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YORK KARATE

MEMBERS HANDBOOK

2019



York Karate Club

Welcome to new members

It gives me great pleasure to welcome you to the Japanese Martial Art of Karate. There are many reasons, I am sure, why you have decided to start your Karate training. However, Karate has been shown to improve fitness, flexibility, agility, confidence and self-awareness. Karate can offer you a whole range of experiences from competition, the joy of understanding another culture, personal development and self-discipline.

Karate, at it's simplest level, is a combination of kicking, punching, striking and blocking techniques. However, with time and training you will begin to see how Karate represents much more than just this simple, outer appearance.



Karate originated on the Island of Okinawa over 400 years ago. Karate was developed from the much older styles of Kung Fu, in particular White Crane Kung Fu. The Okinawans were always under threat, either from the Chinese or from the Japanese Satsuma Samurai warriors. As they could not carry weapons on the island, the Okinawans relied on their fighting skills for survival. In this couldren, the symbolic and presentational elements of Kung Fu were dropped and only the effective fighting techniques retained. Karate is, therefore, very direct and concerned only with efficiency of movement and the generation of power. It is for this reason that Karate is often considered as one of the most effective Martial Arts and helps to explain why it is the most practiced across the world.

I hope you enjoy your study of Karate and I welocme you to York Karate club.

Simon Flint – 4th Dan black belt and club instructor





York Karate Club

Profile

Simon Flint 4th Dan started his Karate training at the age of 9 and following a short break, resumed his training at age 21. He graded to black belt under Sensei Kato Sadashige 8th Dan when he was only 23 and to 3rd dan black belt when he was 28 under Masao Kagawa Sensei 8th Dan. In 2018, Simon travelled to Japan and graded to 4th dan under a panel of senior JKS instructors at the headquarters dojo in Tokyo.



Left: Simon with Sensei Masao Kagawa following his 2nd Dan grading. **Right:** Sensei Kato Sadashige delivers an ura mawashi geri to Simon's head for a photo

Simon gained a place on the prestigious JKS England Karate team in 2011 and competed in the JKS World Karate Championships. He has enjoyed much success at national level winning many medals for both Kata and Kumite disciplines.



On the podium during the Irish Open Championships in 2012

Simon founded the York Karate Club in April 2012 and is the club's instructor. In August 2012, Simon turned professional and now dedicates his life to training and to developing the club.

Contact details

Office: 22 Thompson Drive, Strensall, York. YO32 5ZN

E-mail: info@yorkkarate.net

Web: www.yorkkarate.net

Tel: 07814545013





York Karate Club

Club Membership

Your membership payment to York Karate includes membership to JKS England, which will allow you to grade through the belts, and membership to the English Karate Federation to enable you to enter officially registered competitions. You will receive a booklet from JKS England which will be used to register your progress through the grades and contains details of your insurance, also included within the membership price.





York Karate Club

Training times

<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>	<u>VENUE</u>
Monday	4:30pm – 5:30pm	Ages 8+. General class for all abilities	St. Chads Church Hall
Tuesday	5:30pm - 6:30pm	Ages 4 - 7 Little Dragons	Joseph Rowntree School
	6:30pm - 7:30pm	Ages 8 - 12 Red Dragons	Joseph Rowntree School
	6:30pm – 7:30pm	Kata training	Joseph Rowntree School
	7:30pm - 8:30pm	Grades yellow belt and above	Joseph Rowntree School
Wednesday	5:30pm - 6:30pm	Ages 4 - 7 Little Dragons	St. Oswalds School
	6:30pm – 7:30pm	Ages 8+. General class for all abilities	St. Oswalds School
Thursday	5:30pm - 6:30pm	Ages 4 - 7 Little Dragons	Haxby Road Primary School
	6:45pm - 8:00pm	Ages 8+. General class for all abilities	Haxby Road Primary School
Friday	5:30pm - 6:30pm	Ages 4 - 7 Little Dragons	Joseph Rowntree School
	6:30pm - 7:30pm	Kumite (sparring) training	Joseph Rowntree School
	7:30pm - 8:30pm	Advanced class 4th Kyu +	Joseph Rowntree School
Saturday	10am – 11am	Kumite (sparring) training	Robert Wilkinson School
	11am - 12:00pm	All ages and abilities	Robert Wilkinson School

Training fees

AFTER SCHOOL CLASSES	£50 PER TERM (PLEASE ARRANGE THROUGH THE RESPECTIVE SCHOOL)
Training once a week (bronze membership)	£20.00 PER MONTH
Training twice a week (silver membership)	£23.00 PER MONTH
Unlimited training	£26.00 PER MONTH

NO pay-per-session option is available except for new starters.





