

Martial Arts REFINERY

Dojo Rules:

- 1) When you arrive at the dojo, find your instructor(s) and bow and greet them.
- 2) Respect yourself and others. Don't smoke, cuss, or chew at the Dojo.
- 3) Always do your best in class, and when possible, in life.
- 4) Don't give up. Never say "I can't." (You may say, - I need to work on it/this).
- 5) Consider your classmates' safety, and your own. Keep nails short, and remove all watches and jewelry before class.
- 6) Remove socks and shoes before stepping onto the mats.
- 7) Bow on and off that mats.
- 8) Keep you uniform clean.
- 9) Bow to you partner before and after working together on an exercise.
- 10) Thank your partner after working with them by saying Domo Arigato.
- 11) Never leave the class for a break, or water, except with permission.
- 12) Never sit or lean on the walls during class, unless an instructor tells you to.
- 13) When late for class, bow on to the mat, do 10 push ups, and stand at attention until you are granted permission to join the class.
- 14) Never wash your belt. (Gross I know, but it is a tradition of 1000's of years). Traditionally, you got a white belt, and it turned black with time, sweat and blood.
- 15) Never leave your belt on the ground. Your belt represents your work and achievement, and keeping it off the ground is a way to respect that. Keeping your belt off the ground also prevents artificial rank advancement. (See rule 14).
- 16) Do not ask to test. Your instructor will always inform you when you are ready.
- 17) Spar only with full protective equipment and a Sensei present.
- 18) Do not use gear without permission of owner or Instructor.
- 19) Pay your dues on time, (before the 10th of each month). For private lessons, payment is due on the day of the lesson.
- 20) When bowing out, say "Domo Arigato." This is the traditional way of thanking your



instructor.