

Nippon-Den Kempo Junseikan International
Karate Club
Student Handbook



順晴館

Index

Introduction.....	3
Dojo Etiquette.....	4
Junseikan Dress Code.....	5
Punctuality.....	6
Attendance.....	6
Grading.....	7
Black Belts.....	7
Junseikan Dojo Kun.....	8
Basic Japanese Wording.....	9
Junseikan Basic Stances.....	10
Junseikan Basic Blocking.....	12
Junseikan Basic Kicks.....	13
Junseikan Tournaments and Camps.....	14
Junseikan as a not-for-profit club.....	15
Fees.....	15

Introduction

Welcome to Nippon-Den Kempo Junseikan Karate Club. We are a not-for-profit organisation which has been going for approximately 40+ years. Nippon-Den Kempo Goju-Ryu International is the result of more than forty years of constant training within the Goju Ryu style.

There have been many wonderful Japanese Masters from various Goju-Ryu organisations that have contributed to the development of our Club over this period of time. The most important contribution to our club development was Tomoharu KISAKI Sensei (9 Dan), the Master of the Goju-Ryu Yuishinkan Dojo of Osaka, Japan.

In 1984 our instructor, John INGHAM, went to Japan for the first of many trips to extend his karate knowledge and trained in the Yuishinkan Dojo. John was then invited by KISAKI Sensei to study kata with him in private lessons. The kata training John received was the same as KISAKI Sensei had been taught by Chojun MIYAGI Sensei. This private training continued until KISAKI Sensei's death in 1996. KISAKI Sensei was a direct student of Chojun MIYAGI Sensei, the founder of Goju Ryu Karate-Do. KISAKI Sensei was a real Master of Goju Ryu Karate-Do.

Our club is fortunate to have a direct line from Chojun MIYAGI Sensei to Tomoharu KISAKI Sensei and then to John INGHAM.

Our Dojo Instructors have great knowledge and understanding of the Goju Ryu Style and believe that their knowledge can be passed on to you as a new member of Junseikan. We take pride in showing our karate knowledge to fellow students and work hard to help our students feel confident with their learning.

We hope your journey with Nippon-Den Kempo Junseikan International Karate Club is a positive one. We are a fun family club that welcomes diversity among its students. We promise to strive for a positive learning experience and guide you through karate with encouragement and effective training that will not only enhance your active lifestyle but show you true defensive tactics that are effective in an everyday experience.

Kind Regards,
Senior Black Belt Members
Nippon-Den Kempo Junseikan International

Junseikan Dojo etiquette

All Karate Dojos, no matter what style, have rules they follow to show respect to the dojo, the teachers, and fellow students. These rules also help make the dojo a more peaceful, happy environment. On the surface, Karate etiquette might appear to have to do with good manners and politeness. It is, but it's also more profound than that. Of course, etiquette gives us protocol and orderly ways to behave in a Karate class; it teaches us respect and courtesy, but ultimately etiquette is about training your mind. Etiquette gives us a set of rules for the proper functioning of a class. There must be a certain level of rules or structure for students to follow in order to ensure a safe and fertile class environment. It helps us treat others with respect, consideration, and dignity. It is a way by which we can practice sincere gratitude and manifest our honest desire to learn. By applying etiquette in various ways like obeying rules and developing good manners, the student will learn to control themselves and show integrity. Self-discipline is a skill that is useful in both life and martial arts.

Junseikan's dojo etiquette is as follows:

- Students must bow when entering the Dojo.
- Students take off footwear at Dojo entrance.
- Students must be ready to start class at starting times.
- Students must kneel in line and say the Dojo Kun when class bows in
- Students must always listen and respect dojo instructors.
- Students must always show good sportsmanship when partnering with fellow students.
- No talking while an instructor is demonstrating or instructing.
- Students must kneel in line and bow out when class finishes.
- Students must bow when exiting the Dojo.
- If you need to leave the group during the session, get the instructor's attention, bow, and move to the side of the hall. **DO NOT WALK / RUN THROUGH THE CLASS.**
- When returning during the session, stand to the side of the hall, get your instructor's attention, bow, and return to class quietly and in a timely manner. **DO NOT WALK/RUN THROUGH THE CLASS.**

Bowing in the martial arts is a very simple act but one that is extremely important. Bowing is about heart and feeling and it's about what is said without speaking. It is about paying respect. Bowing also symbolises humility.

