



DOJO KOKOROE (JAPANESE) - SCHOOL RULES

All students are subject to these School Rules. Failure to adhere to these rules may result in disciplinary action, when deemed necessary by Master Tomas Reis, Miss Roxanne Reis or the Reis Martial Arts Staff.

1. All students must arrive early enough for class to join your class **on time**. Students arriving late or needing to leave early must ask permission from the instructor to leave or join in the current class and must bow in and out as appropriate. This is a show of respect and courtesy.
2. All students must **pay respect** in the following ways:
 - a. Performing a standing bow when joining or leaving a class.
 - b. Performing a standing bow upon entering & leaving the dojo.
 - c. Performing a standing bow before entering & leaving the mat training area.
 - d. Performing a standing bow & paying a greeting to **Master Tomas Reis, Miss Roxanne Reis, Sempais** (Assistant Instructors), **Yudansha** (Black Belts) **immediately** upon entering the dojo and just before leaving for the day..
3. All students will refer to Master Reis as “Sensei” which means teacher. And will reply to Master Reis, as well as, Miss Roxanne, Sempais & Black Belts with a “Yes Sir/Maam & No Sir/Maam” response.
4. All students will refer to each assistant instructor by their first name and Sempai after it - which means Assistant Instructor. For example: Tyler Sempai.
5. **Absolutely no one** is allowed on the training mats with shoes on!
6. Talking on the floor will be kept to a minimum and on the training mats only when asking a question of the instructor or necessary for the training at hand.
7. There will be **no running, horseplay or profanity** spoken in the dojo.
8. No food or beverages are allowed on the training mat area at any time. This includes chewing gum.
9. There is **never** any smoking, possession or consumption of alcohol, or possession or consumption of drugs allowed in the dojo **EVER!**
10. Any student or parent coming to the dojo under the influence of alcohol or drugs will be subject to dismissal.
11. Everyone must practice **good hygiene** – keep finger nails and toe nails trimmed and clean. Keep your body clean, particularly your feet and hands. Keep your Gi (training uniform) washed regularly and free of wrinkles. **Those who are not in order prior to class will not be allowed to train.**
12. Jewelry must not be worn during training.
13. Follow the example and suggestions of senior students for proper attitude and respect.
14. Develop self-discipline through sincere participation and seriousness in class.
15. Be aware of your own ability and that of your partner when training to insure a safe practice environment for everyone; avoid injuries.
16. An approved Gi (uniform) is required of all students when training including groin protection for males.
17. No sparring is allowed except under the approval of Master Reis & only w/ proper protective equipment.
18. **All cell phones must be on vibrate when in the dojo** so as not to disturb the class in session. Exceptions to this must be approved by Master Reis & only under special circumstances that require it.
19. Parents are asked to keep non-student children under control, quiet and always off the mats for safety reasons and to show respect to those who are in class.

YOU ARE ENCOURAGED TO HAVE FUN, FUN, FUN WHILE YOU TRAIN, TRAIN, TRAIN!

Remember: The practice of the martial arts is a discipline gained through hard work, perseverance and the experiences of those who have gone before you. Your practice should be enjoyable, harmonious and fulfilling. Every student should bring a positive attitude and respect for others and the world around us.