



WOODBINE  
KARATE  
CLUB

# KARATE

ISSUE

01

September

Registration & Events P.1  
Traditional Karate P.3



## UPCOMING EVENTS

- Registration Fees Due September 30
- Ladies Self Defence October 18 1-3 pm
- Thanksgiving **NO CLASSES** All Weekend
- Board Breaking November 21
- Grading November 26

## Welcome to Woodbine Karate Club

### Registration

**Registration Deadline is September 30**

**All registration forms and post dated cheques for all four sessions are to be handed in to Woodbine Karate Club before training can begin in September**

Welcome back everyone! The 2008-2009 training season has started. All new and returning members must submit a new "Application for Membership" available at the club. This form ensures your information is up-to-date and also includes the "Training Agreement and Waiver of Liability" which must be signed each year. There is a one time start-up cost of \$15 for administration. Japan Karate Association (JKA) membership is mandatory. **Fees must be paid in full before you begin training** (one cheque for the year or four cheques one for each three month sessions).

Karate Alberta Association (KAA) membership is optional but is required to compete in regional and provincial KAA tournaments. If you are thinking of competing in the fall we must have these registrations in for September 30 as well.

**Please submit all forms and fees to Sensei no later than September 30.**

The current training schedule is available on our web site. Students should attend only during their regularly scheduled class, according to age group and belt color. If you have any questions or concerns regarding registration, please address them with Sensei.

**You can call at 403-870-7755  
woodbinekarate@gmail.com**



## DOJO RULES

Remove all footwear prior to entering the training area of this or any club in which you are training in or visiting.

**CONDUCT IN THE DOJO Training:** Everyone must train both the body and mind. Always participate with complete concentration, determination, spirit and sincerity. Never fidget, yawn or look disinterested.

**Entering and exiting:** Perform the standing bow (facing the training area) at the door, immediately upon entering the training area and prior to departing. Again, always pay complete attention to the instructor and his/her teachings. If you are standing off to the side and are called upon quickly acknowledge yourself, bow and move to a ready position with purpose and confidence. Never wander about.

**Conduct with partner:** Everyone must treat his/her partner courteously and with proper etiquette. Always challenge your partner to a degree that is beneficial to his/her learning. Never patronize your partner but always remember your control.

**Questioning:** Do not question the Sensei/Sempai during class unless asked. Save any questions for after class. When approaching a senior belt, Sempai, or Sensei;



**Characteristics:** Shotokan training is usually divided into three parts: kihon (basics), kata (forms or patterns of moves), and kumite (sparring). Techniques in kihon and kata are characterized by deep, long stances that provide stability, enable powerful movements, and strengthen the legs. Shotokan is often regarded as a 'hard' and 'external' martial art because it is taught that way to beginners and coloured belts to develop strong basic techniques and stances. Initially strength and power are demonstrated instead of slower, more flowing motions. Those who progress to brown and black belt level develop a much more fluid style which incorporates grappling and some aikido-like techniques, which can be found in the black belt katas. Kumite techniques mirror these stances and movements at a basic level, but progress to being more flexible with greater experience.

**Philosophy:** Gichin Funakoshi laid out the Twenty Precepts of Karate, (or Niju kun) which form the foundations of the art, before his students established the JKA. Within these twenty principles, based heavily on Bushido and Zen, lies the philosophy of Shotokan. The principles allude to notions of humility, respect, compassion, patience, and both an inward and outward calmness. It was Funakoshi's belief that through karate practice and observation of these 20 principles, the karateka would improve their person.

The Dojo kun lists five philosophical rules for training in the dojo; seek perfection of character, be faithful, endeavor, respect others, refrain from violent behavior. The Dojo kun is usually posted on a wall in the dojo, and some shotokan clubs recite the Dojo kun at the beginning and/or end of each class to provide motivation and a context for further training.

## What Karate students really need to know!

Shotokan is a style of karate, developed from various martial arts by Gichin Funakoshi (1868–1957) and his son Gigo (Yoshitaka) Funakoshi (1906–1945). Gichin was born in Okinawa [1] and is widely credited with popularizing karate through a series of public demonstrations.

Funakoshi also wrote: "The ultimate aim of Karate lies not in victory or defeat, but in the perfection of the character of the participant."

**Common Terms:** Many terms used in karate stem from Japanese culture. While many are names (e.g. Yame, Gankaku), others are exclusive to martial arts (e.g. kata, kumite). Many terms are seldom used in daily life, such as zenkutsu dachi, while others appear routinely, such as rei. The Japanese form is often retained in schools outside of Japan to preserve the Okinawan culture and Funakoshi's philosophies.

