



## Tuide Jutsu / Karate Do "Safe Sports Act" Policy

### Policy:

The Safe Sports Act Policy extends to any and all events that Yes, I CAN! Karate is attending and/or participate in. This also includes any non-students attending the event.

All Yes, I CAN! Karate staff will have background checks and training certificates on file. No staff shall be alone with any single student at any time. Either the parent/guardian, a second instructor, or an authorized, certified Yes, I CAN! Karate adult will be present with the child and instructor.

If student is attending a private class with an authorized Yes I CAN! Instructor, the student must be accompanied by a parent/guardian. Parents/guardians may not leave their child alone with only a single instructor. As other students arrive, the parent/guardian may leave their child with the instructor.

### Reporting:

If there is ANY suspected or confirmed abuse (of any kind), by law, it must be communicated to local Police Department within 24 hours. An incident report must be filed, which will include:

- Dates/time of the report
- Name(s) of those involved
- Location of the incident
- Dates/time(s) of the incident(s)
- Description/narrative of the incident in question
- Related actions taken and by whom (i.e., police notified, with dates/times of those actions)
- Signature by the person completing the incident report along with date/time

This report must be turned into the head instructor within 12 hours of the incident occurring. The Head Instructor will turn in the report along with any supporting information or documentation to the local Police Department. Anyone that is aware of any situation is duty bound to also report the event to the Head Instructor. They must also provide their report to the appropriate local Police Department.

### Recordkeeping:

A file on this situation will be kept on file and updated as appropriate for a period of no less than 10 years at the dojo.

Students, parents, or guardians may talk to either Sensei or Sempai with any questions or concerns. Sensei may be reached via email at [tuidejutsu@gmail.com](mailto:tuidejutsu@gmail.com) or at 216-375-9644. Sempai may be reached at 216-482-8285.



## Tuide Jutsu / Karate Do Concussion Policy

### Policy:

This policy applies to any and all events administered and attended by Yes, I CAN! Karate students, parents, and/or guardians. All Yes, I CAN! Karate instructional staff and volunteers must have a concussion training certificate on file.

### In Case of Suspected Concussion:

If there is a suspected concussion, the child is removed from the event or class immediately. If necessary, a child is encouraged to see a doctor at their earliest opportunity. If warranted, staff will call Emergency Services at 911 and parent(s) will be notified immediately.

### Return to Participation:

A student with a diagnosed concussion must be released by a doctor before returning to class. The anticipated return to class will take the full length recommended by your physician. This timeframe can be extended as needed by the physician, parent and / or sensei as necessary.

Upon return, students will follow the Return to Participation plan as outlined below:

1. Step 0-No Participation
2. Step 1-Light Activity
3. Step 2-Heavy Activity
4. Step 3-Activity with light contact
5. Step 4-Activity with heavy contact
6. Step 5-Full participation

A student must notify any instructor present of any symptoms of dizziness, fogginess, or that they just “don’t feel well” during any stage of their return. This is MANDATORY for their benefit and safety. If an instructor notices any recurring symptoms, they will remove the student from class and discuss next steps with their parent(s)/guardian(s).

### Requirements:

- Instructors must pay special attention and provide extra care of the student upon their return from a concussion.
- If there are any signs of discomfort, dizziness, and/or any concussion symptoms, the student will go down one level on the plan.

If there are any questions comments or concerns with this policy, please feel free to contact Sensei Samuel Nieves at 216.375.9644 or [tuidejutsu@gmail.com](mailto:tuidejutsu@gmail.com)

Updated 11/07/2021.



Yes, I CAN! Karate

## TUIDE JUTSU / KARATE DO

### DOJO ETIQUETTE

The dojo is a place of physical practice where we develop our inner spirit and character.

It deserves our reverence and respect.

