



Dojo Etiquette

The Dojo etiquette is defined as the behaviour expressing politeness and courtesy. It's a respectfully attitude towards others and dictated by the traditional martial arts. The greetings are one of the expression of this spiritual state.

The ceremonial is very important to keep the Dojo etiquette alive. It consists of a set of traditions, rites and symbolic moves which are creating a special atmosphere to practice Martial Arts. The Dojo is a place where we train the body as well as the spirit; it's the source of concentration and mutual respect.

Each disciple must respect his master but also all the oldest persons or who has an higher degree. They deserve our admiration due to their continuous efforts and their patience, they were able to obtain a higher rank.

The etiquette is designed to make sure everyone goes along and is feeling well. The act of being respectful is not imposed as an act of discipline with the scope of hardening students. We are polite with each other to ensure everyone is at ease, and no one should ever feel uncomfortable because he doesn't know which behaviour to adopt.

Observing the etiquette doesn't makes us better through discipline but by allowing us to be friendly with others. A beginner might find the gestures and ceremonials boring, but, he will quickly discover that the etiquette improves social relationship. A polite attitude with others and a good posture are the key elements for a good atmosphere during a training.

An example to explain on of the Dojo etiquette aspects is how the different members of the club are positioned before and after the lesson. In a traditional Dojo, a little spot or Shinto is dedicated to the veneration of divinities. The Sensei (who was born before) stands near it facing his students. On this altar, we can usually find a representation or picture of the founder, a citation or even a calligraphy expressing the club philosophy or ethic. Students are placed, from left to right, from the lowest to the highest degree. The order of ranks is represented by the below picture. The Sensei's assistants and all black belts are standing along the right wall; as well as the honour guests if present.

Life's Rules

Throughout his training and his life, the Kempoka will follow five basic rules of life.

Each lesson starts by the greetings. The Kempoka puts his right knee and fist on the ground while he meditates on these five rules:

- We vow to follow the life rules of Shin Gi Tai Kempo.
- We vow respect and faithfulness to our Sijo and teachers.
- A real friendship unites us.
- We commit to use our Martial Art only with purpose of defending ourselves and protecting others.
- We commit to practice its hard discipline and training method with honesty and courtesy.

During training

1- Entering the dojo

To show respect to the group, we ask the students to arrive before the class begins and to be ready with appropriate dress code. If you should be late, we request you to inform the club owner or one of the senseis so we are aware. Upon late arrival, and if the class has started, put your belt on and wait in YOI on the side of the dojo; hold on until the teacher allows you to join. A punishment might be demanded, as an extra physical exercise, as discipline.

When you arrive, bow at the entrance before going through the door to show your respect. You must do it each time you go in or out the dojo (even when going to the cloakroom or toilet). Dojo is considered to be any room where you practise our martial art.

2 - Gi and Belt

Our kimono, or also called Gi, consists of black trousers and jacket. We ask people willing to wear a t-shirt underneath to put one of the federation or the club where you usually train. We kindly ask you to come with a clean Gi. Yet, the belt should never be washed as it's blessed by your teachers. In some clubs, the dress code can vary according to its representative. Nevertheless, when you come to Sijo's dojo, we ask you to respect the official dress code.

We have a series of badges we ask you to sew to your kimono as shown below. Some are mandatory like, as example, the style logo. Their layout are also precise and they should not be applied where you want. We are here to help you to guide you, so don't hesitate to ask in case of doubts.

