



S.E.M.K.A

Rules

&

Regulations

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S.E.M.K.A. RULES AND REGULATIONS 2011

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 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.

1. *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.*
2. *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.*
3. *Dojo Kun (Dojo Rules) must be said before the bow and adhered to at all times. These rules are mottos, 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 saying "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, chewing gum or drinking in the Dojo. Concentrate solely on what you come to do - KARATE, and train hard in everything you do. Visitors, as well as Students, MUST respect the DOJO KUN

4. *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.*
5. *Before the lesson start students must line up in grade order sitting in a cross legged position. Before the lesson start or 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.*

9. *No Student should leave the Dojo during the session, unless he has permission from a Sensei or Sempei.*
10. *If a Student must stop work, ie for going to the toilet or though injury then the student must obtain permission for it from the SENSEI.*
11. *The Student must have at least 90% attendance records when training for a grade. Grades are worked for - not waited for.*
12. *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.*
13. *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).*
14. *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.*
15. *Hand pads, foot and shin guards, gum shields and groin protection must be worn during free sparring.*
16. *If at any time during training the Student requires to adjust his GI or OBI, he must go the side of the DOJO .*
17. *All students must pay their normal training fees at every training session. This includes any extra cost due to merit badges or grading that are held at the club approximately every three weeks.*
18. *No student will do any act or thing which may be or become a nuisance, annoyance or danger to others.*
19. *NEVER use KARATE outside the DOJO unless for self-defence. You must fully understand the concepts of KARATE NI SENTANASHI . It means that the Karateka must never attack first - mentally or physicality. Years of hard correct training are needed. As the Karateka 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" are 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.*
20. *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 Sensei at all times 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.*

21. *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.*
22. *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.*

S.E.M.K.A. SAFTY PROCEDUES FOR STUDENTS.

1. *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.*
2. *If at any time you feel unable to perform or to continue any action in safety you must stop and rest.*
3. *If you feel dizzy, nauseous, any chest pains, excessive fatigue, unwell or any other reason which may have an effect upon your health, you must stop and rest. If required, seek medical advice*
4. *Do not wait for someone else to rest first. If you need to stop and rest, then you must STOP and REST.*
5. *Do not strike, kick or perform any other action to anyone in a way which will cause them 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 150mm or more. When your level of skill has progressed, you can perform them at a closer range without making any contact.*
6. *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.*
7. *If your partner taps (as described above) you must release the pressure applied immediately and in a safe manner.*
8. *If a technique is incorrectly applied, the actions should stop and be re-applied correctly.*
9. *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.*
10. *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 who participate in the techniques. Use Mats when necessary.*

16. *During a rest period, if you are thirsty you should have a non-alcoholic drink. This helps to prevent dehydration.*
17. *Do not bring food, drinks or any other items into the training area. Do not chew gum or sweets at any time in the Dojo. Do not leave bags or equipment in such a position that they may cause a risk of tripping or falling on someone.*
18. *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.*
19. *Items such as watches, rings and jewellery must be removed to prevent injuries to yourself and others.*
20. *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.
See also S.E.M.K.A .club rules*

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. It is any wonder then, that people can be hurt?

While 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.' 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.

Exercises

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

- 1 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.*
- 2 By respecting myself I respect all others
(Ikanaru hito demo sonke suru koto).*
- 3 By knowing myself
(Jiko o shiru koto)*
- 4 By never breaking a promise
(Yakusoku o yayoranai koto)*
- 5 By not speaking ill of others
(Hito o onshitsu shinai koto)*
- 6 By not being afraid of anything
(Ikanaku koto ni oite mo osorenai koto)*
- 7 By respecting the opinions of others.
(Hito no iken o soncho suru koto)*
- 8 By having compassion and understanding for everyone
(Hito ni taishite omoiyari o mot koto)*
- 9 By never forgetting to be appreciative
(Kansha no kimochi o wasurenai koto)*
- 10 Never lose my "Beginner's Sprit"
(Shoshin o wasurubekarazaru koto)*