

INTRODUCTION



TO

S.E.M.K.A. KARATE GROUP

Contact details

Paul Elliott 7th Dan

Tel 01403218327/07778058482

Email: semka@btopenworld.com

Web site www.semka.co.uk

Web Site www.wadoryu.weebly.com

Facebook page please click LIKE

<https://www.facebook.com/horsham.karate>

Facebook private club page

<https://www.facebook.com/groups/horshamkarate/>



BRITISH WADO KARATE FEDERATION



EUROPEAN KARATE FEDERATION



INTERNATIONAL WADO FEDERATION

To see all the polices that are in place see club Instructor



SAMURAI ENLIGHTEN MUSHIN KARATE ACADEMY

HORSHAM KARATE CLUB (Established since 1980)

INTRODUCTION LEAFLET



The Karate club is a member of the **Samurai Enlighten Mushin Karate Academy (S.E.M.K.A.)** which is a full registered member **is affiliated to the British Wado Federation (BWF), European Wado Federation (EWF) and International Wado Federation (IWF).**

At the club you will be instructed by Sensei Paul Elliott 7th Dan 1st Dan Iaido S.E.M.K.A. Chief Instructor B.W.F Senior Instructor, Chairman of I.W.F who has been teaching Karate since 1978, assisted by 4th 3rd 2nd and 1st Dans and Brown Belts. All your grades will be recognized by the above groups.

Apart from learning traditional **WADO-RYU KARATE** included in the syllabus is a self defence system. All aspects of fitness are taught, Endurance, Speed, Strength, Flexibility, which can help to produce fast reactions which is essential to Wado-Ryu Karate.

Correct Warming up and Cooling down exercises are taught along with meditation and relaxation techniques.

Children's classes are taken separately because of their special needs and only appropriate exercises and techniques are taught. These classes are especially for this age group and will help the younger student gain co-ordination, balance, confidence, self control and self discipline.

Progress for children is measured by merit badges and a colour belt system.

S.E.M.K.A. GRADE STRUCTURE

9th Kyu	Red belt	4th Kyu	Purple belt
8th Kyu	Yellow belt	3rd Kyu	Brown belt
7th Kyu	Orange belt	2nd Kyu	Brown belt (one stripes)
6th Kyu	Green belt	1st Kyu	Brown belt (two stripes)
5th Kyu	Blue belt	1st Dan	Black belt

Young children also work for a half colour belt system (see grade syllabus)

Regular Courses and Grading's are held.

Please make sure you fill in a club registration record card before your first lesson. Once you have settled into the club, after three to four weeks of training, you must obtain a Licence/grade book, Karate England membership/insurance SEMKA/CLUB membership of the club including insurance access to members pages on the Internet, costs £57.00 Junior £67.00 senior and is renewed annually at a cost £37.00. You must also wear a Karate outfit (Gi) and S.E.M.K.A. badge to your lessons (free with membership). A comprehensive grade syllabus is available both for Junior and Senior students price £6.00.(or download free at www.semka.co.uk) Merit badges are £1.00 each and the cost of a half grading and belt is £15.00, full grading £26.00 junior's £31.00 seniors. Training sessions are £20.00 (1hour per week) a month, £38.50 per month (2 hours per week)

A simple code of courtesy (Dojo Kun) must be adhered to at all times while you are training in the hall (Dojo). For example ALL must bow on entering or leaving the Dojo (see club rules). Respect your colleagues and above all respect your Sensei.

www.wadoryu.weebly.com & www.semka.co.uk



HISTORY OF SENSEI PAUL ELLIOTT

Paul Elliott started training in 1972 at a club in Godalming instructed by an ex army instructor in a style of Karate that was unknown at the time.... It was a type of army self defence system with free fighting at full contact.

About six months later Paul was introduced to a Wado-Ryu Club at Bisley under the instruction of Mick Rapley 2nd Dan whose instructor was Sensei Tatsuo Suzuki (UKKW). At this time Karate was very popular and there were about 80 students in the class. At this Club other Japanese Instructors took the grading and courses.

Paul carried on training with Sensei Rapley, and after eight years of training four to five times a week, he obtained his 1st Dan.

Paul then took over a club in Horsham and formed the Horsham Karate Club and became General Secretary to the South of England Karate Association obtaining his 2nd Dan five years later. This association was under the direction of Sensei Rapley who had then obtained his 5th Dan. The group was affiliated to F.E.K.O and the Martial Arts Commission.

Paul then began attending National Coaching Foundation Courses and also the Martial Arts Commission Coaching Courses where he obtained his M.A.C. Coach Award as well as being awarded M.A.C. Self Defence Coach. While Paul was teaching at the Horsham Karate Club he organised contests for S.E.K.A. and helped out with judging at Crystal Palace with the M.A.C. At this time students, male and female, who had been with the club for five years or more, obtained their Dan Grades.

