

# SHINKYU DOJO

# KYOKUSHIN KARATE SCHOOL



**PARENT & STUDENT WELCOME  
INTRODUCTORY HANDBOOK**

# KIWANIS PERFORMING

# ARTS CENTRE

**2020/2021**

WELCOME INFORMATION



10401 10TH STREET DAWSON CREEK BC V1G 3T8  
250.782.9325 / [kpacdojo@gmail.com](mailto:kpacdojo@gmail.com)

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# **WHO WE ARE:**

## **SHINKYU DOJO KYOKUSHIN KARATE SCHOOL**

### Shinkyu Dojo: Brief History:

In the summer of 2020, the Tanshin Kyokushin Karate Dojo, operating as Dawson Creek Karate School, entered into negotiations with a selected team of 4 current students of Dawson Creek Karate School (DCKS). Due to the economic collapse of many sectors within the province of BC, Canada, resulting from COVID-19, it was no longer economically feasible for the operations DCKS to continue into the future.

After much consideration and deliberation, Bill Dufour Sensei, 4<sup>th</sup> Dan, made the difficult decision to retire and sell the DCKS. After many other potential buyers had shown interest, The Kiwanis Performing Arts Center (KPAC) stepped forward with an offer to house the newly formed karate school and work in conjunction with Shinkyu Dojo's Board of Instructors to provide a Kyokushin Karate School to be available to the community of Dawson Creek, BC. Within the terms of sale, KPAC requested that Bill Dufour Sensei recommend instructors from his dojo that would be qualified, proficient and willing to carry on the lineage and teach Kyokushin Karate within KPAC's designated space that KPAC had prepared to house a Martial Arts Dojo.

Sensei, formally recommended 4 students to the KPAC Board of Directors and the terms of sale were finalized.

The four students were given the blessing from Bill Dufour Sensei of Tanshin Dojo (Dawson Creek Karate School) to carry on the lineage of his Tanshin Dojo Kyokushin Karate School and teachings; thus, resulting in the creation of the Shinkyu Dojo Kyokushin Karate School.

# 新旧

Shinkyu Dojo translates to “the old ways and the new ways”.

Old ways ... emphasizes practical karate with the intent to defend and protect all. Honoring openness to others and to foster students of the school to become leaders in compassion, humility, humanity and generosity.

New ways embody acceptance of all styles and embraces the evolution of martial arts itself in the pursuit of perfection over oneself for the future development of our students and the betterment of humanity.

In honor of Bill Dufour Sensei, for all his years of dedication to the city of Dawson Creek and to his lifelong service to Kyokushin Karate, we are honored to announce the opening of Shinkyu Dojo! Shinkyu Dojo Kyokushin Karate School is honored to continue on with a legitimate lineage and pedigree tracing back to Sosai Mas Oyama, the founder of Kyokushin Karate.

As a worldwide Kyokushin family we had the honor of working with amazingly talented and accomplished Karateka from around the globe to honor the transition from the Tanshin Dojo (Dawson Creek Karate School) through the creation and design of the Shinkyu Dojo Kanji and logo intended to pay respect and homage Bill Sensei and to Kyokushin Karate with the blessing to carry Kyokushin Karate into a new era. We will strive to carry on with the teachings of Sosai Mas Oyama’s Kyokushin Karate.







## THE KIWANIS PERFORMING ARTS CENTRE (KPAC)

The Kiwanis Performing Arts Centre (KPAC) is a staple in the community of Dawson Creek, mentoring generations of performers and fostering a lifelong love of the arts in all students, members and facilitators. Our mission is to grow the performing arts community by providing classes, including Kyokushin Karate, practical karate Bunkai and Martial Arts, for students of various ages and skill levels. From the absolute beginner to the aspiring professional, we aim to provide engaging and professional instruction in a variety of genres, thereby continuing KPAC's established tradition of equipping students with both technical, real world skills and performance skills through appreciation for the arts as a means of self-expression, character development, life skills and recreation.

We have created this handbook to offer our Martial Arts students and their parents an introduction and understanding of their commitments and responsibility to the KPAC and the Karate School programs. Upon full registration after each student's introductory trial with the Karate School, students will be authorized to purchase the official Shinkyu Student Training Manual, which will be available in the near future.

KPAC reserves the right to refuse any registration for any of our programs.

### **KPAC MEMBERSHIP:**

KPAC Memberships are renewed every September, a \$20.00 fee will be applied to your first invoice. Membership allows you one vote; as a charity the KPAC is managed by an elected Board of Directors, every October the KPAC holds an Annual General Meeting where those who have paid a membership are able to use their vote to elect the KPAC Board of Directors. Members can also attend monthly Board meetings where they can hear about the financial status and standing of the KPAC.

