



# Nihon Goshu Karatejutsu

## Dojo Oath

We, the students of Nihon Goshu Karatejutsu, strive to fulfil these pledges:

1. The dojo is a sacred place where everything begins & ends with respectful manners
2. Make positive contributions to family, community & cultivate your moral sense
3. Be modest, courteous & make efforts for the development of good character
4. Don't be obsessed with youthful exuberance, but acquire the spirit of improvement
5. Always be taken to learn & guide, & remain as innocent as you were as a novice

## Dojo Etiquette

- Approach & depart the dojo in a peaceful manner
- Conduct yourself as a martial artist at all times
- Bow to the front when entering & departing dojo
- Address instructors as 'Sensei' & seniors as 'Sempai'
- Know correct method for bowing at the start & end of class
- No smoking, alcohol, drugs or horseplay in the dojo
- Maintain good personal hygiene; clean dogi, shower & deodorant, short nails
- Jewellery is prohibited during training
- Acknowledge correction with a loud 'hai'
- Be respectful of partners during training

## Dojo Principles

- Karate begins & ends with respect & courtesy
- First know yourself, then know others
- Train mind & body to cultivate strong character & indomitable spirit
- There is no first attack in karate
- Mental technique before physical technique
- Keep your mind open & relaxed
- Don't think about winning; think about not losing
- Respond in accordance with your opponent
- Kata is fixed, combat is fluid
- The world is your dojo

***“To truly master karate one must embody the entire philosophy. Without a strong and virtuous mind the body is useless”***

Ohtuska Tadahiko, Hanshi, Goju Kensha Karate-do Renmai