

Welcome to the Phil Little Karate School
“Train Smart From the Start”



Regardless of your age, attention is placed on giving you the most effective training for personal safety. Isshinryu Karate, a martial art form that maximizes the efficiency of movements both hard and soft, provides the ideal medium for physical, mental, and spiritual health. It is a great way to get in shape while learning valuable, life-saving skills that you can use in your life when necessary.

Program Advantages

- Cardiovascular, muscular, and flexibility fitness components
- Self defense solutions that are easy to learn & self defense plans for the family
- Self discipline, self respect, confidence, and positive attitude boosters
- Opportunities for personal development through certification, competition, and ranking systems
- Enhancement of instincts
- ITS (Instinctive Tactical Solutions) seminars and certification

Program Fees

- No registration fee!
- One price allows you to participate in all regular karate classes
- Individual rates
- Family discount rates available
- Minimal fees for belt testing
- Uniform and gear available for purchase
- Private self-defense instruction for women and men.
Complete confidentiality

Etiquette

By Hanshi - Phil Little
Ju-Dan (10th Dan) Isshinryu Karate
RULES, REGULATIONS, AND PROCEDURES

Karate begins and ends with courtesy and respect. We are always to maintain this courtesy and respect towards our peers, and to Sensei, both inside and outside the dojo. This is evident for any person that observes. A student must always remember that they are being given the gift of knowledge- the knowledge of martial arts. A student must also understand that there is no amount of money that can repay the Sensei for this gift. The fees paid are for your personal membership to the dojo: space used, maintenance and utilities of the facility in which we train. Each student must be accepted by the Sensei as a candidate for membership to train in the martial arts, and may be asked to leave at any time if they show disrespect or misuse the knowledge they have been given. The student is expected to come to class ready and eager to learn.

"The only place that SUCCESS comes before WORK is in the dictionary."

-Vincent Lombardi

Arrival and Dismissal

Parents must agree to provide the transportation necessary for students that cannot drive themselves. All students are to bow (rei) upon entering the dojo and to Sensei or highest designated rank. After being acknowledged, the student is to sign their name in the book at the front, get dressed quietly, and take their respective place (according to rank) on the floor. If class has not yet begun, the students are to warm up individually by practicing the charts, the Kata they are working on, or bag work. Sparring (Kumite) is **not** permitted without permission from the Sensei. Any activity that may be considered disturbing to the atmospheric conditions of the dojo is prohibited.

Late Entrance: While late entrance should not become a habit, Sensei would rather have you come late than choose not to come at all. Be quick to take your place with minimal disruption and as soon as possible.

Parents: Parents and other guests are welcome to observe class; however, we would prefer that the student be dropped off and picked up for the benefit of the student after no more than the first two months. Parents or other guests are not to be distracting to the class. Conversation and unrelated activities should be taken outside the dojo. If at any time

a parent or person is to become disruptive to the class, they will be asked to leave and return only when class has concluded. THIS INCLUDES SMALL CHILDREN.

For safety and security reasons, parents are asked to park and come into the YMCA/dojo to pick up their children. Sensei may also need to discuss the student's progress with you from time to time.

Proper Attire and Equipment (MANDATORY FOR PARTICIPATION)

- Full Gi, or Gi bottoms with T-shirt tucked in
- Long hair pulled back
- Toe and fingernails cut close
- Groin cup (for males)
- Belt- tied properly, as per Sensei (the belt designates knowledge level and rank in the dojo. Respect should always be given to a higher-ranking student, and the higher-ranking student is to be ready to share knowledge with a junior student)
- Tank tops and cut-off shirts are NOT appropriate
- NO jewelry
- NO shoes during class (unless approved by Sensei)
- Sparring gear (headgear, mouth guard, hand pads, shin guards, foot pads, groin cup)

If Sensei asks you to change aspects of your uniform at any time, you are expected to comply. Any deviations from the uniform must have Sensei's DIRECT approval!

For the student's convenience, uniforms and equipment are available through the dojo. Parents and students are urged to support the dojo and to keep other fees and cost increases down by using this resource that is provided. Please see Sensei for proper sizing and equipment options.

The Dojo

Always fulfill the agreement you have made with your Sensei to be ON TIME with attendance and payment of scheduled classes.

****Notify Sensei if you plan to miss class on any day.****

From time to time, students may be asked to help clean the dojo floor in preparation for class as needed. Setting up mats will be done by adults only. This is a great help to Sensei and shows humility and respect for the dojo. Sensei will never ask you to do anything he has not already done many times before you!

Class begins when “Ki-o-tsuke” or “line up” is called. When class begins, the students should form lines according to rank, or stand at attention if class is in progress with hands at sides and heels together. The toes should form a 45 degree angle. This position (Mitsubi-dachi) should be maintained until the instructor gives the command “rei” (bow).

