

A close-up, high-angle photograph of a white karate gi (uniform) with a black belt. The gi is slightly wrinkled and has some faint, illegible text on the chest area. The lighting is soft, creating subtle shadows and highlights on the fabric.

KARATE
DO 空手道

WELCOME BOOKLET

WELCOME



Welcome to our Karate school; you can be assured that our students are taught to the highest standard in a safe and fun atmosphere. Our mission is to give the best possible experience to every student who attends our Martial Arts School. We truly are striving to be the best. How do we achieve this, I hear you ask? We are implementing the very best strategies and systems in place to ensure all our students can reach their highest potential. Some of these systems and strategies will be explained within this brochure, we will also outline both our responsibilities. We will also outline the grading requirements, team members, contact information, terms and conditions, training tools and much more. We have spent over the last couple of years planning and implementing many improvements with tried and tested tools within our very own club. So please read carefully through this booklet so you can get the very best from your training. Thank you all so much for your continuous support. It's a privilege to teach such talented and driven people who make it their mission to attend our classes despite rain, wind, and sun. I look forward to seeing you all working and training hard in class.

SIMPLY THE BEST

We are simply the best at what we do. We pride ourselves that unlike many other schools, we keep what we teach pure. We do not dilute or water down any of the techniques taught. We never teach techniques that won't work in a real life situation. Our insurance policy is one of the best and is UK based so you can be assured you are protected while you are being taught. Many schools, including some large organisations, use insurance companies based abroad, such as the US which can take months for a payout and that's if you are lucky. Our school was one of the first Martial Arts schools to be awarded the Safeguarding in Martial Arts by Sport England. Our safeguarding policies can be viewed on our website:

<https://www.judachi-martialarts.co.uk/safeguarding-policy/>

All our instructors have completed courses recognised by CPD in various subjects in good teaching practices. You can be assured that you or your child are being taught in a safe atmosphere by highly trained experienced instructors.

INDEPENDENCE

We are a club which runs independently. However, we affiliate ourselves to other independent associations. This allows our club to self govern and ensure that all our students have the right policies in place such as insurance without having to deal with any middle man. This also allows us to keep costs down while providing the highest standard of teaching. We are affiliated to the Kamashin Ryu Association run by Sensei Phil Snewin and we are also affiliated to the Ryukyu Kobujutsu Association. Our main aim is to preserve classical Traditional Japanese Karate in its purist form while teaching in a modern approach.

LONG TERM

The study of Traditional Japanese Karate is incredibly beneficial. Karate, in the long term, will have such huge benefits and skills that will last a life time. To truly benefit, one must be in it for the long haul. Karate is more than just about kicking and punching. Karate will improve all aspects of your life such as fitness, how to live a healthy lifestyle, improve focus and co-ordination. Karate is also proven to help with mental health. Students who study Karate also make life long lasting friendships. It is a proven fact those who study Karate create better futures for themselves financially, mentally and physically.

MEET THE TEAM

SENSEI JON 4TH DAN

SENSEI MICHAEL 1ST DAN



All our instructors are CRB checked and fully insured to the highest standard. Our instructors have also completed various CPD courses on safeguarding for adults and children. Our instructors are also all first aid qualified, which is renewed every two years.



