

Six Rules of the Dojo

Respect

Honor and Regard to others, being kind to others

Effort

Hard Work

Etiquette

The proper way to do something, manners

Character

What makes you special

Sincerity

Meaning what you say, Honesty

Self Control

Controlling yourself, your emotions and your desires



Five Rules of Horse Stance

Five Rules of Front Position

1. Feet Together
2. Knees slightly bent
3. Back straight
4. Right hand in fist, left hand open over right
5. Head up and eyes forward

1. Feet straight shoulder width apart
2. Knees slightly bent
3. Back straight
4. Hands and arms in tight fists at elbow position
5. Head up and eyes forward