



## RULES OF THE DOJO

1. **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. The wearing of jewellery is not only considered 'bad etiquette' but also a matter of Health & Safety.
2. **Students must always be in possession of a valid up-to-date British Wadokai Licence;** and beginners must have possession within 3-weeks of regular training.
3. **Students must always arrive BEFORE the class starts;** it is disrespectful to turn up late to the Dojo. If you are unavoidably late for the 'bow-on': a. Bow to enter the Dojo. b. Kneel at the Dojo entrance and recite the Dojo-kun in your mind. c. Perform the 'bow-on' sequence. d. Stand, then bow towards the Sensei (Tachi-rei). e. Wait for the Sensei to acknowledge your presence BEFORE joining the class.
4. **Tachi-rei (standing bow).** Always bow upon: a. Entering and leaving the Dojo. b. Before and after addressing your Sensei, or, if your Sensei is addressing you. c. Before and after performing various techniques with each other.
5. **If the Sensei is not present,** the Sempai (most Senior) will start the class. All students must follow the Sempai as though he were the Sensei.
6. **During the session,** students must work with an attitude of seriousness and complete concentration. Laughing, swearing and talking cannot be permitted. Silence and seriousness during the session are the two rules that must be followed if a high level of training is to be sustained.
7. **Unless training has commenced, all students must bow to Yūdansa upon their arrival to the Dojo.**
8. **Rapid movement is an essential part of the training,** even as it pertains to lining up on command. This habit of moving quickly, without wasted motion and effort, will also help keep the class working smoothly as well as making the student instinctively responsive.
9. **When not training,** i.e. during breaks etc. Students must sit crossed-legged against the wall in the Shimoza (lower-house) area of the Dojo, or in the designated resting area/s away from the Dojo.
10. **You must always wear a clean & pressed white Gi.** Badges must be worn on the left-side of your Gi (arm/chest). Other badges, as country representation badges etc., may be worn on the right sleeve (*these are only issued & supplied by your Sensei*).
11. Only females, and students with special medical conditions, may be permitted to wear a T-shirt (white) under their Gi top.
12. **No student should leave the Dojo** (or ranks) during the session; unless he has prior permission from a Sensei or Sempai to do so (this is for reasons of good etiquette as well as Health & Safety).
13. **On the command of 'Seiretsu'** students must line-up **quickly and quietly** in the proper grade/rank order in the Kiritsu/Kiotsuke (formal attention) position (Musubi-

dachi). You must not pass in front of higher graded ranks to do this, but move in line behind your own, or lower graded, ranks.

14. **If a student must stop work**, for any reason, then he must FIRST obtain permission from his Sensei. **DO NOT JUST WALK AWAY FROM TRAINING - If you need a 'water-break' or need to use the toilet - ask the Sensei FIRST and always wait for permission to re-join the session! If using the toilet, always use footwear within the toilet environment.**
15. **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' accompanied with a proper bow. Never direct techniques towards a Sensei, even for demonstration purposes.
16. **Each student must report when temporarily discontinuing lessons**, this is good etiquette.
17. **Unless you are the/a Sensei, or have been asked:** During line-up, whilst training in Fundamental and Renraku techniques, do not allow yourself to be distracted by other students in the ranks and start adjusting or 'teaching' them. Concentrate on **YOUR OWN** technique and allow the other students to learn at their own pace and by the Sensei.
18. **Finger and toenails are to be kept short and clean.**
19. **No drinking, eating, chewing gum, or smoking in the Dojo.** Refreshments may be consumed **ONLY** in the designated 'rest areas' during the break/s.
20. **A student who has undergone surgery**, or who suffers from any kind of medical condition or injury, will not be permitted back into regular training until a signed letter from the Doctor has been received by the Instructor. Your Sensei, as well as your working partner/s, must also be made aware of any ongoing condition.
21. **If at any time during training** the student requires to adjust his Obi or Gi, he must go down on one knee to do the adjustment. On serious adjustments the student may require to ask the Sensei in order to leave the ranks to go to the side of the Dojo, again, drop onto one knee for the adjustment/s.
22. **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. Sempai (Brown-Belts and lower graded Black-Belts) are the Dojo 'Police-force' and are responsible for the discipline in the Dojo. Young as well as older Sempai **MUST** show a good example. Examples are always followed. 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.
23. **All Black-Belts must be referred to by title** NOT by name (Senpai, Sensei, etc.) while they are in their Gi, by all Kyu & Dan Grades, and all students must bow and respect them as they would **ANY** senior grade.
24. **The Sensei of a Dojo** must **ALWAYS** be referred to as 'Sensei' by students as well as well as Yudansha within the Dojo. All Black belts must refer to all higher graded Yudansha with the proper title, etiquette and respect **AT ALL TIMES.**
25. **A Sensei is always a Sensei**, not just while he wears a Gi. He must be respected inside as well as outside the Dojo. If he is your friend, do not take advantage of his friendship.

