



## **Dōjō**

Dōjō is a Japanese word that means "place (場 jo) where to search for the way (道 do)" and nowadays its meaning has been extended to the place where a martial art is practiced.

*The atmosphere of the Dōjō must be calm and serene; in complete silence, except for the noises of the practice;*

*access to the Dōjō is reserved for those who want to practice, when they have already worn their gi;*

*the curious and those who want to find friends are asked to wait outside, taking care not to disturb;*

*those sincerely interested in assisting the practice can do it while maintaining respectful silence;*

*in the Dōjō be aware and joyful;*

*leave the considerations of fame and wealth, forget the prejudices of race and gender;*

*the ardor of the practice must combine with an atmosphere of self research;*

*be honest;*

*if you temporarily become part of our Dōjō, accept the rules, following the teaching with willingness and respecting the hierarchies of degrees;*

*three qualities are required: a good education, a great love for the art that you practice, a deep trust in the Master;*

*the traditional rules that are taught and the mental attitude that is suggested must be not understood as mortifications imposed on those who practice, but rather as an improvement of the ethic that promotes collective work and individual progress;*

*you must be clean in the body as in the costume, step inside the Dōjō with the left foot and step out with the right foot;*

*be respectful of everything that is part of the Dōjō;*

*follow the timetables and don't show yourself bare-chested;*

*improve respect and gratitude for the teacher and fellow students;*

*karate must be practiced in silence, control your thoughts by focusing on what you do and what you see;*

*do not get distracted or contribute to distract other fellow students.*

*If you don't feel like following these rules, don't enter the Dōjō,  
any teaching would be useless for you  
and your attitude would be detrimental to others.*