

Hudson Centers for the Martial Arts



Dojo Rules

Safety First

- Everyone is responsible for safety.
- Students can question/remind seniors and adults about safety.

Respect

- Students show respect to seniors and adults.
- Bow when entering and leaving the dojo.
- Sit and stand with no hands.
- Use titles, such as Shihan, Sensei, Mr., Ms., etc.
- Say "please" and "thank you."

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- Students listen to and follow instructions.
- Senior students are examples to junior students.

Defense Only

- Only use your karate to defend yourself or loved ones.
- If you have to use your karate, use only necessary force, then run and get help.
- Don't show off your karate, except to family members, grandparents, etc.
- Never pick a fight, or let someone tease you into a fight. Control your temper!