唐  
手  
術  
空  
手  
道

- Bow upon entering and exiting the dojo floor. This is to show respect for the facilities used to practice.
- Remove shoes upon entering the training area. Shoes should not be worn on training area/floor.
- Keep the dojo clean and organized. Clothing should be neatly placed along the wall of the dojo. Make sure that any trash is disposed of properly.
- Refer to the instructor as sir/ma'am, "Mr./"Mrs./Ms." And their last name, or their title, i.e. Sempai or Sensei.
- There should be no talking between students while class is in sessions. Questions may be asked at an appropriate time.
- At no time will horseplay will be tolerated. Karate is a discipline of both mind and body. As such demands full concentration and serious effort on the part of the student. Horseplay leads to loss of knowledge and possibly injury to oneself or partner.
- Good hygiene should be followed. Uniforms are to be kept clean and in good repair. Finger- and toe-nails should be kept trimmed to prevent injury while training and hands and feet should be clean.
- Jewelry should not be worn while training. Watches, rings, earrings, necklaces, etc. often get in the way and can cause otherwise avoidable injuries.
- No gum chewing.



## Tuide Jutsu / Karate Do

### Code of Conduct / Rules

#### Code of Conduct

- I will show courtesy into and out of the training area. Bow when entering and leaving.
- I will show courtesy, dignity, and respect to myself, my peers and my instructor.
- I will bow to my instructors, not as a sign of subservience, but as a sign of courtesy and respect.
- I will treat with respect the training area and its equipment.
- I will do nothing to take away from the instruction of my peers or from the time my instructor gives to myself and my peers.

#### General Rules

- The instructor is NOT in class to be your friend: he/she is your teacher. Treat him/her as such.
- Punishments are not given to harm but to correct behavior. Treat it as such. Learn from the error, do not repeat it, and move on.
- The instructor is always available to listen, guide and mentor you. Be appropriate and honest when approaching him/her. He/she will give you the same courtesy.
- The instructor aims to help you become a good martial artist and help build your character, not to continually correct improper behavior. If a student is deemed excessively inappropriate, he/she will be asked to leave.
- The instructor's goal is to teach and train you. In order to advance your technique, consistent practice is essential. It is the student's responsibility to practice and work on perfecting material so that the instructor can help refine your technique and teach you new material.
- Students will be excused at the discretion of the instructor. Students will speak and give courtesy to the instructor before leaving class.
- Bathroom breaks are usually not given. Please try to use the bathroom before or after class.
- Unless absolutely necessary, those not in class are not to disturb class that is already in session.
- Student are expected to show up to class on time. When the instructor announces: "line up" students are to quickly line up in their appropriate places and wait in Yoi Dachi (ready position) for the instructor.
- Students are to drink ONLY water and ONLY if given a break or at the end of class. This is for your health and the benefits will be explained if required.
- Students are encouraged to ask questions if they do not understand. Use discretion when doing so (do not interrupt class or when someone is speaking; hold up your hand to get the attention of the instructor or wait until class is over).
- Rules are subject to amendment and change as necessary for the betterment of the class and at the discretion of the instructor.



## Tuide Jutsu / Karate Do

### Dojo Kun

#### Dojo Kun <sup>1</sup>:

1. Jinkaku kansei ni tsutomeru koto. - Work to perfect your character.

This ideal is given priority-not strength, speed, technical skill or fighting ability, but perfection of the student's character.

2. Makoto no michi o mamoru koto. - Have fidelity in seeking a true way.

The "way" should be "true" i.e. should not be a method of self indulgence or weakness. Do not boast or speak untrue of yourself or others.

3. Doryoku no seishin o yashinai koto.- Cultivate a spirit of endeavor and perseverance.

Patience is needed if a student is to eventually learn all the aspects of the art correctly. Yagyū Matajuro: "a man in such a hurry, as you are, to get results seldom learns quickly."

4. Reigi o omonjiru koto. - Always act with good manners.

Confucius: "You repay an injury with directness, but you repay a good turn with a good turn."

5. Kekki no yu o imashimeru koto. - Refrain from violent and uncontrolled behavior.

Force may be used if the end is morally correct-such as self-defense or protection of the innocent.

---

1- Adopted from Sensei's Higaonna and Kanazawa, Japan Karate Association and from "Dojo Kun" by Harry Cook, <http://www.dragon-tsunami.org/Dtimes/Pages/articleb1.htm>

---