Addressing Others With Respect

- *Questions:* When questions are appropriate, Sensei will ask for them. When Sensei acknowledges your hand in the air, you should say “I have a question,” and wait for him to reply. If he ignores it, wait until after class to ask unless it is an **emergency**.
- *To Sensei or any black belt:* Student is to face the instructor, then bow both before asking the question and after receiving the answer.
- Before leaving class early, the student should ask Sensei or the highest rank instructor present to leave.
- Any time anyone is speaking, especially Sensei, all students should listen attentively. Stand with feet shoulder width apart, and hands together behind the body. This stance is known as Kiba-dachi. There is no slouching or crossed legs/arms
- Speaking while someone else is speaking, especially Sensei, is considered inappropriate. Fidgeting is not tolerated, even in the youngest students. A yawn will quickly earn pushups or other forms of discipline.
- If you are ever unsure of what to do, do **not** disrupt the class- watch the higher belts and follow their example.
- Any time Sensei or a higher rank offers to help you, always accept and listen closely with enthusiasm and respect.
- If there is any question about what you have been taught by a higher rank instructor, ask Sensei to give clarification.
- When you work with someone else, use your best physical and emotional control.
- Remember that you are here to learn and perfect your skills, and not to hurt a fellow student. Those that deliberately injure/attempt to hurt a peer will be dealt with directly by Sensei. Respect is a two-way street.

Breaks

This is the time to get a drink of water or go to the restroom. Taking a break that is not permitted by Sensei is not appropriate unless there is an **emergency**. You should go to the restroom before and after class. There is to be no roughhousing, running, or playing when break is called. The facilities at the dojo (restrooms, drink machines, etc.) are to be left in the same condition as they were found upon arrival.

Kata and Kumite

- Before beginning a sparring (kumite) match, it is proper to bow to the referee first, and then the opponent. You should bow after the match is over as well.
- Your kata assignment should always come directly from Sensei. Before advancing on to the next part of a kata or starting a new one, you should always be reviewed by Sensei or a black belt that he has given permission to.
- When performing a kata before a judge or Sensei, you should ask permission to begin and wait for their acknowledgement, bow, and begin your kata.
- It is not appropriate to look a judge or your Sensei in the eye in a threatening manner while performing your kata.
- It is not polite to ask your Sensei to fight you (unless otherwise announced) in a kumite match. It is a great honor for the Sensei to choose or work with you- train hard and your turn will come. You may ask Sensei to watch your kata or perform a technique

Promotions

DO NOT EVER ask when you will be promoted to a higher (belt) level. This shows great disrespect and will only add time until your promotion.

Remember that you are constantly being tested. When you are ready, you will receive your reward and advance forward only by your individual merit when Sensei sees you are ready.

Student (Kyu) and Color Belt Ranking

Beginning- White Belt (Kyu-Kyu), Yellow Belt (Hachi-Kyu), Orange Belt (Shichi-Kyu)

Intermediate- Green Belt (Go-Kyu)

Advanced- Brown Belt (Ik-Kyu)

Black Belt (Yudansha) Ranking

Black Belt:

Jr. Black Belt- Jr. Sho-Dan if under the age of 16 years

Sho-Dan- 1st Degree (one red bar)

Ni-Dan- 2nd Degree (two red bars)

San-Dan- 3rd Degree (three red bars)

Yon-Dan- 4th Degree (four red bars)

Go-Dan- 5th Degree (five red bars)

Master (Red and White Belt)

Roku-Dan- 6th Degree

Shichi-Dan- 7th Degree

Hachi-Dan- 8th Degree

Grandmaster (Red Belt):

Ku-Dan- 9th Degree

Ju-Dan- 10th Degree

Titles and Designations

The following titles are not guaranteed to everyone. They are appointed by the Grandmaster for outstanding accomplishments and a superlative level of action within the rank and file of Yudansha (Black Belts).

Sensei: Teacher, Black Belt Instructor- must be at least rank of San-Dan (3rd Degree Black Belt).

Sempai: Senior student and should be the highest ranking person to his Sensei, Master or Grandmaster.

Renshi-Go: Polished instructor level I (5th to 6th Dan).

Kyoshi-Go: Master instructor level II (7th to 8th Dan)

Hanshi-Go: Means one who sets the example. Master instructor level III (9th to 10th Dan)

Hanshi-Sei: Highest level Master instructor. Must have obtained Ju-Dan, 10th Degree Grandmaster.