## SHINKYU DOJO MISSION

Shinkyu Dojo is a Martial Arts Karate School that studies the discipline, ways, traditions and philosophy of Kyokushin Karate Full Contact/Knockdown Karate with an emphasis on both tournament Full Contact Karate development and real-world Martial Arts applications. Predominantly, our mission is to teach and train the ways of Budo, Practical Karate Bunkai and Goshin Martial Arts for real world applications.

Shinkyu Dojo's ultimate goal is to remain a Karate School that prides itself on the study and evolution of Budo Martial Arts. Shinkyu Dojo's instructors believe in preserving the traditions, teachings and the study of Bujutsu, Bushido, and Budo in order to foster, encourage and develop karateka who are able to persevere through difficult and challenging times in their training as well as in their lives. Through dedicated training and study; students will be able to bridge their skills in discipline, perseverance, tenacity, humility, honor, respect and loyalty learned through their training with Shinkyu Dojo into their everyday lives, careers and future goals.

Students of Shinkyu Dojo who are willing to study and train Kyokushin Karate will develop, improve, strengthen and fortify their martial arts skills, learn control over their physical and mental bodies as well as their own personal characters in order to become leaders in compassion, humility, humanity and generosity within the martial arts world, their own communities and their social circles.

Budo: Martial Way; Way of Chivalry<sup>1</sup>



Though there are many in-depth definitions of Budo, a Budo Martial Art may be described as a discipline of martial arts that follow the traditional martial arts of Japan. These Japanese traditions have been handed down and

preserved for the purpose of human character development and the forging of a strong and persistent will within the practitioner.

The literal translation of the "Do" in Budo is "The Way" or "The Path".

"The path is not meant as a definitive step-by-step outline that one follows. 1

"The path" is more appropriately a direction in which the disciplined training of the martial arts may lead us.1"

"The path of Budo is challenging and difficult. It requires commitment to rigorous physical training, constant self-examination and a willingness to strive to always improve upon yesterday. When the student allows him or herself to be taken to their limits of endurance and beyond, they then stand face to face with their fears, insecurities, strengths, and weaknesses. This process of continually allowing oneself to be "taken to the wall" is known as "Shugyo"; the daily training of mind, body, and spirit. It is the day-to-day struggle to refine the physical, mental, and spiritual quality of our lives."1

"This type of self-examination through training is called "Misogi". This translates to "Purification". In the Martial Arts, we speak of purification as the willingness to acknowledge our ego and the part it plays in our decision making in the confronting choices in our lives. Through sustained rigorous training and constant self-examination, we move closer to accepting total responsibility for our lives."1

### **There are seven main virtues / principles of Budo, and they are,1**

Yuki	(Valor) (Rectitude)	Jin	(Benevolence) (Etiquette)
Makoto Meiyo	(Truth - Honesty) (Honor)	Chugi	(Loyalty)

Bujutsu: "Martial Arts", "Martial Method", "Martial Techniques" Bushido: "(in Feudal Japan) the code of the Samurai, stressing the unquestioning loyalty and obedience and valuing honor above life" 2; "A feudal- military Japanese code of behavior valuing honor above life"3

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Dan, and creator of Tanshin Dojo Student Manual This Image Graphic is Directly from the former Tanshin Dojo Student Manual.

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2. Dictionary.com 2018
3. <https://www.merriam-webster.com/dictionary/Bushido>
- 4.

# WHAT IS KYOKUSHIN KARATE<sup>1</sup>

Many traditional karate styles practiced in North America are considered “non-contact” karate styles.

Kyokushin Karate was created by Masutatsu Oyama (Sosai Mas Oyama) who developed a karate system that emphasises the true ways of Budo Karate. His Kyokushin Karate is “Full Contact Karate” which is based on a system of circles and points following the motto “head high, eyes low, ears open, mouth shut”.

“Kyokushin” means “Ultimate Truth”. Students of Kyokushin Karate will learn, through vigorous training, techniques for fighting as well as techniques for developing and strengthening human character, improving resilience of the body and spirit. Students learn to embrace the spirit of “OSU”!

“OSU”, in Kyokushin Karate Schools has many meanings. It can be a greeting as well as it is used to replace words and phrases such as “yes, good, I will, excuse me, I understand”.<sup>1</sup>

“OSU” comes from the Chinese Kanji characters “OSHI SHINOBU” which means “to persevere while being pushed” and is one of the most important philosophies in all of Kyokushin Karate.<sup>1</sup> “OSU” symbolizes the need to persevere at all times, to push oneself to the limits of endurance, under pressure of any kind.<sup>1</sup>

**“Karate is a way of life, the purpose of which is to enable men to realize their full potentialities, both physical and spiritual. If the spiritual side of karate is ignored, its physical aspect is meaningless.”**

**-Mas Oyama-**



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our Sensei, 4th Dan, Tanshin Dojo Student Manual. Shinkyu Dojo has been formally granted expressed permission to use  
s from the former Tanshin Dojo Student Manual

## **COMMUNICATION:**

For the Martial Arts and Kyokushin Karate program, all of our communication is done via email. Paper notices are rarely sent home. We will add you to our email list, but if you are not receiving notices it is your responsibility to contact the KPAC office 250-782-9325 OR **kpacdojo@gmail.com** and be sure the email address we have is your correct address. Please check your Junk Mail folder.

