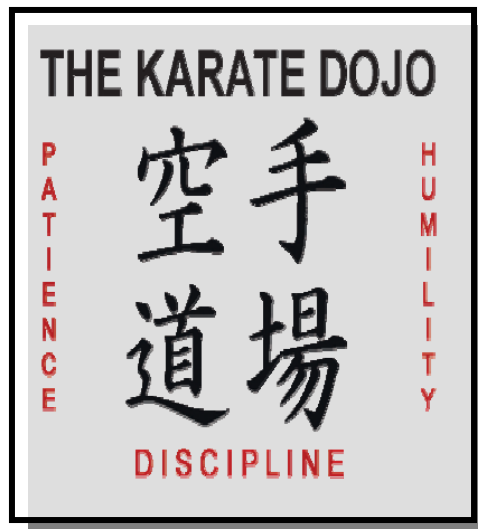


THE KARATE DOJO



WHAT IS A DOJO?

A "dojo" is a Japanese word that designates a place where karate practices are held. It is likewise called a studio or gymnasium, but in deeper sense, it is a place of enlightenment, a pathway of transformation from mundane spirit to a well-coordinated person.

The chief proponent inside the dojo is called "*Sensei*." He is the most experienced martial artist with refined spirit and spends most of his life teaching and imparting the benefits of karate training to the students (or *karateka*) in order to reach their potentials.

The dojo employs essential elements of character building. Students are trained most of the time to follow orders which define discipline, require them to bow to give respect to the Sensei and the dojo, and oblige them to faithfully attend classes which compels obedience.

There are still many aspects you can learn inside the dojo aside from self-defense tactics, sports and fitness motivation. Most importantly, it is a complete world of purification. *Once you enter through the door of the dojo, you will never be the same again!*

REISHIKI : DOJO ETIQUETTE AND FORMALITY

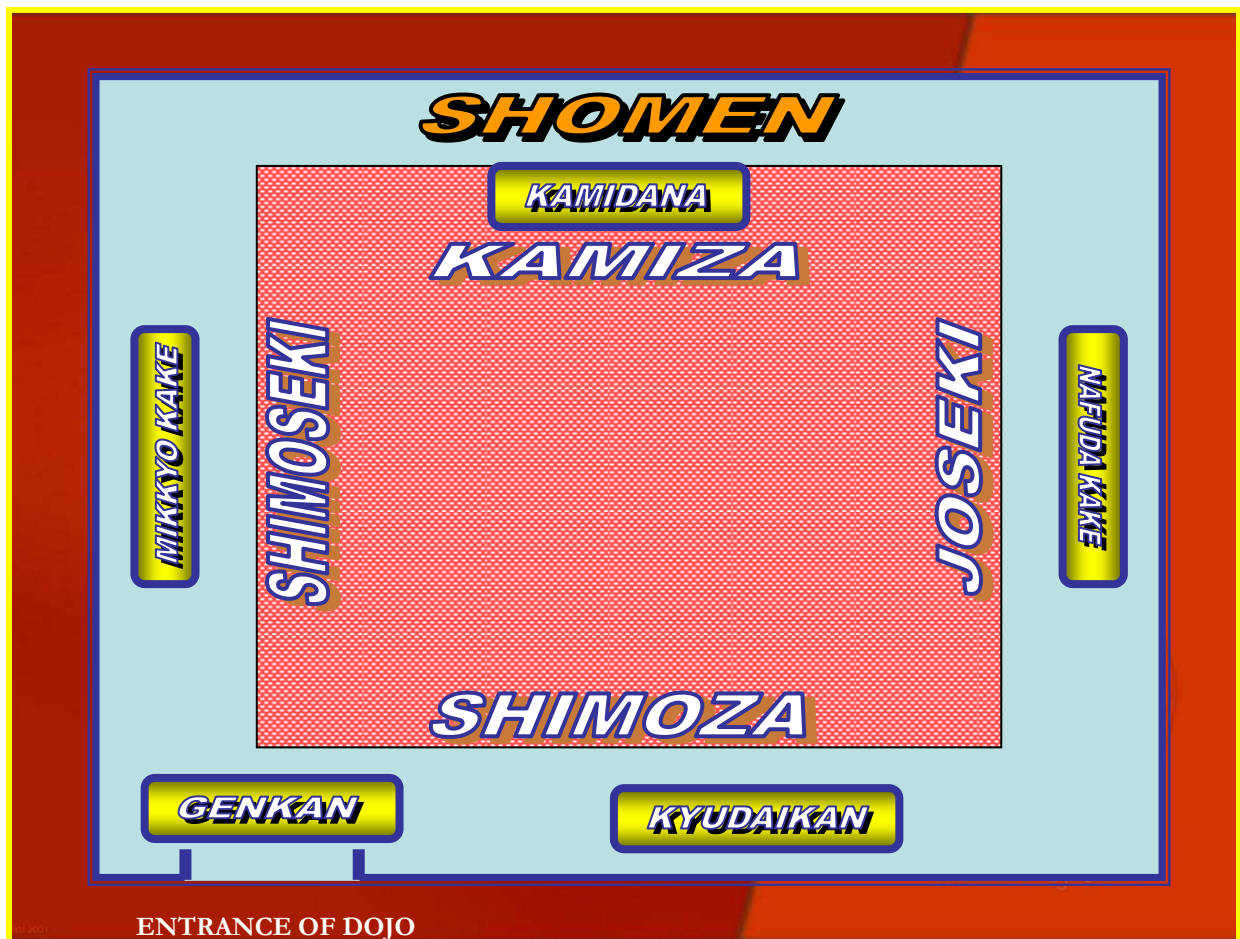
The dojo is the place where we learn both the spirit and technique *Budo*. Etiquette is an integral part of *Budo* and without it we would be practicing nothing more than violence. The more training a person receives, the more calm, dignified and humble the *karateka* should become. The beginner must practice etiquette in order to make him/herself a better person.

