

# DŌJŌ-RULES

KENSHINKAI BERLIN E.V.



1. The dōjō is a place of calm, concentration, and discipline. Behavior in the dōjō must reflect this.
2. The trainee bows when entering and when leaving the dōjō.
3. The dōjō must not be entered with (outdoor) shoes and headwear must be removed.
4. The trainee attends training punctually and regularly and notifies the instructors in time if they will be absent from a session.  
Trainees who arrive after training has started wait for the instructors' permission before joining, in order not to disturb exercises and to minimize the risk of injury. Instructors enable late-arriving trainees to join training at the next suitable point (for example, when exercises change or during rotations).
5. Instructors give only instructions that serve safe and respectful training and that are aimed at achieving training goals. They take into account the individual limits of the trainees.
6. Instructors have the right and the duty to ask others to observe dōjō etiquette. At the same time, they are role models in observing dōjō etiquette. A lack of discipline by individuals disrupts training and the concentration of other trainees.
7. The trainee must ensure that their equipment is in good condition before training begins. Instructors check club equipment and the equipment of children and youths at regular intervals appropriate to usage.
8. If trainees can only participate in training to a limited extent due to health or acute problems or pre-existing conditions, instructors must be informed of the nature of the limitation before training begins so that participation options can be clarified.  
Parents / legal guardians of children and youths take on this information and further coordination with the instructors.  
Intimate or medically detailed information does not need to be disclosed. Instructors treat this information confidentially, take it into account when planning training, and do not encourage ignoring the limitations.  
Instructors have the right to restrict participation in training, stating reasons, if they fear

for the safety of the trainees or cannot guarantee safety.

9. Mobile phones must be set to silent before training begins. In important cases, permission to disable silent mode must be requested from the instructors in advance.
10. To prevent the risk of injury, jewelry must be removed before training.
11. Trainees should be helpful, friendly, and courteous to one another. Training partners, especially instructors and higher-ranked fellow trainees, must be treated with respect and consideration. When training together across different ranks, higher-ranked trainees should take the less advanced level of their partner into account.
12. Behavior during training must be open-minded and polite toward every trainee. Aggressive behavior is prohibited.
13. Guests and spectators behave considerately and avoid any disturbance of the training. Instructors are available to answer questions after training has concluded.

All persons present at a Kenshinkai Berlin e.V. training are required to follow these dōjō rules.

If you have questions, complaints, or notice violations, contact the managing committee ([info@kenshinkai-berlin.de](mailto:info@kenshinkai-berlin.de)) and, if applicable, the child and youth protection officers ([kinderschutz@kenshinkai-berlin.de](mailto:kinderschutz@kenshinkai-berlin.de)).

**Last updated: 08.02.2026**