In 1989 Paul decided to leave S.E.K.A. and joined Sensei Gary Swift's group (D.K.W), where he obtained his 3rd Dan.

After a year, under Tony Gumerson and Paul Chadwick 5th Dan, he was awarded his M.A.C. Senior Coach title.

In 1992 Paul turned professional and opened up clubs at Crawley, Henfield and Southwick. He also decided to teach children at various schools. He taught Self Defence Classes for women at Burgess Hill, Haywards Heath Adult Centres, and also at Horsham Karate Club. At that time Paul was awarded Tashi (expert) by Sensei Swift.

Paul decided to leave D.K.W. and formed S.E.M.K.A. (Samurai Enlighten Mushin Karate Academy). He became Chief Instructor of his own group, by joining the British Goshin Budo Association under the founder Mr. J. Whitehead Shihan. In the B.G.B.A. Paul qualified as a B.G.B.A. Referee and a Coaching Assessor.

In 1993 Paul worked hard to be awarded his 4th DAN where he had to demonstrate to Soke Jeff Whitehead his teaching syllabus and obtained a pass mark of 94%!

In November 1998 Paul gained his 5th Dan under Soke Jeff Whitehead and was registered as an Instructor with the English Karate Governing body.

In September 1999 Paul left the B.G.B.A. and decided to invite other clubs into his Group and joined the British Karate Association and English Karate Governing Body.

During this time Paul was attending numerous courses of different styles including Tai Jujutsu under Sensei Lee Funnel 5th Dan and Kempo San Karate under Sensei Dave Parkinson 4th Dan. He also started learning Iaido (Various Sword Drawing Techniques, Principles and Disciplines) under Sensei Dave Ansell 6th Dan Kyoshi.

In 2004 Paul gained his British Karate Association/English Karate Governing Body Association Instructor/Assessor Award. In 2005 he was award his 1st Dan in Iaido by Mano Sensei 8th Dan.



In June 2005 S.E.M.K.A became an associated member of the Alliance of International Wado-Ryu Karate-Do(AIWa) under the President Gary Swift 7th Dan. In the early part of 2006 with the reconstruction of AIWa Paul was voted onto the AIWa committee as the General Secretary. On the 10th June 2006 Paul was awarded his Roku 6th Dan by the President of AIWa Sensei Gary Swift 7th Dan. On 10th of December 2006 Paul, deservedly, was awarded the title of Renshi in recognition of dedication & loyalty.

At the present time Paul teaches at various clubs and runs competitions and courses for the Clubs that are affiliated to his group. With other members of the AIWa committee he is helping to progress the group. His training is with Sensei Gary Swift 7th Dan, Kyoshi and Sakagami Sensei 7th Dan, Honbucho and Sensei Dave Ansell 6th Dan Kyoshi.

Paul also teaches adults a soft form of Martial Arts called Tai/Tensho Chi and runs courses for Martial Artists on how to increase their Chi which helps with any chosen discipline. In addition to this he runs Self Defence Courses at various Schools.

Within the Adult Education Centres and Companies Paul teaches Self Defence, Self Healing Programmes, and Moving Meditation, Creative Visualization Classes.

Paul is fully has a qualified Masters Degree in Reiki, and is a qualified Master Teacher, Member of the UK Reiki Federation.

Paul feels learning about Chi (life force energy) has helped him enormously to understand some of the founder Master Hironori-Ohtsuka techniques and to be able to perform the more supple movements within the Wado Ryu Style.

Paul keeps in line with the Traditional teachings of Wado Ryu and does not combine other styles that would affect the style of Wado Ryu Karate.

Paul is passionate about his work and has dedicated much of his time, patience and effort in his learning and his teaching of karate.

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Samurai Enlighten Mushin Karate Academy

WHAT IS S.E.M.K.A.

**SAMURAI
ENLIGHTEN
MUSHIN
KARATE
ACADEMY**

**HONOURABLE JAPANESE WARRIOR
REACHING OF ONE'S GOALS
CLEAR MIND
WADO-RYU
SCHOOL OF EXCELLENCE**



Horsham Karate club is a group member of Samurai Enlighten Mushin Karate Academy (S.E.M.K.A.) which is a full registered members of the British Wado Kai, English Karaate Federation (E.K.F.)

At the club you will be instructed by Sensei Paul Elliott 7th Dan Renshi 1st Dan Iaido, BWK Association Instructor/Assessor and S.E.M.K.A Cheif Instructor. He has been teaching Wado-Ryu Karate since 1978, assisted by 3rd 2nd and 1st Dans and High Grade Brown Belts.