We must not enter the dojo with malice or antagonism, because this can lead to dangerous accidents or death. When we are in the dojo, we must feel purposeful and alert. The bow is the focal point for this feeling. The student should stop and bow when entering or leaving the dojo. *Kyu* ranks should bow once to *Shomen* and again if *dan* ranks are present. *Dan* ranks should bow once to the *Shomen* and again if the Sensei is present.

During class the student should move quickly on the commands and in lining up so that no time is wasted. Students should try to maintain lines when moving with techniques, as this enables the instructor to see better and make corrections. Also students should try to maintain the same timing and rhythm of the class. This will aid the student in learning correct emphasis and speed of techniques. Senior students are placed at the front of the class to provide examples for the other students.

At times a rest will be needed in class, the instructor will give the command "*Kyukei*" or "*Shokyu*." Students should not leave the dojo floor without getting the instructor's permission.

TOP VIEW OF A TYPICAL DOJO



THE ANATOMY OF THE DOJO

I. NAMES FOR THE FRONT OF THE DOJO

a. **Shomen** (true face): Refers simply to the front of dojo (traditionally either the north side of the dojo or the side opposite the entrance). Students bow facing the shomen at the beginning and ending of each class.

b. **Kamiza or Shinza** (seat of gods): Seat of honor and is reserved for instructors and honored guests. While it refers to the sitting place at the front of the dojo the term is often used interchangeably with the word kamidana. As you'll see, this usage is not correct. The term kamiza refers to front region of the dojo, where the picture of O'Sensei resides... but also where your sensei instructs from and presides over testing from.

c. **Joza** (upper seat): Same as kamiza but used more in context of relation to other sides of the dojo; shimoza, joseki , and shimoseki.

d. **Kamidana** (god shelf): Traditional shinto alter. The whole decorative structure at the front of the dojo containing the picture of O Sensei can be referred to as the kamidana. However, the small wooden house-like shrine often seen on the shelf is also referred to as the kamidana. These small wooden houses are found in all traditional shinto households and are there to welcome the spirits of the ancestors. In aikido we generally use the term kamidana to refer to the entire ornate structure at the front of the dojo that contains the portrait of O Sensei, and by implication, the spirit of O Sensei, watching over our training and guiding us. The kamidana may also contain calligraphy, a flower display, or sword display.

e. **Tokonoma** - Generally refers to a recessed alcove containing the kamidana. While the tokonoma (alcove) is often part of the kamidana, dojos may have tokonoma apart from the kamidan. The tokonoma should contain some spiritual token.

II. NAMES FOR THE SIDE OF THE DOJO

a. **Shimoza** (*lower seat*) *Opposite the kamiza... where the students sit in seiza, ready t receive instruction. Students sit in shimoza in order of rank, from shimoseki to joseki.*

b. **Joseki** (*upper side*): *Side of dojo where senior students sit in seiza. Right side of the dojo when facing shomen.*

c. **Shimoseki** (*lower side*): *Side of dojo where junior students sit in seiza. Left side of dojo when facing shomen. Visitors generally sit at the joseki or shimoseki*

III. MISCELLANEOUS PLACES IN THE DOJO

a. **Nafuda Kake**: *Name board where students names are hung on the wall displaying rank*

b. **Genkan**: (*foyer*): *Place where you enter a dojo or place your shoes*

c. **Kyudaikan**: *Name of a gathering area for senior students*

d. **Mikkyo Kake**: *A section inside the dojo where dojo etiquettes & doctrines are hanged*

e. **Koan Kake**: *Bulletin section where advisory/ activities for the week are posted*

f. **Zazen Kake**: *Meditation area for advance students*



SU-HA-RI

At left is the Japanese writing stands for '**SUHARI**', an old important Martial Arts word in Japan.

