



West Auckland JKS Shotokan Karate Club

Japan Karate Shoto-renmei (JKS)

日本空手松涛連盟

INFORMATION PACK

JKS and Shotokan Karate Club foundation

We practice enhanced Shotokan Karate-do, the JKS (Japan Karate Shoto-renmei) style developed by Master Tetsuhiko Asai. Our goal is to spread traditional Japanese Budo Karate as espoused by the founder of modern Karate — Gichin Funakoshi — as well as Master Asai.

We practice 2 nights a week at the Domain Hall, Ferry Parade Herald Island

Our class schedule for all grades and ages is:

Monday and Thursday evenings from 6:30pm to 7:30 pm with a further 30 minutes for high grades.

We invite you come along and try a training session at the dojo to give JKS Karate, one of the most respectable and highest quality international Shotokan organizations in the world, a try.

Contact details

Sensei Cooper Drent

Email at cooper.drent@xtra.co.nz or Telephone: 835 2933 or Mobile: 027 445 5557

Facebook: JKS Karate Club Herald Island

According to our founder Master Tetsuhiko Asai — N.P.O. Japan Karate Shoto-renmei (JKS) was organized in 2000 in response to the requirements of the 21st Century. JKS is a Shotokan-based style of Karate, and emphasizes a balanced development of speed, strength, and range of techniques for every part of one's body to enable it to move like a whip.

The practice of JKS Karate is

- Great for almost all ages
- Great for the whole family to do together
- Applicable to self-defense situations

And allows the practitioner to:

- Build confidence and self-control
- Develop fast reflexes
- Learn the basic principles of progressive goal setting and reaching those goals
- Learn how to avoid getting involved in physical confrontations
- Keep in shape while having fun

The solid, physical training required to reach a high skill level in JKS Karate promotes good overall health, fitness, and well-being.

The required concentration, commitment, and dedication help build strength, confidence and determination in the practitioner.

As training goes on, a person will reap the following benefits:

- Be in better shape
- Be more confident
- Be more focused and committed
- Be more respectful towards others
- Be regarded as a role model

The West Auckland Shotokan Karate Club (JKS) aims to provide the highest and most advanced level of progressive Shotokan karate training that can be found in New Zealand.

We strive to be a professional, politics-free organization; but at the same time, an internationally recognized and certified organization for both our students and instructors through standardised certification programs and examinations.

Our Mission

The West Auckland Shotokan Karate Club (JKS) Dojo adheres to the principles of Dojo Kun (precepts) by teaching and developing honesty, integrity, sincerity and mutual respect among the members.

- Bring out the best in each member through exciting and safe (non-contact) work-outs by well-trained and enthusiastic instructors
- Teach traditional Shotokan Karate-do from Japan at the highest level of skills and technique
- Provide a friendly, encouraging, and helpful atmosphere for learning

Training

A typical class starts with a formal line up ritual. Then warm-up exercises of 5 to 10 minutes are done before the actual training begins.

The training is comprised of three segments: **Kihon** (basics), **Kumite** (sparring), and **Kata** (forms). To finish the class, a second formal line up ritual, which includes a short meditation and Dojo Kun recital, is performed after brief warm-down exercises are completed.

Kihon (basics)

Initially, basic moves that form the foundation of everything that follows later are taught. Basics are the technique of blocking, punching, and kicking. Balancing and body shifting are also other important techniques that are a part of body movement or basics.

Beginners are taught simple techniques first. They practice the same technique numerous times in a slow manner until the technique becomes natural. Eventually, the students will learn more sophisticated techniques and the combinations to improve their attacking and defending skills.

Learning the basic techniques is like building a house; the more solid the foundation one has, the stronger the building becomes. Likewise with karate, learn strong basic techniques the better and stronger your karate will become.

Kumite (sparring)

A portion of one's Karate training involves working with partners in class. This exercise is called Kumite.

The objective of working with a training partner is to learn the applications of the basic techniques in distancing and timing, in a controlled environment.

All Kumite (sparring) is closely monitored and managed by the instructor and, in order to avoid injuries, only light body contact is allowed (no head contact), i.e. blocking and minimal contact with a chudan (stomach mid area) zuki (punch).

We do occasionally use mitt's, mouth guards and some other protective gear at times. However, this is usually at a more advance level, and a requirement for anyone that wants to participate in local, national, and international tournaments

Kata (forms)

In addition to the basic punching, kicking and blocking techniques used in Kumite (sparring), Kata training is also practiced. Kata training is the performance of a prescribed series of Karate moves designed to teach combination techniques in a mock fight against multiple attackers with and without weapons.

There are twenty-six different basic Kata in the JKS syllabus, but a beginner will practice only the first ten or so in the first couple years of training. A typical Kata has 30 to 40 steps but could go up to over 100 steps.

