

DOJO RULES

1. Main instructor will be addressed as "Sensei" and Nidan (3rd degree and above). Other instructors like Shodan and below will be addressed as Sempai, or San after their first or last name, or Miss or Mister.
2. Everyone will be treated with equal respect. Adults should be addressed as Miss or Mister.
3. Everyone will "Rei" or bow before entering and leaving the dojo.
4. No shoes will be worn in the dojo.
5. No smoking, gum chewing, or unethical language in the dojo.
6. No horseplay in the dojo.
7. No sparring without Sensei's permission, brown belts and above excluded.
8. If taking medication, inform the instructor prior to class.
9. If you are injured before, during or after class, please inform your instructor.

RULES FOR STUDENTS

DO's

1. Be at the dojo 10 minutes prior to the start of class.
2. Use the restroom prior to coming in the dojo.
3. Inform Sensei of any illness or injury prior to class.
4. Be respectful and courteous to fellow students.
5. Be helpful to other students who may be having difficulties.
6. Leave shoes or sandals outside the dojo or inside on shoe rack; always line them up neatly.
7. Show respect to assistant instructors.
8. Have dues turned in by the first of the month.

DON'T's

1. Do not come to the dojo under the influence of drugs or alcohol.
2. Do not push or shove students when lining up.
3. Do not wear jewelry or watches during class.
4. Do not wear dirty gi to class.
5. Do not forget to thank your parents for allowing you to come to class.
6. Do not misuse or abuse the teachings of the dojo on people outside of the class, as well as family.

Basic Kihon (Training)

One	Down Block - Reverse punch
Two	Chest Block - Vertical fist
Three	Rising Block - Inverted punch
Four	Sweeping Block - Front snap kick - Reverse punch
Five	Slap Block - Inside shuto with same hand
Six	Down Block - Chest block with same hand - Double punch
Seven	Sweeping Block - Back fist with same hand - Grab, Front Kick, Shuto block
Eight	Reinforced Chest Block - Roundhouse kick back foot - Reverse punch with back hand
Nine	Cat Stance - Shuto block - Front snap kick with front foot
Ten	Step Back Kibadachi Stance - Sweeping block - Side kick off leading leg - Reverse punch with back hand
Eleven	Step Forward - Back Fist - Punch - Front kick - Back kick off back leg - Down block lead hand
Twelve	Step Back Zenkutsudachi - 2 Double blocks, Outside shuto, Shuto down block with same hand - Web hand
Thirteen	Step Back With Same Hand Elbow to Rear - Elbow to jaw, Elbow to side, Shuto block, Grab head, Elbow to side of head, Back fist, Down block with same hand, Double punch