



Sosuishi-ryu Bujutsu Australia Hurstville Dojo

Code of Conduct

All persons participating in a class conducted by Sosuishi-ryu Bujutsu Australia, Hurstville Dojo ("Hurstville Dojo") must agree to be bound by this Code of Conduct. Hurstville Dojo reserves the right to make amendments or additions to this Code of Conduct at any time.

A. Objectives

Hurstville Dojo has as its key objectives:

1. Providing instruction in a safe environment in the martial art of Sekiryukan Taijutsu Karate.
2. Maintaining a commitment to the syllabus, authenticity and the highest possible technical standard passed down by Sosuishi-ryu Bujutsu Australia directors, under the title of "traditional karate".
3. Development of techniques and skills appropriate to competition sparring and the participation in martial arts tournaments, under the title of "sport karate".
4. Developing the mental and physical tools for improving personal safety and security.
5. Development of physical fitness, strength and flexibility.
6. Development of positive self-esteem, self-confidence and greater self-understanding.
7. Promotion of good health and vitality.
8. Development of positive attitudes, values and behaviours.

B. Participant Understanding

Sekiryukan Taijutsu Karate is a contact martial art, meaning it involves physical contact with one or more other practitioners in ways designed to simulate as closely as possible the self-defence options available to a practitioner when confronted with physical aggression and/or threatening behaviour. As in any other physically demanding recreational activity, there is always a risk of injury. Any person participating in a class conducted by Hurstville Dojo does so with the full understanding that whilst it is the policy of Hurstville Dojo to minimise this risk, the nature of contact physical activity prevents its total elimination. Persons participating in a class conducted by Hurstville Dojo do so of their own volition and at their own risk.

C. *Instructor Qualifications*

1. All unsupervised instructors must have either a current National Coaching Accreditation Scheme (NCAS) accreditation or National Martial Arts Instructor Accreditation Scheme (NIAS) accreditation.
2. All unsupervised instructors are bound by the "Instructors Code of Ethics" of the Martial Arts Industry Association.
3. All unsupervised instructors must have current WorkCover approved Senior First Aid certification.
4. All unsupervised instructors must have in place appropriate and separate public liability and professional indemnity insurance.
5. All instructors will be bound by this Code of Conduct and the National Code of Practise for Martial Arts Instructors

D. *Safety*

1. Instructors will ensure that the training area is clear of any dangerous and/or sharp objects that may provide a risk of injury.
2. Instructors will have access at all times to a fully equipped first aid kit. The kit will be of the minimum standard of a St Johns Industrial First Aid Kit or equivalent.
3. Persons must not wear jewellery or watches during training.
4. All persons participating in training agree to maintain self-control at all times and maintain all care in the application of any technique.
5. Any person who, in training, exhibits behaviour that, in the judgement of the instructor, is a danger to other participants, shall not be allowed to continue training until the instructor determines the danger is no longer present.

E. *Dojo and Training Area Etiquette*

1. The "dojo" is the building, hall or room in which training is conducted. The "training area" is the actual space within the dojo where training takes place.
2. Persons will perform a standing bow upon entering or leaving the dojo.
3. Each class will commence and finish with a kneeling bow performed in the "kihon" (standard training formation).
4. Shoes must be taken off before entering the training area unless the shoes are special martial arts footwear approved by the instructor.
5. Persons must be punctual, preferably early, so that they are ready to train when class commences. If arriving late, a person must wait at the side of the training area until the instructor indicates that that person may join the class.
6. Persons must help make the training area ready before classes and return it to its original state after classes.
7. Persons should ask permission to leave the training area or the dojo during training.
8. Persons should ask permission before bringing visitors into the dojo.
9. When crossing from one side of the training area to another, whilst training is in progress, persons should walk at the edges of the training area and always walk around the outside of other students, especially when assembled in a kihon formation.
10. Persons must not chew gum within the dojo.
11. Food and/or drink (including water) must not be consumed whilst on the training area.
12. Mobile phones must be turned off during training. Mobile phones inadvertently left on during training may not be answered. Any person who is "on-call" for work may seek approval from the instructor prior to the commencement of class to leave his or her mobile phone on.

