



YUSHUKAN



KARATE DO



## Welcome to Yushukan Applied Karate

Dear New Student.

Hello and welcome to our club. Congratulations on making the decision to begin training in the amazing art of karate, we know you will love it and get many years of enjoyment from training.

### About Us:

The name Yushukan (**YUSHU** = Excellence / **KAN** = School) means school of excellence and this is symbolized in our logo with the single Japanese kanji for excellence in the centre of 5 circles.

The 5 circles stand for 5 elements principles that we believe in and flow through everything we do.

1. Shuhari - The Japanese path to mastery.
2. Kaizen - The Japanese principle of constant pursuit of learning
3. Mind - Developing good character through training
4. Body - Developing a strong healthy body that's able to protect oneself
5. Spirit - Developing the never give up attitude through focus, preservice and discipline

Yushukan is a style of Goju Ryu that applies the old ways of training in a practical way for today's world. We train in traditional methods to learn the timeless self defense principles of Goju Ryu karate that have been passed down through the ages. We seek to understand what the masters of old knew about combat and how to best protect oneself from someone wishing to do us harm. We do this through many ways, but the most unique way is how we read and study kata (patterns of movement) like a textbook to apply their principles and techniques to bring it to life in the dojo. Training in this manner helps us unlock the hidden self defense principles so that we are better prepared to protect ourselves should the occasion occur.

Many martial arts practitioners have been practicing kata for many years without truly delving into 'why' they are used or 'why' they were even invented. I myself was one of these practitioners until I started looking deeper into kata and learning its true meaning. This is when the light bulb came on and karate suddenly took on a whole new meaning.

### What to expect from classes:

Our classes contain methods of training fundamentals, fitness training and dojo sparring. One can expect to become stronger, fitter, more disciplined and focused all whilst having a great time in a friendly and encouraging environment. There is no room for 'ego' or 'bravado' in our classes, we only welcome humility and an open attitude toward learning.

Yushukan training is best suited to people aged 12 and above. Although we have an introductory level of training for ages 7 - 12 to prepare them for the more in-depth training that comes in our regular classes.

Parents and children are welcome to train together in our classes.

I look forward to training with you and seeing your progress. Be sure to check out and 'like' our Facebook page in order to keep up to date with everything that is happening. It is the easiest way for us to stay in contact.

Kind Regards,



**Sam Seigers**  
**Head Instructor**  
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## Training Information and Fees

- Arrive 15 minutes before class start time to allow time to sign-in
- Bring your Training & Membership Card to each class
- Bring a drink of water
- Uniforms and Club Merchandise available in class
- Term Fees **MUST** be paid before term begins (10 week terms)
- **No training on public or school holidays.**  
Year ends on Sunday 20<sup>th</sup> Dec.  
Commences Mon 25<sup>th</sup> Jan 2021.
- Coloured Belt Gradings take place last Friday or Saturday of each term TBA.



|  |   |   |   |
|--|---|---|---|
| <b>CABARITA BEACH</b><br>Baptist Church Hall<br>101 Cabarita Road<br>(enter down the RHS path) | Mon 5.30 - 6.30pm<br>(juniors)<br>Mon 6.30 - 8.30pm<br>10yrs – Adults | <b>OCEAN SHORES</b><br>Ocean Shores<br>Community Centre<br>55 Rajah Drive | <b>Tuesday</b><br>6-7pm (jnrs + all ages)<br>6-8pm 10yrs - Adults |
|--|---|---|---|

| Fee Options<br>10 Weeks | 60 Minute Class | 120 Minute Class | Unlimited Class Pass          |
|-------------------------|-----------------|------------------|-------------------------------|
| Single Student          | \$180           | \$250            | \$400<br>(Avg \$10 per class) |
| 2 or more Students      | \$160 pp        | \$220 pp         | \$400 pp                      |