York Karate Club

Venues

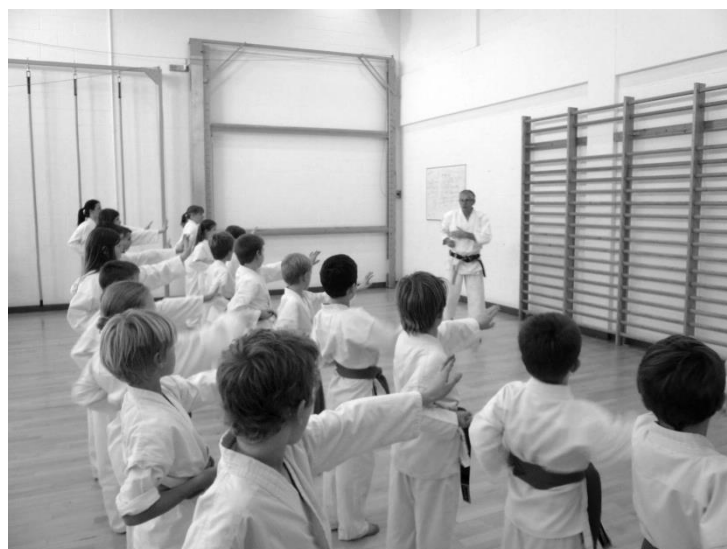


(Monday)
St. Chads Church Hall
York,
YO23 1EY

(Tuesday & Friday)
Joseph Rowntree School
Haxby Road
New Earswick
York.
YO32 4BZ

(Thursday)
Haxby Road Primary School
Haxby Road
York
YO31 8JN

(Saturday)
Robert Wilkinson School
West End
Strensall
York
YO32 5UH





York Karate Club

Dojo rules


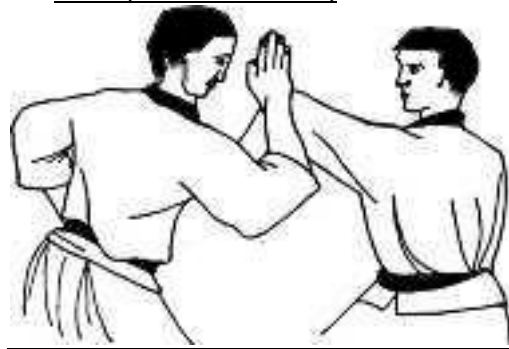
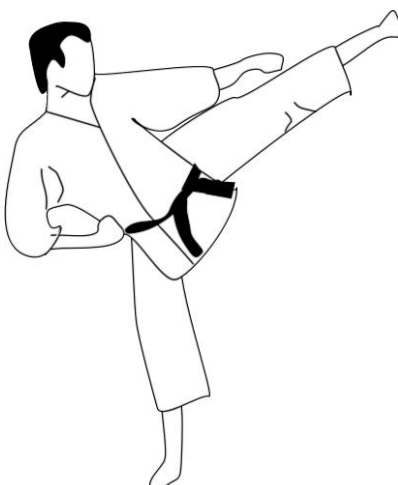

- The instructor must always be called 'sensei' in the dojo
- Students must bow and say 'Osu' when entering and leaving the Dojo
- If students wish to leave the class early, they must inform the instructor before training starts
- Students must be respectful to fellow students and the instructor at all times
- Students who arrive late must warm up and then wait in seiza until the instructor invites them to join the class
- 'Osu' must be used as a means of acknowledgment at all times
- Every student must ensure their karate 'gi' is clean at the start of training
- Every student must train hard and try his or her best at every class





York Karate Club

Terminology

1. <u>Punch (this is called <i>Tsuki</i> in Japanese)</u>	2. <u>block (this is called <i>uke</i>)</u>
	
3. <u>kick (this is called <i>geri</i>)</u>	4. <u>stand in fighting stance (this called <i>dachi</i>)</u>
	

Dachi	Stance
Kokutsu Dachi	Back stance
Kiba Dachi	Horse riding stance
Yoi	Ready, attention stance
Zenkutsu Dachi	Front stance
Uke	Block
Age uke	Rising block
Geden Barai	Low-level sweep (downward block)
Juujji uke	X-block
Soto uke	Outside forearm block
Shuto uke	Sword hand block (knife hand block)
Uchi (ude) uke	Inside forearm block
Tsuki	Punch