F. Uniforms & Training Gear

All persons must wear the following approved clothing during all training sessions:

1. **Karate Gi:** A plain white karate gi (with Sosuishi-ryu crest) is to be worn at all times. Loose pants such as tracksuit pants and a T-shirt are acceptable only for beginners who have not yet purchased a proper gi. Other types of uniform may be acceptable only if approved by the instructor.
2. **Belt:** Persons must wear a karate belt reflecting the colour of their grade.
3. **Badge:** Persons must wear a badge depicting the national crest of Sosuishi-ryu Bujutsu Australia on the left lapel of their karate gi (above the heart).
4. **Shoes:** No shoes are permitted unless special permission has been given by the instructor, in which case only special martial arts training footwear is acceptable.
5. Uniforms must be free of logos or markings unless the logo is of Sosuishi-ryu Bujutsu Australia or of an organisation with which Hurstville Dojo is associated (such as the NAS tournament logos).
6. Persons inappropriately attired will not be allowed to train.
7. In addition to the general uniform requirements, persons must bring a towel and filled water bottle to each training session.
8. It is advisable that persons label their belongings.

G. Sparring requirements

1. Persons participating in sparring activity must purchase and wear an approved mouth guard and bring this mouth guard to every training session.
2. As controlled sparring drills are a regular activity, persons are encouraged to purchase their own set of hand mitts and shin & instep guards.
3. In addition to their personal mouth guards, persons participating in sparring must wear full protective clothing, either their own or as supplied by Hurstville Dojo, comprising hand mitts, shin & instep guards, chest guards, head guards and groin guards.

H. Sickness or Injury

1. Persons must not train if they are suffering from the flu or other viral infections that may be passed on to other persons.
2. Persons must advise the instructor if suffering from any injury or medical condition, either permanent or temporary, which may be adversely affected by certain types of training. Some examples of this may include blood pressure problems and cardiac disorders, neck and back injuries, diabetes and asthma.
3. If requested by the instructor, persons with the above or like conditions must show this Code of Conduct to their physician and secure a medical certificate clearly stating that the person is able to participate in classes conducted by Hurstville Dojo and whether there are any restrictions or conditions applicable.

I. Other Health Issues

1. Persons must not attend training under the influence of alcohol or illegal drugs.
2. Smoking is not allowed in the dojo at any time.
3. Persons training must give proper attention to personal hygiene and exhibit clean grooming.
4. Fingernails and toenails must be trimmed and clean.
5. One's karate gi should be washed regularly and mended if torn.
6. Persons with a cut or bleeding injury must cease training immediately and receive appropriate first aid. Rejoining the training session will not be allowed until the instructor has deemed that is safe to do so.

J. Dojo Ethics

1. Respect and discipline must be maintained within the dojo. Persons must always be courteous and helpful to each other.
2. Higher grades should set the right example for lower grades.
3. All persons should strive to maintain a positive and enthusiastic attitude towards training.
4. Physical contact between persons who are training must be appropriate to the situation and necessary for the skill development of those persons. Deliberate and excessive contact will not be tolerated.
5. Sexual harassment, defined as being where a person is subjected to unwanted or uninvited sexual behaviour, will not be tolerated.
6. Any form of discrimination based on sex, ethnic origin, language, colour, or other form of differentiation will not be tolerated.

K. Grading Conditions

1. Opportunity to grade within Hurstville Dojo occurs when the instructor deems that the student is reasonably capable of demonstrating the syllabus requirements, however, factors such as attendance and attitude are also taken into consideration.
2. At least a week prior to the set date of the grading, grading fees must be paid and the student's membership card must be presented to the instructor conducting the grading.
3. To secure grading under the Sekiryukan Taijutsu Karate syllabus a person must be a current financial member of Hurstville Dojo.
4. Membership of Hurstville Dojo requires a person to agree to be bound by this Code of Conduct.
5. Hurstville Dojo reserves the right to revoke the grading of any person who breaches this Code of Conduct.
6. When undertaking a grading a student must be wearing a traditional all white karate gi with the Sosuishi-ryu crest displayed.