The group and all the Instructors have Martial Arts Insurance for professional indemnity and public liability including member to member liability for £10,000.000. All the Instructors have attended and qualified on various courses including First Aid, Coaching Children, Protecting Children, Safe Training and Karate Teaching Skills abiding by E.K.F. Club training policies.

The style of Karate which is taught is called Wado Ryu (wa'doh ryoo) meaning 'School Of Peace'. The founder was Master Hironori Ohtsuka. The style is light and fast using evasion and deflection techniques. Included in the syllabus are Shindo-Yoshin-ryu Ju-jutsu techniques (throws and arm and wrist locks to control an opponent). Apart from learning traditional Wado Ryu, included in the syllabus is a self defence system which teaches the student how to use their skills against attacks which are used on the street.

All aspects of fitness are taught, endurance, speed, strength and flexibility which can help to produce fast reactions which is essential to Wado-Ryu Karate. Correct warming-up and cooling-down exercises are taught along with meditation and relaxation techniques. Wado-Ryu stands for peace and harmony in mind, body and spirit

Classes

The club has various classes for Adults, Children aged 5 to 7 and Children above 7. The groups are split into ability so there are beginners and advanced classes. Even in these lessons the class is again divided if necessary and each group has its own Instructor.



Students on a course at Tanbridge School where the Instructor was Sakagami Kuniaki Honbucho 7thDan

Adult Karate Classes

You may want to learn Karate to strengthen your body, strengthen your mind, or seek a method of self defence, or you may want to try something different.

At the S.E.M.K.A. Club everyone is welcome, Men and Women. Those who are complete beginners, or those who have not trained for a while, or those that are new to the area who have come from another club or style of Karate. At your first lesson you will meet with the Instructor who will take down registration details and any health conditions. He/She will explain what will happen on your first training night and answer any questions that you may have. After the warm-ups you will be put with an appropriate Instructor for the evening.

Karate has lots of benefits which include improving fitness, concentration, confidence, self esteem and focus. Within the S.E.M.K.A. syllabus you learn traditional Wado-Ryu as taught by the late founder Master Hironori Otsuka. This consists of Basics, blocking and countering techniques which would enable one to cope with all types of situations. A series of movements called Kata (form) is performed against imaginary attackers and can be practised on one's own.

Once the Katas have been learnt they can be used to keep aerobically fit. Within the syllabus is a self defence system which teaches the student how to use their skills against attacks which are used on the street. Karate is a form of self defence but the real essence of Wado Ryu is to train hard yet search for a mental condition where martial arts need not be used. Within the syllabus adults are taught awareness of different situations and personal safety practices.



Children's Karate Classes

Children's classes are taken separately because of their special needs and only appropriate exercises and techniques are taught. The children's classes are specially designed for their age group, and ability. The aim is to help the younger student gain overall fitness, co-ordination, balance, confidence, respect, self control, concentration, self discipline, etiquette, and self defence awareness procedures.

Progress for children is measured by merit badges and a colour belt system.

Fitness Exercises

Specially designed games are included in the warm up exercises to keep the students motivated, and interested. Various types of karate movements are learned to help with co-ordination and balance as well as all round fitness during the warm up sessions.

Confidence

By encouraging the students to practise for their karate award badges and colour belts, the student will gain confidence in their ability inside and outside the class.

Respect

Respect is a very important part of any Martial Arts training. In the days of the Samurai he respected himself, and all others, even his enemies. It is very important to have this respect inside and outside the training hall (dojo) as it is the bridge to mutual understanding and ultimately to peaceful co-existence with others.

Self Control

When practising with other students self control of ones' actions is very important as to not hurt each other.

Concentration

The way Karate is taught to Children at the club seems to improve their self discipline, concentration levels, and their focus a great deal. This is because the student uses the mind and physical action at the same time to a precise set of instructions. This helps the student at school and later on in their lives. The art of concentration is to learn to ignore distractions and clear the mind of all thoughts, except for the task that is being done at the time.

Self Discipline and Etiquette

At the S.E.M.K.A Karate Club we like to teach Martial Arts Discipline, but in a relaxed way. Discipline in the Training Hall (Dojo) is very important for safety because we are teaching a Martial Art. All students have to obey the Clubs rules (Dojo Kun) and obey the Instructor (Sensei). Students are taught that Karate is for self defence only, and the student (Karateka) must never attack first, mentally or physically (Karate Ni Sentenashi). As the student trains manners are developed as well as precise etiquette.

Self Defence

Karate is a form of self defence but the real essence of Wado Ryu is to train hard yet search for a mental condition where martial arts need not be used. Within the syllabus children are taught awareness of different situations and personal safety practices.

