

# SUNRISE DOJO SAFETY RULES

Karate, as any sport, has the potential of physical injury even when strict safety rules are known and observed. This is no different than playing football, soccer, racquetball, wrestling, gymnastics or downhill skiing. No one stops to think about it in these sports but in karate, which is designed for self-defense, everyone is much more suspicious of foul play when injuries occur.

*We therefore have much stricter safety rules and enforce them without exception.*

1. No one works out without basic safety equipment. This includes:

Men:	Groin Cup and Mouth Guard
Women:	Mouth Guard (Mouth Guard is required when contact is likely)

2. No one spars without sparring safety equipment and without designated black belt instructor's supervision. Sparring safety equipment includes:

Men:	Padded Safety Gloves and Boots Mouth Guards and Groin Guards Padded Head Protective Gear is required Elbow and Shin Guards are recommended
Women:	same as men above, plus - Breast Cups are recommended

3. Physical Contact Rules

## Absolutely No Contact:

- Head, including face mask, eyes, temples, ears, back of head
- Neck, anywhere
- Spine, anywhere
- Groin area
- Women's breast area

Punishment for contact to forbidden areas or more than light contact to other areas:

- First offense: 25 push-ups
- Second offense: Discretion of Instructor *including possible dismissal from Tatsu Do.*

## Light Contact: (Defined as no penetration or visible movement of opponent)

- allowed to only front part of chest (except for girls and women) and abdomen above the waist
- Only well practiced and controlled technique is allowed.

Everyone must learn and practice these rules and will be observed by instructors for compliance or any violations. Offenders will be expelled.

**ASK ANY OF THE INSTRUCTORS REGARDING SAFETY RULES OR EQUIPMENT.**