However, many schools of JKA (Japan Karate Association) affiliated Shotokan Karate used the full terminology on a daily basis, providing translations also. Many terms used in karate system from Japanese culture. While many are names (e.g.

Yame, Gankaku), others are exclusive to martial arts (e.g. kata, kumite). Many terms are seldom used in daily life, such as zenkutsu dachi, while others appear routinely,

such as rei. The Japanese form is often retained in schools outside of Japan to preserve the Okinawan culture and Funakoshi's philosophies.

**Ranks:** Rank is used in karate to indicate experience, expertise, and to a lesser degree, seniority. As with many martial arts, Shotokan uses a system of coloured belts to indicate rank. Most Shotokan schools use the kyū/dan system but have added other belt colors. The order of colors varies widely from school to school, but kyu belts are denoted with colours that become darker as a student approaches shodan. Dan level belts are invariably black, with some schools using stripes to denote various ranks of black belt.

**Kata:** Kata is often described as a set sequence of karate moves organized into a pre-arranged fight against imaginary opponents. The kata consists of kicks, punches, sweeps, strikes, blocks, and throws. Body movement in various kata includes stepping, twisting, turning, dropping to the ground, and jumping. In Shotokan, kata is not a performance or a demonstration, but is for individual karateka to practice full techniques—with every technique potentially a killing blow (ikken hisatsu)—while paying particular attention to form and timing (rhythm). As the karateka grows older, more emphasis is placed on the health benefits of practicing kata, promoting fitness while keeping the body soft, supple, and agile. Several Shotokan groups have introduced kata from other styles into their training, but when the JKA was formed, Nakayama laid down 27 kata as the kata syllabus for this organization. Even today, thousands

of Shotokan dojo only practice these 27 kata. The standard kata are: Taikyoku shodan (sometimes termed Kata Kihon or Kihon Kata) (Heian shodan, Heian nidan, Heian sandan, Heian yondan, Heian godan, Bassai dai, Jion, Empi, Kankudai, Hangetsu, Jitte, Gankaku, Tekki shodan, Tekki nidan, Tekki sandan, Nij shiho, Chinte, Schin, Meiiky, Unsu, Bassai sh, Kank sh, Wankan, Gojshiho sh, Gojshiho dai), and Ji'in.

**KUMITE:** Kumite, or sparring (lit. Partner exercise), is the practical application of kata to real opponents. While the techniques used in sparring are only slightly different than kihon, the formalities of kumite in Shotokan karate were first instituted by Masatoshi Nakayama wherein

"Training on a regular schedule brings results. No training. No results."



## SHOTOKAN TRADITIONAL KARATE

At around purple belt level karateka learn one-step sparring (ippon kumite). Though there is only one step involved, rather than three or five, this exercise is more advanced because it involves a greater variety of attacks and blocks usually the defenders own choice. It also requires the defender to execute a counter-attack faster than in the earlier types of sparring. Counter-attacks may be almost anything, including strikes, grapples, and take-down manoeuvres.

Some schools prescribe the defences, most notable the Kase-ha Shotokan-ry which uses an 8 step, three directional blocking and attacking pattern which develops from yellow belt level right through to advanced level.

The next level of kumite is freestyle one-step sparring (jiyu ippon kumite). This type of kumite, and its successor—free sparring, have been documented extensively by Nakayama and are expanded upon by the JKA instructor

trainee program, for those clubs under the JKA. Freestyle one-step sparring is similar to one-step sparring but requires the karateka to be in motion. Practicing one-step sparring improves free sparring (jiyu kumite) skills, and also provides an opportunity for practicing major counter-attacks (as opposed to minor counter-attacks). Tsutomu Ohshima states that freestyle one-step sparring is the most realistic practice in Shotokan karate, and that it is more realistic than free sparring.

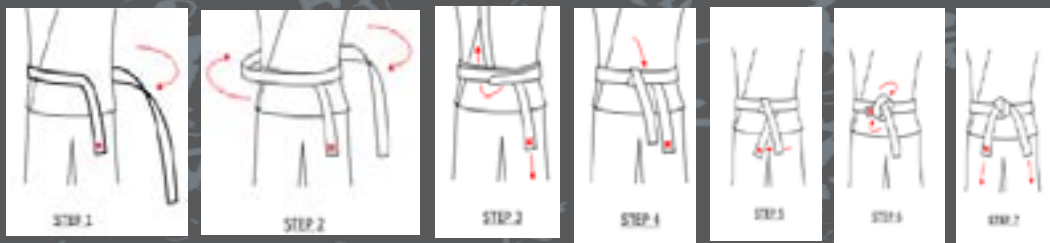
Free sparring (jiyu kumite) is the last element of sparring to be learned. In this exercise, two training partners are free to use any karate technique or combination of attacks, and the defender at any given moment is free to avoid, block, counter, or attack with any karate technique. Training partners are encouraged to make controlled and focused contact with their opponent, but to withdraw their attack as soon as surface contact has been made. This allows a

