

Welcome to Professional Karate, one of Michigan’s oldest and finest Martial Arts schools. We are happy you have chosen to accept the challenge to become your personal best by becoming one of our members. The purpose of this handbook is to make your start and continued participation with us easy and comfortable.

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A BRIEF HISTORY OF THE MARTIAL ARTS & YAMASHITA KOBAYASHI SHORIN RYU

Self-defense is as old as the human race and due to this fact it is virtually impossible to trace the different systems of self defense back to their beginnings. One could reason that just as most animals have some type of inherent self defense (fangs, claws, poison, etc.) man also found it necessary to utilize his own features and thinking ability to defend himself.

Of all the systems of self-defense, the oriental forms are among the oldest and most effective systems of unarmed combat. It is a general belief that many of these systems trace back to a Buddhist monk named Bohdi-Daruma. Daruma journeyed to China from India to instruct the tenants of Buddhism. Upon his arrival he began a monastery where he found the Chinese monks to be lacking more in physical culture than in intellectual or philosophical knowledge. The monks became exhausted quickly from the severe discipline and pace so Daruma decided to incorporate a physical fitness program into his teachings. Rather than have the monks practice monotonous calisthenics, Daruma taught a method of physical discipline based on the self-defense movements of various animals and movements he had learned throughout his travels. The monks of the Shaolin Temple, through working on this system, became known as the most formidable fighters in China.

Various merchants, scholars, tradesmen and those who traveled to China for personal instruction carried Shaolin Temple Tsu (Way) back to Okinawa. During the time that Japan occupied Okinawa it was illegal for anyone to possess weapons of any kind. This forced the perfection of various empty hand techniques to the point where they could be effective against armed and armored warriors.

Martial arts are generally divided into weapons arts and empty hand arts. The empty hand arts are divided into grappling arts and striking arts. Grappling arts are those where you almost always have your hands on your opponent (like wrestling) and the striking arts are those in which you almost always hit your opponent (like boxing). We practice a type of karate focused on striking, but we also overlap and practice weapons and grappling techniques.

There are many different styles of karate. Each style has its own little differences, the main being whether it is a hard or a soft style and what the particular katas (forms) are. Each past master has also added some of their own techniques and personal touches forming even more distinct style lines.

The style of karate you are training in is Kobayashi Shorin Ryu. We are somewhat different than the norm for Kobayashi Shorin Ryu due to our director, Tadashi Yamashita. Master Yamashita is known for his speed and power and has changed certain elements of the traditional style to this end. Although we are very, very close to the traditional style there are some very minor differences that give our system its own distinctive qualities.

SOME THINGS YOU SHOULD KNOW....

The type of martial art you are studying is Karate. The particular style of Karate is Okinawin Shorin Ryu, with the specific type of Shorin Ryu being Kobayashi Shorin Ryu (Yamashita Shorin Ryu). This probably means very little to you unless you have had previous Martial Arts training or have done some independent study. Simply put the katas (forms, or prearranged sets of movements) and traditional basics you are taught are derived from this style. The content of your classes is not limited to this traditional system and the way you are taught will not be what is considered “traditional.”

Your karate training is heavily influenced by our exposure to other styles, self-defense systems, full contact karate and kickboxing, grappling systems and practical experience. What you will be learning is an efficient and effective non-traditional self-defense system incorporating the techniques of many different individuals, styles and disciplines.

While we will always challenge you to do your best and push your limits, discipline in class will be relaxed, what some instructors may consider lax. It is our opinion that the best environment for you to learn in will be one where you are relaxed and enjoying yourself. In addition to being the best learning environment it will also make it easier for you to get yourself to come to class, after all it’s fun!

While we do have a set of rules and procedures that you eventually need to know and follow there are also some basic rules that you should know, as you will be expected to follow these “unwritten rules.”

Exercise common courtesy. Do not talk while the instructor is addressing the class. Listen, what is being said is probably going to be informative or of benefit. Check to see if the instructions or directions apply to you.

You are expected to try everything that you are told to do to the best of your ability. You are not expected to do anything that causes you pain or injures you in any way. Do not stop doing anything because you are having a hard time, keep going and keep trying. Do not stop doing anything because you think you have it (it probably is a long way from perfect!). Do not stop because you are tired, keep going and do what you can; however, do not do things that cause you pain. If you feel any type of sharp pain, something is wrong; immediately reduce the intensity of the activity and then if the pain persists, STOP. Tell your instructor when and why you are unable to do something.

Do not muscle techniques during practice. You should be trying to achieve proper biomechanical delivery and trying to muscle techniques will hinder this and also increases the chance of injury.

Also remember that consistent attendance is a must; training once a week simply does not allow a person to progress. If you plan on learning and retaining techniques a minimum commitment of twice a week is required. If you want to advance in rank twice a week is required.

PROKARATE ROCKFORD RULES AND POLICIES

The following rules apply to everyone, regardless of age, gender or rank. Please read through and follow these rules and also be sure that you understand the policies concerning your membership.

