



# Mt Eliza Dojo

## TIMETABLE 2023

Online Classes via Zoom Meetings - link <https://zoom.us/j/6343565443> Password: 138752

<b>Monday</b>	4:30 - 5:00	4yrs to 7yrs	All Levels
	5:00 - 5:45	8yrs -12yrs	White – Red – Yellow
	5.30 - 6.15*	8yrs -12yrs	Advanced Kata - Orange and above * ( <b>New start time</b> )
	6.15 - 7.00	10yrs Plus	Kids & Teens & Adults (Matayoshi Kobudo)
	6:45 - 7:30^	8yrs Plus	All levels Online  <b>^(Not available in October)</b>
<b>Tuesday</b>	4:30 - 5:00	4yrs to 7yrs	All Levels
	5:00 - 5:45	8yrs -12yrs	White – Red - Yellow Belts
	5:45 - 6:30	8yrs -12yrs	Orange Belts & Above
	6:30 - 7:00	All levels	Brown & Black Belts
	7:00 - 8:00	Teens & Adults	All Levels
<b>Thursday</b>	4:30 - 5:00	4yrs to 7yrs	All Levels
	5:00 - 5:45	8yrs -12yrs	White - Red - Yellow Belts
	5:45 - 6:30	8yrs -12yrs	Orange Belts & Above
	6:30 - 7:00	Teens & Adults	Open Mat
	7:00 - 8:00	Teens & Adults	All Levels
<b>Saturday</b>	8:00 - 8:30	Teens & Adults	Weapons (Matayoshi Kobudo)
	8:30 - 9:30	Teens & Adults	All Levels
	9:30 - 10:00	4yrs to 7yrs	All Levels
	10:00 - 10:45	8yrs -12yrs	All Levels

Ronin 4yrs to 7yrs / Samurai 8yrs -12yrs / Teens & Adults 13yrs above

**Effective 2<sup>nd</sup> Oct 2023**

**Please note all Yellow Belt and above are to bring sparring equipment to all classes**

### Rules and Etiquette

The Great Master Funakoshi, regarded as the founder of modern Karate said "Those who follow Karate-do must consider courtesy of prime importance. Without courtesy Karate-do has no meaning."

1. In Dojo always refer to instructors by their proper title (i.e. Senior Instructors – Sensei and Assistant Instructor – Sempai) all students must formally address all instructors and show respect to instructors and fellow students
2. Punctual attendance is expected of all students
3. Dojo must be kept clean and in order
4. Uniforms must be clean
5. All clothing and shoes must be neatly put to the side and collected at the end of class
6. No jewelry should be worn during training
7. Long hair should be tied up and fingernails should be kept short
8. Shoes are not to be worn on the tatami
9. No chewing gum is allowed in the training area
10. Any students arriving after training has commenced shall wait at the edge of the training area until asked to join class
11. Any students leaving the training area before completion of class shall ask permission from class instructor/s
12. Bowing (rei) when entering and leaving the tatami
13. When training with a partner both shall bow simultaneously before and each section of training
14. No one is allowed to enter the dojo while under the influence of alcohol or any controlled substance
15. The student must show proper respect to their Sensei and their seniors, being always receptive to criticism. The dojo is a place of personal development and students must have a clear mind and positive attitude, there is no place for negativity or bad attitude
16. Behavior must be respectful, unnecessary roughness, rude language or display of ill temper or disrespect is strictly forbidden
17. Harassment or bullying between students will not be tolerated in or outside the dojo and there will be serious consequences for those participating
18. No student is to designate themselves as an instructor and teach other students
19. Do not wear your uniform in public unless participating in a demonstration, en route to the studio or training outdoors
20. Students who visit other schools must remember that they will refrain from making any other martial arts

[www.kidslovekarate.com.au](http://www.kidslovekarate.com.au)

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