Drug & alcohol use, being under the influence of drugs or alcohol or paraphernalia in or around the dojo is strictly prohibited and will not be tolerated. If you are caught, you will be dismissed from Junseikan effective immediately.

We all have a right to a positive and effective learning experience, and we believe that these rules will help achieve strong karate skills and deliver a high understanding of the techniques used.

Junseikan dress code

Taking care of your Karate-Gi or uniform is part of the spiritual practice of Karate. Your Karate uniforms should be clean, neat, and folded correctly. You don't want to attend class with a wrinkled uniform.

If you have any tears or holes in your uniform, you must repair them. Don't show up with a ripped Gi. Gi's should also be of an appropriate sizing.

Don't wear a shirt or a camisole under your uniform, respect the clothing and the culture where it comes from. If you're a woman, a sports bra or white singlet can be worn under the Gi.

Practicing good personal hygiene is a must at the Dojo and in daily life. Keep your fingernails and toenails trimmed and without sharp edges to avoid hurting anyone. Keep your hands and feet clean. You should wash your hands before and after class. If you have body odor, apply antiperspirant or deodorant spray.

If you have a cut or a wound, cover it with an adhesive bandage. If you have long hair, it should be neatly tied up. To avoid the risk of injuries, **Jewelry** (necklaces, rings, etc.) **SHOULD NOT** be worn during class. Don't wear strong fragrances, perfumes, or colognes as it can bother your classmates.

Punctuality

ARRIVE ON TIME

You should arrive to class on time, mentally and physically ready to perform. Being late for class is disruptive and discourteous. Punctuality is essential not only to the individual but also to the entire class. Arriving 10 to 15 minutes before class begins allows you ample time to change clothes and prepare mentally for the training. **If you are late for class, you may be refused entry by a senior instructor.**

Attendance

At Nippon-Den kempo Junseikan it is an important part of your Karate journey to attend as many sessions as possible to get the most out of your training. Statistics show that a student who attends training for all sessions available would be more likely to succeed to the next belt grading faster and with more knowledge than a student who only attends sporadically. A student's attendance level can also indicate what commitment they have.

Cobram

- Monday 7.00pm – 8.30pm Wednesday 7.00pm – 8.30pm

East Kew

- Monday 7.00pm-8.30pm (Senior Class)

Gisborne

- Thursday Nights 6.00pm to 7.30pm

North Balwyn

- Thursday 6:00pm to 7:30pm (All Ages)

Tarneit

- Monday & Wednesday 6.30pm-7:15pm (Beginners)
- Monday & Wednesday 6:30pm-8:00pm (Advanced Colour Belts)
- Saturday Mornings 9:30am – 11:00am (Mixed Class White & Colour Belts)

Trentham

- Tuesday & Thursday nights mixed class 6:30pm – 8:00pm

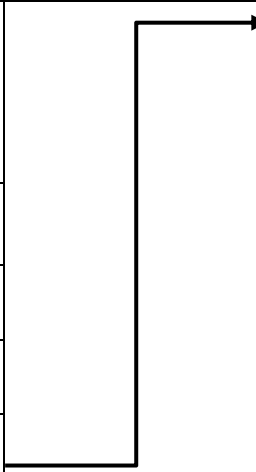
Grading

Students may be invited to grade up to twice per year by your instructor. These gradings are a testing system and a way for the student to demonstrate their knowledge and understanding of the grade they want to achieve. On completion of a successful grading the student will receive a certificate indicating the successful grade achieved and a new colored belt (if needed). Grades are indicated by Kyu (kuu). Each successful Kyu grading is a step closer to achieving your next belt color.

In Order to do a grading, you need to complete the following requirement:

- **Attendance must be at an acceptable level (minimum of 16 sessions between start of Membership & from grading to grading)- If you don't attend training, you will not attend a grading.**
- **Students must show that they are competent at their current level before grading.**

Kyu Grades and Belt colours are listed below.

