SATORI

Mt Eliza Dojo

TIMETABLE - 2026

Monday	5:00 - 5:45	Year 2 - Year 6	Samurai All levels
	5.45 - 6.30	Year 5 Plus	Weapons (Kobudo) BEGINNERS
	5:45 - 7:00	Year 5 Plus	Weapons (Kobudo) INTERMEDIATE: Orange+
Tuesday	4:30 - 5:00	Kinder - Year 1	All Levels
	5:00 - 5:45	Kinder - Year 1	Advanced Ronin Brown Belts & Above
	5:00 - 5:45	Year 2 - Year 6	Samurai - White - Orange Belts
	5:45 - 6:30	Year 2 - Year 6	Green Belts & Above
	6:30 - 7:15	All Ages	Competition Squad Training
	7:15 - 8:15	Adults & Teens Year 7+	All Levels
Thursday	5:00 - 5:30	Kinder - Year 1	All Levels
	5:30 - 6:30	Kinder - Year 1	Advanced Ronin Brown Belts & Above
	5:30 - 6:30	Year 2 - Year 6	Samurai All Levels
	6:30 - 7:00	All Ages	Brown & Black Belt
	7:00 - 8:00	Adults & Teens Year 7+	All Levels
Saturday	8:00 - 8:30	Adults & Teens Year 7+	Weapons (Kobudo)
	8:30 - 9:30	Adults & Teens Year 7+	All Levels
	9:30 - 10:00	Kinder - Year 1	All Levels
	10:00 - 10:45	Kinder - Year 1	Advanced Ronin Brown Belts & Above
	10:00 - 10:45	Year 2 - Year 7	All Levels

Ronin Kinder - Year 1 / Samurai Year 2 - Year 6 / Teens & Adults Year 7+

Effective 5th October 2026

Please note all Green 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 jewellery 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. Any students arriving after training has commenced shall wait at the edge of the training area until asked to join class
10. Any students leaving the training area before completion of class shall ask permission from class instructor/s
11. Bowing (rei) when entering and leaving the tatami
12. When training with a partner both shall bow simultaneously before and each section of training
13. No one is allowed to enter the dojo while under the influence of alcohol or any controlled substance
14. 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
15. Behaviour must be respectful, unnecessary roughness, rude language or display of ill temper or disrespect is strictly forbidden
16. Harassment or bullying between students will not be tolerated in or outside the dojo and there will be serious consequences for those participating
17. No student is to designate themself as an instructor and teach other students
18. Students who visit other schools must remember that they will refrain from making any critical comments about any of the styles or instructors of any other martial arts.