S.E.M.K.A. Clubs Training Times

Horsham Karate Club

Tanbridge School

Farthing's Hill, Guildford Road

Horsham, West Sussex

Monday: 6pm - 7pm Children aged 7 to 13, 7pm - 8pm Advanced children

Tuesday: 7.30pm - 8.30pm from age 13 and Adults beginners 7.30pm - 9.30pm Graded Grades

Thursday: 7.30pm - 8.30pm Adults beginners 7.30pm - 9.30pm Graded Grades

Friday: 6pm - 7pm Children aged 7 to 13 7pm - 8pm Advanced 8.30 Brown Belts

Instructors: P.D. Elliott 7th Dan, M. Rapley 7th Dan, S. Gray 4th Dan, Ray Brown 2nd Dan, and Steve Coles 2nd Dan.

Horsham Karate Club

North Heath Hall

North Heath Lane

St Marks Lane

Horsham, West Sussex

Tuesday: 5.00pm - 6.00pm Children aged 5 to 7

Instructors: P.D. Elliott 7th Dan.

Horsham Karate Club

The Pavillions

(in the park)

Hurst Road

Horsham, West Sussex

Thursday: 5.00pm to 6.00pm Children aged 5 to 7

Instructors: P.D. Elliott 7th Dan, Martin Joy junior 1st Dan and Hayley Jeffies junior 1st Dan

Horsham Karate Club

Address: Scout Hall, Swindon Road, Horsham, West Sussex, RH12 2HF.

Times: Wednesday 4.15pm - 5.15pm Juniors 5 - 12 years

Instructors: Paul Elliott 7th Dan. * Holly Holder 1st Dan

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Welcome to S.E.M.K.A. Karate Club

Thank you for the interest you have shown in our club. We invite you to visit one of our training sessions. Please contact Sensei Paul Elliott on 01403 218327 or 07778058482 to arrange the appropriate training session.

What can I tell you about the club:-

Karate is so much more than learning how to fight and defend yourself.

Self Defence, confidence, discipline, enhanced performance at work, improved school results, social and business contacts, sense of continual achievement, spiritual development, increased energy levels, looking better, physical fitness, improved health, stress reduction are some of the reasons SEMKA members give as benefits.

In Karate, learning and development to black belt level is not dependent on age, size, shape or athletic build, everyone has the ability to be a black belt, you just have to keep coming.

Apart from learning traditional WADO-RYU KARATE which is one of the four main styles of Karate taught in Japan included in the syllabus is a self defence system. All aspects of fitness are taught, Endurance, Speed, Strength and Flexibility which can help to produce fast reactions which is essential to Wado-Ryu Karate. Correct Warming up and Cooling down exercises are taught along with meditation and relaxation techniques.

Children's classes are taken separately because of their special needs and only appropriate exercises and techniques are taught. These classes are specially for their age group and will help the younger student gain co-ordination, balance, confidence, respect, self control and self discipline. Progress for children is measured by merit badges and a colour belt system.

At the S.E.M.K.A. Karate Club you will be instructed by a Black Belt Instructor under the direction of Sensei Paul Elliott 6th Dan 1st Dan Iaido who has been teaching Karate since 1978. The clubs have been running in and around Horsham since 1980 and all have local Instructors who teach at the clubs. This makes SEMKA the oldest and largest Karate group in the area with the highest number of black belt instructors.

Please read the attached SEMKA Club Polices, Karate Rules and Code of Conduct, which all students must abide by.

S.E.M.K.A PROCEDURES FOR ALL NEW STUDENTS

- 1. All students fill in a Registration form/Licence form .This includes full details of the student plus two contact numbers and any medical history and any present conditions. If there is a current medical problem it is requested that a letter from the doctor is seen and the student is able to train with the permission of the doctor.*
- 2. Each student is made aware of any Health and Safety Regulations that must be obeyed to .e.g. Fire procedure. All students are told where the toilets and showers are.*
- 3. Each student is made aware of the club rules that are in place and Dojo Code of Conduct.*
- 4. All new students are taught basic techniques as laid out in the structured syllabus. The techniques are taught precisely for each grade. Specific techniques are taught according to their age range and ability.*
- 5. When practicing in partners only similar ages train together and grade ability.*
- 6. Child Protection and Risk Assessment Policies are kept in align with S.E.M.K.A. policy*

SETTLING IN POLICY

At S.E.M.K.A. Karate Club we want children and families to enjoy being involved. Children need to know that other adults care about them and will help them to play and work with the Karate activities offered at S.E.M.K.A. Karate Club.

Parents need to feel confident in the ability of the Instructors in the Horsham Karate Club to look after and encourage their children to participate. Upset children cannot relax and enjoy the Karate activities available.