10 Kyu	White Belt		Sho Dan Ho (Probationary Black Belt)	Junior (12 yrs & under): Black belt with white stripe			
9 Kyu				Senior: Plain black belt			
8 Kyu	Blue Belt		1 Dan - 10 Dan	Black Belt			
7 Kyu	Yellow Belt						
6 Kyu							
5 Kyu							
4 Kyu	Green Belt						
3 Kyu							
2 Kyu	Brown Belt						
1 Kyu							

Black Belts

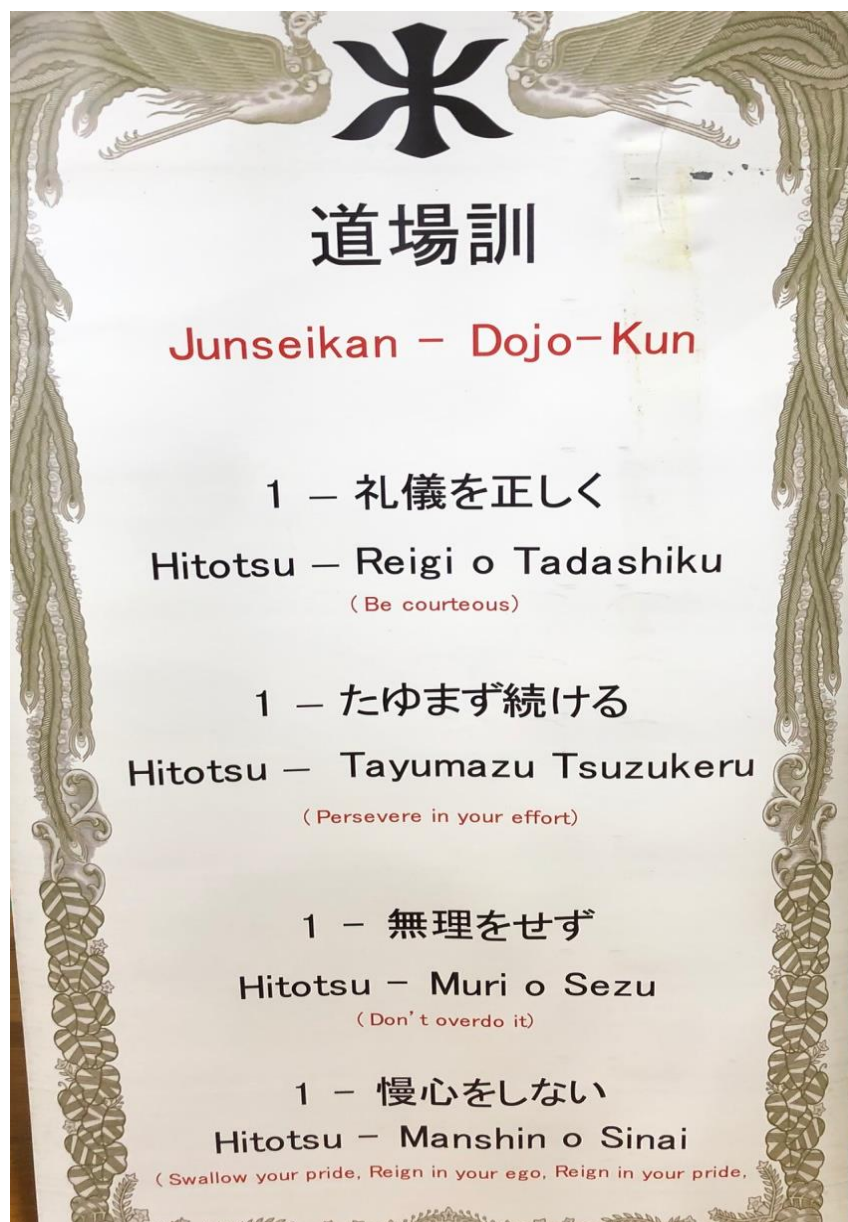
Once you have reached your black belt, you may think that you have accomplished your training, and your job is done. Think again! You're understanding and knowledge of karate has just begun.... Your training becomes more intense as you navigate your way through not just knowing karate but understanding it. As a black belt you will start to take on more responsibility and leadership within your dojo. This will include goal setting, high level communication, teaching, teamwork, reflective listening and becoming a role model in our community. Over time our leadership students will have the opportunity to assist in classes as junior instructors to hone their skills. Becoming a black belt means you will be responsible for attending special black belt training sessions, high attendance at weekly training, help co-ordinate dojo and club events. Once you become a black belt, your grading will not only focus on training abilities but also your teaching and leadership abilities. Black belts also need to assess their commitment capabilities at this point and discuss any issues regarding these responsibilities with your dojo instructor.

