

**TIBON'S GOJU RYU  
FIGHTING ARTS  
DOJO TIPS  
TIBON'S, GYMSTARS, HIERS, MEEK DOJOS**

Please refer to dojo etiquette in regards to conduct, dressing, and grooming and health standards. Please no jewelry or gum on the dojo floor.

In regards to in house sparring we require Mandatory Safety equipment for Kumite:

All gear is to be furnished by the student with the exception of headgear and chest protectors, which are at the discretion of the student or the parent for purchase. Some students like their own headgear and chest protector. Students in color belt class are required the following:

1. Hand gear and feet gear.
2. Mouth piece
3. Groin protection for boys
4. Girls can purchase chest plates if desire.
5. Shin pads and forearm pads are optional, but recommended for new students.
6. Headgear is optional, but can purchase your own.
7. Chest gear is optional, but can purchase your own.

Sparring equipment is mandatory for all students it must be in good condition with no cutting edges. Each student must keep nails trimmed and hair clean.

The students will have sparring in the color belt classes. The training is intense and strict no horseplay, or disrespectful attitudes will not be tolerated.

No contact to the face or groin is permitted. You may score to the face and groin but you cannot make contact. No contact to the joints is allowed.

The system of rules and regulations enforced, and controlled by a qualified instructors.

At Tibon's Goju Ryu we have very strong traditional ties to Karate in Japan, and Canada, and promote the development of strength of character, discipline, citizenship, good role modeling, and spirit.

Any infraction of the rules will terminate your enrollment.

**Thank you,**

**Gene Tibon  
Sensei**