IN MARTIAL ARTS



WHAT IS KARATE

We teach traditional Japanese Karate in a non political manner. The word Karate is made up of two words. Kara which means empty (空) and the word Te which means hand (手). The word Karate is written in Kanji an ancient Japanese language made up of Chinese letters. The word Karate used to mean Chinese hand but was later changed to mean “empty hand”. Karate has a long deep history. There are many styles of Karate taught today some authentic and others far from it. The style of Karate taught in our school is Shotokan who’s known founder is Gichin Funakoshi. Shotokan Karate was developed by the blending of two styles taught in Okinawa. These two styles were named after villages in Okinawa, Nah Te and Shuri Te, which was taught to Gichin Funakoshi in secret as at that time Martial Arts practice in Okinawa was banned. The ban was later lifted and Gichin Funakoshi introduced Karate which originated in Okinawa to mainland Japan. It was a demonstration before the Emperor, who was so impressed, with his blessing Shotokan Karate was then taught in mainland Japan. The teaching style was also changed which was taught in a very hard military style. Shotokan Karate is still taught by some clubs in this way. The style of Shotokan Karate has developed over the years such as adjustments to Kata etc. A lot of the meaning in Karate especially Bunkai (Application) has been lost. However there are some schools which still teach the old way known as classical Karate. Sensei Jon has been taught Shotokan Karate in a very military way but was non classical as with most Shotokan clubs of his time of training. However, Sensei Jon has sought out those instructors with knowledge and expertise in classical Martial Arts and currently attends seminars, classes and private tuition whenever time permits him.

UNIFORM

In our school we encourage a look of “uniformity.” This is so all students will feel part of their class and comfortable from the beginning. Therefore, every student must have a complete uniform at all times. One of the aspects of martial arts taught in our lessons is that the training is done in a traditional uniform. Therefore it is mandatory that a student have a full clean uniform as per our protocol whenever they come to train. If you have any questions on jacket and/or belt tying please ask an instructor. Student should learn to tie their belt correctly in class.

MERIT BADGES

We consistently run a badge programme mainly designed for our younger students. These badges are designed to be ironed onto a belt with “iron on.” There will be many badges a student can earn throughout their training career. The types of badge includes: Punching, Blocking, Kicking, Kata, Belt, Awards and many more. All the badges are beautifully designed specifically for the practice of Karate. The badges work in a number of ways: The badges motivate students by encouraging them to practise for a specific merit badge; it’s a very important visual sign of progress. A grading is conducted every 4-5 months this can seem a lifetime for a young student. So earning badges will give our young students a sense of continuous achievement until the grading. This helps with student attendance by creating greater student interest and involvement; involvement leads to greater student commitment. The students enjoy striving to achieve the brightly coloured badges. This encourages practice in order to achieve the desired badge so the student standards improves dramatically. This also leads to greater student satisfaction, thus better retention.

TOP STUDENT OF THE MONTH

At the end of each month, we select students who meet certain criteria to receive "Student of The Month" award which is in a form of a certificate. This is to motivate, excite students and to teach them that in order to receive, they must attend regularly, have good etiquette and train hard. This teaches our students to work hard, develop good attendance records and positive habits. We know this will greatly help students motivate themselves, keep focused on achieving their goals and stay on the road to BLACK BELT. If the student receives three of these certificates, in conjunction with our grading merit awards, then the student is awarded a large trophy to keep.

GRADUATION

A promotion is an honour and a gift; it is not a right. It is an exchange of knowledge from the teacher to the student. Each student is totally different; they are individuals. When the martial arts began, there was only one colour belt, white. The belts changed colours based on the hard work you put into them. Through rigorous training the belts changed from white to orange, and eventually to brown and black. In this way, the instructor knew how long you were there. In our society we follow a more "Westernised approach" for the students to gauge their progress. That is how the different belt colours came about.

In our association we have three criteria that make a student eligible for their promotion:

- 1) Length of time between each belt. This varies for each rank; please log into our members portal for further info.
- 2) Classes within a specific time period. This means that each student is required to do a minimum number of classes for each rank to be eligible for promotion. This also varies depending on the rank.
- 3) Progression cards. Students are required to turn these in prior to each testing. Please understand that these are used as a barometer to see small progress in the students at home and in school. All sections of the progression card must be filled out correctly or students will not be able to grade. Progression cards can be attained from the instructor.
- 4) Most importantly is the knowledge of the material within the curriculum. It is very important to understand each student is different and progresses at different rates. You cannot compare any single student to other students. The final thing to realise is that the head instructors make the decision on the promotion times and dates. This is a decision that is based on the student's attitude, energy, maturity, ability, patience.