full range of target areas to be attacked (including punches and kicks to the face, head, throat, and body) with no padding or protective gloves, but maintains a degree of safety for the participants. Throwing one's partner and performing takedowns are permitted in free sparring, however it is unusual for competition matches to involve extended grappling or ground-wrestling, as Shotokan karateka are encouraged to end an encounter with a single attack, avoiding extended periods of conflict or unnecessary contact. Kaishu ippon kumite is an additional sparring exercise that is usually introduced for higher grades. This starts in a similar manner to freestyle one-step sparring; the attacker names the attack he/she will execute, attacks with that technique, and the defender blocks and counters the attack. Unlike freestyle one-step sparring, however, the attacker must then block the defender's counter-attack and strike back. This exercise is

**Line up:** When lining up, each person is to stand shoulder to shoulder with the person to their right. The person on your right is usually your senior, while the person on your left is your junior. The line is to be as straight as possible. After kneeling, sit with a straight back, do not slouch or show fatigue, remain perfectly still. Everyone kneels and rises at the same time. **Late coming procedure:** Since promptness is part of the self-discipline karate encourages, arriving late for class should be avoided whenever possible. If you are late and class has begun or for some reason you have to leave the class during instruction, immediately upon entering the training area, bow. Then adopt the kneeling position inside and to the left of the doorway. This demonstrates respect and signals to the instructor that you wish to enter. Wait until the instructor motions you in before entering. When you enter you must walk behind the class and regardless of your belt level, position yourself at the far end so as not to disturb the rest of the class.

### This Month's Training Tips: HOW TO TIE YOUR BELT

Need to know how to tie a karate belt? Here is a step-by-step diagram for tying a karate belt, judo belt, or any other martial arts belt, while eliminating the cross-over on the backside of the belt.







# Fundraising just got easier SUP Coupon Books

There will be prizes  
for the participants.  
With a Grand Prize!!  
Details to come.

## BRING A FRIEND DAY

1st week of every month

*You can bring your friends  
and if they sign up for a ses-  
sion you will receive a prize!*

## GI'S & EQUIPMENT

If you are in need of a new Gi we have them for sale. They are available in Adult and Kids sizes 0-8. We also have mouth guards, protectors & gloves. It is advisable to wear your own protective equipment during kumite and mandatory for competitions.

**\$65**

## CLUB JACKETS

*Please order yours  
by end of September.  
Sizes Adult and Youth  
and kids.*

## Details of Upcoming Events

### • Ladies Self Defence

October 18 - Sunday, 1PM - 3PM

Every one is welcome! This is a class where you will learn to defend yourself on the street in case of an attack. You will also have an opportunity to test yourself against a pretend attacker. The class will be run in a Level 1 and Level 2 will be taught in the near future. Please come and tell all your friends and family it is a good class for your wife, daughter, sister and all their friends. We have gift certificates to attend and learn to be SAFE. Registration forms are found in the back of this startup package and on the web.

### • Board Breaking Seminar

The Seminar is on November 21, Saturday 10-12

In this seminar you will learn to use your breath synchronization to produce power.

The power to break boards as a learning tool! Please do not miss this important lesson on directing your force it is a very important part of your karate training. For all students & non students Kids and Adults. The cost is \$40 Registration is on going. Registration forms are online or at the dojo.

**REGISTRATION DEADLINE IS  
November 15 for Grading November 28**

Grading are at the Woodbine  
Dojo with  
Sensei Yuri Isakovich

### • November 28, 2009

White, Yellow, Orange, Green Belts -  
10:00 - 11:00 Seminar  
Grading to follow 11:00 -12:00

