

# USA KARATE

## FUTURE STUDENT COURSE GUIDE

MASTER INSTRUCTOR **JONI W. SHARRAH**

WEB ADDRESS: <http://www.usakaratedojo.com>

E-MAIL: [senseijoni@usakaratedojo.com](mailto:senseijoni@usakaratedojo.com)

PHONE: 206-440-5533

*CONTACT INFORMATION IS AVAILABLE TO ALL STUDENTS.*

## GETTING STARTED – THE \$29.95 INTRODUCTORY COURSE

USA Karate offers a trial course for \$29.95, which includes **3 lessons**—either with a group, or as a private lesson with one of our experienced instructors—as well as a **FREE uniform!** *This is a \$75.00 value!*

If you are undecided as to whether or not USA Karate will provide what you are looking for, this is the perfect option. Though it is true that *most* students who purchase the trial course choose to enroll in USA Karate, it presents an inexpensive, no-strings-attached opportunity to truly decide if USA Karate is the right fit for your lifestyle.

## THE NEXT STEP – ENROLLMENT INFORMATION

### *Member Dues*

When you decide to enroll in USA Karate, you are asked to pay your first months' dues, as well as your yearly registration fee (\$65 for children, \$75 for adults).

### *Methods of Payment:*

We have contracted a billing company called Easy Pay to handle all of our tuition payments. You can set up an Electronic Funds Transfer through your checking account or Automatic Debit from your MasterCard or Visa. When you give your financial institution permission to transfer funds in this manner, only the amount you designate will be drawn on a specific date. You can also choose to pay In-House each month, which requires a \$5 billing fee. Most students pay through Electronic Funds Transfer at no additional cost. We must have a 15-day written notice to interrupt or change your billing method.

### *Placing Your Program on Hold*

There are **no contracts** at USA Karate. You can choose to cancel your payments at any time, or put your account on “hold” for any period of time as well. We understand that you will have other commitments and obligations in your future, or that you may choose to focus on other endeavors entirely. We only ask that you notify us at least 15 days in advance if you wish to place your program on hold or cancel your tuition. This will help make these transitions run as smoothly as possible

# USA ~~KARATE~~

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## INTRODUCTORY REMARKS

*“The correct understanding of karate and its proper use is **Karate-do**.*

*One who truly trains in this ‘do’ and actually understands Karate-do is never easily drawn into a fight.*

*Students of an art clearly including Karate-do must never forget the cultivation of the mind and the body.*

*To win one hundred victories in one hundred battles is not the highest skill.*

*To subdue the enemy without fighting is the highest skill.”*

—Gichin Funakoshi  
Originator of Shoto Kan Karate-do  
(The man responsible for systematizing Karate)

Unfortunately, much of what is accepted as karate and self-defense instruction today, has been severely distorted from the true intentions of the original martial arts masters of days passed.

“Martial” is a word today, that has come to be known as a means of resolving conflict and maintaining self-protection using violent methods.

In contrast to today’s acceptance of violence as a means to an end, it is the opposite goal of the true intentions of the martial arts masters of the past.

We will come to know through our study of karate-do, that the word, “Martial”, at its inner core, means, “peace keeping”. It is this deeper meaning that the students of traditional karate-do will come to learn to apply in their own daily lives, as they strive for personal excellence, reaching toward the initial goals of developing self-defense and physical fitness.

## **STUDENTS' RESPONSIBILITIES**

Because martial arts training is a physically demanding course of study, students are expected to attend class uniform. Martial arts training is a combination of calisthenics, cardio vascular conditioning, muscle strengthening, and muscular flexibility. Students must be in good health prior to the beginning of participation. If a student has any pre-existing health conditions, a doctor's release, giving the student permission to take part in the class, will be a necessary pre-requisite.

Due to the nature of martial arts and the potential to learn an empty-hand (without weapons) approach to personal protection, students are expected to maintain self-discipline and self-control at all times.

- Students must approach each skill with a serious attitude.
- Students must respect themselves and others at all times as well as in daily life.
- Students must attend class regularly.
- Students must be willing to train rigorously within their physical skill set.
- Students are asked to never practice these skills without the supervision of a qualified and certified black belt.
- Students must refrain from using martial arts skills outside of class except in the most extreme circumstances.
- Students must try to avoid inflicting injury upon another person.
- Students must not brag about their skills, nor use it maliciously.
- Students must inform the teacher if they are injured or ill prior to the beginning of class.
- Students must be pro-active in their training. Ask questions to clarify any confusion. Notify the teacher if you feel frustrated in your progress.

## WHAT WILL STUDENTS LEARN IN THIS TRADITIONAL KARATE-DO COURSE?

Each class will begin with an opening ceremony to calm the body and prepare the mind. Warm-up exercises will be conducted to develop coordination, proper breathing, flexibility, and strengthening in a step-by-step manner, starting at the beginner level and progressing appropriately, taking into account the physical fitness level of each student.

Basic self protection techniques will be introduced emphasizing the components of preventative measures for the development of simple yet effective self defense. These include but are not limited to: body posture and stances, basic techniques such as soft blocks, formal blocks, punching exercises, block and counter combinations, elbow defenses, kicks, ability to defend against thrusts and kicks, recognizing and avoiding dangerous situations.

In a matter of seven weeks, students will have improved physical fitness, including an increased range of motion, improvements in cardio vascular endurance, and gains in muscular strength. Most importantly, students will also have gained a better understanding on how violence begins, as well as:

- how to be aware of the triggers that can cause conflict
- how to avoid becoming a victim of violence
- how to use preventative techniques to resolve conflict non-violently
- how to manage conflict if resolution methods fail
- how to stand up to conflict with confidence without becoming the aggressor, and more.

*“Through practice and training we learn many things. And, just as we learn to block punches, strikes, and kicks, we learn to block angry words and gestures of our fellow men.*

*Ultimately, it becomes clear that there’s but one significant victory in life – the victory over one’s self.”*

—Del Saito  
National Director of the Shito-Ryu Division  
Traditional Karate-do

## **CLASS EXPECTATIONS**

### *Personal Conduct:*

1. NO horseplay in or around the training area before, after, or during class.
2. DO NOT disturb or disrupt class. Questions are welcome to help further understanding; however, needless talking, chatting, and/or comments will interrupt the training process.
3. ALL students MUST maintain the cleanliness and safety of the training area. Please pick up any debris or hazards and dispose of them properly, if found in the training area.
4. Address each of the instructors as "Sensei" AT ALL TIMES in the training area.
5. NO gum, candy, food, or soft drinks allowed in the training hall. Water is OK.
6. Jewelry MUST be removed prior to the beginning of hand-to-hand self-defense training.
7. Long hair should be worn up and away from the neck and face.
8. Finger and toe nails should be trimmed and free of dirt.
9. Your body and clothing should be clean and odorless.
10. NO contact drills or sparring of ANY KIND may be practiced unless it is part of a structured class.

### *Rules of Etiquette:*

1. Students should bow and greet the sensei at all class times.
2. Whenever entering or leaving the training hall, students should pause at the entrance, remove their shoes and socks, and bow prior to entering and prior to leaving the training area.
3. When asked to demonstrate a technique, bow before and after the demonstration.

Students should bow to each other before and after they pair up for practice.