26. **The motto of the Dojo.** Practise hard in order to master the techniques of true Wadoryu Karate-do.
27. **Respect higher grades,** and refer to them with proper title, and have compassion and empathy for your peers and lower graded students.
28. **Respect and revere your parents and elders,** respect other people. Respect property and all life. Also, respect yourself.
29. **Never use Karate outside the Dojo,** unless for self-defence. Understand the correct concepts, principles and implications of Sente & Karate-ni-Sentenashi.

**NB: Parents & Visitors: Children must be dropped off and collected from inside the Dojo premises. Mobile telephones, and all other personal electronic equipment, must be switched off. No photographic or personal electronic equipment to be allowed inside the Dojo at any time. Parents/Carers may stay and watch the training session. However, you may be asked to leave if you 'involve' yourself, influence your child (or any other student), or interrupt, with any aspects of the training programme..**

### **BOWING ON/OFF PROCEDURE**

The 'traditional' method of lining up in the BWK Dojo is quite simple. On the command of 'Seiretsu' students must line-up quickly and quietly in the proper grade/rank order (highest ranks starting from the front-right working down to the lowest ranks on the rear-left) in equal rank & file in the Kiritsu (informal attention) position (Musubi-dachi). You must not pass in front of higher graded ranks to do so, filter in from the rear and side of your own line. All Sensei stand facing the rank & file of students. In the event that there is more than one Sensei, the highest graded Sensei would usually be positioned at the left of the lower ranked Sensei (this would then be in correct rank position during the 'Shomen-ni-rei', where the highest ranks must be on the right in the line up).

Traditional formality.

- Sensei: 'Seiretsu' (line up in correct ranks and files).
- Sensei 'signals' the Senpai to acknowledge the start of the bowing-on procedure.
- Senpai: 'Seiza' (all knee). *Those unable to kneel must stand at the rear of the Dojo in the Kiritsu position (attention stance with hands at the side).*
- Sensei: 'Dojo kun' (Dojo maxims).
- Deshi: 'Dojo Kun' (acknowledgement of reciting proceedings.)
- 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).
- Deshi: 'Shinkenmi Ni Tesseyo'.
- Sensei: 'Mokuso' (*optional - 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 (clockwise) to face the Shomen (front), towards the Kamiza (shrine).
- Senpai: Shomen Ni Rei (bow to the front) – all bow.
- The Sensei turns (clockwise) to face the class.
- Senpai: 'Sensei Ni Rei' (bow to the Instructor) – all bow.
- Senpai: 'Otaga Ni Rei' (bow to each other) – Deshi bow.
- Senpai: 'Kiritsu' (come to attention. All stand at once, with the Sensei, to the attention stance – Musubi Dachi) – all bow.