When children are of an age to start at S.E.M.K.A. Karate Club we will:

- agree, through discussion with the parents, how we will introduce and settle a child into S.E.M.K.A. Karate Club, to ensure that the individual needs of the child are being met;*
- welcome parents at our sessions until they feel that their child has settled in and no longer needs them there;*
- telling the parents what activities their child has enjoyed, as something to be shared later;*

SAFETY - POLICY AND PRACTICE

The Instructors will ensure that all possible precautions are taken to ensure the safety of the children and that parents can be reassured and feel confident to leave their children in our care.

S.E.M.K.A. Karate Club will ensure that:

All children are supervised by the Instructor(s) at all times and will always be within sight of an adult;

All accidents/incidents are recorded in the Accident Book, which will be monitored for safety aspects;

All Instructors(s) are aware of the procedures for children's arrivals and departures;

Children will only leave Horsham Karate Club with an authorised adult;

The layout of activities allows children and adults to move around safely and freely;

Fire doors are never obstructed;

Fire drills are held at least once each term;

A register of children present is completed soon after arrival, to ensure there is a record available in any emergency;

There is no smoking in dojo used by children;

A stocked first aid box is available at all times;

Fire extinguishers are checked by the school/hirer and staff know how to use them;

Whenever children are on the premises at least one Instructor is present;

Any broken, damaged equipment is repaired or discarded;

POLICY AND PROCEDURE TO BE FOLLOWED IN THE EVENT OF A FIRE

The safety of the students at all times is a prime consideration in all that takes place at SEMKA Karate Club.

In the event of a fire occurrence in the building, the fire procedures as written in the policy will be followed by Instructor, Parents and children to remove everyone to safety.

- *The Instructor will ensure that all children and staff are safely outside the building and a distance from it (Tanbridge School safe area is the top tennis court). The Register should be collected when exiting to ensure a check can be made of all children and adults present that day.*
- *The Instructor(s) or member staff will telephone the emergency number for the fire service, giving clear directions to the locality of the setting.*
- *Instructor(s) or staff will be responsible for assuring children that they are safe.*
- *The building will have been vacated quickly and personal possessions, coats, etc:- will have to be left inside. This may upset some children, however it is important to ensure that they understand that they and their safety are more important.*
- *Children should not be removed from the incident (e.g. by a parent) without the Instructor or staff being aware and for this to be recorded.*
- *Fire Service fireman attending the fire will decide if and when it may be safe to return to the building, if only to retrieve belongings.*
- *If it is not possible to return to the building, parents need to be contacted to collect their children. It is therefore important that at least one member of staff carries a mobile telephone.*
- *If it is possible to return to the building (the fire may have been in another area of the building) it will be important to gather the children together and talk about what has happened and how everyone feels about it.*

FIRE PRACTICE PROCEDURES

As part of ensuring that all adults and children know what to do in the case of a fire on the premises, a fire drill (practice) will take place at least once each term.

Person responsible will:

1. *Ring the fire bell*

2. *On hearing the bell*

EVERYONE WILL STOP WHAT THEY ARE DOING

Stand still

Stop talking and listen

3. *The Instructor will:*

Tell the children to move towards the fire exit door and line up.

An Instructor/Adult will lead the children outside and group together

Keeping the children calm

4. *All Instructors and staff will leave the premises with the children and assemble at a safe distance from the building (Tanbridge School safe area is the top tennis court).*

The instructor will collect the register and the first aid box

5. *After joining the children and staff*

The Instructor will call the register to ensure that all the children marked present at the beginning of the session, are present.

6. *This is an appropriate time to talk about what the next stage would be if there really was a fire. After a few minutes everyone will return to the building.*

it is important that the Instructor take time to answer children's questions and to reassure those who may be disturbed by the procedure.

A record will be kept of the date and time of all fire practices.

POLICY AND PROCEDURE FOR A CHILD NOT BEING COLLECTED

Children are in the care of S.E.M.K.A. Karate Club until they are handed over into the care of their parent/carer.

Unless another class is running Parents must pick up children at the end of the lesson. At that time the Gym or hall will be closed by the caretaker and the Instructor may have to go to another club to teach.

The times and procedures for collection of children should be made clear to parents in the information given to parents prior to a child starting at S.E.M.K.A. Karate Club. Occasionally, a parent may be delayed or 'forgotten' by another family member, friend or neighbour.

- *If a child is not collected after 5 minutes of the session finishing, the parent/carer should be contacted by telephone.*
- *A member of the Horsham Karate Club will try and phone other emergency contact numbers.*
- *If the child has not been collected within half an hour and no contact has been made then the police will be called and take action.*

This highlights the need for details to be given by parents of another family member, friend or neighbour who can be contacted in an emergency.