Dojo Kun

Some Dojos recite, at the beginning and/or the end of each training, the Dojo Kun or Dojo Rules which state the basic philosophy of your Dojo or style.

Be sure to know it by heart and understand its true meaning and implications.

Junseikan Dojo Kun



Basic Japanese Wording

Counting 1 to 10

1 = Ichi (It-ch)	6= Roku (R-ook)
2 = Ni (N-ee)	7= Shichi (Sit-ch)
3 = San (S-un)	8= Hachi (Ha-ch)
4= Shi (Sh-ee)	9= Kyuu (K-oo)
5 = Go (Go)	10= Juu (J-oo)

Hai - (Hey) this is Japanese for 'yes'; to show understanding of an instruction.

Kiai - (Key-eye) = A verbal sound to acknowledge a kick or a strike. (Sounds like A-ay)

Attention – Kiotsuke (Key-oh-zoo-kay)

Back – Ushiro (Oo-she-row)

Basic Techniques – Kihon (Key-hon)

Begin/Start – Hajime (Ha-gee-may)

End/Finish - Yame (Yah-may)

Belt – Obi (Oh-bee)

Block – Uke (Oo-kay)

Bow – Rei (Ray)

Form or Pattern – Kata (Ka-ta)

Fighting /sparring – Kumite (Koom-it-ay)

Form (Kata) Technique Application – Bunkai (Boon-k-eye)

Front – Mae

Kick – Geri or Keri (Geh-ree or Keh-ree)

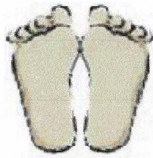
Practitioner of Karate – Karateka

Pulling Hand (bringing hand back to ready position) – Hikite

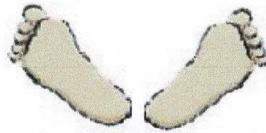
Punch – Tsuki or Zuki (Zoo-key)

To achieve the Shiko dachi Stance, we do a 6-step process to make sure our feet are in the correct position. The steps are listed below.

