

Karate Club Induction

Introduction

There are many styles of karate; this club teaches the Shoto Ryu style. Shoto meaning 'the sighing of the wind in the pines' which was the pen name of Gichin Funakoshi (the founder of many styles of karate); Ryu meaning 'school'.

Shoto Ryu is a martial art as apposed to a sport. Shoto Ryu does not take part or promote competitions in any way.

Equipment

The club owns various pieces of equipment such as a punch bag, focus mitts, kick bag etc. Anyone using any pieces of equipment should ensure they are checked thoroughly for defects prior to use.

Coaching

The club will ensure that an instructor is present at every club training event. Your instructor is referred to as Sensei, which literally translated means 'Teacher'.

This Karate Club is run by **Sensei** _____

The following factors will be taken into consideration by the instructor at every session:

- The experience and expertise of participants
- The danger of the activity
- The risk of injury occurring
- Suitability of equipment and/or premises

In addition the instructor will ensure that there is an appropriate ratio of students to instructors and that the area used for training is not overcrowded.

Members' Responsibilities

Members should note that everyone has a responsibility for safety to some extent. As a member you have a responsibility to report any dangerous occurrences or accidents you are made aware of so that these can be dealt with quickly. Similarly, members have a responsibility to make the instructor aware of any medical conditions which may affect their abilities in any activity.

Kihon (Basics) [key-on]

The student performs techniques with or without a partner; these will include punches, kicks, blocks and strikes.

Kata (Set Patterns)

A solo routine of pre-set attacks and defense combinations.

Set Kumite (Sparring routines)[koo-mee-tay]

A series of sparring routines ranging from beginner level to advanced. These are taught slowly and to a count. Once the instructor is satisfied students are competent then they will go full speed to the count.

All techniques are controlled so that if one person forgets to block then there will be little/no risk of injury. This activity leads naturally onto freestyle sparring.

Kumite (Freestyle Sparring)

Sparring is taught very slowly and only to a certain level of student. By the time students engage in freestyle sparring they have enough control of their techniques to pull punches short, and not follow through. Accidents rarely happen, but for additional safety, mouth guards, groin guards, shin guards, breast guards and sparring gloves may be worn if you feel it necessary. However, the club does not provide this equipment. This type of practice is strictly controlled by a high grade.

License

Your Sensei will provide you with a request form which should be completed and sent to the association head quarters with the appropriate fee, this is to cover insurance.

The license is renewed annually.

The association will provide you with a license and grading book which must be kept up to date and brought to any course or grading.

Grades

Students work towards exams called grades which show how competent they are in this style. A different colored belt is attained at each grade.

You must have a gi (karate suit) and an up to date license when trying for a grade.

These grades are taken when the Sensei is sure of your ability to pass.

The gradings are held periodically in front of a panel of high grades.

You will need to perform a set number of strikes, blocks etc....

The grading panel will decide which order the contents of the grading are taken and can change the syllabus at any time.

DON'T WORRY ABOUT THE EXAMS! ALL HIGH GRADES HAD TO GO THROUGH THEM AND KNOW HOW NERVOUS YOU CAN BE.

When you have passed the grade you can then wear the belt with the corresponding color. Your license and grading book will be stamped by the association and signed by the examining Sensei.

Points to remember in the dojo

- Karate begins with a bow and ends with a bow
- Slow and soft practice comes before fast and hard practice
- The Dojo is not a place to fight. Keep your temper at all times
- Respect others
- Bow to your partner at the start and end of practicing with them

You are responsible for your belongings whilst training. The club and it's instructor can take no responsibility for any loss or damage.

Starting out

- The place in which you practice is called the Dojo. When entering or leaving the dojo you should bow to show respect. The correct way of bowing will be taught to you by your instructor.
- You may wish to wear loose clothing (T-shirt and jogging trousers) to start with and take a drink and a small hand towel in hot weather. A Karate suit (Gi) can be purchased at a later date. The club can obtain a discount if you order through them. Females may wear a plain white vest or T-shirt under the gi.
- You may wear specialist martial-arts footwear or open-toed sandals, but socks that show are not allowed. Other types of footwear (e.g. trainers) are not allowed.
- The instructor is called the Sensei. The Sensei will instruct you on how to perform blocks, strikes and counter attacks. These moves will be taught slowly building up speed over time.
- The Sensei may split the students into different groups, depending on ability, and may appoint a high grade to teach and overlook the practice.
- You will proceed to more advanced moves as you become familiar with the practice and this will include weapons and Tai Chi Chuan (a Chinese martial art).

Emergency Procedures

Minor incidents

1. First aid should be given immediately.
2. Relatives should be informed if necessary

This procedure should be followed in the event of a serious accident or major incident.

1. Notify the emergency services of any incident which has occurred and requires their immediate assistance.
2. Relatives should be informed immediately.

IN EMERGENCY FOLLOW THE ABOVE PROCEDURE & CALL 999.

ALL ACCIDENTS MUST BE LOGGED IN THE - ACCIDENT BOOK.

Participant Risk Assessment

Everyone should read the flowing to ensure they are aware of potential hazards and how to avoid them.

Identified Hazard	Risks Involved	Control Measures
Sparring (Freestyle sparring)	Impact injury from other students	All training is taught slowly by qualified instructors. Once the student is ready to speed up the instructor will supervise this. Because Shoto Ryu is not a sport karate, sparring should always be performed in a controlled way so the possibility of injury is minimised
Erecting equipment	Injury to person(s) putting out equipment	Two people put out heavy equipment and everyone should be instructed to properly erect the equipment. People with known physical problems should be excluded.
Using the equipment	Sprained toes, wrists and fingers	All impact training is taught slowly by qualified instructors. Once the student is ready to strike harder the instructor will supervise this.
Striking air during Kata & Kihon	Damaged elbow & knees	All training is taught slowly by qualified instructors. Once the student is ready to speed up the instructor will supervise this Students will be instructed not to lock-out joints when striking
Hard / Slippery floor	Slipping, Blisters on feet, Impact injury on knees etc...	Appropriate footwear should be worn where applicable.