Communication is integral to your/your child's Martial Arts education. Stay informed. Read all information that is sent by email and take time to understand it all. Information related to the Martial Arts program (Training notices, workshop dates, etc.) will be posted on the bulletin board located by the Shinkyu Dojo of KPAC (near the Dojo).

## **TRAINING STRUCTURE**

**NEW AND PROSPECTIVE STUDENTS ARE WELCOME TO REGISTER AT ANY TIME THROUGHOUT THE YEAR.**

**SHINKYU DOJO will offer Kyokushin Karate training sessions on the following days:**

**Monday: Regular Karate training. Open to all registered Shinkyu Dojo students. Welcoming all past and new/beginning students**

**Wednesday: Regular Karate training. Open to all registered Shinkyu Dojo students. Welcoming all past and new/beginning students**



**Fridays: Shinkyu Dojo Young Lions Fight Team Kumite/Fight Training and competition preparation training. This training session is open to students dedicated to developing their skills in Knockdown Kyokushin Kumite Fight Training. It is not designed to be a basic “sparring class”. Sparring classes will be part of the regular Kyokushin Curriculum. This class is open to members of the “Shinkyu Dojo Young Lions Fight Team”**







**Sundays: Advanced Kyu Training: Invitation Only**

## TRAINING STRUCTURE: CLASS GROUPS

Training times and group categories are as follows.

Red group: ages 6 to 11

Purple group: ages 12 to 16

Adults: 17+

### Red Group Training Times (ages 6 to 11yrs)

Mondays: 6:00pm to 7:00 PM

Wednesdays: 6:00pm to 7:00 PM

Fridays: 7:00 PM: Open to students who are members of the “Shinkyu Dojo Young Lions Fight Team”

### Purple Group Training Times (ages 12 to 16yrs)

Mondays: 7:00pm to 8:00 PM

Wednesdays: 7:00pm to 8:00 PM

Fridays: 7:00 PM: Open to students who are members of the “Shinkyu Dojo Young Lions Fight Team”

Sundays: Times TBA and may vary: Invitation Only. Times of this class are subject to change without much notice depending on availability of instructors.

### Adults: 17+

Mondays: 8:00pm to 9:30 PM

Wednesdays: 8:00pm to 9:30 PM

Fridays: 7:00 PM: Open to students who are members of the “Shinkyu Dojo Young Lions Fight Team”

Sundays: Times TBA and may vary: Invitation only. Times of this class are subject to change without much notice depending on availability of instructors.

## WHY ARE TRAINING SESSIONS SET UP ACCORDING TO AGE INSTEAD OF KYU (BELT RANK)?

In order to provide the most valuable, efficient and safe training environment to the students of Shinkyu Dojo Kyokushin Karate School, age categories were created for the regular training schedules. Shinkyu Dojo strives to provide the most practical and realistic Kyokushin training environment possible. In order to do this, instructors are very cognizant of the physical, emotional and philosophical differences between age groups wishing to train and study a full contact budo martial art such as Kyokushin Karate.

Though young students may be proficient and very skilled in their style for their age and may hold a very high “rank”, there is much more to the study of Kyokushin Karate than simply the “level of one’s rank”.

Our goal is to create a training environment that pushes the limits of what students may believe their initial abilities are in order to safely and compassionately encourage students to grow beyond their initial comfort zone. Physical size, age, life experience, emotional maturity, and physical development are all important factors that must be closely considered and respected when martial arts are being taught to individuals.

Another aim for the Shinkyu Dojo Kyokushin Karate School is to provide a comfortable and welcoming atmosphere for adults within the community of Dawson Creek and surrounding area who may wish to return to their martial arts training after possible long gaps between their last training. We will strive to provide an environment for adults that encourages them to meet, mingle and form lasting friendships forged through the challenges and grind of hard disciplined training with likeminded individuals. It was agreed upon by the board of instructors that, the adults of this community may appreciate an activity that is designed to consider their life experience and to provide an opportunity to meet and train with other adults.

**Please note that the Friday-Night Kumite training and the Advanced Rank Sunday trainings will also consider age and will follow appropriate age and physical ability levels when matching training partners during these specialized training sessions.**

**If you would like a more detailed explanation as to why the decision was made on the age categorizations, please feel free to contact the Shinkyu Dojo Instructors.**

## SHINKYU DOJO YOUNG LIONS FIGHT TEAM ADDITIONAL INFORMATION

### **Strength & Conditioning**      \* *Mandatory if students wish to compete*\*

In addition to student's Kumite/ knockdown fighting skills development that takes place Friday nights, these sessions are also designed to improve strength, power, and cardiovascular health, as well as improve posture, and stances.

