

JAPAN KARATE ASSOCIATION OF NEW YORK
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“The ultimate aim of the art of karate lies not in victory or defeat, but in the perfection of the character of the participant”

-Gichin Funakoshi, founder of shotokan karate

DOJO KUN (precepts of karate-do):

Seek perfection of character.
Be faithful.
Endeavor.
Respect others.
And refrain from violent behavior.

WHAT IS “DO”?

“Do,” means “the way”. Karate practice allows the participant to develop character and learn to live by following the “dojo kun”. It also develops both mental and physical stamina. However, it is very important that the student never gives up, but persists, no matter what the situation may be. Without an earnest effort, without perseverance, the student will never understand the true spirit of karate.

KARATE PRACTICE CONSISTS OF THREE MAJOR TYPES OF EXERCISES:

Kihon (basics)

The elementary building blocks of karate: stance, posture, coordinated body movement, and concentration upon the opponent. These provide a sound foundation. If the basics are strong, it is easy to develop more advanced techniques.

Kata (form)

A pre-arranged sequence of techniques and movements simulating combat against multiple imaginary opponents. This specialized method of training is a rational extension of basics, offering situations in which certain attacks and defenses would be applicable. Kata is performed solo or in precision teams, and offers practice in combinations of techniques, focus and release of tension, breath control, and rhythm. Each level of karate study has its prescribed kata that trains the student, mentally and physically, for the next more advanced level.

Kumite (sparring)

As with kata, each level of training has its prescribed method of sparring, from the formal five or three-step sparring of the basic level (when the targets and attacker/defender are pre-arranged), to the free sparring of the most advanced level (when the participants themselves act/react spontaneously with attacks/blocks, using timing, distance, and strategy. But always, the attack is arrested just before body contact is made, requiring extreme body control and mental discipline.

BEGINNERS

There is a one-month beginner’s course offered each calendar month. This class meets in conjunction with other sessions. A uniform is not required for beginners; they may practice in a loose fitting and

body concealing clothes (i.e. t-shirt tucked into sweatpants). Upon completion of the beginner's course, the student may practice up to five days per week in either the intermediate or combination classes; a uniform (gi) is then mandatory.

FEES

All fees are payable in advance at the beginning of each month. Please refer to the current fee schedule. The three month discounted rate does not apply toward payments past due. Whether the student attends one day per month, or all sessions, the monthly charge remains the same. If the student does not practice at all in a given month, a \$10.00 absence fee, per month, will be charged.

The visitor's fee applies only to dues paying members of other Japan Karate Association dojos who are visiting Manhattan and wish to practice. This is a per class charge.

EXAMINATIONS

Kyu ranking examinations are held every three months. You will be tested on kihon, kata, and kumite appropriate for your level, and covered in class. Dan examinations are held every six months, at Summer Camp and in December, and only with approval from your instructor.

DOJO ETIQUETTE

- Leave shoes outside of the dojo.
- Bow when you enter and leave the dojo.
- Place bags against the wall and away from the practice area.
- Students must be on time. Being late is disrespectful to the instructor and to your fellow students. If late, sit in seiza with your eyes closed until recognized by the instructor. Then, unless directed otherwise by the instructor, line up in the last line to the right and be humble by pairing up last for any drills.
- When lining up at the beginning and end of class, do so quickly, and shoulder-to-shoulder.
- When kneeling, always line up your left knee with your sempai.
- Uniforms must be clean and in good condition. Feet must be clean. Toenails and fingernails must be kept short in order to avoid injury to yourself and to others.
- No jewelry (rings, earrings, bracelets, necklaces, etc.) may be worn.
- There is no eating or drinking in the dojo.
- Female students must have sewn ties to fasten the uniform in front. T-shirts are not part of the uniform.
- Unless instructed otherwise, always line up properly behind the student in front of you and to the right of your sempai.
- There is no talking during class. Stay focused and listen only to the instructor.
- When instructed to stagger, follow the first line.
- Do not relax your stance until instructed to do so. This is an important part of your training.
- At the end of class, after reciting the dojo kun, wait for your sempai to bow before you begin yours.