Payments

"Your word is your bond". Make your payments **on time** at the **first workout of every month** for the agreed amount, no later than the 5th of each month. If you go past the 10th of the month, excluding weekends or holidays, you may incur a late fee of \$10.00 that will be added to your regular fee. Do not ask for this late charge to be waived. **NO PAY, NO TRAIN!!!**

In order to excel in the complex art of Isshinryu Karate and maintain a level of proficiency, the student must commit to their training, be responsible and loyal to their Sensei and the Dojo.

An Isshinryu Martial Artist's Golden Creed

"Respect"

By Grandmaster Phil Little (08-01-05)

Within the Isshinryu family, we should pledge to treat each other with dignity and respect. Isshinryu Karate is a major team made up of thousands of components from associations to individuals in a dojo. Therefore, there must be a connection with common ground rules so that when one Karate-Ka approaches another, there is an immediate unquestionable cooperation and respect. Respect is what allows us to expect and appreciate the best in others instead of mistrusting what is different. Respect is the essential component for the development of disciplined and effective dojos. Lack of respect on any level destroys trust and erodes the dojo's cohesion. The Isshinryu community should not tolerate any level of disrespect. Respect includes the broader issue of civility as well, i.e. the way people treat those they come in contact with. Tact and courtesy are demonstrations of respect and should therefore always characterize and define anyone who claims to be a member of the Isshinryu family.

The Golden Rule:

"Do unto others as you would have them do unto you."

May God bless you each and every one!

Release and Waiver of Liability and Indemnity Agreement
(Read Carefully Before Signing)

In consideration of being permitted to participate in any way in the Martial Arts Program indicated below and/or to enter for any purpose any restricted area (herein defined as any area wherein admittance to the general public is prohibited), the parent(s) and/or legal guardian(s) of the minor participant named below agree:

1. The parent(s) and/or legal guardian(s) will instruct the minor participant that prior to participating in the below martial arts activity or event, he or she should inspect the facilities and equipment to be used, and if he or she believes anything is unsafe, the participant should immediately advise the officials of such condition and refuse to participate. I understand and agree that, if at any time, I feel anything to be UNSAFE, I will immediately take all precautions to avoid the unsafe area and REFUSE TO PARTICIPATE further.
2. I/We fully understand and acknowledge that:
 - a. There are risks and dangers associated with participation in martial arts events and activities which could result in bodily injury partial and/or total disability, paralysis, and death.
 - b. The social and economic losses and/or damages, which could result from these risks and dangers described above, could be severe.
 - c. These risks and dangers may be caused by the action, inaction, or negligence of the participant or the action, inaction, or negligence of others, including, but not limited to, the releasees named below.
 - d. There may be other risks not known to us or are not reasonably foreseeable at this time.
3. I/We accept and assume such risks and responsibility for the losses and/or damages following such injury, disability, paralysis or death, however caused and whether caused in whole or in part by negligence of the releasees named below.
4. I/We HEREBY RELEASE, WAIVE, DISCHARGE, AND COVENANT NOT TO SUE the martial arts facility used by the participant, including its owners, managers, promoters, lessees of premises used to conduct the martial arts event or program, premises and event inspectors, underwriters, consultants and others who give recommendations, directions or instructions to engage in risk evaluation or loss control activities regarding the martial arts facility or events held at such facility and each of them, their directors, officers, agents, employees, all for the purpose herein- executors, heirs and next of kin for any and all claims, demands, losses or damages and any claims or demands therefore on account of any injury, including but not limited to the death of the participant or damage to property, arising out of or relating to the event(s) caused alleged to be caused in whole or in part by the negligence of the releasee or otherwise.
5. I/We hereby acknowledge that the activities of the event(s) are VERY DANGEROUS and involve the risk of serious injury and/or death and/or property damage. Each of the undersigned also expressly acknowledges that injuries received may be compounded or increased by negligent rescue operations or procedures of these releases.
6. Each of the undersigned further expressly agrees that the foregoing release, waiver, and indemnity agreement is intended to be as broad and inclusive as is permitted by the law of the Province or State in which the event is conducted and that if any portion is held invalid, it is agreed that the balance shall, notwithstanding continue in full legal force and effect.
7. On behalf of the participant and individually, the undersigned partner(s) and/or legal guardian(s) for the minor participant executes the Waiver and Release. If, despite the release, the participant makes a claim against any of the releasees, the parent(s) and/or legal guardian(s) will reimburse the releasee for any money which they have paid to the participant, or on his or her behalf, and hold them harmless.

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, FULLY UNDERSTAND IT'S TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE, OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

Martial Arts School: **Phil Little Karate School**

Student/Participant Signature: _____

Parent/Guardian Signature (if minor) : _____

Printed Name Of Participant: _____ D.O.B: _____

Address of Participant: _____

Telephone: _____ Email: _____