

MUSOKAN DOJO

STUDENT CODE OF CONDUCT

Dexterity Dojo Ltd, take very seriously the **health, safety and welfare** of all students, teachers and assistants accessing our classes therefore for your own safety and that of others please ensure the following:-

FIRE SAFETY

In the event of a fire indoor shoes will be used to exit the building. Each studio has a container where the indoor shoes must be stored during the lesson if not being worn to dance.

- In the event of a fire this container will be carried out by the class teacher and shoes given out once outside the building.
- Sign in and out in reception every visit stating time of arrival and departure.
- Upon hearing the fire alarm leave via the nearest exit with your teacher and meet in the DEXTERITY car park.
- Every child must complete the FIRE SAFETY AWARENESS TRAINING. Please ensure you have done this once you have registered as a full member. This can be completed in 15 mins before or after your child's next lesson. It is essential that your child has this training.

CLOTHING - All clothing rules are for safety of the students.

- ALL STUDENTS must wear appropriate warm clothing over training wear to travel to and from class and remove outdoor shoes on entry to the building.
- Class wear:
 - * New students - Joggers and T-shirt (sweat shirt when cold). Please if possible avoid bright colours, patterns & logos. Dark monochrome is preferred.
 - * Long term students - I will be making Dexterity Dojo T-shirts as a required uniform
 - * Dedicated students - Once your child has shown over several months a termination to continue training you will want to purchase them formal kendo wear of Hakama & Gi. I can suggest a recommended retailer.
- Foot wear. Martial Arts require bare feet. (ensure toenails are clipped and athletes foot has been treated).
- GIRLS ATTIRE: Supportive bra if required is essential.
- BOYS ATTIRE: A jock-strap is not essential.

CLASS ETIQUETTE

- Consumption of tobacco or intoxicants is not allowed on the premises. Students cannot attend class when under the influence of intoxicants.
- Students must ensure they have eaten sufficient food and drunk enough water to provide the necessary energy to participate in lessons. Students must bring and eat healthy snacks to maintain energy levels. Additional snacks can be purchased from the tuck shop if needed to give an energy boost.
- Long hair must be tied up high and centre.
- Consistent good attendance is imperative as absence and lateness can hold back an entire class. Students must make every effort to attend every class and be on time to get signed up and thoroughly warmed up.
- All jewellery must be removed for all classes.
- Feedback and constructive criticism are essential to the development of a student. Students need to take on board feedback and not take criticism personally.
- Students must listen when the teacher is speaking and try to apply corrections immediately.

- Students need to be aware of people around them to avoid hitting or bumping into them.
- Students must be kind to everyone in the lesson.
- When in class if any movement hurts, do not do it and inform your teacher immediately.
- If injured and unable to participate, students should still attend all classes to observe and keep up with the course as this will make their return to class easier and decrease class frustration in repeating.
- Of course if your child is ill with a virus, a cold/flu, vomiting, diarrhoea or any other contagious infection they are excused from attending class (but no refunds can be given).

SCHOOL ETIQUETTE

- I will look out for the well-being of younger and less experienced members of Dexterity, I will always lead by example. I will always remember that I am a role model and leader of my peers and will act accordingly.
- I will respect other students, teachers and helpers for their hard work and determination and speak to one another with kindness, truth and in a respectful manner at all times.
- I will check the floor is clear and all belongings are out of the way so they will not cause anybody to trip or slip.
- I will mop up any spillage and report any damage. Dexterity appreciates accidents happen and prefer to know immediately.
- I will only take water into the studios in sports top bottles and not near electrical items.
- I will use the changing rooms for personal possessions, I will not leave valuables unattended in the changing room or in the common room. Please note: Dexterity cannot take responsibility for the loss or damage of any personal items.
- I will not touch the mirrors.
- I will place all litter in the bins provided and not eat or drink in the changing room or studios.
- I will not turn on heaters in the changing rooms or anywhere in the school.
- I will be respectful of those studying / doing homework in the Common Room.
- I will look regularly in lost property for mislaid items.

PERFORMANCES

- I will wear uniform when representing Dexterity Dojo / Estha Jones School of Dance, outside of school and when necessary inside school.
- I will take good care of and return equipment or uniforms and any materials loaned to me.