This class will also include training in the proper techniques and requirements of tournament kumite. This is a very physically demanding training session which will include, but is not limited to jumping, running, push-ups, sit-ups, takedowns, heavy-bag work, pad work, cross training, and traditional Kyokushin Body Conditioning methods. **This is NOT a basic sparring class.** This is designed to teach dedicated students Knockdown Kyokushin Karate tournament fighting techniques. By being eligible to enroll as a member of the Shinkyu Dojo Young Lions Fight Team, students will have the opportunity to develop their skills further, learning and improving upon the execution to prevent injury, or feelings of instability and insecurity.

Members of the Shinkyu Dojo Kyokushin Karate School will not be eligible to participate in any Kata or Kumite Karate or MMA type competitions unless regular attendance at Friday night training is documented.

### TRAINING ATTIRE:

Karateka and Martial Artists, like any other organization require a certain dress code. Proper grooming is part of the tradition of martial arts and shows self-respect. All Karateka and parents are responsible for ensuring they are correctly dressed for each training session.

Training Day	Groups	Required Attire
Regular Training Sessions (Mondays and Wednesdays)	All groups	For prospective students trialing the organization, please wear age appropriate workout gear. Sweat pants, or appropriate athletic pants and a T-shirt are reasonable options. No shorts are to be worn. It is not recommended to wear a Tank-top for women as we wish to avoid any wardrobe malfunctions during training. Student/parent discretion is advised on attire for students just beginning.
		For registered Shinkyu Dojo members only <b>WHITE Karate Dogi</b> are permitted. If you are transferring from a previous style, or club, you may wear your past Dogi until it is time to replace it with a Shinkyu Kyokushin approved style Dogi. All Students wishing to compete <b>MUST</b> wear the appropriate School Patches and Kanji. (Dogi (Gi) Karate Uniform Gi = informal)
		For students transferring from another style, please follow tradition and enter any new school wearing a white Obi (belt) until an equivalency assessment by our head Honbu in Japan grants a rank based on the individual's Kyokushin proficiency. This is no reflection on the Karate-ka or any attempt to disregard past experience. Students of various styles and past experience tend to progress quickly.
		Females: it is highly recommended that female chest cups/protective sports bras or hard breast protectors be worn. This is a full requirement for all competition levels and for competition training preparation.  Males: It is highly recommended that cups/cans be worn. This is a full requirement for all competition levels and for competition training preparation.
Fridays	Shinkyu Dojo Young Lions Fight Team	A comfortable top. Karateka's discretion (rash guards, tank tops, t-shirts), Obi and Zubon (Dogi Pant) must be worn, or full Dogi is acceptable.
		Helmets, shin pads, chest protectors and gloves are provided however, some students may wish to bring their own personal gear which they do not have to share.  Females: it is highly recommended that female chest cups/protective sports bras or hard breast protectors be worn. This is a full requirement for all competition levels and for competition training preparation.
		Males: It is highly recommended that cups/cans be worn. This is a full requirement for all competition levels and for competition training preparation.
Sundays	Invite only	Full Dogi

**For the safety of all students and instructors, if a karate-ka is not appropriately**

dressed, they may be asked to change or sit out and observe.

### **Fee structure:**

The year is split up in 6 terms, however, students can join the Shinkyu Dojo at any point during the year and do not necessarily have to wait till the start date of the next term.

#### **Fees:**

Term	Ages: 6- 17yrs old	Ages: 17+
Sept-Oct	<b>\$120.00</b> + Membership KPAC (\$20)	<b>\$140.00</b> + Membership KPAC (\$20)
Nov-Dec	<b>\$120.00</b>	<b>\$140.00</b>
Jan-Feb	<b>\$120.00</b>	<b>\$140.00</b>
Mar-Apr	<b>\$120.00</b>	<b>\$140.00</b>
May-June	<b>\$120.00</b>	<b>\$140.00</b>
July-August	<b>\$120.00</b>	<b>\$140.00</b>

**A \$75 fee will be collected at time of Registration; the deposit will be credited in the Fifth Term.**

**\*Term fees must be paid before you can proceed into the next term\***

**Students will only be credited if the instructor cancels a class. Drop In - Card can be purchased - 5 Lessons**

**Under 17 - \$70.00**

**Over 17 - \$80.00**

#### **Grading Exam Fees:**

Belt exam: \$40

Stripe exam:

\$35

**Once students are committed to training with the Shinkyu Dojo, a Membership into Kyokushin Organization and Association will need to**



**be paid (\$ TBA).**

**All Seminars, workshops, and training camps are extra charge. Prices TBA based on the length of the seminars/workshop/camp and the number of out of town or International Instructors providing sessions.**

Pads, shin guards, gloves, chest protectors and helmets are supplied by the Dojo for students who do not wish to purchase their own personal protective gear.

