



UNIVERSITEIT VAN PRETORIA  
UNIVERSITY OF PRETORIA  
YUNIBESITHI YA PRETORIA

**TuksSport**

# Welcome to TuksKarate!

## RULES OF OUR DOJO

### Hygiene:

- Do not eat or chew gum in the Dojo.
- We expect our members to keep themselves clean and hygienic at all times. Dirty feet, nails and language are not part of Karate.
- All jewellery and sharp objects must be removed from your person before entering the training area, as it can cause injury to you and/or your training partners.

### Bowing:

- Soshin: After your first bow, you should "SWITCH ON" completely and give your full concentration and attention to your instructor. You may only "SWITCH OFF" or relax after the lesson, as soon as the instructor dismisses the class.
- Every time you get a new training partner for any exercise, bow.
- Bow to the previous partner before moving to the next partner.
- When told to move from one part of the Dojo to another, do it quickly without passing in front of anyone or across the floor.

### Dojo Etiquette:

- Always wear your Karate-Gi and try to keep it as clean and neat as possible.
- Learn and understand our Dojo etiquette and bowing procedures.
- Treat your Dojo with respect; it is your place of learning and training. It is the duty of the senior members in the class to see that the students are lined up correctly before the instructor begins teaching.
- It is etiquette to ask permission from your Dojo Head to train at any other dojo, style or instructor.
- Any discerning matters/issues must be directly lodged with the participating Dojo Head. • No discussions that are not pertinent to your karate training are allowed during class.
- Always think and act in a positive manner and you will develop to the full. If anything makes you unhappy, or if you want advice or help, please discuss the matter with the Sensei or one of the senior instructors.
- It is the duty of all members to correct any junior graded member who does not honour the Dojo regulations.
- Do all your movements with Spirit and Skill so you may progress quickly. Always strive to do your best, never look for fault in others, look firstly for your own weak points and improve yourself by correcting them. If at any time you are faced with a threatening situation, assess it quickly and use your wisdom. Only use violence as a last resort.

### Humility:

- Be truly humble and refrain from boasting in any way. Always help those weaker than you. Never treat them with disdain or look down upon them. Use your strength nobly.
- Keep adding to the spirit of the club by cooperating with fellow members in all respects. Try to genuinely help each other and learn to accept constructive criticism.

## THE DOJO KUN

The Dojo Kun is recited at the end of each karate lesson to remind the students that they should live out the principles of karate within as well as beyond the dojo.

**STOTS. *Jinkaku kansei ni tsutomeru koto.***

Strive for the perfection of character.

**STOTS. *Makoto no michi o mamoru koto.***

Protect the way of the truth.

**STOTS. *Doryoku no seishin o yashinau koto.***

Foster the effort of Spirit.

**STOTS. *Reigi o omonzuru koto.***

Respect the principles of etiquette.

**STOTS. *Kekki no yuu o imashimuru koto.***

Guard against impetuous courage.

## Contract

Please complete the online contract: <https://forms.gle/rfPFzftE2ihYRrok6>

## Payment

- Payments are done as per agreement on the 1st of a month and strictly one month in advance.
  - Penalty of R50 per person per month for late payments (+ 10 days) will be imposed.
- Month fees are fully payable in December and January even though the dojo closes for a period (stipulated by facility management and instructor).

## Payment Notification

Proof of Payment must be delivered in the form of email or hard copy. Please note that you will be held responsible for all outstanding fees until we receive a written notification.

## Contract Cancellation

Should a member wish to cancel the contract the member must provide one calendar months' notice and the fee for that month prior to the expiration of the applicable period.

## TERMS AND CONDITIONS

1. Application for membership is subject to final approval by the management of the club.
2. The applicant agrees that membership fees will be paid on time.
3. The member agrees that this contract will be valid for a 3-month period in which this agreement has been signed.
4. Should the member fail to give notice, the agreement will continue for the following 3-month period as per the terms and conditions of this agreement (Refer to item 3 above).
5. Should a member wish to cancel the contract the member must provide one calendar months' notice prior to the expiration of the applicable period. The fee for that calendar month is also due.

6. Should any outstanding payments not be received in specified time the club reserves the right to terminate the agreement with immediate effect and to take legal action against the member to secure payment.
7. A penalty of R50 per person per month for late payments will be imposed.
8. In the case of legal action, it is agreed that the member will be held liable for all legal costs on the scale as between attorney and client.
8. The residential address as specified in this signed contract will be the agreed domicilium citandi et executandi address of the member. It is the responsibility of the member to inform the club and its management in writing of any changes to the address.
9. Should this agreement be signed by the legal guardian of a minor the guardian agrees that it is his/her responsibility to ensure the minor behaves in accordance with the code of conduct of the club?
10. The fees are payable in advance on or before the 1st day or the 15th of month as arranged with the Dojo Head.
11. Although we take every step possible to secure the safety of our members, by signing this agreement the member accepts the following:

#### **12.1.1. Assumption of Risks**

- I understand that the physical activities of Karate, by its very nature, include certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries;
- I understand and appreciate the risks that are inherent in the above-listed programs and activities;
- I hereby assert that my participation is voluntary and that I knowingly assume all such risks;

#### **12.1.2. Hold Harmless, Indemnify and Release**

In consideration of permission for my participation, I agree, for myself, my heirs, personal representatives or assigns, to defend, hold harmless, indemnify and release, the TuksKarate Club, its officers, employees, agents, from and against any and all claims, demands, actions, or causes of action of any sort on account of damage to personal property, or personal injury, or death which may result from my participation in the above listed activity.

#### **12.1.3. Consent for Emergency Treatment**

I authorize the TuksKarate Club and its designated representatives to consent, on my behalf, to any emergency medical/hospital care or treatment to be rendered upon the advice of any licensed physician. I agree to be responsible for all necessary charges incurred by any hospitalization or treatment rendered pursuant to this authorization.

- I understand that by agreeing to this clause I am releasing claims and giving up substantial rights, including my right to sue.

13. No alteration or indulgence to any of the terms of this agreement will be of any force or effect, unless it has been reduced to writing and has been signed by both parties to this agreement.