FAITH

- I respect that this facility is a multi-faith environment and I will respect the religious beliefs and practises of others as I expect them to do for me
- I will inform staff of any particular religious practises my faith requires
- I will inform staff anything which I feel might be in conflict with my own personal faith

MUSOKAN DOJO

Dojo - means training hall / club

The name of this dojo is **MUSOKAN**

Musokan Dojo is a British Kendo Association registered club, which is part of the European Kendo Federation and International Kendo Federation, all of which are overseen by the All Japan Kendo Federation (ZNKR)

<http://www.britishkendoassociation.com>

The curriculum taught at Musokan Dojo is in accordance with the aforementioned federations

- All grades are recognised by the aforementioned federations
- All national /international conceptions are held under the auspices of the aforementioned federations

Kendo is a part of the Japanese national schools sports curriculum.

The concept of Kendo is to discipline the human character through the application of the principles of the Katana (sword).

The Purpose of Practicing Kendo

**To mould the mind and body,
To cultivate a vigorous spirit,
And through correct and rigid training,
To strive for improvement in the art of Kendo,
To hold in esteem human courtesy and honour,
To associate with others with sincerity,
And to forever pursue the cultivation of oneself.
This will make one be able:
To love his/her country and society,
To contribute to the development of culture
And to promote peace and prosperity among all peoples.**

(The Concept of Kendo was established by All Japan Kendo Federation in 1975.)

The Mindset of Kendo Instruction and its explanation

The Significance of the Shinai - Bamboo sword

For the correct transmission and development of Kendo, efforts should be made to teach the correct way of handling the shinai in accordance with the principles of the katana sword.

Kendo is a way where the individual cultivates one's mind (the self) by aiming for shin-ki-ryoku-itchi (unification of mind, spirit and technique) utilising the shinai. The "shinai-sword" should be not only directed at one's opponent but also at the self. Thus, the primary aim of instruction is to encourage the unification of mind, body and shinai through training in this discipline.

Reiho - Etiquette

When instructing, emphasis should be placed on etiquette to encourage respect for partners, and nurture people with a dignified and humane character.

- I will bow on entering the training hall, to my teacher, to my fellow students and my sword
- Bowing is non religious and is performed as a mark of respect and should not conflict with any of your personal religious beliefs & practises

Even in competitive matches, importance is placed on upholding etiquette in Kendo. The primary emphasis should thus be placed on instruction in the spirit and forms of reiho (etiquette) so that the practitioner can develop a modest attitude to life, and realise the ideal of koken-chiai (the desire to achieve mutual understanding and betterment of humanity through Kendo.)

Equipment safety and maintenance

- I will handle all equipment / uniforms loaned to me during practise with care and respect
- I will be liable to replace any equipment / uniforms damaged through my fault.
- I understand that once I have proven I wish to fully commit to my training that I will be require to purchase my own training equipment / uniform.
- I will make sure that I maintain my own equipment / uniform for the safe practise of myself and others
- Kendo Shinai (bamboo sword) - I must check my own Shinai or one provided by the dojo is safe to use before each practise. The Shinai fittings must all be tight and secure and the bamboo slats are free from cracks or splinters.

- Jo and Bokken - I must check my own Jo or Bokken or one provided by the dojo is safe to use before each practise. These must be smooth to the touch and free of cracks and splinters.
- Iai-to (blunt sword) and Shinken (sharp sword). I must check my own sword or one provided by the dojo is safe to use before each practise. I must treat all swords as if a live sharp blade. I must make sure all fittings are secure. I must maintain a 9m² area (i.e. 3m x 3m) per exponent to ensure an acceptable level of risk. This exclusion zone includes not only my own but that of others, I must ALWAYS maintain FULL space awareness.
- Storage - all weapons at home or in the dojo must be stored in a locked case and preferably also in a locked room.
- Transporting - When transporting swords they should be wrapped in a cloth bag within a leather-canvas zip bag and/or preferably a locked hard case. Shinai, Bokken and Jo in a cloth bag only. All weapons must be transported in a way which covers them from view and shows that they are not ready for use.
- Armour - I must check my own armour or one provided by the dojo is safe to use before each practise. After use I must pack and store the armour in a neat and tidy.

Lifelong Kendo

While providing instruction, students should be encouraged to apply the full measure of care to issues of safety and health, and to devote themselves to the development of their character throughout their lives.

Kendo is a “way of life” that successive generations can learn together. The prime objective of instructing Kendo is to encourage the practitioner to discover and define their way in life through training in the techniques of Kendo. Thus, the practitioner will be able to develop a rich outlook on life and be able to put the culture of Kendo into use, thereby benefitting from its value in their daily lives through increased social vigour.

NON VIOLENCE / PEACE & GOODWILL

- I will never use the techniques and and/or equipment I use in my martial arts class to harm another person
- I will only use my training to make myself a better person and respectful member of society

Further BKA Health and Safety / Insurance Information:

<http://www.britishkendoassociation.com/resources>