For Shodan (first degree black belt) examination, a student is expected to know at least 12 different Kata. Senior black belts will continue to learn up to 30 or so Kata.

Master Asai is known to have mastered over 150 Kata.

Registration, Monthly Fee and Attire

Registration can take place on a drop-in or scheduled basis. Please come to the dojo before class starts to register.

Beginners will receive close instruction for a period of one to two weeks to allow for settling in and if need be a senior grade will spend one on one time. The amount of individual instruction offered will vary depending on the beginner's ability.

Fees Schedule

Annual JKS membership fee NZD \$ 50.00 per student

This payment is sent directly to JKS Japan for affiliation and registration)

Adults: NZD \$50.00 per month

School Children / Students: NZD \$40.00 per month

Family discounts are available

All fees are payable in advance and entitle the student(s) to train at each of the 2 weekly sessions.

Bank Account Details if paying by Direct Credit: ASB 12-3011-0298838-00

Students can also train at other affiliated Dojo's.

Grading

As students' progress through their training, they are required to sit a grading (exam). This grading takes the form of a practical demonstration in Kihon, Kata and Kumite to prove they have learnt the prerequisite skills to advance to the next level. This is done by changing the colour of the Obi (belt) that all students wear with their Gi (uniform). Certificates are issued when a student successfully passes each grading.

White belt (10th Kyu) Beginner
Yellow Tab (9th Kyu)
Yellow belt (8th Kyu)
Orange belt (7th Kyu)
Green belt (6th Kyu)
Blue belt (5th Kyu)
Purple belt (4th Kyu)
Brown belt (3rd Kyu)
Brown belt (2nd Kyu)
Brown belt (1st Kyu)
Black belt Shodan (1st degree)

Dojo Do's

Here are some very basic pointers on what to do when you start.

1. Always come to the dojo with a clean body and clean uniform, plain white karate gi.
2. When you come to the dojo be prepared to train. Famous karate saying "There is no dishonour in mistakes; there is dishonour in not trying your best"
3. Always remove shoes before going on Dojo floor
4. Try to get to the dojo early, it will show you are eager to learn
5. Don't leave a mess in the toilets and/or changing rooms. Clean up any mess you make.
6. Toenails and fingernails must be short. Long hair must be tied back and tidy. Hair ties must be the elastic kind, no plastic or metal hair ties are permitted.
7. Show respect at all times for all training partners – (Karate-ka)
8. Always refer to the Senior instructor as Sensei
9. Always be a positive role model for younger members of the dojo and those who are less experienced.
10. Always demonstrate the essence of karate – *reigi saho* (etiquette).
11. Always listen carefully and try your best throughout the classes
12. Remember to pay your fees on time. Allowances cannot be made, as without on time payment of fees, the *dojo* cannot run. Being punctual with your training fees is absolutely essential.

Dojo Don'ts

Just as there are the 'do's, here are also some very important things not to do.

1. Don't eat, drink, spit or chew gum in the *dojo*.
2. Water bottles are the exception to the rule, but must have 'squirt tops'. The student must clean up any spillages immediately.
3. The only badge to be worn on the uniform is the official JKS badge. This is to be placed on the left breast of the jacket.
4. Foul or inappropriate language or gestures must never be used in the *dojo*.
5. Coming to the dojo intoxicated in any form will not be tolerated.
6. Do not leave any rubbish or water bottles in the *dojo*.
7. Do not wear a t-shirt, singlet or sports apparel under your gi unless it is plain white one.
8. No watches or jewellery of any kind, is permitted to be worn during training. This is for the safety of yourself and your training partner.
9. If sick, do not come to the *dojo* for training. The close proximity and intense exercise of karate means that you will almost certainly share germs with other members in the *dojo*.
10. Never talk in class, unless instructed to do so
11. Do not attempt to leave the dojo floor without permission
12. Don't ask to use the bathroom during class. Take care of that beforehand.

General Karate Etiquette

- **Entering. Remove shoes.** If you are wearing shoes, remove them before walking onto the practice floor. It is the ultimate insult to wear shoes on a floor where people train barefooted whether you are doing karate, or are simply a guest to the dojo.
- **Entering Dojo.** As a Karate-ka, as you enter, quietly perform a **bow (rei)** to the front of the dojo.
- **Behavior.** Do not fool around once you enter the dojo. Once entering the dojo you must get into 'karate mode'. You must leave the outside world behind and only focus on your karate-do.
- **Preparing Dojo.** Upon entering the dojo begin cleaning the dojo floor. This must be done by the most junior grades present. Soji is excellent for warm up, but also shows the sensei your character.

- **Arriving late.** If you arrive late and class has started, sit in the traditional kneeling position (**seiza**) until asked to join in by the teacher (sensei). When asked to join in, quietly join in at the back of the class, as to not cause any disruption.
- **Leaving early.** If you need to leave early, always **tell the presiding instructor before class**. This is for safety purposes in addition to being polite to the instructor.
- **If you have an existing injury**, inform the presiding instructor before classes start.

