is watching must respect the rules of the Dojo the most important one 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 who are engage in taking their grading. 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.

Parents must be on time when dropping off and collecting their children. Please arrive 5 minutes before the class starts and finishes. If you are going to be late please phone Sensei on 07778058482 or sent a text. I have to leave on time at some classes to teach at other venues. All children must be collected from the Dojo by their parent or appropriate adult do not allow them to go and meet you in the car park. Sensei may also need to discuss their training and progress from time to time.

All Students must have an up-to-date S.E.M.K.A. Licence/membership/insurance and must wear a clean white karate Gi with the S.E.M.K.A. badge on the left breast, 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. The wearing of jewellery, watches or sharp articles is strictly forbidden during training. No student will do any act or thing which may be or become a nuisance, annoyance or danger to others.

All students must pay their normal training fees at the beginning of every training session. Or set up a standing order to pay monthly. This includes any extra cost due to merit badges or grading that are held at the club approximately every four /six weeks.

Thank you for your cooperation in these matters Sensei Paul Elliott 6th Dan Renshi