Wessex Karate Academy has several venues in South Dorset, and students are encouraged to visit them, as well as their nearest club, to train on additional evenings at no extra charge.

**VENUES & TRAINING TIMES**

**Sunday** - Wessex Traditional Martial Arts Gym, Unit A4, 83 Lynch Lane, Weymouth
Children and adults – 18.00 to 20.00 hours

**Monday** - Wessex Traditional Martial Arts Gym, Unit A4, 83 Lynch Lane, Weymouth
Children (Beginners) 17.30 to 18.30 hrs. Children (Advanced) 18.30-19.30 hrs.
Adults 19.30 to 21.30 hrs.

**Wednesday** – Crewkerne Village Hall. Crewkerne, Somerset
Children 7-12yrs 18.00- 19.00

**Tuesday** - St. Mary’s Church Hall, Alexandra Road, Dorchester.
Children (Beginners) 17.30 to 18.30 hrs. Children (Advanced) 18.30-19.30 hrs.
Adults 19.30 to 21.30 hrs.

**Thursday** – Wessex Traditional Martial Arts Gym, Unit A4, 83 Lynch Lane, Weymouth.
Adults 13.00-14.30 hrs
The Village Hall, Milborne St. Andrew
Children & Adults 17.15 to 18.45 hrs.

**Friday** – St. Mary’s Church Hall, Alexander Road, Dorchester.
Children and adults – 18.30 to 20.00 hours.

Wessex Traditional Martial Arts Gym, Unit A4, 83 Lynch Lane, Weymouth.
Children and adults – 18.00 to 19.30 hours.

We also offer classes in Kobudo (Traditional Okinawan weaponry) for senior students.

**FEES**

Your first lessons are free, until the beginning of the next calendar month. Fees- for children - £26 per calendar month or £25 when paid by standing order or quarterly cheque. Adult’s fees, from 18 years of age- £36 or £35 by Standing order or quarterly cheque. Two or more students at the same address attract a further discount of £2 each. Third and subsequent family members will be pay half fees or less. Fees are payable on the first training session of the month, and may be paid by cheque, or cash. Cheques should be made payable to “Wessex Karate Academy”. Details to set up a standing order available on request. If paying by cash, please hand your fees in a sealed envelope noted with your details to the instructor. We are a non-profit making organisation and we rely upon your prompt payment to meet our commitments. A full month’s fees are payable whether you train once, or 8 times a month, so make sure you get your money’s worth!

**OTHER COSTS**

After the student has been training for a few weeks, we would expect them to wear a white cotton suit called a Gi. These may be ordered via the treasurer or complete a form obtainable from your instructor. A child’s Gi costs £15. An adult Gi (from size 4) will cost £25. However, you may purchase a Gi from most sports shop. They must be kept in a good, clean condition. A separate badge will cost £5. Students are also required to have their own sparring mitts and a gum shield from their first grading onwards. After training for one month a student must apply for a Licence, which is issued by Goju-Ryu Karate-Do International (GKI). Part of the fee goes towards providing insurance for the individual student. A current licence is obligatory to continue training, and to take a grading. The licence must be renewed every year. Licences currently cost £16 for students under 16 years and £21 for Adults. The initial cost for a Licence Book is £5. There are reductions for family membership. Licence application forms may be obtained from the instructor.

Check out our web site: [www.wessexkarate.co.uk](http://www.wessexkarate.co.uk)
DOJO ETIQUETTE

An approved instructor controls a Karate Dojo. He / She will be referred to, at all times, as “SENSEI” Assistant instructors or higher graded students are called “SEMPAI” and the other students “KARATE-KA”.
Karate-ka train in white training clothes called a “GI”, together with the appropriate coloured belt (OBI) for their grade. A badge symbolising the GoJu Ryu motif should be worn.
Students should try not to be late for training.
All students will bow when entering or leaving the Dojo.
If a senior student is standing behind you at the entrance let him/her go first
Footwear is not permitted on the Dojo floor at any time.
No jewellery will be worn during the lesson.
Finger and toenails should be kept short to prevent injury to others.
Karate-ka will not eat or chew gum at any time in the Dojo.
No Karate-ka will swear in the Dojo.
Whilst observing training, students will either sit in “SEIZA” (kneeling) position or stand without leaning or slouching.
Students will acknowledge their opponents and any correction of their training by the Sensei with the word “OSU” (pronounced ‘oos’). When the instructor calls for training to begin (“SHUGO”) students will line up smartly. When joining a line, which has already formed, students will join from behind and not from the front.
Each training session will begin with “MOKUSO” (meditation)

Note: Correct Dojo etiquette and discipline are essential to good karate. It is important that each student sets an example to new members of the Dojo. New students will be encouraged and if necessary, corrected by senior students who are seen to practice such conduct.

A student who cannot understand any part of this code of conduct should seek advice from the Sensei or one of the Sempai. Karate-ka who increases their knowledge of the art, will thus become better students.

MOKUSO

Before training begins and after training ends the instructor and the students carry out “MOKUSO” (Kneeling Meditation). During Mokuso breathing should be controlled (breathe in through the nose, out from the mouth, exhaling the air from deep within the abdomen). The purpose of Mokusu is to relax and clear the mind and to allow any cares or anger to go away before commencing training. After training Mokuso should be used as a time to reflect on what has been taught.

Opening ceremony.

Instructor: SHUGO (shoo-go) Line up
Instructor: KI O TSUKE (key-oht-skay) Attention

Senior student: SEIZA (say-zah) Sensei turns to face the front of the Dojo
Kneel. Students kneel in order of seniority.
Senior student: MOKUSO (mok-so) Meditation (Close eyes) For approx. 30 secs.
Senior student: MOKUSO YAME (mok-so yah-may) Open eyes
Senior student: SHOMEN NI(show-men nee) Face Forward
Senior student: REI (ray) Bow

Senior student: SENSEI NI (Sehn-seh-ee nee) Sensei turns to face students
Students turn towards Sensei
Senior student: REI (ray) Bow

All students: ONEGAISHIMASU (oh-nah-guy-she-mahhs) “Please teach me”.