**Additional costs calculated at registration and payable in September:**

- *KPAC Membership Fee:* \$20/member or \$40 premium membership

**Expected Additional Costs:**

Uniforms Karate Dogi: TBA

A deposit will be taken at the time of ordering and the full amount will be due before the Dogi is released to the student.

Personal Training protective gear: various (depending on personal purchases by individual students)

Karate-ka wishing to compete can also expect to spend more on competition entrance fees, travel expenses, additional instruction and training fees.

## **COMMITMEN**

### **T:**

Please carefully consider how many hours a week you or your child wants to train in martial arts. We expect our Karateka to commit to their choice, so please choose a commitment level that is suitable for you and your family.

Progression and grading eligibility are based on attendance, commitment, attitude, character, Budo philosophy as well as improvement of skills.

It is not your right to grade. It is a privilege to have the opportunity to be invited to a grading in an attempt to advance in Kyu (rank).

Once enrolled, you are committing to a full year program.

### **GRADINGS:**

Grading sessions: A Kyokushin karate grading will be organized at least once per year. Instructors may decide to organize an additional grading (or gradings). At the moment, Shinkyu dojo decided that there will not be a fixed month for these gradings to take place.

It is not your right to grade. It is a privilege to have the opportunity to be invited to a grading in an attempt to advance in Kyu (rank).

Being invited to a grading does not guarantee a pass to the next level. All students must meet the standardized criteria for their level in order to advance to the next rank. (Only officially registered members will be granted authorization to purchase the Shinkyu Dojo Kyokushin Karate School Student Manual and Syllabus at a later date).

### **WITHDRAWAL FROM CLASSES:**

Two weeks written notice must be given to withdrawal from the program, you will be required to pay the last two weeks of lessons.

## **BEHAVIOUR & ATTENDANCE:**

KPAC and Instructors want the students to develop commitment and respect for Kyokushin Karate and all Martial Arts. We also want Karate-ka to respect their instructors, administration, and their peers in class. This is a group activity and requires that all students behave in a non-disruptive way. All Karate-ka are expected to behave appropriately while in the KPAC building, during class or otherwise.

Excessive tardiness will not be tolerated. Karate-ka who consistently arrive late without advanced permission (15 minutes or more) will be asked to wait on the sidelines until it is appropriate for the instructor to admit the student into the training session.

Shinkyu dojo will keep attendance. **A consequence of too many absences is that karate-ka may not be eligible for gradings.**

**Please Note: If you're going to be missing a substantial amount of classes without written notice to the KPAC or Dojo Instructor(s), it may result in removal from the class and vacating your spot.**

## REIGI (ETIQUETTE): DOJO ETIQUETTE AND RULES CLASS

### **For clarification, there are various uses for the title Sensei.**

- Traditionally it is a Japanese honorific title that translates to "person born before another" or "one who comes before" or "teacher". It is an honorary title given to anyone who is the teacher or the instructor of students regardless of rank.
- In Kyokushin, Sensei is also used for Karateka who have achieved the title and rank of 3<sup>rd</sup> Degree or 4<sup>th</sup> Degree Black Belt. 3<sup>rd</sup> Dan (Sandan) and 4<sup>th</sup> Dan (Yondan) in Kyokushin schools are addressed as Sensei.
  - Senpai/Sempai: the title used to address Shodan (1<sup>st</sup> Dan Black Belts) and Nidan (2<sup>nd</sup> Dan Black Belts).
- Always bow when entering and leaving the dojo.
  - This shows respect
- Be on time. If you are late for the start of class, assume seiza (kneeling position) at the edge of the training mats/area, wait for the Instructor's attention and ask permission to join class. Once invited to join in by the instructor, preform the appropriate bow before stepping unto the mat/training area.
  - Students shall wait quietly as a sign of respect
    - Entering without permission will disrupt the class
    - Entering without permission could result in an injury if they distract others or if they walk in front of another student who is performing a technique
- There is no running in the dojo unless an Instructor directs you to do so.
  - Students must keep their focus (kime)
  - Running around without permission is disrespectful and distracting
  - Running around without permission could result in injury to the student or to others
- When the Instructor calls for line up (Kip Ske), do so quickly and quietly.
  - Taking too long affects the whole class
  - There is then less time for Karate training if students do not line up quickly and properly
  - Respect to your instructors and to your fellow students shall be shown at ALL times
- Listen carefully and sincerely to all instructions.
  - Everyone is here to learn
  - Allow every student the opportunity to listen and hear the instructor
  - It is disrespectful to disrupt the training of those who wish to learn
- Respect all of your Instructors equally.
  - Students shall respect all Sensei, visiting Sensei, Sempai/Senpai, instructors and any guests regardless of whom is in charge of the training session that day, or whomever has been select to teach portions of class.
  -

- Always bow to fellow students and Instructors with sincerity and appreciation.
  - **Karate-do wa rei ni hajimari, rei ni owaru koto o wasuruna** (Karate-do begins and ends with rei (bow, courtesy))
    - (Funakoshi Gichin)
  
- Maintain your Dogi (uniform) in good condition. Attempt to avoid wearing a torn, stained or wrinkled Dogi.
  - **It is important to have your Dogi in the best possible condition that you can afford**
  - It is disrespectful to disregard the appearance of your dogi or yourself.
  