RULES:

1. Illegal activity of any type will not be tolerated. Illegal activity in the school or at school functions will be prosecuted and may result in membership termination (SEE: Policies).
2. No profanity in the school or at school functions.
3. Class time is for learning. Pay attention and keep talking to a minimum. Do not talk while the instructor is talking.
4. You must be on time for class. If you are late you must obtain the instructors permission before entering the training floor.
5. You must remain in class for the entire class period once class has started. If you need to leave class early obtain the instructors permission before class starts. If you need to leave class once the class has started obtain the instructors permission before leaving the training floor. If you become ill you may leave the floor immediately, don't wait to get permission!
6. You are expected to try everything that you are told to do – and – you are expected to try to do your best. You are not expected to do anything that causes you pain or injures you in any way. Use common sense.
7. Safety is to be the driving factor at all times. You are responsible for your actions. Care should be taken in your training so as to never injure another. Do not use techniques that you can not completely control.
8. No unsupervised sparring is allowed. You must read, understand and sign a copy of our sparring rules prior to beginning sparring. You can only start sparring with your instructors' approval.
9. Do not teach kata (forms) to another person. You may only go through the form to the point where an instructor has already taken them. Your instructor is the only person who decides if and when you start on a new form.
10. Do not use another person's equipment without permission. If you break it, replace it.
11. Keep the school clean. Clean up after yourself. Clean up after others if necessary. Trash should be disposed of properly and immediately. Equipment should be returned to its proper place, broken equipment should be taken to the office. Food and drink are allowed only in designated areas.
12. You, your uniform and your equipment are to be kept neat, clean and in a safe condition at all times. Your finger and toenails are to be kept short and clean. No jewelry is to be worn in class. Equipment that endangers another's safety is not to be used. ProKarate Rockford, the instructor in charge or the School Director reserves the right to limit the use of any type of equipment which they may deem unsatisfactory. We also reserve the right to request any changes in attire, grooming or appearance deemed necessary for safety and hygiene.
13. All others are to be treated with respect regardless of age, gender, rank, etc. If you are addressing someone and a particular title goes with that person's position know it and use it. (SEE: Titles)
14. If you have any complaints, comments or suggestions bring them to the attention of the proper person. If they fail to resolve the matter satisfactorily go to their superior or the School Director.
15. Friends brought into the school are to be instructed to remain in the viewing area only. They are not allowed to roam the school, use equipment or attend class without first registering in the office.

16. Pay your dues according to your schedule. If you run into financial difficulties make arrangements with the billing service – DO NOT QUIT!
17. If you have questions about whether something is permitted ask before you do it!

PROKARATE ROCKFORD POLICIES

ILLEGAL ACTIVITY:

It is the policy of ProKarate Rockford to prosecute any illegal activity to the fullest extent deemed practical. Members found guilty of an illegal activity in the school or at a school function may have their membership rights terminated and shall remain liable for payment in full of their entire membership package. Members found guilty of illegal activity and incarcerated shall also remain responsible for payment in full of their entire membership package and not be eligible for extension of their membership for the time lost.

MEMBERSHIP EXTENSIONS:

Extensions are solely at the discretion of the school.

Any member may request an extension to their membership for time that they are unable to attend classes or use the facilities. Extension requests must be made in advance, before the member takes the time off. All requests must be in writing and state the date the member will stop and restart.

Membership extensions are solely at the discretion of the school and may not exceed 25% of the original membership term.

MEMBERSHIP TERMINATIONS:

Membership terminations are solely at the discretion of the school

A member may request termination of their membership if they move out of the area or become physically unable to attend classes or use the facilities. Such request must be in writing. If the request is due to relocation then the member must follow the procedure for confirming their new address. If the termination is due to physical limitation the member must include a letter from their doctor stating the reason(s) for such limitations and the duration (if the limitation is deemed short term, a membership extension shall be granted but a termination will not).

A member may also request a termination for any reason. Such request must be in writing and each request will be considered on an individual basis. Factors considered; the reason, the student's commitment to that point, payment history, etc. Any such termination shall be solely at the discretion of the school.

Any termination shall require payment by the student of the difference between what they were paying and the open rate the duration of time they were actually here. Refunds on paid in full membership programs will be granted only if a membership is terminated according to these policy provisions and are subject to any "early termination fees" as assessed by the school.

LOST ITEMS & LOST AND FOUND

We are not responsible for any misplaced lost or stolen articles. Please remember to not bring valuables with you into the school. Items found are generally held a few days before being disposed of (the exception to this is mouth guards, cups, underwear and socks), If you do find that you seem to have lost something, inquire in the office.

RANKING:

Only their own instructor or the school director may consider a student for promotion. Should a student feel they taken to the director, who will then decide whether or not to recommend testing. Should a student still feel they are being unfairly being held back by their instructor & the director they may submit a written request which will be taken to all members of the board (current, active, 3rd degree and higher ranked members) who will then decide whether or not to recommend testing. The student may also request the director to mediate a meeting between their instructor and themselves to evaluate the situation.

EQUIPMENT

ProKarate Rockford reserves the right to specify the type of equipment used in and the type and style of apparel and footwear worn in any of the programs it administers.

