

SHOFUKAN KENDO DOJO RULES

1. **BE RESPECTFUL WITH EVERYONE.** When entering and leaving the dojo, greet sensei, staff, parents, and fellow students.
2. **BE RESPECTFUL TO THE DOJO.** When entering and leaving the practice area of the dojo, make a standing bow. Always bow in the direction of the 'shomen' when stepping on or off the dojo floor.
3. **BE POLITE.** Treat others the way you would want to be treated. Be respectful of everyone on and off the dojo. Do not wonder around people while they are training. At the end of the training, while thanking everyone, say their name with a thank you.
4. **ONLY SENSEI TEACHES THE CLASS.** Do not correct fellow students unless they ask for help. Bow to the sensei after individual instruction.
5. **RESPECT YOUR TRAINING TOOLS.** Keep your Kendo uniforms clean and patch any areas that may need to be sewed. Also, fold your uniforms neatly and clean to store back in your bogu bag.
6. **KEEP CLEAN.** Before class, make sure your hands, feet, and face are clean. Make sure your toenails and fingernails are trimmed. Don't walk outside in barefoot and then walk back into the dojo (wear your shoes outside). Remove any jewelry. If you have long hair, pull it back and tie it.
7. **BE ON TIME.** If you are late to class, change into your kendo uniform and greet and explain why you are late to the head instructor prior to participating in the practice for the day.
8. **PRACTICE THE TECHNIQUE SENSEI DEMONSTRATES.** To avoid any injuries and to help in your own growth in Kendo, only practice the technique being taught.
9. **DO NOT GOOF AROUND IN THE DOJO.** Horseplay in the dojo while the class is going on can cause injuries to you and others training.
10. **YOU MAY GET DRINKS AS NEEDED DURING TRAINING, BUT PLEASE DO NOT KEEP YOUR PARTNER WAITING.** Only water for drinking is permitted inside the dojo.
11. **DO NOT LEAVE THE TRAINING AREA DURING CLASS.** Do not leave from training area without asking sensei first. Try not to leave the area unless you are injured or ill.
12. **TRY TO KEEP ALL CONVERSATION LIMITED TO YOUR TRAINING WHILE YOU ARE IN SESSION.**
13. **RESPECT OTHER STUDENT'S EQUIPMENT.**
14. **DO NOT TRAIN IF YOU HAVE A CONTAGIOUS ILLNESS.**
15. **IF YOU HAVE ANY QUESTIONS ABOUT ETIQUETTE, ASK YOUR FELLOW SENPAI** (Senior students) **or SENSEI.**

Print Name: _____
(Kenshi/Student)

Date: _____

Signature: _____
(Kenshi/Student)

Print Name: _____

Date: _____ (Parent/Guardian)

Signature: _____
(Parent/Guardian)