

Wessex Karate Academy



New Student Sheet

VENUES & TRAINING TIMES

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

Monday - Wessex Traditional Martial Arts Gym, Unit A4, 83 Lynch Lane, Weymouth
Children (Beginners) - 17.00 to 18.00 hrs. **Children (Advanced)** - 18.00-19.15 hrs
Adults - 19.15 to 20.45 hrs.

Tuesday – St. Mary’s Church Hall, Alexandra Road, Dorchester.
Children (All grades) 17.15 to 18.15 hrs. **Children (Advanced)** 18.15-19.30pm
Adults - 20.00 to 21.30 hrs.

Wednesday – Crewkerne Village Hall. Crewkerne, Somerset
Children - 7-13 yrs 17.30-18.00, **Children (Advanced)** 18.00- 19.15hrs

Thursday – The Village Hall, Milborne St. Andrew
Children & Adults – 17.15-18.45hrs

Portland YMCA, 80 Reforne, Easton
Children & Adults – 17.00-18.30hrs

Wessex Traditional Martial Arts Gym, Unit A4, 83 Lynch Lane, Weymouth.
Kobudo – 20.00-21.30 hrs

Friday – Wessex Traditional Martial Arts Gym, Unit A4, 83 Lynch Lane, Weymouth.
Family Class – 16.45-18.00 hrs **Adults** – 10.00-11.30hrs **Kobudo** - 11.30-12.30hrs

St. Mary’s Church Hall, Alexandra Road, Dorchester.
Family Class - 17.30-19.00hrs

FEES

Your first lessons are free, until the beginning of the next calendar month. Fees- for children - £30 when paid by standing order or cash. Adult’s fees, from 18 years of age- £40 by Standing order or cash. Two or more students at the same address attract a further discount of £5 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 cash or details to set up a standing order are on the last page of this form. 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 10 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 £20. An adult Gi (from size 4) will cost £25. However, you may purchase a Gi from most sports shops. 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 website: 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 “SENPAI” 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.

Fingers 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 increase 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 Mokuso 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-oh-t-skay)

Attention

Sensei turns to face the front of the Dojo

Senior student: SEIZA (say-zah)

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

Sensei turns to face students

Senior student: SENSEI NI (Sehn-seh-ee nee)

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-oh-t-skay)

Attention

Instructor: REI (ray)

Bow

On commencing training with another student, Karate-ka will say:

ONEGAISHIMASU (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 website: www.wessexkarate.co.uk

Closing ceremony

Instructor: KI O TSUKE (key-oht-skay)

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-skay)

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 = GO (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 £10 each.

Check out our website: www.wessexkarate.co.uk

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	Paul Foot	
Secretary	Sheilagh Anderson	
Treasurer	Gary Foot	- Garyfoot@protonmail.com
Webb master	Dave Vest	
Parent Representative & Welfare	Hannah Davis	- hannahloudavis@yahoo.co.uk
Events Organiser & PR	Fiona Heckels	

Our senior club instructor is Peter Thompson 7th Dan

Class Instructors

Weymouth - Chris Fryer 5th Dan
Dorchester - Jamie Northover 4th Dan
Crewkerne - Paul Foot 5th 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.

Club Membership and Indemnity Form		
The GKI UK ensures that all club instructors meet the necessary standards and requirements regarding teaching experience, technical knowledge, insurance, safeguarding and first aid. Please see https://www.gki.org.uk/ for further information, committee members to include wider GKI International eticates, code of conduct, syllabus and Welfare Officer details.		
• General Contact Details		
First Name:	Last Name:	
Date of Birth:	Gender: MALE/FEMALE	
Address:		
Town:		Postcode:
Tel. No:	e-mail address:	
• Medical and Emergency Details		
Do you have any existing medical conditions or special educational needs: YES/NO		
Please list Medical Conditions:		
Please list any special educational needs:		
Doctor's Name	Tel. No:	
Doctor's Address		
Emergency Contact Name:	Tel. No	
Relationship:		

Check out our website: www.wessexkarate.co.uk

First Aid and Medical Treatment:

- I give my permission for first aid treatment to me/my child by a designated first aider as necessary
- I give my permission for a member of the coaching team to travel in an ambulance to hospital with me/my child
- I give my permission for me/my child to receive emergency treatment from a medical practitioner in the event of being taken to hospital by a member of the coaching team
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- **Additional Information for JUNIOR Memberships**

Name of Parent/Carer:	Tel. No:
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Does this person have Legal Parental responsibility? YES/NO

Name of Parent/Carer:	Tel. No:
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Does this person have Legal Parental responsibility? YES/NO

In line with Child Protection Legislation, any concerns of abuse or non-accidental injury will be reported to: (fill in Relevant Local Authority) Social Services.

- **Photography and Video Images**

Press, Media and Advertising:

- I give/do not give* my permission for photographs or video images of me/my children to be used on the club or GKI website
- I give/do not give* my permission for photographs of me/my children to be used in newspaper and press articles
- I give/do not give* my permission for photographs or video images of me/my children to be used in advertising materials, leaflets or for other publicity purposes.

- **Statement of Understanding:**

to our welcome pack for all By signing this form (parent/guardian if under 18) and becoming a member of WKA, I agree that I (or my child):

- I wish to become a member of *Wessex Karate Academy* and/or its branch dojos and confirm that the details above are correct.
- Will follow all instructions from the Sensei (instructor) and abide by all rules set out by WKA and its instructors, including those laid out in the new member pack.
- I understand that Goju Ryu is a traditional style of karate so there will be some contact. I understand that excessive contact and force is not allowed.
- I am in good health and have no known medical problems that would restrict my ability to participate in karate. I will inform the club's instructors of any change in my health and will not hold the club, G.K.I. or their instructors, members, servants or agent liable for any loss or injury arising as a result of any undiagnosed health issue. I give permission for first aid and recognised medical treatment to be administered as per section.
- I undertake this activity at my own risk, and agree to totally and completely indemnify the club, its Instructor/s and the venue in respect of any injury caused to myself or any other person during the session. I agree to bear all losses caused by injuries that I/my child may receive whilst training with the club.
- I will uphold the true principles of Karate-Do and never use karate techniques outside the dojo, except in self-defence or in the defence of others.
- I will keep my G.K.I. licence up to date and should I fail to do so I indemnify the club, its members, instructors and officials from any and all liabilities and responsibilities including those normally covered by an up-to- date licence.
- I will inform the club officials should I decide to stop training at the club. I accept that it is my responsibility to stop any standing order that I have in place and that no refunds will be made.
- I give / do not give permission for my photograph and/or video images to be taken and used as per the statements in section 4.
- In line with Data Protection and GDPR compliance I hereby give permission to be contacted for future events and for my personal details to be held by GKI.

Signed:	Date:
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Name (printed):



Thank you for paying by standing order. The monthly fees for an under 18 are £30 p/month and an adult £40 p/month. Please note being a standing order and not a direct debit your bank will not automatically change if fees change.

Name of account- Wessex Karate Academy

Account Number- 40747793

Sort code- 20-26-62