

## CLASS INDUCTION AND SAFETY RULES

### Before Class

- Please strive to be on time.
- Observe proper dojo etiquette on entering the dojo. This will be taught to you.
- Remember your fees. Important for rental of the venue, equipment and other day to day necessities in keeping the class running.
- Never enter the training space with your footwear on. Likewise, if you leave the training space temporarily, please replace your footwear.
- Jewelry must be removed.
- In keeping with tradition, the qualified instructors are to be called Sensei while in the class environment.
- If you have arrived after the lesson has begun, pause before entering the training space and wait for the instructor to acknowledge you. After you have been acknowledged, rei (bow) and then you may enter the training space. This is a sign of respect.

### During Class

- Always observe proper dojo etiquette. Including rei-ho or bowing procedures, all of which will be taught to you.
- **DO inform the instructor of any health conditions or injuries which may be affected by training or may affect your training. Your safety is of the greatest importance!**
- No eating or chewing gum is allowed during the class.
- It is always good to have some water available but keep it to the side away from the training area.
- When you turn up for training, leave all your daily distractions behind. Clear your mind and strive your uttermost to absorb the lesson. It should be your only focus at that time.
- Be friendly and polite. Introduce yourself to those you interact with. Make friends :)

### Warm-ups & Physical Conditioning

- Warm-ups are a way of gradually easing your body into an exercise routine to avoid damage. For beginners, a first attempt at any particular **exercise should never be done without personally being shown the proper form or technique**. Furthermore, **a new exercise should never be executed beyond your comfort zone**. Always keep this in mind.
- Pay attention to **posture**, especially where loading (weight carrying) exercises are involved! Poor posture deprives you of benefitting from the exercise and can result in injury.

### After Class

- Inform the instructor of any injuries or unusual pains you may have.
- Stretches help promote muscle repair and development after exercise. It helps for faster recovery. If you feel the need, in your own time do extra stretches in-between lessons.
- As you progress through training you will gradually cover a vast number of techniques. So for grading (testing for rank promotion) it is quite helpful to have notes. Feel free to write your own, even during class. The club also has vast learning resources which include the members-area of the website, video portals, and a printed student manual that you may purchase at minimum cost.

We're a pretty relaxed bunch so all of the above will come naturally in time!

## **JIKAN PHILOSOPHY**

The kanji (Japanese writing) used in the name of our school, 慈館 is of Buddhist origin and translates to mean 'house of compassion' or 'to observe compassion'. So why the name? Well, it is hoped that in time when students have seen how much our martial arts have to offer, and when they have grown in confidence in their martial arts ability, that they will always be reminded through our name the ultimate purpose they should serve.

Through devoted practice we develop great ability and strength - strength in mind, body and spirit. We should use these gifts to help and protect others, especially the weak and the less fortunate. When we are able to truly feel the pain of others in distress or suffering and act on our desire to help them, then we know what it is to observe compassion.

Be it in the name of justice or charity, to an aggressor or complete stranger, to help our fellow man is to make our world a better place. This is the way of Jikan Dojo.

## **DOJO KUN**

With consistency and integrity we strive to adhere to these **Rules of the Training Hall**, also known as Dojo Kun.

### SEEK PERFECTION OF CHARACTER

We're not perfect beings, however this by no means implies that we should not strive for perfection. It is through honest self-analysis that we find room for growth. It is through the effort and desire that we grow and develop. If we always strive to be or do just that little extra, in the end we'll realise how much better we have become. This applies to martial arts training as well as our day to day lives.

*"If You Want to Make The World A Better Place Take A Look At Yourself, And Then Make A Change"*

### BE FAITHFUL

To be faithful in the dojo means to be dedicated to your dojo, to your training and to your sensei. This means to not run away from training at the first sign of trouble. It means showing commitment to your teacher, who will in turn show a commitment to you. For the faithful you'll find that the sensei will be happy to reward them with all his knowledge and effort. This dedication should also transcend into everyday life. Perseverance and loyalty go a long way in fostering healthy relationships and achieving success.

### ENDEAVOR TO EXCEL

Never settle for less than your potential, or underestimate what that potential is. Simple stated, you should reach for the highest heights in everything you set your mind to. Always give 100% and in turn life will be filled with many great rewards.

*"The sky is open to those who dare to fly."*

### RESPECT OTHERS

Most, if not all of the world's wars can be attributed to a lack of respect such as cultural and religious insensitivity or a lack of tolerance. This by extension shows lack of respect for life itself, and so we find that a failure to establish mutual respect is at the heart of all human conflict.

In the dojo respect is practiced in everything we do. It is what distinguishes us as true martial artist. Manners in the form of dojo etiquette are a way of showing respect and reflects Japanese culture in the traditions we practice.

### REFRAIN FROM VIOLENT BEHAVIOUR

A well trained martial artist is a being who possesses an undefeatable spirit. He or she is physically and mentally conditioned to endure, and overcome. He or she is all too aware of the great danger in applying these techniques. It is therefore irresponsible for them to use these skills unjustifiably i.e. anything other than self-defence.

Even if antagonised, harassed or challenged by someone bigger in size or stature, a true practitioner of the martial arts should have no urge to prove themselves because of confidence, calmness, and a spirit of peace.

When we resort to unjustifiable violent behaviour, not only do we have to face the consequences after, but we demonstrate exactly how much we aren't in control of ourselves and our emotions. This is our first defeat.