



## Dojo Etiquette for Teens

Jin Sei Ryu Karate-Do is a Japanese art and follows traditional Japanese martial conventions for showing respect to the space, to teachers, and to others.

### **Respect to the Space:**

A *dojo* is a space for studying martial arts.

- Before entering the dojo space, make sure you're fully dressed in your *karate* uniform.
- Always bow and say "Osu!" towards the *shinzen* before entering the space, and any time you leave the space.
- Treat the dojo as a special space and do your best to maintain your focus during class. If focus is hard for you, speak to your instructors about strategies that can help you.

### **Respect to the Teachers:**

As a gesture of respect, we always use our *karate* teachers' name and title when we address them ("Sensei Amy," "Senpai Kyren," "Kyoshi Erin," "Sensei Yesica," "Senpai Sophie"). When we first see our teacher(s) or fellow students in a *karate* setting, we bow and say "Osu!" before saying hello. Anytime a teacher asks us to do something in class, we respond with "Osu!" to acknowledge that we understand. If we don't understand or need further explanation, we say "Osu Senpai," "Osu Sensei," or "Osu Kyoshi," first, and then ask our question.

### **Respect to Other Students:**

In the spirit of community-building, introduce yourself to other students and ask when you forget someone's name (don't worry, we all do it!). First names of other students (even adult students) are appropriate. If they have a *karate* title, use their *karate* title, too.



## Student Code of Conduct for Teens

**Treat the physical space as if it were sacred to your or another person's religious faith.**

- 1. Remove shoes upon entering the space**
- 2. Refrain from using profanity**
- 3. Refrain from gossip or idle speech about people's personal lives**
- 4. Start with the Golden Rule.** If you are still in doubt as to whether certain behavior is appropriate, ask yourself if you would feel embarrassed or ashamed to say or do it in front of your parents or grandparents, religious advisor, mentor, holy person, or divine being

**Treat others in the space with civility.**

Creating a community of safety, respect, inclusivity, and kindness requires focus and intentionality. You don't have to like everyone in the space—but you are expected to treat everyone with kindness and respect anyway. Any time we bring diverse people together (and often when we bring similar people together), tensions and/or conflict will eventually arise. We see it as part of our karate practice to learn to handle conflicts and tensions with respect, strength, and kindness. Refer to the [Rights and Responsibilities for Teens](#) (below), and our [Complaints Procedures \(available upon request, or from our website\)](#), or reach out to Culture of Safety/Jin Sei Ryu staff for support.

- 1. No discrimination will be tolerated.** No discrimination on the basis of sex, sexual orientation, gender identity or expression, race, religion, ethnicity, age, physical or mental ability or disability status, size, physical fitness, immigration status, or other assumed traits or characteristics of any person will be tolerated.
- 2. No mean or hostile behavior will be tolerated.** We expect all people who enter our space to be at minimum civil to every other person. You have the right to your feelings; you have the responsibility to treat others with kindness and respect, even when you are upset or feel hurt. If you find that you are unable to be civil in a given moment, you are expected to leave the space until you can engage with civil behavior. Behavior includes electronic or in-person communication, body language, and actions outside of the space that impact the safety of the space for any individual.
- 3. Assume positive intent from others;** And accept that impact of our words and actions matter more than our intent.
- 4. Assume that forgiveness and peaceful conflict resolution is possible** and commit to addressing, rather than avoiding, conflict.



## Rights and Responsibilities for Teens

1. **Teens are special.** As a teen training member, you will often be training alongside adults. As with any unequal power dynamic, adults have the greater responsibility to ensure your physical and emotional safety, and to enforce boundaries to keep you and themselves safe. If another training member *ever* asks you to do something that you are not comfortable with, let the head instructors (Senpai Amy & Senpai Kyren) or your Student Protection Officer know and they will help you navigate the situation.
2. **No secrets.** Nobody at Culture of Safety/Jin Sei Ryu Chicago should ever ask you to keep a secret for them (or with them).
3. **Adult training members\* not related to you should not**
  - a. Ask you for things
  - b. Give you things (with the exception of a birthday card or congratulatory card)
  - c. Spend time alone with you, except in rare cases when there is no other option. All of these cases should be communicated to your grownup (adult responsible for you: usually a parent or guardian) as soon as possible

*\* These guidelines do not apply to individuals who you have outside relationships that your grownup(s) are aware of and endorse, for example family friends*
4. **Conflict is natural and unavoidable.** It is everyone's responsibility to respond to conflict with empathy and compassion towards both yourself and the other person.
5. **It is your right and your responsibility to say what you need from others.** When someone does or says something that bothers you, it is your responsibility to talk to that person in-person directly as soon as you are able. Name the behavior, say what you need. Assume that the other person *will* be receptive to your request.

Note: If you need help with this, reach out to CoS/ Jin Sei Ryu Chicago staff or your teachers to support you.
6. **It is your responsibility to listen actively, with kindness and compassion when someone else asks for what they need.** Ask clarifying questions, thank them for speaking with you, and make changes.



## Jin Sei Ryu Karate-Do Dojo Kun

In addition to the rules of etiquette and Code of Conduct that we ask that Jin Sei Ryu Chicago students follow, Jin Sei Ryu International (our parent karate organization) has published Dojo Kun, or “Dojo rules” that it expects all Jin Sei Ryu Karate-Do students to follow, and that all Jin Sei Ryu Karate-Do students can expect of their instructors and fellow students:

- I/we practice karate-do seriously, with a strong spirit, pure heart and open mind
- I/we act with kindness, honesty, respect and patience
- I/we accept others regardless of their age, physical capabilities, gender or personal beliefs
- I/we strive to overcome our personal challenges and wholeheartedly support others through theirs
- I/we apply what we learn during our training to other areas of our daily lives
- I/we honor our families, serve our communities and wider society
- I/we pursue self-improvement tirelessly and humbly regardless of our age, rank or experience.