- If you do not yet own a dogi, you may wear a **Shinkyu Dojo (or an approved former Tanshin Dojo)** T-shirt instead of a regular dogi top (uwagi). The shirt must be presentable.
  
- No food or drink is allowed in the training area, workout area, in the changing areas, or in the spectator area within the dojo.
  - It is important to keep the training area clear and clean. This prevents bugs, spills, and distractions.
  - Students may get injured if they spill and another student slips on a mess
  
- To prevent injury, do not wear socks in the training area unless there is a medical reason for doing so.
  - Socks are slippery on training mats; you could slip and hurt yourself
  
- Let Sensei know if you expect a lengthy absence from classes.
  - This lets Sensei know that you are not skipping
  - **It is a requirement to ALWAYS inform KPAC if you will be absent from any class.**
  
- Always let your Instructor know if you are injured or ill.
  - It is important to be honest about your injuries so that the instructor can help you modify your sessions to prevent further injury.
  - It is the student's responsibility to ask for permission to modify techniques to accommodate for medical conditions or injuries.
  
- Inform Instructors of incidents that occur outside of class.
  - **“Dojo nomino karate to omou na.”:**
    - “Do not think karate training is only in the dojo”

(Funakoshi Gichin)
  - **“Arai-yuru mono o karate-ka seyo, soko ni myo-mi ari”**
    - “Put your everyday living into karate (put karate into everything you do) and you will find “myo” (the subtle secrets, the ideal state of existence, exquisite beauty)”

(Funakoshi Gichin)
  - Students who use their karate skills outside of the dojo to bully or belittle others, including other members of the dojo or who have engaged in inappropriate

behaviours unbecoming of a martial artist and student of Shinkyu Dojo may lose their privilege to remain members of the dojo.

- **No student of Shinkyu Dojo shall speak ill of any other martial arts school or style.**
  
- If you arrive early, you may practice quietly if there is an appropriate space to do so. Never interrupt a class or private lesson in progress.
  - Everyone has the right to their training session. Do not take that away from others
  - Keep the changing rooms and spectator area clean and orderly.
  - No wrestling or roughhousing anywhere in the dojo.
  
- **Remove ALL jewelry**
  - You could injure yourself, someone else, or otherwise damage the jewelry.
  
- Students must bring and use their own water bottle
  - Students may not share or use any other person's water bottle.
  
- You must get permission to use any of the equipment.
  - Injury could occur if you do not know how to use equipment properly. Using equipment without permission may disrupt other classes
  
- Be aware of your appearance and personal hygiene. You should be clean and neat.
- For the safety of themselves and others, students **MUST** keep fingernails and toenails trimmed short and clean.
  - Unkept and unclean fingernails and toenails could cause an infection in you or your training partner if your nails cut and break skin.
  - For the safety and wellbeing of all members of the Dojo, students must arrive and maintain a high level of cleanliness and personal hygiene.
  - Students must arrive to train in clean and washed uniforms and training gear.
  - Students wishing to train must arrive clean and students must maintain and follow respectful hygiene etiquette at all times.
  -
  
- Do not lean or sit against the walls.
  - This is disrespectful
  - Stand in the proper stances that the instructor has commanded

**No Student may touch or move the Shinza (shrine) or Taiko Drum.**

**Only Black Belt students are permitted to touch or place items in the Shinza. Only under special unique circumstances may other members of The Board of Instructors be allowed to touch the Shinza.**

- Follow the code of the Warrior and the rules of good sportsmanship before, during and after each activity or game. If you cannot comply with this rule, you will not participate.



- BE A GOOD SPORT ALWAYS!
- Be courteous of your class and your fellow students
- Encourage the development and progression of your peers

• **Strive to be the best training partner possible.**

- Being the best possible training partner helps you improve as a karate-ka and also helps everyone in the dojo improve.
- As the dojo members learn to work collaboratively to improve the skills of everyone within the school, students will have more opportunities to develop and will have more opportunities to progress to more advanced training.

• Acknowledge corrections or constructive criticism regardless of age or rank.