All equipment used in any program or in our facility must be approved by the school and the instructor.

PARENTS RESPONSIBILITIES & SUPERVISION OF CHILDREN

Parents are responsible for supervision of their children at all times when the child is not in class. Parents dropping off children should do so only five or ten minutes prior to class and should pick them up within five to ten minutes of class ending. We can not be responsible for watching unattended children.

Children should be on time for class. Since it is unlikely that your child will be bringing themselves to the school it stands to reason that they would not be responsible if they arrive late. As the adult you need to make sure to get your child to the school so they can get into class on time. Children arriving fifteen or more minutes after the start of class are not allowed to join class. Children arriving late two or more times in any month will be allowed to join class only at the instructors discretion. Please set an example for your child by being prompt.

are being unfairly being held back by their instructor they may submit a written request which will be

ILLNESS PROTOCOL

We love seeing you & your children but please remember that you or they should not come to the school if any of the following symptoms apply:

- Fever within the last 24 hours.
- Severe or phlegm-producing cough.
- Thick, colored nasal discharge.
- Sore throat with fever or swollen glands.
- Within 24 hours of beginning antibiotic treatment.
- Vomiting two or more times in 24 hours.
- Three or more watery stools in 24 hours.
- Body rash, especially with fever.
- While chicken pox sore are still infected.
- Thick mucus or pus draining from the eye.
- While any evidence of lice remain.

If there is any question as to whether or not you should bring your child to the school please ask. When in doubt, apply the simple rule: “Would I like my child exposed to this?”

WE ARE ALWAYS CLOSED THE FOLLOWING HOLIDAYS**January**

New Year's Day

April

Spring Break for Rockford Public Schools –this is typically the first full week of April

May

Memorial Day & Friday and Saturday Prior

July

Independence Day and possibly adjoining days

September

Labor Day & Friday and Saturday Prior

November

Thanksgiving Day and Wednesday prior

December

We are always closed Christmas Eve and the week between Christmas and New Years Day.

Any additional days that we are closed will be posted in the school and we will make announcements in class. We reserve the right to close additional days to accommodate seminars and clinics. Additional closures may occur around holiday closings if we deem it appropriate.

WINTER WEATHER POLICY

When Rockford Public Schools are closed then we are likely to be closed as well. Occasionally the weather and the roads clear as the day goes on. In this case we prefer to be open and run classes. If you have any questions about whether we are open or not please don't hesitate to call the school at 822-5616 after 2:00pm at which time there will be a recorded message to let you know what our status is.

QUESTIONS TO ASK YOURSELF BEFORE YOU THINK ABOUT TESTING.

Do I know everything that will be required for this test? Can I complete all my forms with out mistakes?

Do I know everything that was required for all prior ranks and am I better at all these requirements than I was for my last test?

Am I putting forth 100% effort in 100% of the classes I attend?

AND, Remember if you are not chosen to test it is probably not because your instructor is ignoring you. It is most likely because there is some area you need to work on.

BUT, Should you feel that you are ready to test DO NOT ask your instructor when you will be testing (bad etiquette). Instead ask your instructor what you need to be working on for testing or if there is any specific area you need to concentrate on for testing.

IF YOU HAVE ANY PROBLEMS WITH REQUIREMENTS FOR TESTING SEE SENSEI REDDING.

BASIC TESTING REQUIREMENTS (version 01/01/14)

Each belt rank (kyu rank) requires the use of a new belt. All stripe ranks are designated by a long stripe that runs the entire length of the belt. Each belt rank has three stages: The first stage (Level I) is just the plain belt (with or without the long stripe), the second stage (Level II) is designated by a single tape stripe at one end of the belt and the third stage (Level III) is designated by another tape stripe.

Testing for the progress stripes (Level II & Level III) is done informally, at no cost and requires only a few minutes. You only need to know and demonstrate the requirements for the level (this is not a complete test) and demonstrate you know the proper sequence of the kata required. There is no certification for Level II & III although they are to be considered higher rank than the plain belt.

Rank Testing for Adults is run on a quarterly schedule, held approximately every 13 weeks at a Pro-Karate location (usually on a Saturday morning at 9:00am)

You are required to keep your own teaching log. The minimum requirement must be initialed by a supervising instructor but you do not need each entry initialed, only the minimum. Keep track of all your teaching time and specialty credit (advance classes, seminars, tournaments, etc.) on your log.

HOW YOU ARE JUDGED

You are judged on whether you perform adequately in all areas. Adequately means a minimum of 75% of quality and quantity. Doing the correct techniques properly but with poor form would be a quality issue; not being able to do the correct techniques would be a quantity issue.

10th Kyu, Solid White Belt

1 Month – 12 hours to test out

A beginning student

9th Kyu, Adult White Belt / Yellow Stripe (1 month from start of training)

2 Months – 18 hours to test out (at instructor's discretion)

Basic Techniques: Punches - Straight Punch, Double Punch, Lunge Punch & Reverse Punch.

Blocks – 4 Basic (High, Middle, Forearm & Low).

Kicks – Front Kick, Side Kick & Roundhouse Kick.

