



Midland Wado Association.

Clubs Rules and Code of Conduct.

www.midlandwado.com

Outlined below are the M.W.A club & grading rules and behavior that is expected from all that enter the training hall.

1. When students enter or leave the training room (dojo) you must bow inside the entrance to show your respect
2. If you are watching the class then please do so quietly and respect the class (you are also in the dojo)
3. Please be on time and ready for the start of the lesson.
4. If you are late or the class has already started then you should kneel down at the side of the dojo (where the Sensei can see you) and wait for their acknowledgement for you to enter. You then make a kneeling bow and quietly enter the class.
5. If you need to leave the class for any reason then you should wait for a convenient time and ask the Sensei for their permission to leave. You will then bow and leave. Entering the class is as above
6. If you need to tidy your suit or retie your belt during the class then you should face away from the class and go down onto one knee. When you have finished you should reface the Sensei and bow to rejoin.
7. Do not walk through a class, please walk around. Please remove outdoor shoes before walking onto the training floor. It is the ultimate insult to wear shoes on a floor where people train.
8. For training you wear a traditional white gi (suit) which should be clean and tidy and held in place with your belt (obi). If you need to wear a t-shirt underneath then this should also be a white one. Tying your belt correctly is an important part of your training. You can find how to do this on the web site or ask a Sensei to show you.
9. All jewellery or watches shall be removed while training. If you can't because of religious or other reasons then you must tape them over for yours and others safety. Glasses and contact lens may be worn at your own risk or discretion.
10. Finger and toe nails to be kept short and clean and long hair should be tied back.
11. Bullying or abusive behaviour and offending language will not be tolerated at any time and students are asked to report any issues immediately to the sensei teaching the class.
12. Instructors and black belts shall always be referred to as "Sensei". Senior kyu grades may be referred to as "Sempei"
13. Show respect for all grades of students higher or lower than yourself.
14. Concentrate and listen and do not talk or mess around while you are being instructed. Once entering the dojo you must get into 'karate mode'. You must leave the outside world behind and only focus on your karate.
16. Never intentionally try to hurt anyone in training. The emphasis is always on control.
16. If you have any injury or any medical condition then let the Sensei know before the class.
17. Bring a drink with you (not fizzy) as you will get warm. Do not eat or chew gum in the class.
18. Only use what you are taught if you are threaten or attacked. The best form of defence is to run.
19. Parents of students are responsible for their children's behaviour before and after the designated class start and finish times.
20. Any student or students that are persistant in disobeying the rules or are causing a disturbance during a lesson will in the first instance be given one warning and after that they may be asked to leave the class. In extreme cases they will have their licence terminated and their association membership revoked.
21. Please note: - we encourage all students to practice out side of the club, But we would advice students not to use martial arts at school or on younger brothers or sisters, even to show them, as this sometimes can lead to unwanted confrontations or injures.

Grading Rules & Procedures.

Overview.

A student will only be invited to grade when the chief instructor thinks he or she is ready.
Every student will progress at their own pace. (Gradings are not a race)
A student will be expected to have trained regularly (e.g. weekly) for a minimum period of time in between gradings (see individual grading syllabus for times).
Any Changes to the syllabus will be conveyed to all.
Higher the grade taken, the higher the expectation of the student.
Do not copy other students (they might be wrong). Do your own grading.

The Grading Panel.

All gradings will usually be before an association panel of two or more Sensei's.
All gradings are now done on a pass/fail system.
The panel must reserve judgement until the end of the grading.
If a student makes a major mistake they will be given one chance only to correct it.
If a student fails the grading, a minimum of 3 months re-training will be required before they may retake the grade.

Grading Etiquette.

The student must kneel at the side of the room until asked to take their place for the grading.
Bow to the panel when ever they leave/enter the grading dojo.
Bow to the panel before and after the grading.
Show respect at all times to the panel & other students who are grading.
The students must wear a clean white suit (and white t-shirt if needed) and a correctly tied belt.
Students can fail on etiquette alone!!

Basics.

The Sensei will call out the technique they require to be performed. (Typically lower grades in English, higher grades in Japanese).
The student on the Sensei's command will perform the techniques as instructed as best as they can until they are told to stop.
All techniques should be performed confidently with power, style and correct technique.
Remember to use Kiai's (shouts) on combinations and turns and kata.

Kata.

This will be started and finished in the usual formal way by the Sensei.
From the moment you bow and go into ready position you are being graded.
Being unable to complete the kata to the require level will mean an automatic fail.

Kata Bunkai.

These should be shown with technique / effectiveness and control. You may be asked to explain your technique.

Kihon & Ohyo.

These will be done formally.
(Students must know the correct way to demonstrate these, without prompts from the panel).

Sparing.

This should be shown with skill technique and control.

Self-Defence.

Must be shown with effectiveness and meaning, but in a controlled safe manner.