## AFFILIATED CLUBS

- (a) All Instructors & Clubs will be in Direct Membership to British Wadokai and the British Wadokai Chief Instructor.
- (b) All Clubs must train in traditional Wadoryu Karate-do; as strictly promoted within the BWK, or intend to do so within 12 months of application acceptance.
- (c) All Clubs will run individually under the 'registered' Licensed BWK Instructor for that Club but must be teaching the official BWK Grade Syllabus and Technical Standards at all times.
- (d) All Clubs must be run by a Licensed BWK Instructor of at least Shodan and be of at least 18 years of age.
- (e) The BWK Instructor has sole responsibility **on all levels** of protection and care for individual members under his direction and tutelage.
- (f) All BWK Instructors are responsible for their own Dojo & participants. All participants, including any guests, visiting instructors and/or students, must have possession of BWK Insurance (either temporary or annual cover through a BWK Licence). *See BWK Website for licence forms and temporary membership application forms, etc.*
- (g) The choice of membership within the club is the sole responsibility & decision of the registered Leading Instructor of the Dojo. The Instructor can recruit, suspend, and expel any member of his club for whatever reason as he feels necessary. Club members can be expelled immediately for any justified reason (example reasons (although not exhaustive) of suspension and expelling would include breach of Dojo Rules, bad etiquette, attitude, continual lateness, bad language, etc.).
- (h) All Clubs must have adequate Insurance cover, through fully licenced membership, with Insured Registered & Licensed BWK Instructor/s in the running and control of all Club affairs.
- (i) Each Club must have a minimum of 2 registered officers (i.e. Instructor, Assistant Instructor/Club Secretary, etc.) present at all times.
- (j) Each Club must have at least one 1<sup>st</sup> Aid qualified member (acting Covid-19 Officer) present at all times, excluding the main Instructor.
- (k) Each club must have a Covid-19 Officer to monitor students & participants entering and leaving the Dojo. Covid-19 Attendance/Track & Trace Sheets are available on the BWK Website.
- (l) All Clubs must have licenced-insured & registered BWK Licensed Instructors who possess a CRB/DBS (or equivalent) and 1<sup>st</sup> Aid Certification.
- (m) All Clubs must have insured and registered BWK Licensed Members, who must also be monitored and recorded by club register and with the student's Club Attendance Record Card (cards are issued with licences).

- (n) All Clubs MUST use the official British Wadokai Club & Course Attendance Record Cards, which are issued to all BWK Licenced Members, for the monitoring of training and licence validation.
- (o) Clubs may be of any size but must meet regularly at proper premises.
- (p) Clubs may have either amateurs or professionals (although not 'commercially' motivated individuals) as membership.
- (q) Applications for Club Affiliation must be sent to the BWK Chief Instructor. The BWK Chief Instructor will consider all initial applications before forwarding for BWK Executive & Technical Committee involvement.
- (r) All Clubs shall, upon acceptance, abide by the 'spirit' and current rules of the BWK Regulations.
- (s) All Clubs (Instructor/Committee, etc.) must be aware of, and strictly follow, all 'Policies' put into place for the protection of BWK Members and Instructors.
- (t) A BWK representative *may* investigate Club/s at any time.
- (u) International BWK Clubs may also need to affiliate to a National Governing Body (if there is one) in their host country. BWK-International Members are not covered by insurance through BWK Licencing. BWK Associate Members may also apply to the International Wado Federation for affiliation membership.
- (v) All British Wadokai Members, who participate in organised National and/or International events, must only attend the official events sanctioned by British Wadokai and the Governing Bodies of the British, European and International Wado Federations. *You are reminded that you will be in breach of your BWK Licence Membership and Insurance Cover if you participate in events outside of the British Wado Federation.*
- (w) All new club affiliations will be placed on a *Provisional Membership* until all implications of membership have been fulfilled. Club Instructors of Shodan & above, joining from other organisations, will have their grades accepted; but may have to undergo regular Standardisation Course attendances before being accepted fully as BWK Examiners. **Applications from other/outside organisations:** Depending on origination (origin of style, certification, lineage, etc.) grades registered within your existing karate licence will be 'automatically' transferred to your new BWK Licence upon acceptance (in most instances as honorary, unless of authentically recognised origination). Grade advancement may continue, once technically updated to the present grade and fully conversant with the requirements, for progression after 12-months from initial BWK Licence Registration.

NB: The running of the Club is the sole responsibility of the Registered BWK Leading/Senior Instructor.

NB: By applying for BWK Membership you are entering into an agreement that this is your only affiliation and lineage. Due to conflict of interests: As a member of BWK it is important that you are not also a member of any 'outside' National Governing Body or Association. No officer, representative, or similar person representing the interests of a member of BWK, may represent, be a member of, or officiate for any group, association, federation or organisation purporting to practise karate within the UK or abroad.