SU indicates that a beginner must correctly copy all karate techniques from his instructor.

HA means that after a number of years of training, when the karateka has attained a high degree black belt, he is allowed to develop new techniques provided they are improvements. This applies to all movements with the exception of basic techniques.

RI is the highest form. It means that after an even longer period of training than for HA, the Karateka must be able to perform all forms of karate automatically, not stopping to think about his moves.

KIKIOJI, MIKUZURE, FUTANREN

These are historical samurai maxims, any one of these could be enough to cost a samurai a contest or his life. They also apply to all martial arts as well as Karate.



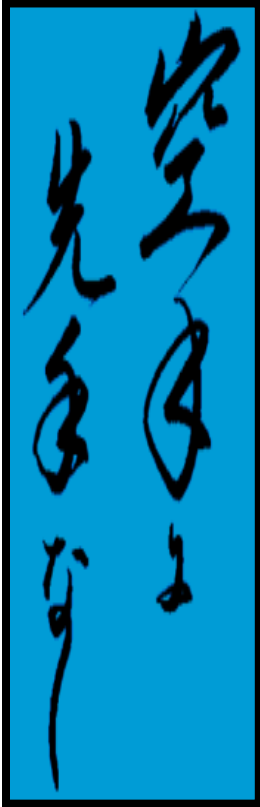
Futanren
Inadequate training



Mikuzure
Being afraid because the enemy looks very fierce and strong



Kikioji
*Being afraid, before fighting
because of your enemy's reputation*



KARATE NI SENTENASHI

The Japanese at the left stands for '*Karate Ni Sentenashi*', a basic and very essential part of karate training. It means that the Karateka never strike the first blow or must never attack first - mentally or physically.

To understand this fully, years of hard, correct training are needed.

As the Karateka grows in stature so also will grow their good manners and etiquette, both outwardly and, more importantly, inwardly.

Included in the concept of '*Karate Ni Sentenashi*' are intense, purposeful karate training and correct dojo etiquette.

KATA NO ROKUGENSOLU

(Six Principles of Kata)

1. **Ikita Kata**. Kata must be alive and done with feeling and purpose.
2. **Inen**. Kata must be performed with spirit.
3. **Chikara no Kyojaku**. Kata should be done with changes in application of power. Technique can be strong or yielding, hard then soft.
4. **Waza no Kankyu**. Kata should be done with variations in the timing of movement, sometimes fast, sometimes slow.
5. **Kisoku no Donto**. Kata must be done with proper rhythm of breathing, when to inhale and exhale.
6. **Balance**. Proper balance must be maintained in the performance of Kata.



KUMITE NO GOGENSOKU

(Five Principles of Kumite)

組手

1. **Kiwa Hayaku.** Attack your opponent with a strong spirit, do not think about defense only your attack.
2. **Kokorowa Shizuka.** Always maintain a calm mind and spirit.
3. **Miwa Karuku.** Your movement and technique must be polished and smooth.
4. **Mewa Akirakani.** When you look at you opponent, see all of him. Do not fix your gaze only on one spot.
5. **Wazawa Hageshiku.** Your technique must be sharp.

IKKEN HISATSU



meaning

"To Kill With One Blow"

This is emphasized in karate training and every novice is made aware of this.

MAXIMS OF TRAINING

These Maxims are motto's, the spirit of which serious students of karate should try to follow if they wish to gain the maximum from their training. The Maxims are like the English saying 'Service not self', 'Deeds not words', 'Be prepared' and exemplify an attitude which dictates a way of life.

***Reisetsu O Mamori** (Stick to the rules). In the dojo, good etiquette must be observed by the following rules.*

***Shingi O Omanji** (A student must have loyalty to his instructor) .This is the most important thing in Martial Arts. It is not possible for someone to change his style in Japanese Martial Arts - people who do so cannot learn the correct etiquette and spirit of Martial Arts.*

***Jojitsu Ni Oberezu** (Teachers and students are not all one) Outside the Dojo you can be friendly with your Sensei but do not take advantage of this friendship.*

***Shinkenmi Ni Tesseyo** (Be serious in your efforts). Concentrate solely on Karate and train hard in everything you do. Treat the dojo with respect and a place of enlightenment. It is not a social gathering hall and visitors as well as students shall obey the rules and Maxims.*

DOJO ETIQUETTES

*I will train my heart and body, for a firm,
unshaking spirit;*

*I will seek to fulfill the true meaning of the
“Way” and the virtue of harmony;*

*I will observe the rules of courtesy and
look upward to wisdom and strength;*

*I will use karate for the cause of justice
and for self-defense only;*

*All my life, through the disciplines of
Wado Ryu, I will live and die with the
traditions of martial truth.*

- WADO RYU KARATE-DO INSTITUTE, INC.