Bowing (*rei*)

- Don't rush. Only begin your bow after your senpai or sensei begins their bow;
- In the standing bow, bow slightly lower than your *senpai*;
- In all circumstances don't beat your senpai or sensei coming up from the bow. Stay down until they begin to rise up from the bow then follow their lead.
- In all cases make an effort to perform '*rei*' correctly. It is the beginning and end of *karate-do*.

Other Pointers and rules to follow during training (*keiko*)

1. Never talk when the Sensei is talking in class.
2. When the sensei talks face them and show attentiveness and attention.
3. Don't add on to what the instructor (or your senpai) says unless invited to do so. Don't add your comments. Only make commentary when invited to do so by the sensei.
4. When the instructor issues various ranks with various tasks, never deviate from what is prescribed.
5. When the instructor corrects your form physically, or gives you some verbal advice, acknowledge it positively by strongly saying ``Osu'', ``Osu Sensei'' or Hai.
6. If you have a question, ask the sensei or person leading the class after training is completed.
7. If it is absolutely essential to ask the instructor a question raise your hand in between drills. Only ask questions in class when it is absolutely necessary.
8. When paired up for *kumite* (sparring) train according to your opponent, e.g. when paired up with a lower grade or someone much smaller than you (i.e. a child), don't go full on unless requested to do so by the person. Use common sense at all times.

9. Do not train with slack techniques or laziness.
10. When participating in group drills such as callisthenics, group *kihon* and group *kata*, try to move in time with the group when the count is not given.
11. When a count is given, try to react to it, like to a starting gun!
12. Try to learn the Japanese terminology used by the *Japan Karate Shoto-renmei*.

At the end of Training (*keiko*)

- Quickly line up in straight lines, just like at the start of practice.
- Make sure you are in line with the person to your right side, equidistant apart, and inline with the person in front of you (if there is more than one line and you are standing behind).
- The class does not disperse until the instructor(s) has/have left.
- After training is a great time to ask your senior grades or the sensei questions. They may also check your kata or demonstrate something for you.

Start and End ceremony

➤ **Opening ceremony**

- | | |
|-------------------------|--|
| ○ Seiretsu (or Narande) | Line up into straight lines quickly |
| ○ Shomen ni rei | Bow to the front |
| ○ Sensei ni rei (Osu) | Bow/Greet the teacher (students say ``Osu'') |
| ○ Otogai ni rei (Osu) | Bow to each other (students say ``Osu'') |

➤ **Closing ceremony**

- | | |
|--------------------------|--|
| ○ Seiretsu (or Narande) | Line up into straight lines quickly |
| ○ Mokuso | Meditate/concentrate on what you have learned |
| ○ Mokuso-yame | Finish meditation/relaxation time |
| ○ <i>Dojo-kun</i> | Recite the five core principles of karate (as below) |
| ○ Shomen ni rei | Bow to the front |
| ○ Sensei ni rei (Osu) | Bow/Greet the teacher (students say ``Osu'') |
| ○ Senpai ni rei (Osu) | Bow to each other (students say ``Osu'') |