York Karate Club

Choku tsuki	Straight punch
Enpi uchi	Elbow strike
Gyaku tsuki	Reverse punch
Kizame [tsuki]	Jab [punch]
Oi tsuki	Step or lunge punch (oi meaning to chase)
Nukite uchi	Spear-hand strike
Tettsui	Hammer fist strike
Uchi	Strike
Uraken uchi	back fist strike
Geri	Kick
Ashi barai	Foot sweep
Mae geri	Front kick
Mawashi geri	Roundhouse kick
Ushiro geri	Back kick
Yoko [geri] Kokomi	Side kick with a thrusting action
Yoko [geri] Keage	Side kick with a snapping action
Hajime	Begin
Kiai	Shout/yell (to focus energy on a strike)
Mawatte	Turn around
Mokuso	Meditate
Osu	Yes or OK (used also to acknowledge respect)
Rei	Bow
Seiza	Sit down
Yame	Stop
Yasume	Relax
Yoi	Come to attention
Ashi	Foot or lower leg
Chudan	Mid-level (typically aiming at the solar plexus)
Enpi	Elbow
Gedan	Lower level (typically below the belt)
Hara (tanden)	Centre of gravity or Stomach. (The Japanese believe that this is your source of energy.)
Jodan	Upper level (typically aimed at the head)
Sokuto	Knife foot
Shuto	Knife hand
Kyu	Student. Pre-black belt grades
Dan	Graduate, black belt grades
Dojo	Training hall
Gohon kumite	Five step sparring
Ippon kumite	One step sparring
Jiyuu kumite	Free sparring
Kata	Preset sequence of moves
Kihon	Fundamentals / Basics
Gi	Uniform
Kime	Focus
Kumite	Sparring





York Karate Club

Sanbon kumite	Three step sparring
Sempai	Mentor, sponsor or patron (not to be used to mean Senior)
Sensei	Teacher or instructor
Shihan	Honourary term meaning expert or master
Shodan	First, often used for the attainment of black belt or the first in a series e.g. Heian Shodan.

York Karate belt system

White	Beginner	n/a
White/Red stripe	15th Kyu (grade only awarded to those in the little Dragon classes and after-school classes)	n/a
White/Black stripe	14th Kyu (grade only awarded to those in the little Dragon classes and after-school classes)	n/a
Orange	13th Kyu (grade only awarded to those in the little Dragon classes and after-school classes)	n/a
Orange/white stripe	12th Kyu (grade only awarded to those in the little Dragon classes and after-school classes)	n/a
Orange/yellow stripe	11th Kyu (grade only awarded to those in the little Dragon classes and after-school classes)	1 st 9 moves of Heian Shodan
Orange/black stripe	10th Kyu (grade only awarded to those in the little Dragon classes and after-school classes)	Heian Shodan
Red Belt	9th Kyu	Heian Shodan
Red Belt/black stripe	8th Kyu	Heian Shodan
Yellow Belt	7th Kyu	Heian Nidan
Green Belt	6th Kyu	Heian Sandan
Purple Belt	5th Kyu	Heian Yondan
Purple/white Belt	4th Kyu	Heian Godan
Brown Belt	3rd Kyu	Tekki Shodan
Brown/white belt	2nd Kyu	Bassai Dai
Brown/double white Belt	1st Kyu	Bassai Dai
Black Belt	1st Dan	Bassai Dai / Jion / Empi / Kanku Dai / Junro Shodan

A copy of the grading syllabus can be emailed to you upon request.





York Karate Club

York Karate Welfare and Fundraising

York Karate is committed to providing a safe environment for it's members to enjoy karate. We have a Welfare and Fundraising committee who's job is to enforce our club's child protection policies and codes of conduct.

Full details of our policies can be found by visitng our website page 'Welfare and Fundraising' at www.yorkkarate.net/club-policies

Our club Welfare Officer, as of 09/01/2019, is Dawn Chaplin and she can be contacted on eother of the following:



dawnchaplin@hotmail.co.uk

07888784909

The Committee is also engaged in fundraising activities throughout the year, with the funds being used to support our athletes. Please look out for these fundraising events and get involved if you can. All information is available on the fundraising page of our website

www.yorkkarate.net/yorkfundraising

