

# Jr. Study & Technique Sheet

Instructor \_\_\_\_\_

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## Parents

Please have your child **ON TIME** for his/her class. This is important so they can get their class credit which applies for their next belt. If they are late, they **DO NOT** get credit for that class, but are allowed to participate in that class. Karate is a contact sport. However, unlike boxing where the object is to knock the opponent out, the object in sport karate is to score points without hurting the opponent. Appropriate safety gear is provided and all contact is closely supervised by the class instructors. A **Jr. DVD** of all the techniques is available from your instructor.

## Teachers

Students should always address instructors (and all assistant instructors) as MISTER, MISS, SIR, or MA'AM.

## Uniform

Clean and pressed white, traditional style karate uniform and properly tied belt. No patches or markings on the uniform or belt.

Before the 4th week of class the student needs to have his/her **1st NAME - IN 2 INCH HIGH BLACK, BLOCK STYLE LETTERS**, on the back of the uniform top. This needs to be done at a **PROFESSIONAL T-SHIRT PRINTING SHOP** (located in most large shopping malls). **NO HAND PRINTING OR PAINTING IS ACCEPTABLE**. Wash the uniform in cold water, and do not wash the belt. Your complete uniform; top, pants, and belt is to be worn in class. Before or after class it is acceptable to wear the uniform pants and a t-shirt (the top and belt must be folded and put away), but **NEVER** enter the class area without the complete uniform on.

## RULES

Always practice with safety and respect towards your instructors and classmates. No horseplay before, during or after class. Wear your uniform to karate class only. No jewelry (rings, watches, headbands, earrings, etc. . . ) is to be worn in class. Any disruptive behavior can result in a student being permanently ejected from the classes.

## Patches

The School patch and Association patch are obtained after passing the rank test for Yellow Belt.

### A-TEAM PATCH

Yellow belts and above who have an "A" average in school and straight A's in conduct in the school semester (August - December, January - May). Wear on left sleeve.

### Black Ace PATCH

Student who wins 3 first place tournament awards in a 12 month period. Wear on right sleeve. There is a charge for the - A-Team and Black Ace Patch.

## Tournaments

Karate tournaments are held five times a year. The emphasis at tournaments is **NOT** on **WINNING**, but instead on **DOING ONE'S BEST**. Tournaments are not a requirement for class participation, but is a requirement for belt advancement. There is an additional fee to enter a tournament.

## Belt Rank

To be eligible for belt ranking, a student must meet the minimum required classes needed for that belt, participate in the number of tournaments needed for that belt, and do well at home and at school. A child must also exhibit **GOOD ATTITUDE** in karate class. Advancing in rank is optional. There is also an additional fee for taking a belt advancement test.

## Make Up Class

Student may make up a missed class at an other location at no charge. Check with your instructor for days and times.

## KARATE HISTORY & STUDY TERMS

The founder of modern day Karate was a man named FUNAKOSHI. Karate began in the year 500 A.D. in the country of **INDIA**. "Karate" is a **JAPANESE** word that means 'EMPTY HANDS.' Karate is divided into 3 groups; **ART, SPORT, AND SELF DEFENSE**. The most important part of karate is **CONDITIONING**. The **STYLE** of karate you will be training in is called **AMERICAN KARATE**. The father of American Karate was a man named ED PARKER. The belt rating system for JUNIORS in American Karate is: **WHITE, YELLOW, ORANGE, GREEN, BLUE, PURPLE, 3 DEGREES OF PURPLE, RED AND 3 DEGREES OF RED**. The belt rating system for ADULTS in American Karate is: **WHITE, YELLOW, ORANGE, GREEN, BLUE, PURPLE, BROWN, 3 DEGREES OF BROWN, BLACK AND 7 LEVELS OF BLACK**. KARATE is made up of different types of **KICKS, PUNCHES, STRIKES** and **BLOCKS**. The most important part of **SPARRING** is **TIMING** and **DISTANCE**. The **MOST IMPORTANT** aspect of karate training is to **ALWAYS** keep a **GOOD ATTITUDE**, and practice with safety and respect towards your classmates.