



ORANGE COUNTY SHORINJI KEMPO FOUNDATION RULES

Carden Conservatory Multipurpose room facility is considered our dojo, a place where we study Shorinji Kempo martial arts like many other social educational systems. As such the dojo is to be respected by students, instructors, parents and guests who are in attendance. While class is in session silence and etiquette by the Parents, Guests and Kenshi (Students) must be followed. Below are Shorinji Kempo Class rules and regulations:

- 1) Students must Gassho Gamae when entering and exiting the Shorinji Kempo Dojo.
- 2) **Come to class on time. Children's class starts 6:30pm & Adults class at 7:45pm.** Students should arrive 10-15min before class to help setup and prepare the dojo. **Do NOT fool around before class starts as you could injure yourself and others.** The Shorinji Kempo curriculum is designed for 3 classes a week, 2 hours each class. If you miss basic practice within the first 15min of class, learning the paired techniques will be very slow. Attendance is taken at every class. A minimum number practices are required coupled with philosophy homework before a test can be taken. Shorinji Kempo is based on a mental and physical learning process which takes time and patience. As such instant gratification should not be expected. The average length of years a student has been studying Shorinji Kempo is 5 years.
- 3) Instructors are responsible for teaching and providing corrections to the students. Anyone observing the class (parents, guardians and family members) should **NOT** call out their child's name especially if their uniform (dogi) / belt should become undone, or when they are performing a technique incorrectly.
- 4) Internal bathroom is for instructors only. Students must utilize the bathrooms located outside the facility unless otherwise instructed by the teacher. Students are responsible for going to bathroom before or after the Shorinji Kempo class, unless it is any emergency situation.
- 5) Students cannot leave the dojo without approval from one of the black belt instructors.
- 6) Be courteous to everyone in attendance by remaining **silent** while class is in session. If you must hold a conversation, please do so by going outside the classroom.
- 7) All cell phones need to be placed in either **silent or vibrate mode** when entering the dojo (Multi-Purpose Room)
- 8) Parents must come inside the classroom to pick up their children. **There are no exceptions.**
- 9) The toys, books, chairs and miscellaneous equipment are the property of Carden Conservatory. As such please do **NOT** touch them.
- 10) Parents and guests are not allowed to work on their computers, listen to music and play video games while a class is in session.
- 11) Parents and guest seating is designated on the right side of the entrance/exit door. Use the folding chairs and remain against the wall to ensure there is no interference to the class.
- 12) Entering and leaving the classroom should only be through the main entrance/exit door. Do **NOT** use the side or back doors.
- 13) Water in the refrigerator is **ONLY** for adult 18 and older Black belt instructors. Please bring in your own water bottle.
- 14) Do **NOT** enter the Multi-Purpose room closet without permission from a Black Belt Instructor.
- 15) Parents and guests are **NOT** allowed to walk around the practice area floor before, during or after class.
- 16) Upon completion of the children class please exit as quickly as possible to give ample time for the adult's class to start.
- 17) Picnics Tables in the rear of the building can be utilized by parents and guests. Please walk on the outside of the building and not through the dojo to access the picnic tables.
- 18) Feel free to take pictures of your children practicing from a distance. Do **NOT** walk into the middle of the class to take pictures.
- 19) During practice, **students are not allowed to wear jewelry** (Earrings, Bracelets, rings, watches, necklaces) or related accessories. Long hair needs to be tied in the back of the head. Finger and toe nails need to be cut short. Uniform must not have holes, is the appropriate size and kept clean.
- 20) **Tuition** and **Test fees** are due by the 1st day of each month. Please ensure to pay on time.
- 21) Students must bring both text books to each class to learn the technical vocabulary, Japanese terminology are all required Shorinji Kempo techniques.
- 22) Shoes are to be kept in a neat order against the stairway wall at the entrance
- 23) Shorinji Kempo is against drugs and maintains a zero tolerance rule. Anyone in violation of our drug-free practice and is found to use, possess, sells, trade and/or offers for sale controlled substances or alcohol will be immediately requested to leave the Orange County Shorinji Kempo Organization.
- 24) Posting of videos and pictures on the social media must have a positive affirmation for the benefit of society through physical and mental practice of Shorinji Kempo. Pictures, videos and verbiage should always encourage and energize people. Knowingly and improperly posting pictures, videos and verbiage that maintains a negative and derogatory manner or for personal reputation or profit will result in disciplinary action up to and including dismissal from the Orange County Branch.
- 25) Refrain from facilitating any personal activity in and during school/classroom hours (i.e. School Fund raisers, business advertising, Distributing of products etcetera). The dojo is a place of learning Shorinji Kempo, similar to any subject a student would study in a public/private school classroom environment. Failure to observe this rule will result in parents and guests waiting outside the classroom until class is finished.
- 26) When leaving or moving around dojo do **NOT** walk or run through the other students who are practicing their techniques, as you can be severely injured by their punch/kick.