Instructor: KIRITSU (key-writ-soo) Stand up
Instructor: KI O TSUKE (key-oht-skay) Attention
Instructor: REI (ray) Bow

On commencing training with another student, Karate-ka will say:
ONGAISHIMASU (oh-nah-guy-she-mahhs) (Please teach me).
On completion of training with a partner, Karate-ka will say:
ARIGATO GOZAIMASHITA (ah-ree-gah-toe go-zye-mahsh-tah) (Thank you very much).

Check out our web site: www.wessexkarate.co.uk
Closing ceremony

Instructor: KI O TSUKE (key-oht-sky)   Attention
Sensei turns to face the front of dojo and kneels down

Senior student: SEIZA (sigh-zah)   Kneel
Senior student: MOKUSO (mok-so)   Close eyes, meditate
Senior student: MOKUSO YAME (mok-so yah-may)   Open eyes
Senior student: SHOMEN NI (sho-men nee)   Face forward
Senior student: REI (ray)   Bow

Sensei turns to face students
Senior student: SENSEI REI (sen-seh-ee nee ray)   Bow to instructor
All students: ARIGATO GOZAIMASHITA (ah-ree-gah-toe go-zye-mahsh-tah) “Thank you very much”.
Senior student: OTAGAI NI (oh-tah-guy nee)   Face fellow student
Senior student: REI (ray)   Bow
All students: ARIGATO GOZAIMASHITA (ah-ree-gah-toe go-zye-mahsh-tah) “Thank you very much”.
Senior student: SHOMEN NI (sho-men nee)   Face forward
Instructor: KIRITSU (key-writ-soo)   Stand up
Instructor: KI O TSUKE (key-oht-sky)   Attention
Instructor: REI (ray)   Bow

Instructions

YOI (yoy)   Ready i.e. in musubi dachi position.
KAMAE (kah-may)   On guard i.e. take up your position ready to fight as in free sparring, or assume a set position as in moving basics.
HAJIME (hah-zhim-ay)   Begin (or continue) at your own speed or count
MAWATTE (mah-wha-tay)   Turn round or “about face”.
ASHI O KAETE (ah-shee oh kah-eh-teh)   Change leg (stance)
MO ICHI DO (moh-ee-chee-do)   One last time.
YAME (yah-may)   Stop

Counting to Ten.

1 = ICHI (ih-chee)   2 = NI (nee)   3 = SAN (sahn)
4 = SHI (she)   5 = G0 (go)   6 = ROKU (roo-koo)
7 = SHICHI (shih-chee)   8 = HACHI (hah-chee)   9 = KU (koo)
10 = JU (joo)

Body Areas

JODAN (joh-dahn)   Upper area: from the collar up, the face.
CHUDAN (chew-dahn)   Centre area: from the collar to the belt, stomach.
GEDAN (geh-dahn)   Low area: groin

General Terms

TSUKI (zoo-key) - punch   UCHI (oo-chee) - strike
UKE (oo-kay) - block   GERI (geh-rhee) - kick
MAE (mah-eh) - front   YOKO (yoh-koh) - side
MAWASHI (mah-wha-she) – round house   DACHI (dah-chee) - stance

“A Companion to Traditional Okinawan Karate” A comprehensive guide to the history of Goju Ryu Karate and compilation of the technical terms, is available for sale from your Sensei, for an incredibly low price of £3 each.
Wessex Karate Academy is a Community Amateur Sports Club. A non-profit making organisation, run by a committee. We welcome your support and involvement in the club, and our social activities. An annual general meeting is held in April, when we report on the year’s activities and re-elect the executive committee.

Chairman
Secretary
Treasurer
Webb master
Parent Representative & Welfare
Events Organiser
PR & Logo wear

Paul Foot
Nicky Foot
Jade Petran
Tel. 07904030578
Dave Vest
Carly Barret-Greening
Tel. 07850732303
Mark Bradley
Peter Thompson
Tel. 07873116118

Our senior club instructor is Peter Thompson 6th Dan

Class Instructors
Weymouth - Chris Fryer 3rd Dan
Dorchester – Scott Robyns 4th Dan
Crewkerne – Paul Foot 4th Dan

Sensei’s are all qualified instructors complying with the Go-Ju Ryu Karate-do International rules. These require a completion of GKI accredited instructors course and a basic qualification in First Aid, child protection and have DBS enhanced clearance.

Please detach and return the information slip with your first fees. Thank you.

1st Name……………………………… Surame…………………………………………………..
Address…………………………………………………………………………………………………..
Post code…………………… Date of birth…………………………
Contact no.(s)……………………………………………………………………………………………
Next of kin (name and relationship)……………………………………………………………….
Email address…………………………………………………………………………………………
Medication and/or comments on health conditions………………………………………………

Please note that a medical condition does not preclude anyone from training, as long as the instructor is aware, so that they can make adjustments according to the student’s capabilities.

Parent Consent Form for Use of Images for Children

I/We hereby give WKA permission to use still and/or moving image being video footage or photographs depicting my/our children named below.

For advertisements, including website, leaflets or any other use for publicity purposes.

This consent will apply throughout the world and be for an indefinite period.

I/We _________________________________ the parent(s)/guardian of ____________________________

Where did you get our club contact details? Library/Web site/local paper/poster/a student/ or _______________

Check out our web site: www.wessexkarate.co.uk