



GABRIELES *Martial Arts*

Your Premier Mixed Martial Arts Family Center

◆ Training Champions in the Community Since 1999 ◆

◆ www.GabrielesKarateKickbox.com ◆

DOJO PROTOCOL

These are all phrases which the Sensei initiates and students reply

Sensei: Posture Check!

Student: Shoulders Back, Chin Up, Eyes Straight Ahead Sir!

Sensei: Eyes on Who?

Student: Eyes on You sir/ma'am!

Sensei: Hi _____ how are you?

Student: Good sir/ma'am, how are you?

Sensei: Tap Tap

Student: Guard Up Sir/Ma'am!

Sensei: *Set!* Feet are _____

Student: Together!

Sensei: Hands by our _____

Student: Side!

Sensei: Eyes are _____

Student: Straight Ahead Sir/Ma'am!

Sensei: Always Look Someone in the _____ to show them good _____

Student: Eyes, Respect!

Sensei: Hands _____, Chins _____!

Student: Up, Down

Sensei: Martial Arts begins and ends with _____

Student: Respect!

Sensei: Champions Shout from the _____

Student: Rooftops!