

# **SESSION NOTES**

**In order to make your training with us here at Keibudo Karate as safe and enjoyable as possible. Please try to follow the guidelines shown below!**

- 1. Try to arrive 10 minutes prior to class.**
- 2. Remove all jewellery, watches etc and make sure finger and toe nails are cut short to avoid injury to others and long hair is tied back.**
- 3. Make sure you have signed the disclaimer and medical forms.**
- 4. TOILET:**  
Please make sure you use the toilet prior to class.  
**Special note to parents;**  
Your child's safety is our top priority! It is essential that we know where they are at all times, especially if you are leaving your child with us and collecting them at the end of class. We request that you ensure your child has used the toilet prior to class! Otherwise we have to send a Black belt to accompany them' when both student and Black belt could benefit far more by being in the class for the duration of the session!
- 5. Please make sure that your personal hygiene is not of an unpleasant odour and offensive to others.**
- 6. Until an official club Karate suit (Gi) is purchased, please try to dress respectably with comfortable clothing that does not reveal more than your technique!**
- 7. There is a code of respect practised in the dojo and all Black belts should be bowed to and all Instructors should be addressed as Sensei (this means teacher)!**
- 8. Upon entering and leaving the dojo, all students must bow, to show respect for the place where we learn our skills. Dojo means (Place of the way)**
- 9. We do not allow bad behaviour or foul language in the dojo, Neither do we teach thugs or unruly children, teenagers or adults! You will be asked to leave and expelled from the Keibudo Karate.**
- 10. Please make sure any fees for session/merchandise etc are paid at the beginning of the session**

**It is our sole aim that you learn and enjoy your training with us here at the Keibudo Karate, Your safety will always be our top priority!**