Stances – Ready Stance (attention position), Front Stance, Cat Stance & Horse Stance.

Kata: Kihon 1, 2, 3, 4**Level II**Basic Techniques: Punches – Jab,

Blocks – Middle & Low Knife blocks,

Stances- Fighting Stance.

Kata: Kihon 5Bunkai: Kihon Complex without partner (Kihon set)**Level III**Basic Techniques: Punches – Backfist

Blocks – Check block

Kicks – Back kick

Kata: Pinan NidanBunkai: Kihon Complex without partner**8th Kyu, Solid Yellow Belt (3 months from start of training)**

3 Months – 26 hours to test out, in 13 week cycle.

Basic Techniques: Punches – Jab, Backfist.

Blocks – Check Block (Middle level)

Kicks – Back Kick.

Stances – Fighting Stance.

Kata: Kihon 1, 2, 3, 4, 5, Pinan NidanBunkai: Kihon Complex without partner

Self-Defense: Required self-defense sets against punch attacks (block / palm strike)

Level II (1 Month from 8th)

Basic Techniques: Punches – Outside Hammer Fist Strike
Kicks – Inside & Outside Crescent.

Kata: Pinan Shodan

Level III (2 Months from 8th)

Basic Techniques: Punches – Outside Knife Hand Strike
Kicks – Hook kick.

Bunkai: Kihon Partner Complex - Basic

Kata: Pinan Sandan

7th Kyu, Yellow Belt/ White Stripe (6 months from start of training)

3 Months – 26 hours to test out, in 13 week cycle.

Basic Techniques: Punches – Outside Hammer & Knife Hand Strikes.
Kicks – Hook Kick, Inside & Outside Crescent Kicks.

Bunkai & Complex's: Kihon Partner Complex – Basic (sequence only)

Kata: Kihon 1, 2, 3, 4, 5, Pinan Nidan, Shodan, Sandan & Kihon set

Self-Defense: Free form defense (to the best of the student's ability) against punches & kicks.

Single Opponent Sparring

Level II (1 Month from 7th)

Basic Techniques: Punches – Spear hand, Inside Hammer Fist & Knife Hand Strikes
Kicks – Spin Crescent Kick
Blocks – Power Block.

Kata: Pinan Yodan

Level III (3 Months from 7th)

Basic Techniques: Punches – Inside & Outside Ridge Hand Strikes
Kicks – Spin Hook Kick.

Kata: Pinan Godan

6th Kyu, Solid Green Belt (9 -12 months running)

3 Months – 26 hours to test out, in 13 week cycle.

Basic Techniques: Punches – Inside Hammer & Knife Strikes, Inside & Outside Ridge Hand Strikes, Spear Hand.
Blocks – Power Block
Kicks – Spin Hook Kick & Spin Crescent Kick.

Kata: Kihon 1, 2, 3, 4, 5, Pinan Nidan, Shodan, Sandan, Yodan, Godan & Kihon set
Bunkai: Kihon Partner Complex – Basic

Self-Defense: All previously required self-defense plus lapel grabs, wrist grabs & front choke. Minimum of two take down techniques incorporated into defense.

Single Opponent Sparring

Essay: One page essay on why the student is in karate and what karate means to them. (DUE 7 DAYS PRIOR TO TESTING).

LEVEL II (1 Month from 6th)

Basic Techniques: Punches: Short Punch
Blocks: “X” Block
Kicks: Ax Kick.

Kata: Okan

LEVEL III (3 Month from 6th)

Basic Techniques: Punches: Hook Punch, Roundhouse Punch
Stances: Back Stance & Tee Stance
Kicks: Drop Kick

Bunkai & Complex’s: Kihon Partner Complex – Basic (Should demonstrate w/stance shifts)

Kata: Naihanchi One

5th Kyu, Green Belt/ White Stripe (12 months running, 1 year from start.)

3 Months – 26 hours to test out, in 13 week cycle.

Basic Techniques: Punches: Hook, Roundhouse & Short Punch
Blocks: “X”
Kicks: Ax Kick

Kata: Kihon 1-5, Pinan 1 – 5, Okan, Naihanchi 1 & Kihon set

Self-Defense: All previous attacks plus rear wrist, shoulder and choke. Minimum of four take down techniques

Sparring: Multi opponent.

Essay: The reason for basic technique practice and practical application of basics.

LEVEL II (1 Month from 5th)

Basic Techniques: All basic techniques showing continued improvement. Excellent power, precision, speed, balance, etc. to be shown in every technique.

Kata: Naihanchi Two

Bunkai: Advance Set 1 (Right punch only)

LEVEL III (2 months from 5th)

Basic Techniques: All basic techniques showing continued improvement. Excellent power, precision, speed, balance, etc should be shown in every technique.

Bunkai: Kihon Partner Complex

Kata: Naihanchi Three

4th Kyu, Solid Purple Belt (minimum 15 months running from start of training)

6 Months – 72 hours to test out, in 13 week cycle

Basic Techniques: All basic techniques showing continued improvement. Excellent power, precision, speed, balance, etc. to be shown in every technique.

