



Midland Wado Association. Clubs Rules and Code of Conduct.

Outlined below are the club rules and behaviour that is expected from all that enter the dojo (training hall). These are imposed to promote a safe, respectful and enjoyable training season.

1. Parents of new younger students are asked to stay with them during their first few lessons. (of course, your welcome to watch at any time)
2. When students enter, or leave the dojo you must bow inside the entrance to show your respect
3. If you are watching the class, then please do so quietly and respect the class (you are also in the dojo)
4. Please arrive on time and be ready for the start time of the lesson.
5. The sensei has the right to refuse anybody entry to the dojo.
6. If you are late or the class has already started, then you should kneel 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.
7. 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
8. 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 re-join.
9. Do not walk through a class, please walk around.
10. For training you wear a traditional white suit (gi) 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 be a white one also. Tying your belt correctly is an important part of your training. You can find how to do this on our web site or ask a Sensei to show you.
11. All jewellery, earing or watches shall be removed while training. If you can't because of religious or other reasons, then you must cover or tape them over for yours and others safety.
12. Glasses and contact lens may be worn at your own risk or discretion.
13. Finger and toe nails to be kept short and clean and long hair should be tied back.
14. Bad behaviour or offending language will not be tolerated. (remember respect)
15. Instructors and black belts shall always be referred to as "Sensei".
16. Show respect for all grades of students higher or lower than yourself.
17. Concentrate and listen and do not talk or mess around while you are being instructed. Once entered the dojo you must get into 'karate mode'. You must leave the outside world behind and only focus on your karate.
18. Please remove outdoor footwear before walking onto the training floor. It is an insult to wear shoes on a floor where people train.
19. Never intentionally try to hurt anyone in training. The emphasis is always on controlled techniques.
20. If you have any injury or any medical condition or special need then let the Sensei know before the class.
21. Bring water with you (not fizzy) as you will get warm. Do not eat or chew gum in the class.
22. Only use what you are taught if you are threaten or attacked. The best form of defence is to run!!
23. Bullying, 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.
24. Parents of students are responsible for their children's behaviour before and after the designated class start and finish times.
25. Any student or students that are persistent 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 with no refund of monies paid.
26. Please note: - While we encourage all students to practice outside of the club, but we would advise younger students not to show off what you have learnt at school or on younger brothers or sisters, as this some-times 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 in between gradings (see individual grading syllabus for time periods).
Any Changes to the syllabus will be conveyed to all.
Higher the grade to be 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 be before an association panel of two or more Sensei's.
All gradings are conducted done on a marked paper system accumulating in an overall score for a pass or fail.
If a student makes a major mistake they will be given one chance only to correct it.
If a student fails the grading, they will be given a period of time (weeks or months) to work on the failed requirements before retaking the grade.

Grading Etiquette.

When the student is called up they should kneel at the side of the room until asked to take their place for the grading.
Bow to the panel whenever they leave/enter the grading dojo area.
Bow to the panel before and after the grading.
Show respect always 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. (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 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.

Kata Bunkai / Application.

These should be shown with technique / effectiveness and control. Show the kata moves first then the application of those moves. You may be asked to explain your technique.

Kihon & Ohyo.

These will be done formally with a partner.
(Students must know their grading pair work, without prompts from the panel).

Sparring.

This should be shown with skill technique and control. (if you have sparring kit please bring it along)

Self-Defence.

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