

Forza Karate Club

Code of Conduct for Students

Karate begins and ends with courtesy. As a young person taking part in karate at FKC, we would like you to follow this guidance to make sure that you understand our rules and ethos and can participate in our club safely.

- Bow to the centre of the dojo when you enter and when you leave.
- Your teacher must be addressed as Sensei and any helper as Senpai.
- Latecomers kneel by the edge of the hall and wait for permission to enter.
- Bow to your partner before and after practice.
- Keep yourself safe by always listening to your instructor/coach
- Behave responsibly
- Let your instructor know when something isn't right
- When you are with us, stay in places where you are supposed to, don't wander off or leave without telling your Sensei first
- Make it to class on time and if you are running late, your parent or guardian are required to inform your instructor via email
- Take care of our equipment and premises as if they were your own
- Do not talk during class unless permission is granted
- All metal objects (jewellery) or other such items should be removed
- Make up of any sort is not permitted during any lesson
- Ensure that finger and toe nails are cut short for all lessons
- A karate gi along with a FKC club badge must be worn in all lessons
- Only a plain white t-shirt or vest is permitted underneath the gi
- The belt represents your progress, keep it on at all times.
- Bring correct protective equipment to lessons and always bring your mouth guard
- Respect difference in our club and do not discriminate against anyone on the grounds of gender, race or ability
- Report any incidents of bullying, including homophobia and transphobia to an instructor, even if you are just a witness
- Demonstrate respect to the Sensei and higher grades
- Treat other young people with respect
- Respect and appreciate that everyone has different levels of skill and talent
- Make our club a welcoming place and friendly place to be

- Support and encourage your team mates
- Be a good sport, celebrate when we win and be gracious when we lose
- Play by the rules and have fun
- Karate techniques are not to be displayed by members outside of FKC classes or Frontier Karate Association classes and events.
- All students that hold a Frontier Karate Association / BIMAF licence are permitted to take part in karate classes (inclusive of online sessions) held within Frontier Karate Association only.
- Any students found training elsewhere without the written permission of the chief instructor, will not be adhering to the rules of FKC/Forza/FSK/FKA/BIMAF. Appropriate action will be considered.

As a young person taking part in karate at FKC, we understand that you have the right to:

- Enjoy the time you spend with us and know that you are safe
- Be respected by us and other team members
- Be treated fairly
- Feel welcomed, valued and not judged based on race, gender, sexuality or ability
- Be listened to
- Be included
- Be encouraged and develop skills with our help
- Be involved and contribute towards any decisions within our club that require students input
- Be looked after if there is an accident or injury and have your parent/carer informed if needed

We expect all young people to follow the behaviours and requests set out in this code. If any young person behaves in a way which contradicts any of the points set out above, we'll address the problem straight away with parent/carer's involvement and aim to resolve the issue.

Continued issues and repeated breaches of this code may result in us regrettably asking you to leave the activity, event or club permanently, for the welfare of other young people and our staff. This is something we never want to do.