



Adult Dojo Rules

Be Positive Be Loving Be Respectful Be Kind Be Ready To Learn

RESPECT & PROPER ATTITUDE & CONDUCT

1. Bow before entering and leaving the dojo.
2. Remove shoes for safety, cleanliness, and respect.
3. Bow when you see high ranks of black belt and instructors.
4. Always address your upper ranks with the courtesy of "yes or no ma'am or sir," whichever is appropriate.
5. Keep a respectful and positive attitude; *Positive Input is Positive Output*
6. Take pride in your appearance -have a clean fresh smelling body.
7. No talking while the instructor is talking; it is disrespectful.
8. Respect the dojo. Do your part in keeping the dojo area clean. No eating, drinking, chewing gum, smoking, or dipping in the dojo area.
9. Pick up your trash, papers, and clothing and remove them when you leave.
10. Respect dojo property-if you borrow gear, put it back on the shelf and clean it when finished using it.
11. Obey your teacher; pay attention and listen carefully to your teacher; respect your elders.

SAFETY & PERSONAL CONDUCT

12. No horseplay, running around or misbehaving,
13. Keep your gear clean and put it in your bag when you are finished
14. Stretch prior to class to prevent injury; be mentally prepared to learn.
15. Safety first. Remove jewelry and trim long fingernails and toenails.
16. Always wear proper safety gear.

17. Be unselfish, giving and true friend: *love always wins.*

18. Be dedicated and sincere about your karate.

19. Keep your word; Be fair and honest. Do not lie.

20. Make amends for your wrongs.

21. Be friendly to your dojo brothers and sisters.

22. Do not harass others; Always protect the weak.

23. Never put down others.

24. Do not harm or injure your fellow students, in word or by actions.

25. Do not steal, cheat, brag or gossip.

26. Obey the law. Do not drink alcoholic beverages in excess, never use illegal drugs.

27. Do not bully or be involved in gangs.

28. Always do your best; lazy people never succeed.

BELT , UNIFORM, & WEAPONS

29. Wear a clean and pressed uniform with NO wrinkles.

30. Never touch anyone else's belt without their permission; do not let anyone touch your belt without your permission.

31. Never let your belt touch the ground.

32. Do not play in your belt-it is for training only.

33. No patches unless authorized by the instructor.

34. Never touch anyone's weapon without permission.

35. Never test or rank a student without Renshi's permission which has proper certification.

The Meaning of UPKUDO

UP - To *upwardly increase* and improve

K - *Karate* is the art of fighting using all means of the body for self defense open hand, no weapon

U - *Unique* , being the only one

DO - To do over

Founder: Grand Master Gary Lee Baker President of the UPKUDO Federation & Master Instructor": Master Anne Radke School you train at is Alpha UPKUDO Style you train in is UPKUDO