

BASIC ORIENTATION

1. PLEASE READ THE KARATE CLUB BROCHURE, it contains information in regards to private lessons, promotions & general information about the classes.

2. PROMOTIONS: Each student will receive literature in regards to first promotion. This material will cover everything the student will need to know before that time. After the first promotion the student will receive additional information regarding the next promotion & so on.

3. CLASS AGENDA is usually as follows:

- A. Line up for stretching exercises - Beginners to the back of the line formation.
- B. Students will then be paired up for Kumite (sparring) exercises.
(Beginners will observe or will be briefed on techniques and class procedure)
- C. Instructor will call for class to begin. Students again resume to line formation and bow in. (our bow is done properly by placing your right fist in your left palm and bending at the waist with head up & eyes on the instructor.)
- D. Class starts & Karate Instructions begin.
- E. Instructor will call for end of class. Students once again resume line formation.
- F. Breathing exercise will follow. (Ohara)
- G. Class will dismiss following proper Bow at Instructors command.

4. CLASS PROTOCOL:

- A. Always Address the Master Black Belt Instructors as "Master" & all other Black Belt instructors as Sensei. When asked a question from Black Belt Instructor always answer with "Yes Sensei" or "No Sensei", from Master answer with "Yes Master" or "No Master" .
- B. Profanity of any kind will not be tolerated!
- C. Horseplay is not permitted before, during of after class.
- D. Uniforms & sparring gear should be clean & free from foul odor.
- E. It is also expected that students use proper hygiene such as bathing, deodorant etc. It is a must that finger nails as well as toe nails are kept trimmed.
- F. Talking during class is not permitted. If you need to comment on something you must ask permission to speak out loud from the instructor.
- G. Students must show respect to each other as well as instructors.