Kata: Kihon 1 through 5, Pinan 1 through 5, Okan, Naihanchi 1 through 3 & Kihon set

Bunkai & Complex's: Kihon Complex (very good), Advance Set 1 (Right punch only)

Self-Defense: All previous attacks & club defense. Minimum of eight takedown techniques.

Club Defense Requirements:

Overhead Strike

Side Arm Strike

“Ball bat” (both hands on club) strike

There will be no pre-defined defenses for these scenarios. Defender's requirement is only to successfully escape / defend.

Sparring: Multi opponent.

Essay: Short essay on the topic assigned at the length assigned.

Student must also attend at least one Advanced workout during their tenure as a 4th Kyu.

LEVEL II (1 Month from 4th)

Kata: Passai Sho

Bunkai: Pinan Shodan –or- Naihanchi 1

LEVEL III (3 Month from 4th)

Kata: Jion

Bunkai: Pinan Shodan –or- Naihanchi 1

3rd Kyu, Solid Brown Belt

6 Months – 72 hours to test out, in 13 week cycle

Kata: Kihon 1 through 5, Pinan 1 through 5, Okan, Naihanchi 1 through 3, Passai Sho, Jion.

Bunkai & Complex's: Pinan Shodan & Naihanchi Shodan

Self-Defense: All previous attacks & Ground Defense.

Ground Defense Requirements:

- Attacker standing, defender on back
- Attacker in mount with defender face up
- Attacker in mount with defender face down

There will be no pre-defined defenses for these scenarios. Defender's requirement is only to successfully escape / defend.

Sparring: Multi opponent.

Essay: Short essay on the topic assigned at the length assigned.

LEVEL II (2 Months from 3rd)

Kata: Passai Dai

LEVEL III (3 Months from 3rd)

Kata: Kusanku Sho

Bunkai: Breaking Complex

Student must also attend at least one Advanced workout during their tenure as a 3rd Kyu. Accumulate 3.

2nd Kyu, Brown Belt/ Black Stripe

6 Months – 72 hours to test out to test out, in 13 week cycle

Must exhibit the "BLACK BELT ATTITUDE" (never accept less than your best and always strive to become better)

Kata: Kihon 1 through 5, Pinan 1 through 5, Okan, Naihanchi 1 through 3, Passai Sho, Jion, Passai Dai, Kusanku Sho.

Bunkai& Complex's: Pinan Shodan & Naihanchi Shodan, Kihon Partner Complex, Advance Set, Breaking Complex.

As assigned: Student should also be able to demonstrate basic Bunkai interpretations for any series of moves from any Kata.

All required sets / complexes as Kata (w/o partner)

Self-Defense: All previous attacks & knife defense.

Knife Defense Requirements:

- Close Front (knife against throat or torso)
- Close Rear (knife against ribs, back, throat)
- Slash or stab attack

There will be no pre-defined defenses for these scenarios. Defender's requirement is only to successfully escape / defend.

Sparring: Multi opponent.

Essay: Essay on the topic assigned at the length assigned.

Student must also attend at least one Advanced workout during their tenure as a 2nd Kyu.

1st Kyu, Brown Belt/ Black Stripe, Red Tip – Black Belt Pretest

1 - 3 Months

Class Teaching: Complete class (warm-up, basics, Kata – K1 through Passai Sho – Self-defense – punches, kicks, front grabs, rear grabs, close grappling, club) Accumulate a minimum 10 qc, documented & logged, teaching time, at least one time in a lead position.

Essay: Long form essay (3- 5 pages) on Karate & The Martial Arts, including philosophy

Student must also attend at least one Advanced workout during their tenure as a 2nd Kyu and accumulate 5.

1st Dan, 1st Degree Black Belt

Minimum of 3 Years & 456 Hours Class Credit

Kata: Kihon 1 through 5, Pinan 1 through 5, Okan, Naihanchi 1 through 3, Passai Sho, Jion, Passai Dai, Kusanku Sho.

Essay: One page summary of long form essay assigned for 1st kyu.

TITLES:

Titles are given and are not necessarily due at any given rank level. While you should use the proper title when addressing someone it is, generally, considered OK to address almost any blackbelt as "Sensei."

POSITION TITLES

- MR. or MS.** - The proper way to address any student
- SEMPAI** - "Senior", Proper address for brownbelts (3rd kyu & higher) and non-teaching, lower ranked, blackbelts. Possibly correct for any student higher ranked than you.
- SENSEI** - "Instructor", Proper address for any instructor rated individuals. Should be used to address any Black belt teaching.

The following titles are "given." An individual does not obtain the title merely because they have reached a certain rank. The title must be bestowed upon (given to) the individual.

- RENSHI** - "Master", Proper address for 4th degree and higher ranked black belts.
- SHIHAN** - "Director or Doctor", Proper title for the school head.
- KYOSHI** - "Expert Master", Proper title for 6th degree and higher ranked black belts.
- HANSHI** - "Most Honorary Master", Proper title for the system (style) head.

