

JUNIOR SHEET

PARENTS: Please have your child **ON TIME** for their class. This is important so they can get their hour credit, which applies for their next belt. If they are late they **DO NOT** do not get their class hour's credit, nor are they allowed to participate in the class. Karate is a contact sport. However, unlike boxing where the objective is to knock the opponent out, the objective in sport karate is to score points without hurting the opponent. Appropriate safety gear is provided, and qualified instructors closely supervise all contact. As reported by the United States Product Commission, Karate is one of the **SAFEST** recreational Activities in the United States. Karate is ranked 29th out of the top 35 recreational activities (*35 being the safest*).

SIGNING IN: Before sitting down in class report to your instructor and sign in by stating your First Name, Last Name, Ma'am, or Sir in a loud clear voice, followed by a good karate bow.

INSTRUCTORS: Students should always address instructors as Mr., Sir, Ma'am, or Miss.

EQUIPMENT NEEDED: A clean and pressed white uniform and properly tied belt with no patches or marking on either (*instructor approved only*). Head and hand gear is furnished for class and tournament sparring. There is no contact in junior sparring in class to the face or groin, but for safety reasons parents should purchase a cup & supporter, and a karate mouthpieces for their child. Parents may order these items from the instructor.

RULES: Always practice with safety and respect towards your instructors and classmates. No horseplay before, during or after class. Only wear your karate uniform in class. Never wear your uniform shopping, playing sports, eating, etc. No jewelry is to be worn in class (*watches, rings, earrings, etc.*).

MISSED CLASSES: Should the child miss a class the parent needs to check with instructor for other locations and times that the child can attend throughout the week for credit

OBTAINING BELT RANK: To be eligible for belt ranking you, the student, must have the minimum class hours, entered at least one karate tournament per belt color, be doing well at home and school, and have a good attitude in Karate class. Advancing in rank is not a requirement for class. There is an additional fee for rank testing.

TOURNAMENTS: Tournaments are held four times a year, with the emphasis is placed on doing our best not winning. There is an additional fee for tournaments.

UNIFORM: Before the second week of class the student must have their **FIRST NAME** on the back of their uniform top in **2" BLACK BLOCK LETTERS**. Please use a professional T-shirt printing shop or embroidery, no hand printing or painting. Wash the uniform in cold water. **NEVER WASH THE BELT** (*regardless of how dirty it gets*).

UNIFORM PATCHES: Your school patch and association patch is obtained after passing your yellow belt test. Yellow Belts and above who have an "A" average in school and straight A's in conduct in the school semester (*August - December or January - May*) will earn an "A-Team" patch which is worn on the left sleeve. Students who win 3 first place tournament awards within one year will earn a "Black Ace" patch, which is worn on the right sleeve. There is a charge for the A-Team and Black Ace Patches.

COMPETITION UNIFORMS: Yellow Belt and above juniors can order competition uniform bottoms. Competition uniforms can be worn any time in class, at Tournaments, Ninja Camps, and Seminars. To order see your instructor. There is an additional charge for competition uniforms.

Rules and History

The founder of modern day karate was a man named **FUNAKOSHI**. Karate began in the country of **INDIA** in the year **500 A.D.** Karate is a Japanese word that means **EMPTY HANDS**. The most important part of karate is **CONDITIONING**. Karate is divided into 3 groups: **ART, SPORT, and SELF DEFENSE**. The art part of karate is made of **FORMAL EXERCISES** called **KATA**. The most important part of kata is **BREATHING** and **TENSION**. The goals of karate are to train your **MIND, BODY, and SPIRIT**. The belt rating system in American karate for juniors is **WHITE, YELLOW, ORANGE, GREEN, BLUE, 1st DEGREE PURPLE, 2nd DEGREE PURPLE, 3rd DEGREE PURPLE, and 3 LEVELS of RED**. The belt rating system for adults are: **WHITE, YELLOW, ORANGE, GREEN, BLUE, PURPLE, BROWN, 3 DEGREES OF BROWN, and BLACK**. There are **7 LEVELS of BLACK BELT**. It takes the average adult **3 to 5 YEARS** to obtain a black belt. Karate is made up of different types of **KICKS, PUNCHES, and STRIKES**. **JUDO** is made up of different **THROWING TECHNIQUES**. The style of karate that you will be studying is called **AMERICAN KARATE**. The father of karate in the United States is a man named **ED PARKER**. The most important aspect of your training is having a **GOOD ATTITUDE**. The most important parts of sparring are **TIMING** and **DISTANCE**.