S.E.M.K.A. RULES AND REGULATIONS APRIL 2013

These Rules and the student's Code of Conduct must be adhered to at all times. Those Students or Visitors who do not comply with these rules will not be allowed back into the Club until the rules are obeyed.

The Dojo is the place where we learn both the spirit and technique of Budo. Etiquette is a necessary integral part of Budo and without it we would be practicing nothing more than violence. The more training a person receives, the calmer, more dignified, and humble the karate-ka should become. The beginner must practice etiquette in order to make him/herself a better person. We must not enter the dojo with malice or antagonism- you will gain nothing from this and it may result in injury. If you are not capable of adhering to the following etiquettes, this Art is not the right discipline for you.

1. *All Students must have an up-to-date S.E.M.K.A. Licence/membership/insurance and wear a clean white karate Gi with the S.E.M.K.A. badge on the left side, club badge on the right, sleeve and merit badges on the left sleeve. Those students, who have attended more than 2 free training sessions, must apply for a Licence and Gi after this period of time.*

2. *Students, parents, visitors and guests must always arrive before the class starts. TACHI REI (Standing bow); always BOW upon entering and leaving the DOJO (Karate training hall), also before and after addressing a SENSEI.*

3. *Dojo Kun (Dojo Rules) must be said before the bow and adhered to at all times.) These rules are mottos, the spirit of which serious Students of the Martial Arts should try to follow if they wish to gain the maximum from their training. The rules are like our English saying "Service, not Self", "Deeds, not Words" or "Be Prepared" and exemplify an attitude and a dedication to a way of life.*

REISETSU O MAMORI (STICK TO THE RULES)

In the Dojo, good etiquette must be observed by following the rules.

SHINGI O OMANJI (A STUDENT MUST HAVE LOYALTY TO HIS INSTRUCTOR).

This is the most important thing in Martial Arts.

JOJITSU NI OBEREZU (TEACHERS AND STUDENTS ARE NOT ALL ONE)

Outside the Dojo, you can be friendly with your SENSEI, but you must never take advantage of this friendship inside the Dojo - he is your Sensei.

SHINKERUNI NI TESSEYO (BE SERIOUS IN YOUR EFFORTS)

No turning up late to train, no flippancy chattering, smoking, eating or drinking in the Dojo. Concentrate solely on what you come to do - KARATE, and train hard in everything you do. Visitors, as well as Students, MUST respect the DOJO KUN

4. *The Instructor's title is SENSEI at ALL times during training. (Jojitsu Ni Oberezu). Higher Kyu grades who instruct will be called SEMPEI. Lower grade Students must obey a higher grade during a training session. Student or Parents must not argue with the Sensei or Sempei in the Dojo; if you do so, you have to leave the Dojo at once.*

5. *Before the lesson start students must line up in grade order sitting in a cross legged position. Before the lesson start or bowing off for break, the Dojo must remain low-key in conversation and all talking will be done seated around the Dojo in the cross-legged position. There must be no running or playing in the Dojo at all before, during break or at the end of the lesson.*

6. *When some Students are still training, those that are not must sit crossed legged around the Dojo; they must NOT talk or go in and out of the Dojo. Speaking while the Sensei is talking or demonstrating is considered very rude. Fidgeting is also rude, and is not tolerated even in the very young student.*

7. *Finger and toe nails must be kept short and clean. A clean white Karate Gi must be worn (apart for those who have attended less than 2 training sessions). The appropriate belt must be worn at the correct length and tied correctly.*
8. *Do not strike, kick or perform any other action to anyone in a way which will cause them pain or harm. The techniques do work, so you must not try to prove it to yourself by hurting your partner. Techniques are to be pulled short of actual contact when directed to your partner*
9. *No Student should leave the Dojo during the session, unless he has permission from a Sensei or Sempei.*
10. *If a Student must stop work, ie for going to the toilet or though injury then the student must obtain permission for it from the SENSEI.*
11. *The Student must have at least 90% attendance records when training for a grade. Grades are worked for - not waited for. You must not argue with the Sensei about Dojo rules, Gradings or Etiquette. All students are treated the same if you have not trained enough do not ask the Sensei for special treatment to pass a grading.*
12. *Parents must be on time when collecting their children. All children must be collected from the Dojo by their parent or appropriate adult. Sensei may also need to discuss their training and progress from time to time.*
13. *Parents and other guests are welcome to observe class. However, Sensei would prefer that the student be dropped off and picked up after a month (This will help the student to focus more if there are less distractions). If Parents and visitors do come into Dojo, the following conditions must be adhered to at all times.(If students see this it will help them understand anyone who enters the Dojo need to understand the rules): Bow before entering and leaving the Dojo. (This expresses the students intent to concentrate fully on karate-do training, and provides an opportunity to remind themselves to be grateful for the chance to train in karate-do.)
No talking at all by students and those who are watching and definitely no idle talking or coaching or communication with students who are training. Any small children must be taken out of the Dojo and nearby entrance immediately if they start making a noise. If you need to make contact with your child who is training, you must first approach the Sensei at an appropriate time. On leaving the Dojo all chairs that are used must be returned to their original position. Parents must ensure that there are no disruptions to the flow of the class (e.g. from ringing mobile phones , movement in and out of the Dojo etc).*
14. *If the SENSEI is not present, the SEMPAL (Senior) will start the class. All students must follow the SEMPAL as though he were the SENSEI.*
15. *Hand pads, foot and shin guards, gum shields and groin protection must be worn during free sparring.*
16. *If at any time during training the Student requires to adjust his GI or OBI, he must go the side of the DOJO.*
17. *All students must pay their normal training fees at every training session. This includes any extra cost due to merit badges or grading that are held at the club approximately every four weeks.*
18. *No student will do any act or thing which may be or become a nuisance, annoyance or danger to others.*