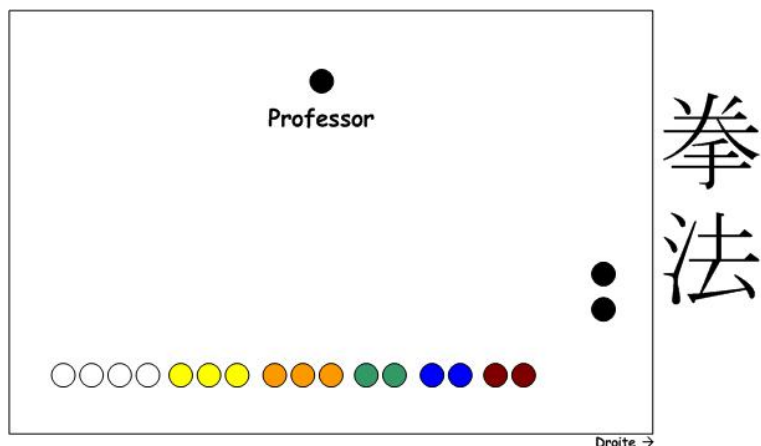


Back to the belt, it represents your evolution and martial path. No matter our rank, we give it a huge importance. It's not only a piece of fabric but also a symbol we wear proudly no matter its colour. Therefore, we don't play with it, we don't leave it unattended, we don't throw it, we don't put it on the floor and we do not hit our partners with it. We hold it in our hand, around our neck, slipped into the kimono or away in our bag.

3 - Greetings and start of the class

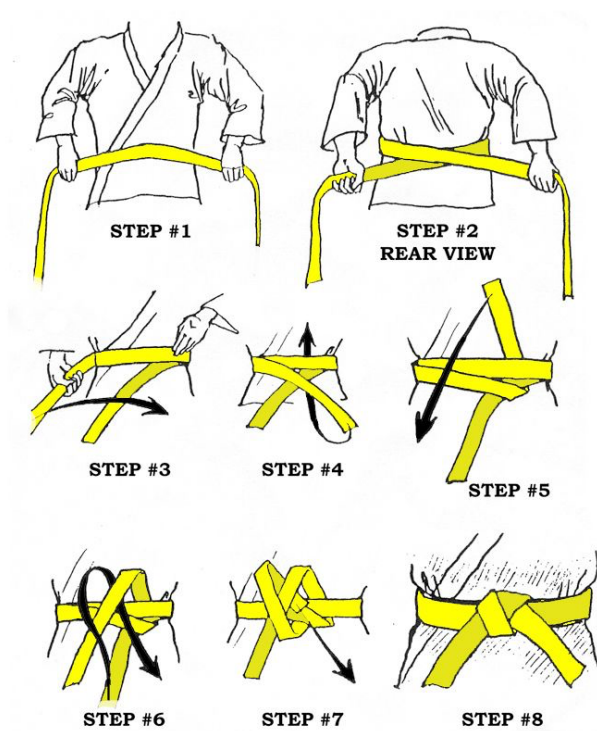
When the signal is given by Sijo or the teacher in charge of the class, place yourself in a straight line like shown on the below drawing. The order to follow is based on the rank and seniority. Of course, you will need to take into consideration the room size and disposition and adjust to it.

When you enter the line, do not walk in front of everyone but well behind the students already ready in their spots.



Once ready, place yourself in a YOI position waiting for the teacher's instructions and try to avoid as much as possible to chat with your neighbours. When the Sargent of Arm, who assists Sijo or the lead teacher, requires it, we will follow the next three steps:

- Belt : Put the belt on - Place the belt above the head with a snapping sound, we press it on the forehead and mouth and then another snapping sound in front of the heart. We turn around on the left side to present our back toward the dojo and we put our belts on as shown below. Once the belt is correctly on and both ends have an equal length, we turn back, left, facing toward the dojo.



- Knee : We place the right knee and fist on the floor to meditate and honour our ancestors.
- Up : Get back up into a YOI position.
- Greetings : The Shin Gi Tai greetings will be taught during classes.

4 - Course of the class

Class will always begin by a warm-up followed by techniques and program study. If you are hurt or have physical issues, we ask you to warn the teacher, senseis and instructors; but also your partners to avoid unwanted problems. While training, if you feel unbearable pain during a technique, don't hesitate to tap to warn to adversary.

When a teacher explains, please place your right knee on the floor and hold a straighten back position. You can also choose to sit in seiza. We always ask you to have a stand which respects the teaching. Once the explanation is completed, we greet the teacher who has completed the demonstration saying “OSS”.