Dojo Kun

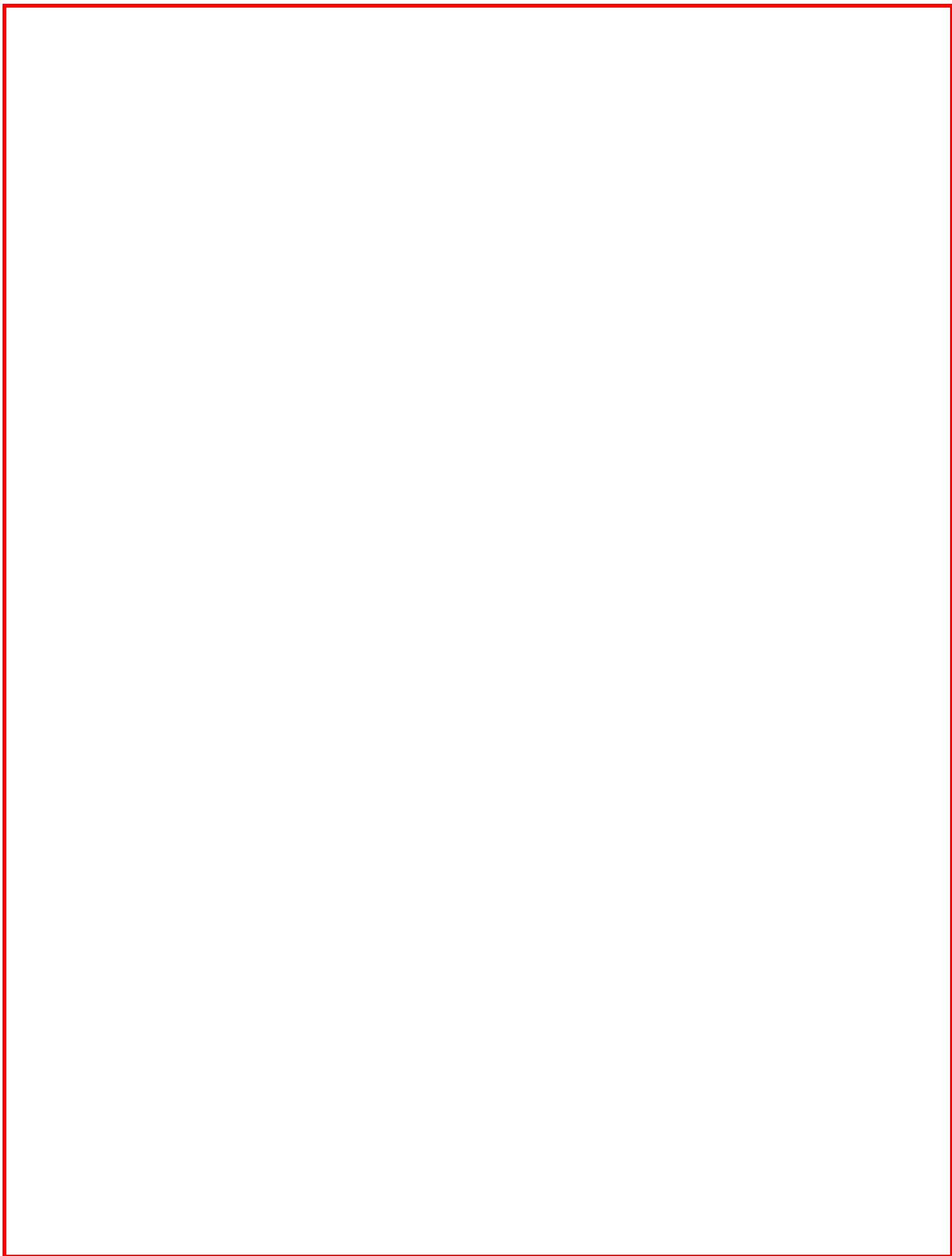
- *hitotsu, jinkaku kansei ni tsutomuru koto.*
one, to work toward completion/perfection of character.
- *hitotsu, makoto no michi wo mamoru koto*
one, to protect the path of truth.
- *hitotsu, doryoku no seishin wo yashinau koto.*
one, to nurture a spirit of hard work.
- *hitotsu, kekki no yuyu wo imashimuru koto*
one, to give weight to courtesy and respect
- *hitotsu, reigi wo omonzuru koto.*
one, to rein in impetuosity

This language is archaic Japanese and doesn't do too well under direct translation. In most English speaking countries these are generally translated as follows:

- Seek perfection of character
- Be faithful
- Endeavor
- Respect others
- Refrain from violent behavior

Other Terms

Dojo	“way, place”, the place where you train
Dojo-kun	dojo desiderata
Gi	karate uniform
Hajime	begin
Hai	Yes
Ki-ai	“spirit focus” / a focusing yell
Kime	“decision” / focus
Kohai	junior student
Mawatte	turn (can be maware)
Mokusoh	“quiet meditation”
Osu	'I understand and will try to do my best.' Also used to show respect, or even as an informal greeting. Should not to be used out of the dojo
Rei	bow
Seiza	“proper sitting” / kneeling
Sempai	senior student
Sensei	Instructor / Master
Yame	stop
Yasume	rest, relax
Yoi	“get ready” / often a command to stand in hachiji-dachi





West Auckland Karate Club

Japan Karate Shoto-renmei (JKS)

REGISTRATION FORM

PERSONAL DETAILS

First Name:..... Surname:.....

Age:..... DoB:.....

Address:.....

.....

Home (Ph):..... Mobile:

Email address:.....

Emergency contact:..... Contact #.....

PREVIOUS KARATE EXPERIENCE, *if any*

Style:.....

Grade:.....

1. By signing this I/ we hereby acknowledge and accept the rules (terms and conditions) as stated in the information pack
2. I accept JKS Karate is a martial art and as such indemnify the West Auckland Shotokan Karate Club and it's instructors of any liability caused through injury or mishap that may occur.
3. I endeavour to train with strong Karate spirit, to give my best effort, to follow the dojo kun and Karate etiquette at all times
4. The West Auckland Shotokan Karate (JKS) Club reserves full right of admission and the sole right and authority to remove any student(s) if deemed in the best interest of JKS and Dojo, either temporally or permanently.

Signed by:.....
(If under 16 years, Guardian or Parent(s) must sign)

Date:.....