19. *NEVER use KARATE outside the DOJO unless for self-defence. You must fully understand the concepts of KARATE NI SENTANASHI .It means that the Karateka must never attack first - mentally or physicality. Years of hard correct training are needed. As the Karateka grows in stature, so also will grow his good manners and etiquette, both outwardly and even more important, inwardly. Included in the concept of "Karate Ni Sentenashi" are intense, purposeful Karate training and correct Dojo etiquette. One of the concepts of this word is that you must also not bully another person either by Physical, mental or emotional means. Respect and protect your parents and elders.*
20. *You are here to work not to socialize or to become socially involved with other students. Maintain your respect for each other, in and out of the Dojo and Sensei at all times and get the most out of the time you spend here. Students are to come to class and be ready to learn, not to talk and disturb others.*
21. *At all clubs do not enter the Dojo (Training Hall) before the Instructor then only when the Instructor tells you to do so. This is a very important Health & Safety issue. If the Instructor is not in the Dojo please wait outside till the Instructor arrives. Parents/Guardians are responsible for the supervision of their children prior to class. You must only enter the Dojo when told to do so. Please make sure that all rubbish and clothing is taken away with you at the end of the class.*
22. *When its badge week or grading all students and anyone else who is watching must respect the rules of the Dojo the most important one is no talking, noise or coaching in the Dojo or in rooms nearby the entrance. You must respect all students by keeping to the rules who are engage in taking their grading. It is very poor etiquette to question a teacher's or assistant's authority or technical knowledge, and especially so during a class. If you are confused about something, ask respectfully. Don't insist on your point of view.*

S.E.M.K.A. SAFTY PROCEDUES FOR STUDENTS.

1. *If you have any medical condition which may cause you any harm, due to the type of training being performed, you must not take part in the training. This includes infections and transferable conditions such as verruca.*
2. *If at any time you feel unable to perform or to continue any action in safety you must stop and rest.*
3. *If you feel dizzy, nauseous, any chest pains, excessive fatigue, unwell or any other reason which may have an effect upon your health, you must stop and rest. If required, seek medical advice*
4. *Do not wait for someone else to rest first. If you need to stop and rest, them you must STOP and REST.*
5. *Do not strike, kick or perform any other action to anyone in a way which will cause them pain or harm. The techniques do work, so you must not try to prove it to yourself by hurting your partner. Techniques are to be pulled short of actual contact when directed to your partner by at least 150mm or more. When your level of skill has progressed, you can perform them at a closer range without making any contact.*
6. *If you are in an arm lock, strangle hold or similar situation, notify your partner of the fact that the technique is applied by tapping the floor, your partner or yourself with your free hand.*
7. *If your partner taps (as described above) you must release the pressure applied immediately and in a safe manner.*

