

# **ORIGINAL SHINKUKAI KARATE ASSOCIATION**



# **WELCOME PACK**

**Thank you for choosing to train with the Original Shinkukai Karate Association (OSKA), All of our Black Belts are registered qualified instructors.**

**We would like to take this opportunity to welcome you to our club.**

**We have created this welcome pack to help you feel at home, and to explain how we operate, as well as what you can expect from us, and what we expect from you.**

**All of the information is up to date and correct at time of printing  
Please see the website for the latest information**

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## **ATTACHMENTS – (Please complete and return)**

- 1. Student information document**
- 2. Student Disclaimer**

## **1 – What is Karate?**

**Karate is a Martial Art that uses ones body as a weapon, it's name comes from Japanese words that mean empty “Kara” and hand “Te”**

**Our style of Karate is Shinkukai Karate, Shinkukai comes from the Japanese words for Truth “Shinku” and Togetherness, or club “Kai”**

**Shinkukai Karate is a breakaway style from the famous Kyokushin Karate style. It was co-founded by our two most senior instructors, Shihan Garry Pickford and Shihan Neil Harrison in 1980.**

**Karate as a sport is gaining popularity, and is being included in the 2020 Olympic games, to be held in Tokyo, Japan**

**As well as being a very effective means of self defence, Karate is an excellent way to get in shape, and gain self confidence, and self discipline.**

**Our club caters for all ages from 8 upwards, and for all ability levels, from complete novice to seasoned martial artists wishing to learn more about our style.**

**We run a family friendly club, and many of our young students have parents in the Senior class.**

## **2 - What you need to begin with**

**We understand that you may wish to try a few classes to see if you like training with us before committing to becoming full members of our club, for this reason we give you your first lesson for free, and allow you to train for a 4 session evaluation period before deciding if you want to take up full membership or not.**

- 1. To begin with, all you need are some loose fitting bottoms, a t-shirt, and a bottle of water. We recommend that you bring any inhalers etc that you may need. Your first lesson is free of charge.**
- 2. We will ask you to fill in a Student information document, give emergency contact details, and sign a disclaimer. There will be no fighting or fighting practice to begin with, so you will not need any special equipment.**
- 3. We encourage you to read the section “Your Karate Lesson Explained” so that you can grasp the basic etiquette and format of our lessons, and so that you can feel more informed about what is taking place around you.**

**That is all you need to do to start training with us! We hope that you have a great time.**

### **3 – Your Karate Lesson Explained**

- 1. When you arrive at the Dojo (Training Hall) you will be greeted by your Sensei (Teacher) and you will be asked to pay your training fee for the lesson.**
- 2. You have the opportunity to get changed into your Gi (Karate Suit) if you have one, and you will be asked to remove your shoes as we train bare foot, and to remove watches and jewellery to prevent injury.**
- 3. When you are ready to enter the Dojo first check if the lesson has started, if it has then open the door, enter and kneel down by the doorway. Remain kneeling until you are beckoned in by the Sensei conducting the class, walk around the back of the students and take your place in the line up, beginners start at the left hand side of the back row. If the lesson has not started, you may enter the dojo by doing a standing bow as you pass through the doorway.**
- 4. You are encouraged to take a bottle of water into the Dojo and to place it on the benches so that you can get a drink when permitted by your Sensei, You may also bring in Asthma inhalers or other medical aids you may require.**
- 5. Your lesson will begin a warm up session led by your Sensei, followed by the lesson itself.**
- 6. The language we use in the Dojo to describe our techniques is Japanese; however explanation is given in English.**
- 7. During the lesson you will address your teacher as Sensei, you will hear the other students use the word OSU, which is pronounced “oos” this word means that you acknowledge, or that you understand. For example your Sensei may ask you to do some push ups, you would reply “Osu Sensei”**
- 8. Periodically during the lesson you will be asked to leave the line and sit down whilst higher grade students are taught, although you have been asked to sit down, you are required to go to the side of the dojo and kneel down facing the middle of the hall. You are expected to remain kneeling until your Sensei tells you that you may relax.**
- 9. If you wish to speak or to be excused you must raise your hand and wait for your Sensei to acknowledge you.**
- 10. If you leave the Dojo you must turn and bow facing into the hall as you leave, upon re-entering the Dojo you follow the same procedure as when you first entered.**
- 11. At the end of the lesson your Sensei will either ask you to kneel with your fists on your thighs, or stand with your heels together and your toes pointing outwards at 45 degrees, with your hands placed left over right in front of your body. You will be asked to close your eyes with the command “Mokuso” and then you will be asked to open your eyes with the command “Mokuso yame” The Senseis and the Senior Student will then speak in Japanese, and several times they will give the command “Rei” at which point you bow and say Osu.**
- 12. The class will then be dismissed, and upon leaving the Dojo you must turn and bow facing into the hall as you leave.**

