

GENBUKAN UNRYU DOJO

TRADITIONAL JAPANESE MARTIAL ARTS

- UNARMED | SWORD | STAFF -

DOJO KUN

I. BE RESPECTFUL

1. When entering and leaving the dojo, bow to the shrine and to the teacher. When you enter, say “ohayo gozaimasu” (good morning), “konnichiwa” (hello), or “konbanwa” (good evening) as appropriate. When leaving, say “arigato gozai mashita” (thank you) and “sayonara” (goodbye). This is **DOJO REI**.
2. When asking the teacher a question, always bow and say “onegai shimasu” before the question and “arigato gozai mashita” after receiving the answer. When the teacher asks you to be his uke (receiver), always bow and say “onegai shimasu” before the technique and “arigato gozai mashita” after the technique. Finally, never forget the “giri” (debt of gratitude) you owe to your teacher. This is **SHI REI**.
3. When training with a partner, always bow and say “onegai shimasu” before the technique and “arigato gozai mashita” after the technique is over. This is **RITSU REI**.
4. When training with a tool (weapon), raise the tool to the shrine and say “onegai shimasu” in your heart before training and “arigato gozai mashita” after training. Also, do not step over any training tools, densho, or notes. This is **SHINZEN REI**.

II. BE CAREFUL

5. On the mat, do not do anything without the teacher’s permission.
6. In the training area, do not sit or stand with your back to students (who are training).
7. During training, Tori is responsible for the safety of his /her Uke and must ensure that Uke has the space and ability to safely “receive” the technique.

III. BE HUMBLE

8. When the teacher gives you instructions, even if they don’t make sense to you, say “hai, sensei” and do your best to fulfill his/her expectations.
9. Training will make you more powerful, but this power must be balanced by an equal measure of control. Do not use techniques outside of class unless forced to defend yourself, and then only as much technique as necessary to neutralize the threat.
10. The Genbukan martial teachings have been given to you for your personal use but you do not own them and have no right to determine their trajectory of transmission. Therefore, you may not teach any techniques, in or out of class, without the teacher’s explicit permission.

IV. BE THANKFUL

11. Your life (existence) is a gift from Heaven. Show your gratitude by being thankful and avoiding anything that can destroy your life, e.g., tobacco, alcohol, recreational drugs, lust, greed, envy, etc.
12. When circumstances are favorable to you, this is a gift from Heaven. Show your gratitude by being thankful and sharing your blessings with others.
13. When circumstances are unfavorable to you, you are living in a time of intense training and testing, i.e., an opportunity for growth, and this, too, is a gift from Heaven. Show your gratitude by being thankful, acknowledging your faults and failings, and working hard to improve yourself.

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14. The Amatsu Tatara Bumon and Shumon are a gift from Tanemura Soke. Show your gratitude by honoring the tradition through hard training and serving as a good representative of the Genbukan organization and Unryu Dojo.

THIS IS THE LAW OF THE DOJO.

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