Please note fees are payable at the beginning of each term via eft or cash



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# Dojo Etiquette

1. The Instructor is normally addressed by the students as Sensei. This word is translated literally as “he/she who has gone before”, or simply “instructor or teacher”. So whatever your Sensei asks of you, he/she has already done before and understands the implications of the technique that you are being asked to carry out.
2. In traditional Japanese martial arts, the development of the whole person is as important as the development of physical and technical prowess, thus Dojo etiquette is aimed at developing the overall budo spirit of a person.
3. Within the dojo, bowing to another karate-ka (practitioner) on meeting them is a sign of respect. This is especially so when you meet your Sensei. If someone bows to you, it is normal to reply with your own bow to return their sign of respect.
4. When entering or leaving the Dojo, it is normal to stand in the doorway, face the front, and bow. This represents a mark of respect. Bowing when entering or leaving the training area is also normal practice.
5. Remove footwear at the door before entering the Dojo and training area.
6. If you arrive late to training, please wait until the Sensei acknowledges you, bow then quickly join in the class.
7. Please do not run around, eat, drink (water permitted), or chew gum in the Dojo.
8. During training, please refrain from talking unnecessarily. If you have a question for the Sensei, raise your hand and wait for he/she to acknowledge you.
9. Your training should be a serious matter. Do not laugh, giggle, talk or cause disruption during the class. You should always stand in Heiko Dachi when listening to the Sensei or awaiting the next instruction.
10. When asked to line up at the start or end of a class, please do so quickly in rank order.
11. All instructions from the Sensei should be executed properly without any question or comment. You will not be asked to do anything that your Sensei has not already done themselves. If you cannot keep up, do the best you can.
12. Always keep fingernails and toenails short and clean.
13. It is everyone’s responsibility to ensure the Dojo is kept clean, tidy and safe at all times.
14. Your karate-gi must be neat and washed clean at all times. Your belt should NEVER be washed, only aired dry. It symbolically contains the spirit of your hard training. Male practitioners should not wear t-shirts or other clothing underneath their karate-gi.
15. Don’t wear jewellery or watches during training for everyone’s safety.
16. If you wish to leave the Dojo while training is still underway, please ask for permission from the Sensei.
17. If you have an illness or injury, or just sustained an injury during training, you must report it to the Sensei and/or the training partner you’re working with.
18. Remember the Dojo is a special place, so please behave accordingly



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## Grading Criteria

Students must complete the minimum number of classes AND the minimum amount of time required before they are considered eligible to attempt their next grading. Grading is held on the last Saturday of Term.

Students must also show the following ...

- Competent karate level based on age and physical ability
- Consistent and committed training
- Correct etiquette and attitude both inside and outside the dojo
- Understand and follow the Yushukan grading syllabus
- Demonstrate the required techniques / kata / applications / pad work

NB: Your instructor will authorise your grading attempt once these requirements are met. More detail of grading criteria is found in the **Yushukan Student Handbook**.

| KARATE GRADE                                     | COLOURED BELT      | KATA (PATTERN)                   | MIN. CLASSES | MIN.TIME |
|--|--------------------|----------------------------------|--------------|----------|
| 10 <sup>th</sup> Kyu to 9 <sup>th</sup> Kyu      | Yellow Tip         | N/A                              | 6            | 6 Weeks  |
| 9 <sup>th</sup> Kyu to 8 <sup>th</sup> Kyu       | Yellow Belt        | Gekisai Dai Ichi (by count)      | 6            | 6 Weeks  |
| 8 <sup>th</sup> Kyu to 7 <sup>th</sup> Kyu (ho)  | Orange Tip         | Gekisai Dai Ichi & Ni (by count) | 15           | 7 Weeks  |
| 7 <sup>th</sup> Kyu (ho ) to 7 <sup>th</sup> Kyu | Orange Belt        | Gekisai Dai Ichi & Ni            | 15           | 7 Weeks  |
| 7 <sup>th</sup> Kyu to 6 <sup>th</sup> Kyu       | Green              | As above + Saifa (by count)      | 36           | 4 Months |
| 6 <sup>th</sup> Kyu to 5 <sup>th</sup> Kyu (ho)  | Blue               | Saifa                            | 50           | 6 Months |
| 5 <sup>th</sup> Kyu to 4 <sup>th</sup> Kyu       | Purple             | Sanchin                          | 50           | 6 Months |
| 4 <sup>th</sup> Kyu to 3 <sup>rd</sup> Kyu       | Brown              | Seiyunchin                       | 50           | 6 Months |
| 3 <sup>rd</sup> Kyu to 2 <sup>nd</sup> Kyu       | Brown 1 Black Tip  | Seiyunchin plus Bunkai           | 50           | 6 Months |
| 2 <sup>nd</sup> Kyu to 1 <sup>st</sup> Kyu       | Brown 2 Black Tips | Shisochin                        | 50           | 6 Months |
| 1 <sup>st</sup> Kyu to Shodan Ho                 | Black (prov )      | Sanseru                          | 50           | 6 Months |
| Shodan Ho to 1 <sup>st</sup> Dan                 | Black              | Shisochin plus Sanseru           | 100          | 1 Year   |
| 1 <sup>st</sup> Dan to 2 <sup>nd</sup> Dan       | Black              | Sepai                            | 200          | 2 Years  |
| 2 <sup>nd</sup> Dan to 3 <sup>rd</sup> Dan       | Black              | Tensho                           | 300          | 3 Years  |
| 3 <sup>rd</sup> Dan to 4 <sup>th</sup> Dan       | Black              | Kururunfa                        | 400          | 4 Years  |
| 4 <sup>th</sup> Dan to 5 <sup>th</sup> Dan       | Black              | Seisan                           | 500          | In Japan |
| 5 <sup>th</sup> Dan to 6 <sup>th</sup> Dan       | Black              | Suparempai                       | 600          | In Japan |