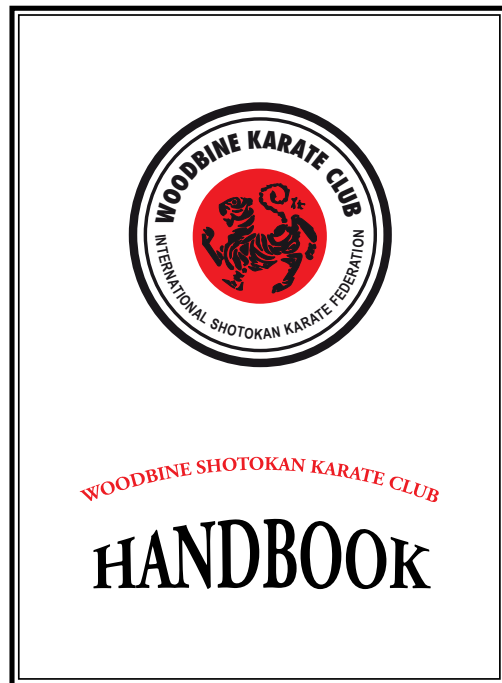
Purple, Brown, Black  
12:30 -1:30 Seminar  
Grading to follow 1:30 -2:30



**Sensei Yuri Isakovich**

Instructor

Calgary, Alberta  
403.870.7755 ph  
woodbinekarate@gmail.com  
www.woodbinekarate.com



Handbooks are available  
with grading requirements  
they are \$20.00

# SESSION SCHEDULE

**SESSION ONE: SEPTEMBER/OCTOBER/ NOVEMBER**

**SESSION TWO: DECEMBER/JANUARY/FEBRUARY**

**SESSION THREE: MARCH/APRIL/MAY**

**SESSION FOUR: JUNE/JULY/AUGUST**

FEE	PER SESSION <small>(REGISTRATION AND TRAVEL/ACCOMMODATION)</small>	ONETIME PAYMENT <small>(MEMBERSHIP)</small> <b>ONCE PER YEAR</b>	
ADULTS (18+)	<b>\$220</b>	<b>\$700</b>	
YOUTH (8-17)	<b>\$200</b>	<b>\$615</b>	
KINDER (5-7)	<b>\$170</b>	<b>\$520</b>	

**FAMILY- FULL PRICE FOR FIRST ADULT OR YOUTH MEMBER, 10% OFF SECOND MEMBER, 20% OFF THIRD , AND NO CHARGE FOR THE FOURTH MEMBER.**

- An one time administration fee of \$15 at registration time
- An I.S.K.F. \$45 Annual membership fee is mandatory.

**CHEQUES FOR THE FULL YEAR ARE TO BE IN AT THE TIME OF REGISTRATION.  
NO EXCEPTIONS**

**REFUND POLICY: NO REFUNDS WITHOUT 30 DAY WRITTEN NOTICE.  
CHEQUES RETURNED ONLY FOR SESSION NOT STARTED.  
(ONE TIME ANNUAL PAYMENTS NO REFUNDS)**

## ISKF DUES

The Japan Karate Association is a non-profit club. It is very important for us to affiliate with an umbrella organization for technical direction, seminars, camps and competitions. We belong to the International Shotokan Karate Federation (I.S.K.F.).

We ask that each club member join this organization after his/her first month of karate practice. An annual membership with the I.S.K.F. costs just \$45.00. This membership entitles every member to participate in examinations, attend seminars, and should you travel, your membership will be recognized all across North America. The I.S.K.F. funds go towards funding a provincial team to attend the National competition. The funds also sponsor a National team. Please fill out the membership form and submit your I.S.K.F. Membership fees on a timely basis. Both you and the organization will benefit from your membership.



# ◆ Membership Fee Schedule



Payment From: \_\_\_\_\_

For the Training of: \_\_\_\_\_

Sessions of training:

1. Session One: September/October/November
2. Session Two: December/January/February
3. Session Three: March/April/May
4. Session Four: June/July/August

All registration forms, cheques and post dated cheques for all four sessions are to be handed in to Woodbine Karate Club before training can begin in September.

An additional \$25 will apply for cheques returned NSF.

Refund Policy: There will be a refund with 30 days written notice only. Only sessions NOT BEGUN will be refunded. Annual payments are subject to no refund.

## Fee Schedule:

Adults (18+) **\$220** per session or one annual payment of \$700.00

Youth (8-17) **\$200** per session or one annual payment of \$615.00

Kinder (5-7) **\$170** per session or one annual payment of \$520.00

Kinder fees includes training 1x per week only; for 2x per week pay Youth fee

Family Full price for the first adult or youth member, 10% off second member, 20% off third and no charge for fourth or subsequent family members

# ◆ Membership Fees

**Cheques Enclosed (Made payable to Woodbine Karate Club)**

\$15 non-refundable/annual administration fee Cheque # \_\_\_\_\_

Cheques for training fees 1 \_\_\_\_\_ Amount Cheque # \_\_\_\_\_

Cheques for training fees 2 \_\_\_\_\_ Amount Cheque # \_\_\_\_\_

Cheques for training fees 3 \_\_\_\_\_ Amount Cheque # \_\_\_\_\_

Cheques for training fees 4 \_\_\_\_\_ Amount Cheque # \_\_\_\_\_

Japan Karate Association (JKA) membership

Other Cheques collected \_\_\_\_\_ For \_\_\_\_\_

For Office use only

Cheques collected by: \_\_\_\_\_  Enclosed



# Application for Membership

Complete all fields. Please print clearly and in capitals



## ◆ General Information

Date (mm/dd/yy) \_\_\_\_\_  New Member  Renew  Trail

If new how did you hear about us?

