

**JAPAN KARATE ASSOCIATION OF NEW YORK
SHOTOKAN KARATE-DO INTERNATIONAL
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**Masataka Mori, 8th Dan
Chief Instructor**

PRACTICE SCHEDULE

Monday	6:00-7:00 PM 7:00-8:30 PM	Beginner (first month of instruction) Advanced (brown & black belts)
Tuesday	6:30-8:00 PM	Combination (all belts)
Wednesday	6:00-7:00 PM 7:00-8:00 PM 8:00-9:00 PM	Intermediate (white & green belts) Beginner Combination
Thursday	6:30-8:00 PM	Combination
Friday	6:00-7:00 PM 7:00-8:30 PM	Intermediate Advanced
Saturday	10:00-11:00 AM 11:00-12:00 PM	Combination Beginner
Sunday	10:00-11:30 AM	Combination

DUES (adults/under 18)

Three months: \$330/270
One month: \$120/100

FEES

Initiation: \$40
Visitor (only JKA members): \$15 per class
JKA-SKdI membership: \$10 per year
JKA passport (black belts): \$50 every five years

10/17/06

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“The ultimate aim of the art of karate lies not in victory or defeat, but in the perfection of the character of the participant”

-Gichin Funakoshi, founder of shotokan karate

DOJO KUN (precepts of karate-do):

Seek perfection of character.
Be faithful.
Endeavor.
Respect others.
And refrain from violent behavior.

WHAT IS “DO”?

“Do,” means “the way”. Karate practice allows the participant to develop character and learn to live by following the “dojo kun”. It also develops both mental and physical stamina. However, it is very important that the student never gives up, but persists, no matter what the situation may be. Without an earnest effort, without perseverance, the student will never understand the true spirit of karate.

KARATE PRACTICE CONSISTS OF THREE MAJOR TYPES OF EXERCISES:

Kihon (basics)

The elementary building blocks of karate: stance, posture, coordinated body movement, and concentration upon the opponent. These provide a sound foundation. If the basics are strong, it is easy to develop more advanced techniques.

Kata (form)

A pre-arranged sequence of techniques and movements simulating combat against multiple imaginary opponents. This specialized method of training is a rational extension of basics, offering situations in which certain attacks and defenses would be applicable. Kata is performed solo or in precision teams, and offers practice in combinations of techniques, focus and release of tension, breath control, and rhythm. Each level of karate study has its prescribed kata that trains the student, mentally and physically, for the next more advanced level.

Kumite (sparring)

As with kata, each level of training has its prescribed method of sparring, from the formal five or three-step sparring of the basic level (when the targets and attacker/defender are pre-arranged), to the free sparring of the most advanced level (when the participants themselves act/react spontaneously with attacks/blocks, using timing, distance, and strategy. But always, the attack is arrested just before body contact is made, requiring extreme body control and mental discipline.

BEGINNERS

There is a one-month beginner's course offered at the beginning of each calendar month. This class meets three times a week for one hour. A uniform is not required for beginners; they may practice in a loose fitting and body concealing clothes (i.e. T-shirt and sweatpants). Upon completion of the beginner's course, the student may practice up to six days per week in either the intermediate or combination classes; a uniform is then mandatory.

FEES

All fees are payable in advance at the beginning of each month. Please refer to the current fee schedule. The three month discounted rate does not apply toward payments past due. Whether the student attends one day per month, or 26, the monthly charge remains the same. If the student does not practice at all in a given month, a \$5.00 absence fee, per month, will be charged. Monthly fees cannot be prorated: if a student joins in the middle of a month: dues are payable again, in full, at the beginning of the next month.

The visitor's fee applies only to dues paying members of other Japan Karate Association dojos who are *visiting* Manhattan and wish to practice. This is a per class charge.

EXAMINATIONS

Kyu ranking examinations are held every three months. You will be tested on kihon, kata, and kumite appropriate for your level, and covered in class.

DOJO ETIQUETTE

Bow when you enter and leave the dojo, dressing room and floor.

Students must be on time. Being late is disrespectful to the instructor and to your fellow students.

Uniforms must be clean and in good condition. Feet must be clean. Toenails and fingernails must be kept short in order to avoid injury to yourself and to others. No jewelry (rings, earrings, bracelets, necklaces, etc.) may be worn.

No colored headbands are permitted; only white.

No powder is to be used in the dojo as tracking it onto the floor creates a hazard.

There is no eating or drinking in the dojo.

Female students must have sewn ties to fasten the uniform in front. T-shirts are not part of the uniform.

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March 9, 2006