INSTRUCTOR TITLES AND RATINGS:

- Assistant Instructor** - Minimum rank 3rd kyu, brownbelt. Minimum 30 hours of documented teaching time.
- Training Instructor** - Minimum rank 1st Dan, blackbelt. Minimum 50 hours of documented teaching time.
- Instructor** - Minimum rank 1st Dan, blackbelt. Instructor certification requires 52 hours of actual class teaching out of the 104 hours of total teaching experience plus 50 hours of seminar or specialty credit and 12 instructor's classes. Can do promotions and ranking up to 1st kyu, brownbelt.
- Senior Instructor** - Minimum 3rd Degree Black Belt - Ability to promote to 1st Degree Black. Minimum of 300 Hours, documented & logged, Teaching & Specialty Credit. (208 hours must be teaching). 50 hours of actual class teaching according to self-designed class plan. Ability to plan classes (demonstrated by detailed class outline). 24 instructors classes.
- Director** "Directing Instructor." Instructor responsible for program content.

Kihon One Kata

1. Feet together – Bow
2. Step out with left foot into a ready stance - prepare
3. Step forward with left foot into a front stance, raise left hand to belt level.
4. Punch with right hand (reverse punch) while chambering left.
5. Step forward with right foot into a front stance.
6. Punch with left hand (reverse punch).
7. Step backwards with right foot into a left foot forward cat stance.
8. Middle block with left hand.
9. Step backwards with left foot into a right foot forward cat stance.
10. Middle block with right hand.
11. Bring left foot forward until even with right foot, feet even into a ready stance – prepare.
12. Bring left foot to right foot – Bow.

Kihon Two Kata

1. Feet together – Bow
2. Step out with left foot into a ready stance - prepare
3. Step forward with left foot into a front stance, raise left hand.
4. Punch high with right hand (reverse punch) while chambering left.
5. Step forward with right foot into a front stance.
6. Punch high with left hand (reverse punch).
7. Step backwards with right foot into a left foot forward cat stance.
8. Forearm block with left hand, bring hand to right ear and low block.
9. Step backwards with left foot into a right foot forward cat stance.
10. Forearm block with right hand, bring hand to left ear and low block.
11. Bring left foot forward until even with right foot, feet even into a ready stance – prepare.
12. Bring left foot to right foot – Bow.

Kihon Three Kata

1. Feet together – Bow
2. Step out with left foot into a ready stance - prepare
3. Step forward with left foot into a front stance, raise left hand to belt level.
4. High block with left hand while chambering right.
5. Step forward with right foot into a front stance.
6. High block with right hand.
7. Step backwards with right foot into a left foot forward cat stance.
8. High forearm block with left hand.
9. Step backwards with left foot into a right foot forward cat stance.
10. High forearm block with right hand.
11. Bring left foot forward until even with right foot, feet even into a ready stance – prepare.
12. Bring left foot to right foot – Bow.

Kihon Four Kata

1. Feet together – Bow
2. Step out with left foot into a ready stance - prepare
3. Turn 90 (1/4) into a left foot forward front stance while executing a low block with the left hand.
4. Step forward with the right foot into a right foot forward front stance and execute a lunge punch with the right hand.
5. Turn 180 (1/2) to the right into a right foot forward front stance while executing a low block with the right hand.
6. Step forward with the left foot into a left foot forward front stance and execute a lunge punch with the left hand.
7. Turn 90 (1/4) into a left foot forward front stance while executing a low block with the left hand.
8. Step forward with right foot into a right foot forward front stance and execute a lunge punch with the right hand.
9. Step forward with the left foot into a left foot forward front stance and execute a lunge punch with the left hand.
10. Step forward with right foot into a right foot forward front stance and execute a lunge punch with the right hand.
11. Turn 270 (3/4) to the left into a left foot forward front stance while executing a low block with the left hand.
12. Step forward with the right foot into a right foot forward front stance and execute a lunge punch with the right hand.
13. Turn 180 (1/2) to the right into a right foot forward front stance while executing a low block with the right hand.
14. Step forward with the left foot into a left foot forward front stance and execute a lunge punch with the left hand.
15. Turn 90 (1/4) into a left foot forward front stance while executing a low block with the left hand.
16. Step forward with right foot into a right foot forward front stance and execute a lunge punch with the right hand.
17. Step forward with the left foot into a left foot forward front stance and execute a lunge punch with the left hand.
18. Step forward with right foot into a right foot forward front stance and execute a lunge punch with the right hand. KIAI
19. Turn 270 (3/4) to the left into a left foot forward front stance while executing a low block with the left hand.
20. Step forward with the right foot into a right foot forward front stance and execute a lunge punch with the right hand.
21. Turn 180 (1/2) to the right into a right foot forward front stance while executing a low block with the right hand.
22. Step forward with the left foot into a left foot forward front stance and execute a lunge punch with the left hand.
23. Turn 90 (1/4) to the left into a ready position and execute a prepare motion again so you are back in attention position.
24. Bring your left foot to your right foot, feet together, bow.