**SENSEI DAVID
1ST DAN**



SAFE GUARDING CODE

The Safeguarding Code in Martial Arts recognises clubs or providers in England who have demonstrated that they have reached and maintained good safeguarding standards. We encourage governing bodies, associations, organisations, and franchisers to register interest and support the code and activity deliverers can work towards attaining recognition along with clubs and individual instructors, coaches and teachers outside of a club structure.

The scheme empowers parents/carers and educational establishments to make informed decisions when selecting a club or provider for their child/children, young people or adults in their care.

The Safeguarding Code has been developed through close consultation between Sport England, representatives from martial arts governing bodies and those with years of expertise in safeguarding. Support was also provided by the Child Protection in Sport Unit, the Ann Craft Trust and NWG Network.

It is funded by the National Lottery and was launched by the Sports Minister in early 2018.

REFERRAL PROGRAM

We are very excited that you have chosen to become a part of the Ju Dachi Martial Arts Association (JDMA) family. At JDMA, we pride ourselves not only on teaching quality martial arts but also providing it in a family atmosphere. We appreciate your business and want to encourage you to refer new members who you feel would also benefit from the martial arts. This furthers and develops the quality family atmosphere within JDMA. In appreciation for your positive word of mouth, we have developed a program which will be financially beneficial to you. For everyone that you introduce and signs up as a result, providing the referred person has stayed a minimum of two months we will give you the equivalent of one month free. There are a number of methods to refer us. Here are some ideas below:

1. Recommend us to family and friends.
2. Hand out leaflets to your local schools.
3. Recommend us to your local school for a health and fitness day.
4. Recommend us to any local groups that you belong to.
5. Leaflet through doors on your street, housing estate, block of flats etc.
6. Hand out leaflets at various events such as birthday parties etc.
7. Place a poster in your local shops, library etc.

And many more ideas can be found by logging onto our website. This is hugely beneficial to yourself and the club. Did you know we have commission based vacancies with massive benefits? For more information come and talk to us.



TERMS AND CONDITIONS

Cancellation:

Students may cancel at any time with one month's notice and must ensure that any outstanding payments are settled.

Bank Holiday weekends:

Usually we close all bank holiday Mondays and no refunds are given. However, any student who is only training once a week on a Monday may attend another session during that month to catch up.

General holidays:

Typically the Karate club closes for at least two weeks over the summer between June and September. Also closes for two weeks over the Christmas festivities. The dates of when we close during the holidays varies. There are no refunds over the holidays as this is reflected in our prices.

Missed classes:

We do not refund if a student misses a class because they are unwell or couldn't make it for general reasons. However, we do allow our students to make up for any missed classes during that month. There are exceptions to this, for example if a student is seriously injured or ill and has to miss a more than two months to recover, we will suspend the payments until they are fit enough to return. However if they wish to cancel after their recovery then the one month's notice will apply.

Offers:

Only one offer can be claimed and cannot be used in conjunction with any other offer.

Refunds:

Refunds will only be issued for faulty goods such as: uniforms, t-shirts, and training equipment. The equipment used to be returned in its original packaging. Joining fees, insurance fees and training fees are non refundable unless under certain conditions as mentioned above.

Gradings:

In order for a student to grade the student must meet the following criteria:

- A student will only be allowed to grade with permission of the instructor.
- A student will only be able to grade by completing the minimum number of training hours.
- A student can only grade if the student has completed the pre-grading course.
- A student may only grade providing all their payments are up to date.
- A student must have the correct uniform in order to grade.
- A student must have a valid licence in order to grade.
- A student must follow our school's protocol at all times (copy available on request).

If a student fails the grading they will be given an opportunity for one free retake which must be redeemed within three months. Late arrivals may not be able to grade.



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www.judachi-martialarts.co.uk