Junseikan – Basic Stances



HEISOKUDACHI



MUSUBIDACHI



HEIKOUASHIDACHI



SOTOHACHIMONJI



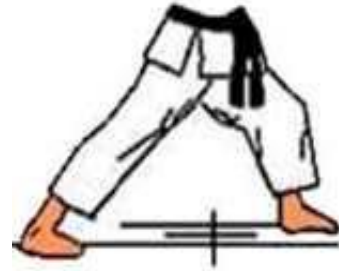
UCHIHACHIMONJI



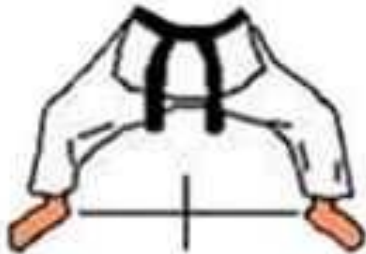
SHIKODACHI



Sanchin dachi



Zen kutsu dachi



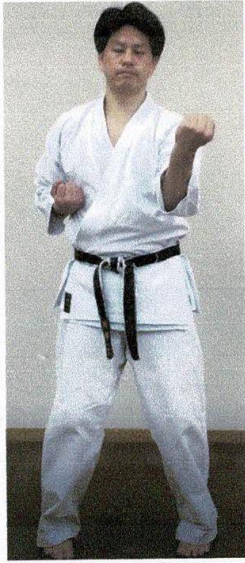
Shiko dachi



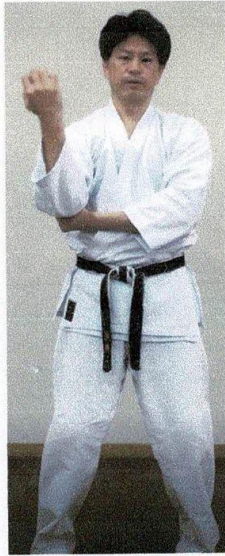
Neko ashi dachi

Blocks

Hira Uki



Haraitoshi Uki

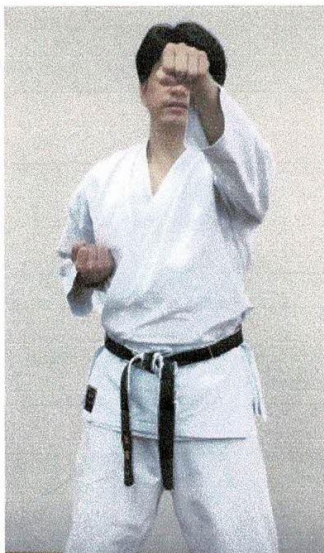


Jodan Age Uki



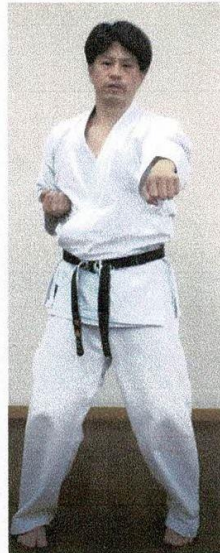
Punches

Jodan – Iten Tsuki



(Face punch)

Chudan - Niten Tsuki



(Chest punch)

Gaedan - Iten Tsuki



(Groin punch)

Kicks

Hiza Geri Cross (2)



Kinteki Geri (Groin Kick)



Chudan Maewashi Geri

Mae Geri (Start)



Mae Geri



Junseikan Tournaments and Camps

Club tournaments are a very important part of the karate journey. They are a way of putting all your skills to the test. By competing in Karate tournaments, it allows us to see ourselves as others do. Sometimes we see ourselves in our mind doing better than our bodies can do.

Competition allows us to perform under pressure and to be judged by teachers, as well as other students. We then get the help we need to improve our techniques and, more importantly, we see and understand how we perform. This helps us to accept the changes we need to make to spar or compete against others of our own age or rank. This too, gives us a challenge to become better, stronger and to grow in our daily lives.

It is a great way to focus on goal setting and self-challenge and may be one of the best aspects of karate tournaments. Challenging ourselves to become better, faster, and stronger in the arts, to set short term goals and take small steps toward our giant leap into becoming a Black Belt in every sense of the word.

Having short term goals like achieving higher rank or becoming a competitor keeps us motivated, our minds sharp, and our confidence high, this in turn makes our self and our children become better adults in our community.

Junseikan holds 1 major club tournament towards the end of every year, with smaller inter-dojo tournaments held throughout the year. There are also opportunities for students to participate in external tournaments that are held with other organizations.

Junseikan holds a family camp for 1 weekend a year. This camp provides the student with a weekend of training sessions that will rapidly increase their karate knowledge and give them the chance to make lifelong friendships with fellow peers. As a parent we have all been guilty of doing the drop off/pickup only for our kids because of work, or busy schedules that don't give us the time to sit and watch what our kids are learning.

Camp gives the families the chance to sit and watch in a relaxed atmosphere so they too can gain an understanding of their child's achievements and make friends within the local community.

Brown and black belts are invited to a weekend training course once a year to also work on some intense training. This training will help our junior and senior instructors gain knowledge to pass on to students of lower grades.

Junseikan as a not-for-profit Organization

Junseikan is a not-for-profit organization which means no one gets paid and everyone involved in the running of the club is a volunteer. We all have families, careers/jobs, and private lives to attend outside of karate hours and work hard to keep gaining our knowledge in karate and pass it on to fellow students because we love karate. Whether it be for a passion for karate, fitness, self-discipline, confidence, or self-defense we are all here for the same reason - to learn.

If you or someone you know might be interested in volunteering and helping with our club events, we would love to hear from you. Getting involved in our club and club events is the perfect way to meet people in your local community. Our great club could not run without the help of our family and friends.

Fees

Club Membership – To be paid at sign up (yearly).....\$40 single / \$80 family.

Insurance – To be paid at sign up (yearly).....\$30 per student.

Adult Gi\$95

Child Gi.....\$60

Training \$7 per person per lesson