Kihon Five Kata

1. Feet together – Bow
2. Step out with left foot into a ready stance - prepare
3. Turn 90 (1/4) into a left foot forward front stance while executing a low block with the left hand.
4. Front kick with the right foot into a right foot forward front stance and execute a lunge punch with the right hand.
5. Turn 180 (1/2) to the right into a right foot forward front stance while executing a low block with the right hand.
6. Front kick with the left foot into a left foot forward front stance and execute a lunge punch with the left hand.
7. Turn 90 (1/4) into a left foot forward front stance while executing a low block with the left hand.
8. Front kick with right foot into a right foot forward front stance and execute a lunge punch with the right hand.
9. Front kick with the left foot into a left foot forward front stance and execute a lunge punch with the left hand.
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21. Turn 180 (1/2) to the right into a right foot forward front stance while executing a low block with the right hand.
22. Front kick with the left foot into a left foot forward front stance and execute a lunge punch with the left hand.
23. Turn 90 (1/4) to the left into a ready position and execute a prepare motion again so you are back in attention position.
24. Bring your left foot to your right foot, feet together, bow.

9th Kyu Term Requirements

| | | | |
|-----------------|-------------|---------|---------|
| Instructor | Sensei | Bow | Rei |
| Form | Kata | Prepare | Yoi |
| Shout Of Spirit | Kiai | Begin | Hajime |
| Sparring | Kumite | Stop | Matte |
| Attention | Kyo Tsu Kei | Turn | Mawatte |

8th Kyu Term Requirements

| | | | |
|-------------------|-----------------|-------|--------|
| Punch | Zuki | One | Ichi |
| Kick | Geri | Two | Ni |
| Front Stance | Zen Kutsu Dachi | Three | San |
| Cat Stance | Neko Ashi Dachi | Four | Shi |
| Horse Stance | Kiba Dachi | Five | Go |
| Knife Block | Shuto Uke | Six | Roku |
| Middle Block | Chudan Uke | Seven | Shichi |
| Forearm Block | Soto Uchi Uke | Eight | Hachi |
| Low Block | Gedan Bari Uke | Nine | Ku |
| High Rising Block | Jodan Age Uke | Ten | Ju |

7th Kyu Term Requirements

| | | | |
|-------------------------|-------------------|-----------------|------------|
| Straight Punch | Seiken Choku Zuki | Reverse Punch | Gyaku Zuki |
| High Level | Jodan | Lunge Punch | Oi Zuki |
| Middle Level | Chudan | Ridge Hand | Haito |
| Low Level | Gedan | Knife Hand | Shuto |
| Uniform | Gi | Return To Ready | Yame |
| Belt | Obi | School | Dojo |
| Front Of School (Honor) | Shomen | Thank You | Arragato |

6th Kyu Term Requirements

| | | | |
|-------------------|---------------|---------------|-------------|
| Roundhouse Kick | Mawashi Geri | Back Kick | Ushiro Geri |
| Crescent Kick | Mikizuki Geri | Side Kick | Yoko Geri |
| Stomp Kick | Fumakomi Geri | Front Kick | Mae Geri |
| Senior Student | Sempai | Flying Kick | Tobe Geri |
| Master (Director) | Shihan | Degree | Dan |
| Please teach Me | One Gaishimas | Class (Level) | Kyu |
| Excuse Me | Gomen Nasai | Okay | Yosh |

5th Kyu Term Requirements

| | | | |
|---------------|---------------|--------------|--------------|
| First In Line | Dai Sempai | Fist | Seiken |
| Backfist | Uraken | Spear Hand | Nukite |
| Palm Heel | Teisho | Hammer Fist | Tettsui |
| Bent Wrist | Kakuto | Ox Jaw | Seriyuto |
| Short Punch | Ura Zuki | Hook Punch | Kagi Zuki |
| Jab | Kizami Zuki | X Block | Juji Uke |
| Check Block | Kake Te Uke | Power Block | Morote Uke |
| Toes | Tsumasaki | Instep | Haisoku |
| Edge Of Foot | Sokuto | Heel Of Foot | Kakato |
| Ball Of Foot | Koshi | T Stance | Renoji Dachi |
| Back Stance | Kokutsu Dachi | | |

SPARRING INFORMATION AND RULES

The first and foremost rule when sparring is that there should never, ever be any intentional injury. You should always strive to maintain enough control over yourself, your opponent, your techniques and your situation so that there would never be any an injury. **HOWEVER, IT IS POSSIBLE THAT YOU WILL BE INJURED AND YOU MUST ACCEPT THIS POSSIBILITY.**

CONTACT:

The acceptable level is determined by you and your partner. Too hard is not what you may think too hard is or what they think too hard is – **IT IS TOO HARD IF EITHER PERSON FEELS IT IS TOO HARD, PERIOD.** Too hard will always be the lower level of contact. Always remember that you should strive for zero injuries. If someone is going too hard for you, **STOP, TELL THEM.** If telling them does not take care of the problem then **STOP AND TELL THE INSTRUCTOR IN CHARGE.** You do not have to spar with anyone you do not want to, regardless of rank (but remember that you will benefit the most from sparring with someone who is better than you).