- We are all here to learn
- Accept instruction honorably
- Show respect to all who are teaching you
- 

• **Like in all Martial Arts, contact sports or activities, minor injuries are to be expected from time to time as this is a Full Contact Martial Art.**

- Students are to take responsibility for their own training abilities and skill level which means that students shall not “blame” or insinuate that they are being “picked on” by other students or instructors for minor injuries or bruises that are a result of respectful, intense, vigorous and demanding training.
- No student shall be permitted to be intentionally harmful to another student under any circumstances. Students who are unable to respectfully and honorably train in a traditional full contact fashion will not be permitted to train.
- Respect for all must be demonstrated.
- Under strict supervision, which is provided at all times during class, training partners are expected to safely and respectfully push their partners to test and challenge their skills in order to help each other improve.
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- Follow all instructions your Instructor gives you. Instructors will not ask you to perform beyond your capabilities.

**Use the Bathroom before class to avoid interrupting class.**

- Show respect to your fellow students and do not cause unnecessary disruptions.
- If you must leave the training area for anything, get permission first.
  - The instructor needs to know where all students are at all times for safety and for teaching purposes.
- When you have questions, raise your hand and wait until the Instructor calls on you.
  - Be respectful
  - Interrupting takes training time away from other students

- Only select Instructors are permitted to teach new material. **Do not ask a fellow student for new material.**

- It is important to learn things in the fashion of how Sensei wants it taught
- Injury could occur if students go beyond their abilities
- When you are ready, Sensei will teach you a new technique. Do not rush yourself.

### **Spectator and Waiting Area Etiquette and Rules**

For safety reasons, spectators are not permitted within the Dojo during training times.

There may be a special waiting and observation areas and seating while classes are in progress.

- Be respectful by keeping noise to a minimum.

- Monitor the activities and noise level of any children for whom you are responsible.

- Do not interrupt a class in progress, disrupt your child during class, or otherwise interfere with an Instructor. It is disrespectful to the students and the Instructor.

- When class is in session, please step outside for conversations on your cell phone so you do not disrupt others in the spectator area.

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## INSTRUCTOR ZONE:

We will be using Teacher Zone this year, which allows for registration, scheduling and even class content online! We will of course have our paper options available for registration, but this will allow our teachers to be able to assign videos that demonstrate technique, combinations, and even karate theory so that you or your children can practice at home. We will also be able to set up livestream and pre-recorded classes in the event of another shut-down, illness, or bad weather so that you will not have to miss any classes

## KPAC BUILDING RULES (IN ADDITION TO SHINKYU DOJO REIGI

### (ETIQUETTE):

- No gum chewing allowed in class.
- No jewelry.
- No children under the age of 10 is to be left unattended outside class time.
- No running or yelling in the building. There are multiple users in the building; let's be respectful. Families will be given warnings for disruptive behaviour.
- There is a play corner for young siblings to keep entertained. Parents and children are expected to clean up after themselves. If the corner is abused, some items will be confiscated.
- Water bottles are permitted in class. No food or other beverages allowed.
- Watching classes – For the safety of all Karate-ka, spectators are not permitted.
- Photography – We understand the desire to document your child's class and we love that you are proud of your child but please be aware that photos of other karate-ka/children are not permitted in order to protect the privacy rights of minors.
- Remove all outside footwear and place them on the racks by the door or on the trays outside the studios.
- Respect all property – your own, the studios, and other Karate-ka.  
Please ensure you clean up all your garbage when you leave a space.
- KPAC and the instructors are not responsible for lost or stolen items.  
Please ensure that Karate-ka clearly label all their gear.
- The lockers across from the lower level washrooms are available to rent for the year. Priority will be given to Karate-ka that train regularly for \$10+GST for the year.

## **KPAC's COVID-19 regulations:**

- Follow traffic flow signage and directions
- Sign in at front lobby
  - Contact Trace list for all users of our building
- Do not enter KPAC if you are feeling sick or unwell
  - Fever
  - Cough
  - Chills
  - Muscle Pain
  - Headache
  - Sore Throat
  - Shortness of Breath
- No loitering in lobby - couches, toys, and books will be removed and stored
- Maintain Social Distancing (6Feet, 2 meters)
- Student drop off/pick-up limited to 1 person
- Use provided sanitation stations
- Follow proper handwashing procedures
- Water Fountain will be out of order, patrons will not be able to refill own bottles

**ANY STUDENT WHO IS SENT TO CLASS KNOWINGLY SHOWING ABOVE SYMPTOMS WILL BE SENT HOME IMMEDIATELY & MAY RESULT IN TERMINATION FROM THE PROGRAM**

Due to regulations regarding COVID. Class sizes may be limited due to health regulations. Once COVID passes, class sizes will not have such limits.

Thank you for your understanding as we work to help flatten the curve.

## **INCIDENT REPORTING AND CONFLICT RESOLUTION:**

Please use your discretion when deciding if a situation can be resolved through a respectful discussion with the board of Karate Instructors for issues regarding differences of opinions or questions regarding your child's eligibility to grade.

Any incident in the Dojo will be recorded in an Incident Report. Incident Reports will be filed for:

- Physical injuries
- Interpersonal conflicts (ex: bullying, student altercations, parent altercations)
- Instructor disciplinary actions (ex: asking a Karate-ka to sit out, issuing absence warnings, etc.)