When the teacher shows a technique, pay attention and don't be scared to ask to see it again if you have a doubt. When you train, the teacher will come by and make corrections, ask questions. If the teacher is busy, you can ask help to other senseis or instructors who will be happy to help you in your martial path. Underneath, all ranks and titles:

Shin Gi Tai Kempo Belt Ranking					
Rank	Title	Colors			
10 th -> 8 th Kyu	Student	White	1 st Dan	Sensei	Black 1 Stripe
7 th Kyu	Student	Yellow	2 nd Dan	Sensei	Black 2 Stripes
6 th Kyu	Student	Orange	3 rd Dan	Sensei	Black 3 Stripes
5 th Kyu	Student	Green	4 th Dan	Renshi	Black 4 Stripes
4 th Kyu	Student	Blue			Red & Black Vertical
3 rd Kyu	Student	Brown 1 Stripe	5 th Dan	Sigung	Black 1 Thick Red Stripe
2 nd Kyu	Student	Brown 2 Stripes			Black & Red Border
1 st Kyu	Student	Brown 3 Stripes			Red & Black Vertical
	Instructor or Sibak (according to ranking)	Red & Black Horizontal	6 th Dan	Sigung	Black 1 Thick Red Stripe & 1 Regular Red Stripe
					White & Red Horizontal
					White & Red Vertical

To show respect to our SGM Daniel Hayen, we call him Sijo.

“Hajime” announces the beginning of the exercise while the word to stop practicing and prepare to the next one is “Yame”.

During the class, if a sensei or instructor makes a remark, please show respect and be open remembering it's only to help you grow. Recall that we learn every day and that commentaries are made to make you evolve. Unless being told otherwise, change partner as often as possible during the class to discover different body types and reactions.

We sometimes use weapons, such as short sticks, Bo, knives and others. They are also importantes and must be respected too. We don't throw them on the ground, we don't make them fall by playing with them, we don't lean on them while the teacher explain a technique. When we don't use them, we try to handle them with care trying to make less noise possible. When you give your weapon to a partner or teacher, present them in a respectful way. While giving a knife to a partner of teacher, never present the blade toward them, even if the weapon is fake.

If during the class, you wish to exit the dojo, please ask for permission to the sensei and greet him. Respect the greetings each time to get in and out of the room.

5 - Class ending

When the class is over, all senseis and students go back in a line to conclude the training as we started the course. We greet the teacher and senseis then we take our belts off. Back in Yoi until the teacher dismisses the line.

6 - Belt promotion and ritual

Upon Sijo or senseis decisions, an exam is held for you to show if you have the required skills to obtain the next rank. The exam happens when Sijo or you sensei feels you are ready for it. You must not ask for it yourself. When the student is promoted, a belt transmission ritual is held. You will be called out of the line to go in front of Sijo or your sensei. Kneel down, upon demand, take your belt off and fold it without touching the ground. Stretch your belt upon your head, Sijo or the sensei will grab it. Don't fall in front of you and hold a straighten position. Then, you will be ask to stand up in a Yoi position, with your hand on you head or straight in a cross position. Sijo or the sensei blesses the belt one first time and handles it to the youngest black belt who goes by the student. He also blesses the belt before using it to whip the student. You must not move nor react while receiving the hits. The youngest black belt gives then the belt to the next

one in rank and the ritual goes on as many times as they are black belts present in the dojo; going from the lower ranked to the highest. It ends by Sijo who repeat one final time the ritual and puts your belt on your waist as a recognition of your success. Once completed, you go back in line where your new spot awaits. Everyone claps to congratulate. Here is why the belt is so important, it represents the transmission of knowledge and respect towards our ancestors.

S.G.M. Daniel Hayen
10th Dan Shin Gi Tai Kempo

The Student
I swear to follow the Shin Gi Tai Kempo
rules



SGM HAYEN DANIEL
10 Degree Black Belt

