



Shido-kan Shorin Ryu Karate
at
The CLC @ Birmingham First

Parent's Guide



Here are a few things for you to know about our classes:

Positive thinking, confidence, cooperation and respect for others are some of the qualities young people achieve through studying karate-do. Most kids really get excited about the activities, and the opportunity to have fun and make new friends! Leadership and patience are learned with the physical activity.

The ultimate goal of karate study is physical and mental self-improvement. While doing warm-up drills, **kata** (individual form exercises), **kumite** (controlled 2-person exercises) and **bunkai** (4-5 person applications of kata for more advanced students) kids learn to control, strengthen and balance their growing bodies, focus their active minds, and work cooperatively with others. In the process, they will also discover powerful ways to beat stress and ultimately feel good about themselves.

What is expected of junior students?

Learning and demonstrating respect for others through words and deeds is of the utmost importance in karate. It will usually take a new student several weeks to 'learn the ropes' and get comfortable with the class. At the dojo, students are expected pay attention to the instructor, do what they are asked to the best of their ability and to show self-control with their classmates both during and outside of class. Each student can also show responsibility by taking care of their gi (uniform), obi (belt) and personal belongings.

We recognize 12 junior "kyu" training ranks, beginning with white belt (12th kyu) and ending with brown belt with black stripe (1st kyu). Students are expected to be able to demonstrate a specific set of skills, as well as the basic principles of karate, for each rank before progressing to the next belt level. The requirements are provided on a separate sheet.

We have two classes in the Elementary division, the Junior Class, for ages six through nine and the Senior Class for ages nine through sixteen. Six year olds will be admitted on a trial basis, and must be able to pay attention and follow instruction without disrupting the class. Yes, there is an overlap between the classes. At some point, when the student shows the correct abilities and attitude, they will be moved to the Senior class. Once members reach the teenage years, they may be moved to an adult class, again based on abilities and attitude. The Junior class is 30 minutes. They will involve no physical contact with other class members. Senior class is 45 minutes to an hour. Contact is limited to controlled drills where the students block each others punches and kicks, which are not intended to make contact at all.

Discipline

We are not drill instructors, but we do expect students to listen to direction and obey to the best of their abilities. For safety reasons, children must learn to follow instructions.

This is not a babysitting service! Students that disrupt class will be asked to sit out for the remainder of the session. Younger children may not be ready for the challenges of learning a marital art. The instructors may suggest that a child try again in three or four months, when they are more prepared.

Any student that intentionally hits or kicks another student will be asked to leave. The first time they miss the remainder of the class. Second offense means no class for three weeks, third time means they will have to reapply in six months. This is done to protect all the students.

Note that we will follow all rules of the CLC. Students are required to have a current information form filled out at the main desk. Shoes should be worn and not removed until reaching the training area designated.

About Shido-kan Shorin Ryu Karate

Shorin Ryu is based on natural movements and is a traditional Okinawan style of the martial arts. Local Okinawan forms, referred to as 'Te,' were combined with teachings from China and evolved into the forms we learn today. The current Grand Master is Katsuya Miyahira, 10th Dan and a student of Choshin Chibana. Chibana was a student of Anko Itosu, who taught many of the key karate practitioners in the early years.

The President of the North American Shido-kan Shorin-Ryu Association is Seikichi Iha. Sensei Iha's school is located in Lansing. The instructors visit Lansing regularly to receive the benefits of his training. There will be opportunities to train with Sensei Iha on a regular basis, including the National Training Seminar.

The Detroit Dojo, located at CMI Health and Swim Club, is lead by Sensei Robert Menders, a 7th Dan who has been practicing karate for thirty years. The instructors here participate in his classes and are assisted by volunteers from these classes. They are under the direction of Sensei Menders who will visit the class on a regular basis and monitors the progress of both the students and the instructors.

Testing

Each student progresses at their own pace with no deadlines. The intervals between promotions increases as the levels increase. Testing is done based on a number of factors and is determined by the instructors. The student's attitude and attendance is as much a factor as their actual physical ability and understanding. A student should never ask about testing!

Testing should not be considered a stressful event! The instructor will inform a student if they will be testing. Any one who is asked to test is believed to know everything at the appropriate skill level that they need to pass the test. It is an acknowledgement that the student is progressing and is a time for them to share what they have learned.

Fees

The Junior Karate Class is \$5 per session, payable to the clerk. The Senior Youth Class is \$8 a session. Please insure that the appropriate fee is paid **before** the start of class.

Testing Fees

11 th , 10 th and 9 th Kyu	\$10	8 th Kyu	- \$15	7 th Kyu	\$20						
6 th	- \$25	5 th	- \$30	4 th	- \$35	3 rd Kyu	- \$40	2 nd Kyu	- \$45	1 st Kyu	- \$50

Promotions come with certificates signed by Sensei Seikichi Iha, 10th Dan and Sensei Robert Menders, 7th Dan. The Instructors will provide tape for the 'stripes' and the appropriate belts for kyu levels.

Uniforms

Students should wear comfortable clothing that they can move in. We practice in bare feet, which helps with control and prevents slipping. When a parent is comfortable that their child is going to continue with the program, they should obtain a gi, the white uniform worn by karate practitioners. They may be found in some sporting goods stores and martial arts supplies. The distinctive patches for the gi's will be provided for the students as part of the reward system. They are also available online at www.ihadojo.com. Note that we would rather have a student in class then have them miss it because they can't find part of their gi!

Questions? Please ask! We'll be happy to discuss any of the training, the expectations and the progress of your children with you! If there are special things to know about your child, please let me know! I am available before and after classes to talk and check email daily.