Incident reports will be kept on record in the KPAC office. If conflicts continue, meetings will be arranged with parents and administrators to formulate a plan for conflict resolution.

Code of Conduct: It is our goal that we do our best to resolve conflicts, however, rude and abusive behavior and comments toward staff WILL NOT be tolerated.

Harassment related to the following:

- Emotional
- Physical
- Verbal (derogatory, insults, yelling, belittling, etc.)
- Threats
- Any comments that may imply that our staff do not have the capability

to make the decisions needed.

Anyone breaking this code of conduct will be asked to leave. Remember, our main focus is for the students to have the best martial arts experience, as it is imperative to have a positive learning environment.

KPAC reserves the right to terminate **any** student's enrollment at **any** time for misconduct or inappropriate actions by either the student or his or her parent(s).



## **OTHER IMPORTANT DATES – TO BE ANNOUNCED**

- Competition dates (for Karate-ka in competition stream)
- Uniform payment and collection: as orders arrive
- Seminars and events with affiliate dojos and various martial arts schools
  - Shinkyu Dojo is excited to announce its close involvement with various martial arts schools throughout the globe and its close connection to world class instructors and former world champions.
  - As the school becomes more established, Shinkyu Dojo will be offering special seminars where instructors from around the world will come and share their knowledge with our students
    - This may be delayed as a result of COVID-19
  - Shinkyu Dojo has affiliate schools willing to provide seminars for our students in other various forms of martial arts. This provides an environment for our students to be exposed to many other forms of martial arts and to have a safe and qualified environment to be introduced to new styles and techniques.

September 14 2020	Please note, Karate is not a seasonal program. It continuously runs and has no official “club start date”. Students all have their own personal start date depending on when they attend their first training session.
October (TBA) 2020	KPAC AGM
December 21 2020 – January 3 2021	KPAC Closed
July 26 2021	Registration Opens for 2021-2022. Please be aware that students may register at any

	time during the year and may attend their first class as soon as they register regardless of the timing of the year.
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Other important dates will be emailed in advance

# Meet the Instructors

## **Shinkyu Board of Instructors: Brief Introduction**

Dryden, 1st Dan, has been a student of Bill Dufour Sensei's since he was 5yrs old. After many years of continuous and dedicated hard training, Dryden earned his Shodan in Kyokushin on Jan 1, 2018 at the age of 18. Since his remarkable achievement, he has expanded his training to gain experience in kickboxing and wrestling in order to supplement his Kyokushin foundation.

Dryden is determined to strengthen his understanding and current skill-set by studying various styles that specialize in differing combative ranges.

Anna originally started training Shotokan Karate in 2011 in Scotland. Anna currently holds her 1st Dan in Shotokan, which she earned 05-03-2016 in Inverness Scotland. In 2019, Anna moved to Chetwynd, BC, Canada and has been driving the 102km (204 km round trip) every Monday, Wednesday and Sundays to train in Kyokushin Karate. She has been working toward taking a Kyokushin equivalency exam. Throughout her karate career, Anna has assisted in instructing Shotokan karateka. She has years of experience teaching students of varied ages and rankings. Anna's aspirations are to further grow in Kyokushin Karate. She continuously strives to support her students' progress in their karate journey.

Ken, 1st Kyu, began his Kyokushin training with Bill Dufour Sensei in 2003. Ken's dedication to Kyokushin Karate and to the dojo has been instrumental in the growth of Kyokushin Karate in Dawson Creek.

Rachelle, 3rd Kyu Kyokushin, began her martial arts journey in the early to mid 1980's. She has experience in the styles of Judo, Shukokai Karate, Shotokan, Wado, Goju-Ryu, Krav-Maga and she began her journey in Kyokushin Karate with Bill Dufour Sensei in 2016. In 2017, Rachelle began studying Gekisai Ryu Bujitsu Kai Jujitsu and has recently received her 1st Kyu. Currently, Rachelle is actively studying Kyokushin Karate, Gekisai Ryu Bujitsu Kai Jujitsu, and Kudo concomitantly. She has had the opportunity to study and train these styles with world renowned instructors throughout Canada, England and Wales with invitations to train with various instructors in many other countries throughout the globe. Her plans are to continue her international Martial Arts studies once the COVID-19 travel restrictions have been lifted.

Dryden, Anna, Ken and Rachelle have all been consistent in assisting with teaching all age groups and kyu levels on a regular basis at their former Tanshin Dojo. Each member of the Board of Instructors for Shinkyu Kyokushin Karate Dojo remains in good standing with Tanshin Dojo and DCKS.

I/we have read and agree to the terms of this Karate handbook.

I/we, understand that failure to adhere may result in termination from the program

\_\_\_\_\_ parent/ guardian of  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please sign and return to the KPAC office by September 14 2020