## **4 - Your Karate Journey**

We hope that after your first lesson with us you will continue to train and that you will begin your own personal Karate journey, each lesson is priced at £4.

After a 4 session evaluation period we will invite you to become a member of our Karate Club, the package we provide offers great value, and is far cheaper than many other gyms and clubs.

You will be asked to buy yourself a white Karate Suit so that you fit in with the rest of the students, these can be sourced by yourself, or if you are having difficulty or need advice, feel free to speak to the Association Secretary.

You will need to purchase a beginner pack as a one off purchase for £20, this includes the following items;

1. A Licence and Grading Book, which we stamp with all of your achievements and awards.
2. A grading Syllabus, which outlines all of the techniques that you will learn, and offers a handy translation guide.
3. A badge for your Karate Suit lapel in Japanese Characters saying Shinkukai Karate
4. A badge for your karate Suit sleeve showing your membership of the Original Shinkukai karate Association.

You will be asked to purchase annual membership which is priced at £30 and offers you member to member insurance, as well as membership of the EKF (English Karate Federation.)

As your journey continues you will partake in controlled, minimal contact fighting practice, for this you will need to wear protective pads and gumshields. The Memberships officer will be able to offer you advice regarding the suitability and sourcing of these items.

When your skills reach certain levels you will be invited to sit a test called a grading, where you are assessed by a panel of your Senseis. We hold two gradings a year The grading will attract a fee which is currently £10 for Red and Blue Belt, £20 for Yellow Belt, £30 for Green Belt, £50 for Brown Belt, and £105 for your first Black Belt.

When you pass a grading you can purchase a coloured belt for £4. Embroidered Black belts are made to order and the price can vary.

From time to time we will enter into tournaments where you can compete against other Karate students from other clubs. Should you wish to, you can compete in controlled minimal contact fighting, or in Kata competitions, which are demonstrations of a series of Karate moves that you will learn as you progress. The fees for these competitions vary depending upon the prices set by the hosting organisation.

## **5 – Contacts and useful information**

If you would like to have a chat about any questions you may have, our Chairman, Head Coach and co-founder Neil Harrison will be happy to take your call. His phone number is 01908 201161, alternatively you can call our Association Secretary, Sensei Jon Holland on 07725 525354

We have a website which you might find interesting, this is a good place to find out all of the latest news, the website address is [www.shinkukai-karate.uk](http://www.shinkukai-karate.uk)

For e-mail correspondence, you can contact Jon Holland, the Association Secretary, [secretary@shinkukai-karate.uk](mailto:secretary@shinkukai-karate.uk)

Our governing body is the English Karate Federation, there website is <http://www.englishkaratefederation.com>

### **Dojo Address**

Original Shinkukai Karate Dojo  
The Old Bath House  
205 Stratford Road, Wolverton.  
Milton Keynes, MK12 6AY

### **Training times**

Wednesday 7.00pm to 8.00pm Children's Class

Wednesday 8.30pm to 10.00pm Adult's Class

Sunday 6.00pm to 7.00pm Children's Class

Sunday 7.00pm to 8.30pm Adult's Class