8. *If a technique is incorrectly applied, the actions should stop and be re-applied correctly.*
9. *If you notice that a technique is being performed incorrectly, you must inform your partner of this at once, either verbally or by tapping (as described above) and then verbally.*
10. *If any of the actions performed include take downs, throws or any other techniques likely to cause you to fall to the floor, you are only permitted to perform these techniques if you have been given appropriate training, on how to fall safely for that particular technique. This also applies to all who participate in the techniques. Use Mats when necessary.*
11. *Some training may require the use of safety equipment such as hand and foot pads. You are to ensure that these are fitted correctly, kept clean and replaced if damaged or worn out. Do not share your pads with others.*
12. *When training do not perform punches, kick or other techniques in a way which over extends the joint, as this may cause you to damage a joint. For example, a 'tennis elbow' type injury may occur.*
13. *Notify your instructor if any accident occurs. Also notify your instructor if you find anything which may endanger the health and safety of those present during the training session.*
14. *Read, 'In case of fire' notice and know your means of escape in case of an emergency.*
15. *If you do not know why you should perform warm up exercises before performing some vigorous actions such as high kicks, ask your instructor to explain when and why these are necessary for the prevention of injury.*
16. *During a rest period, if you are thirsty you should have a non-alcoholic drink. This helps to prevent dehydration.*
17. *Do not bring food, drinks or any other items into the training area. Do not leave bags or equipment in such a position that they may cause a risk of tripping or falling on someone.*
18. *If an item of equipment is too heavy or awkward for you to lift or move safely by yourself, such as a large punch bag or training mat, then do not attempt to move the item until a sufficient number of others assist you. Always keep your back straight when lifting or moving an object. Bend your legs and use the strength in your legs for lifting, not your back.*
19. *Items such as watches, rings and jewellery must be removed to prevent injuries to yourself and others.*
20. *If you do not understand any of these rules you must seek appropriate information and instruction from your instructor before you are permitted to participate in any training.
See also S.E.M.K.A .club rules*

Free Fighting

The highest injury rates occur during free fighting. There is a very simple reason for this. People punch and kick each other. Think what an ippon scoring technique is meant to represent; death or maiming an opponent. It is any wonder then, that people can be hurt?

While the potential hazard from free fighting can be great, if it is controlled appropriately the risk should be very small. The biggest cause of injury during free fighting is usually the ego. Someone tries a bit too hard to better their opponent, or to 'just get one good one in on them'. Such behaviour must be totally eliminated and never tolerated in the dojo. Remind everyone that 'free fighting is a training exercise for everyone and not meant to be a means to boost your ego.' Also that, 'you will need your partners again in the future, so look after them !'

The Individual

We all have some exercises or movements which we are better at than others. Some people can perform exercises such as hyper-flexion of the knee joints and experience no pain or ill effects. The vast majority of us cannot perform these exercises without considerable risk. The person demonstrating the exercises is usually performing those that they prefer to do, or ones that they are best at. If this includes exercises they can perform with ease but everyone else suffers from a high risk of injury, then it would be a wise action to decline any participation of such an exercise and perform a safe one instead. Let the individual showing off their exercises put themselves at risk, (if it helps their ego) but not you.

Exercises

Pulled muscles can often occur during warm ups and stretching.

Avoid any exercise you personally think is too high risk for you to perform safely. The common exercises which are often performed which should be avoided include; ballistic stretching, bunny hops, double dorsal raises, feet off the floor six inches, neck rotation, toe touching, and hyper flexion/extension

Dojo Etiquette

Dojo etiquette is within each and every one of us. Whether we realize it and choose to display it is a different story. If acknowledged and implemented, it is the first step to respect and value, a cause more important than yourself. Respect, honesty, discipline are the ways of the dojo, not competitiveness, greed and selfishness. Appreciate the gift of the martial art being handed down to you and don't for a second question the traditional teachings. You must not argue with the Sensei about Dojo rules, Gradings or Etiquette. True etiquette is practiced not just in the dojo but every second of the day throughout life. Look out for each other and respect students of all grades around you. Display the highest gratitude for your black belts and especially your Sensei / Master, as without them your training would not exist. Etiquette will become common sense if you let it. You should feel true etiquette from inside, only then will you know the difference between poor and true etiquette. Respect the dojo, respect your Sensei, respect the martial art, and respect your seniors, peers and your surroundings. Only then, can you learn and develop yourself and let your martial art begin to grow within you.

S.E.M.K.A. Students Code of Conduct

1 As a student of Wado-Ryu Karate I strive to understand the 'WAY', to practice this art to the best of my ability, and to commit myself to the training.

*2 By respecting myself I respect all others
(Ikanaru hito demo sonke suru koto).*

*3 By knowing myself
(Jiko o shiru koto)*

*4 By never breaking a promise
(Yakusoku o yayoranai koto)*

*5 By not speaking ill of others
(Hito o onshitsu shinai koto)*

*6 By not being afraid of anything
(Ikanaku koto ni oite mo osorenai koto)*

*7 By respecting the opinions of others.
(Hito no iken o soncho suru koto)*

*8 By having compassion and understanding for everyone
(Hito ni taishite omoiyari o mot koto)*

*9 By never forgetting to be appreciative
(Kansha no kimochi o wasurenai koto)*

*10 Never lose my "Beginner's Sprit"
(Shoshin o wasurubekarazaru koto)*