



Hornchurch Karate Club



- You must always Rei (bow) when entering or leaving the Dojo (Hall).
- All Instructors are to be addressed correctly – Sensei.
- Your licence book must always be kept up to date and it should be read and signed when you first receive it – **NO UP TO DATE LICENCE MEANS NO TRAINING OR GRADINGS.**
- No jewellery is to be worn (i.e. no watches, chains, ear rings, rings etc) whilst you are training – Please leave any items at home as the club will not be held responsible or liable for any items that are lost or stolen.
- There is to be no eating or drinking on the mats or the training area – All drink spillages must be cleaned up straight away and please put all rubbish in the bins provided.
- Do not walk on the mats with any shoes or trainers.
- When lines are called you must line up quickly and in grade order.
- If you arrive late **DO NOT** join in until the Instructor tells you to – Please try to arrive in time.
- If you arrive early for your class and there is another class in progress you must keep the noise down to a minimum – do not interrupt the class that is in training.
- You are not to fight in the Dojo unless a Black belt instructor has given you permission.
- There is to be no swearing in the Dojo.
- There will be a minimum of 3 months (approx 24 Sessions) between each grading up to 5th Kyu (Orange Belt). The time for gradings between 4th Kyu (Green Belt) and 1st Dan (Black Belt) are much longer. You will be advised when you are taking a grading – it is not up to you to tell the Instructor when you will grade.
- You must have an attendance of 80% between each grading.

- You must bring license book and the correct grading fee when taking your grading – **No Licence means no grading.**
- The A.M.A Association badge is to be worn on the left hand side of the Gi jacket.
- All **FULL** club members must wear the Karate Gi.
- Only Female students are allowed to wear “T” shirts under their Gi Jackets.
- Students who have finished training and are waiting for their parents must remain in the Dojo and not run around outside the hall.