If someone tells you that you are going too hard you will stop. You will acknowledge the fact that you are going too hard (“I’m sorry sir or ma’am, I won’t let it happen again) and immediately ease up. **IT DOES NOT MATTER WHAT YOU THINK ABOUT THE LEVEL OF CONTACT, IT IS THEIR CALL,** your feelings on the subject have absolutely no bearing – you were not the one getting hit!. (**NOTE** If someone tells you that you are going too hard it is not acceptable for your response to be “I am only going as hard as you” or anything similar).

FAILURE TO IMMEDIATELY CORRECT CONTROL PROBLEMS COULD RESULT IN LOSS OF SPARRING PRIVILIDGES.

Sparring should not be viewed as a contest. Sparring is a free form drill where the short term goal is to score a “point.” You are not trying to beat our opponent or win. Your long-term goal should be to learn. If you learn nothing than you have accomplished nothing. When sparring try new and different techniques and combinations, try different footwork and blocking. In general try to see what works for you and what doesn’t work for you and don’t use scoring or being scored on as an indicator of success.

Simply, sparring will allow you to practice your techniques outside the normal, preset form. This free form, spontaneous practice will make you better able to attack and defend against the unknown.

A POINT

A point is a well-defined technique, to a legal point area, that would have (but is sparring does not) the ability to do damage if it was not controlled. The technique should be delivered with good form, speed and power. You should maintain your balance and recover from the technique properly (i.e.: not falling down after a kick).

Almost all techniques you practice can be employed, within a specific set of rules. Techniques that are not allowed are:

- Any techniques that result in hard contact / injury.
- Any attacks to the legs (excluding sweeps) or joints.
- Leg checking.
- Open hand piercing techniques to the eyes / face, etc.
- Throws, wrist locks, holds.
- Holding and hitting (except the immediate follow up technique).
- Intentional striking to a non-point area.
- Biting, scratching, head butts, elbows, knees, etc.
- Blind techniques.
- Techniques delivered to the back (except kidney area) and spine.
- Techniques intentionally delivered to the neck.

Remember that you are trying not to injure your partner. These rules are in place so that there can be some margin of safety. **YOU CAN NOT USE TECHNIQUES DEFINED AS ILLEGAL EVEN IF BOTH YOU AND YOUR PARTNER AGREE TO USE THEM.**

POINT AREAS

A point shall be considered valid if the technique hits any one of the following areas: head, torso (chest, stomach, sides and kidneys) and groin. All other areas are non-point and the only contact to these areas shall be incidental (not caused by direct contact).

ADDITIONAL TECHNIQUES

You may execute a few techniques that will not score a point but are intended to “set up” the other person for a scoring technique. SWEEPS – a sweep is similar to a trip, the object is to upset your opponent’s balance and allow you to score a point. Sweeps can only be execute to the non- –base leg (non-weight bearing leg if only one is on the ground). They must be executed in the direction the knee bends, and the contact must be limited to the part of the foot covered by the foot pad. GRABS – a grab is allowed but only to set up the technique immediately following the grab. You are not allowed to hold onto and pummel your partner. The grab should be released immediately after the follow up technique and should not be allowed to become the start of a wrestling match. BRUSHES – a brush is a “push” that moves a body part or turns your opponent. While an outright push is unacceptable you are able to push a body part out of the way (i.e. moving an arm or pushing a kick to the side to turn your opponent).

EQUIPMENT

PRO-KARATE REQUIRES THAT ONLY THE EQUIPMENT THEY HAVE APPROVED BE USED WHILE SPARRING IN THE SCHOOL. When you are able to spar (and your instructor is the only one to decide if and when you are ready) you must have the proper equipment. Everyone who spars is required to wear a mouthguard, headgear, hand pads, foot pads and shin pads. All males must also wear a cup supporter. Soft foam padding may also be used to cover an injured area should there ever be a need.

COMMON SENSE

Sparring is never completely safe. It can, however, be relatively safe provided everyone uses common sense. Common sense will dictate that techniques need to be controlled enough to allow for the unpredictable sparring situation. You are responsible for your techniques even if your partner “ducks into it”, “falls into it” or any one of the hundred other excuses for hurting someone. If you can not execute a technique without maintaining complete control over both the technique and the situation, then don’t throw it.

THESE RULES MAY BE AMMENDED AT ANY TIME. YOU ARE EXPECTED TO KNOW AND FOLLOW ANY AND ALL ADDITIONAL RULES. IF YOU HAVE ANY QUESTIONS ABOUT THESE OR ANY NEW RULES, ASK.

BY SPARRING YOU AGREE THAT YOU HAVE READ AND UNDERSTAND THESE RULES. YOU AGREE TO FOLLOW THESE RULES. SPARRING IS A PHYSICAL, CONTACT ACTIVITY AND IT IS NOT UNCOMMON FOR PARTICIPANTS TO BE INJURED. YOU ARE ACCEPTING ALL SUCH RISK OF INJURY AND AGREE TO HOLD ALL OTHERS HARMLESS FROM ANY CLAIM THAT MAY ARISE OUT OF YOUR PARTICIPATION IN SPARRING.