Sign/brochure  Internet  Friends/Family  Other

## ◆ Personal Information

Student's First Name: \_\_\_\_\_

Student's Last Name: \_\_\_\_\_

DOB (mm/dd/yy) \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_

Street Address: \_\_\_\_\_

City \_\_\_\_\_ Postal Code \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Parent or Guardian \_\_\_\_\_

## ◆ Personal Information

Alberta Health Care # \_\_\_\_\_

Physician \_\_\_\_\_ Phone Number \_\_\_\_\_

\* Please describe any ongoing condition that may impact the student's participation in karate training

\_\_\_\_\_

## ◆ Previous Experience

Shotokan Karate \_\_\_\_\_ Rank \_\_\_\_\_

Other Martial Arts \_\_\_\_\_ Rank \_\_\_\_\_



## ◆ Training Agreement and waiver of liability



The following must be read and signed prior to training at the Woodbine Karate Club.

I \_\_\_\_\_ apply for training at the Woodbine Karate Club.

I acknowledge, agree and represent that I understand the nature of martial arts activity and that I am/my child is in good health and in proper physical condition to participate in such activity. I agree to observe all rules and regulations of the dojo to maintain order and to minimize risk of injury. I fully understand that the practice of karate involves the risk of serious injury and freely and voluntarily assume any and all risks and hazards inherent in my/my child's participation in the program. I waive any claim I might have resulting from my/my child's participation in the karate program and agree to indemnify, save and hold harmless the Woodbine Karate Club and Yuri Isakovich from any such claim.

In consideration of the Woodbine Karate Club providing the training area and instruction, I agree to pay quarterly training fees in accordance with Woodbine Karate Club's fee schedule prior to each session. Also, in keeping with Woodbine Karate Club policy, I agree to apply for and maintain current membership in the Japan Karate Association (JKA).

I, the undersigned, have read and understand the above statements and acknowledge my acceptance and agreement of said statements.

Printed Name of Student \_\_\_\_\_

Student Signature (if over 18) \_\_\_\_\_

Printed Name of Parent/Guardian \_\_\_\_\_

Parent/Guardian Signature (if student under 18) \_\_\_\_\_

Date Signed \_\_\_\_\_

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For office use only: Fees verified and cheques enclosed?  Initial \_\_\_\_\_

Refer to membership fee schedule.

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# SEMINAR REGISTRATION

Seminar Registration for: \_\_\_\_\_

Kids Class:  Teen/Adult Class:

Date: \_\_\_\_\_

## Personal Information of Participate:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Any Medical condition that we should know about: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Emergency contact information:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Cell: \_\_\_\_\_

E-mail: \_\_\_\_\_

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Payment made by:  Cash  Cheque \$ \_\_\_\_\_ Amount

\_\_\_\_\_  
Received by

# WOODBINE KARATE CLUB

## CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
White, Yellow 5:30 - 6:30 KINDER (5-8)	Orange, Green, Purple 5:30 - 6:30 YOUTH (8-13)	White, Yellow 4:30 - 5:15 KINDER (5-8)	Orange, Green, Purple 5:30 - 6:30 YOUTH (8-13)		White, Yellow 9:00 - 10:00 KINDER (5-8)
White - Yellow 6:45 - 8:00 YOUTH/ADULT (8+)	Orange - Black 6:45 - 8:00 YOUTH/ADULT (13+)	Brown - Black 5:30 - 6:30 YOUTH/ADULT (13+)	Orange - Black 6:45 - 8:00 YOUTH/ADULT (13+)	ALL 6:30 - 7:30 * Extra	ALL 10:00 - 11:00 YOUTH/ADULT (8+)
ALL 8:00 - 9:00 * KICKBOXING (10+)	ALL 8:00 - 9:00 * KICKBOXING (10+)	ALL 8:00 - 9:00 * KICKBOXING (10+)		<b>SUNDAYS</b> 11:00 - 12:00 * OTHER	ALL 12:00 - 1:30 KUMITE (13+)

### Sessions

- Session One: .....
- Session One: .....
- Session One: .....
- Session One: .....