



T.A.S.K.

TASK Dojo Etiquette & Dress Code

1. Correct Dojo etiquette should be observed at all times, e.g. bowing upon entering & leaving the Dojo, correct respect shown to the instructors & fellow students whatever their grade.
2. Clothing (dress-code)
 - i) Appropriate clothing must be worn at all times during training
 - a) Beginners/new students - tee shirt & track suit bottoms or similar;
 - b) Graded students - TASK Gi (uniform) with Association badge and belt.
 - ii) Jewellery must not be worn during training unless it cannot be removed, in which case it should be appropriately covered in order to prevent injury to the wearer or other students.
 - iii) Spectacles should not be worn unless students cannot train without them, in which case the wearer and any training partners should be aware of the potential risk of injury.
 - iv) Any bandages, plasters, etc. must be securely applied.
3. Students should always make a personal effort to ensure that their Karate Gi's are washed & cleaned regularly.
4. Wherever possible students should not arrive or go home wearing their Gi's & Obi's (belts). If this is unavoidable then a suitable coat, over Gi or track suit should be worn over the GI.
5. Toe & fingernails should be cut regularly to prevent injury to other students.
6. Long hair must be kept tidy (i.e. tied back with hair bands or a Machi-Machi (head band)) to prevent distraction & possible injury during training.

Membership & Attendance

- A. After completion of our beginner course **all students must obtain a TASK licence**, renewable annually (June – May). Licence application forms are available from the club secretary.
- B. Students should train regularly, firstly to ensure personal progress and secondly to obtain the minimum number of lessons required for grading and to support your parent club. (see note D)

To achieve this the required minimum training sessions per week are:

Beginners & 10th kyu (blue belts): once a week.

- 9th kyu (red belt) up to 6th kyu (green belt): an average of 11/2 sessions per week. (minimum 20 lessons between grading's)
- 5th to 2nd kyu: two (2) sessions per week (minimum 28 lessons between grading's).
- 1st kyu: two (2) sessions per week (minimum 50 lessons between grading's).
- Dan grades refer to Dan grading requirements document.

- C. **Lateness:** Students should arrive approx., 10 minutes before the lesson giving time to register their attendance, get changed and start their warm up. The instructors reserve the right to refuse entry to the class if students are excessively late on a regular basis as this causes disruption to the class and other students training.
- D. **Attendance at your parent Dojo** Training on a regular basis at your parent club with your Sensei is most important. 1) As a student you owe loyalty to your Sensei and parent dojo. Without your Sensei you may not be where you are today. 2) If you do not attend your club on a regular basis it may become financially unviable and it will close. 3) If a student is found to be training on a regular basis outside of their club and TASK and **not at their parent dojo**, loyalty obviously lies elsewhere and not with your Sensei, Hanshi or TASK! If after a personal warning this continues, then you will be asked to leave.

General notes & conditions

- A. Any student found using unnecessary violence against a person outside the confines of the Dojo will be asked to leave.
- B. Any student who shows a blatant disregard for Dojo etiquette (e.g. excessive use of abusive language, complete lack of self-control etc.) will be asked to leave.
- C. Any student found to be of unsuitable character and likely to bring dishonour to the club and to the principles and ideals of Karate will be asked to leave.

Remember this is your club and the basis of any strong club is its membership. Your support and regular attendance is important for you and your club