



WELCOME PACKET

for Children Students of TMACenter Dojo

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Owner & Chief Instructor

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Dojo Rules & Regulations

- (1) Instructors will be addressed as (Mr., Ms., Sensei (3rd Dan or higher) or appropriate title – in and out of class, and the chain of command should always be followed.
- (2) Bow in and out of dojo and mat area.
- (3) To enter onto the mat, first bow to the kamiza, then to the senior rank on the mat. When leaving the mat, do the same, but in reverse.
- (4) Good hygiene must be observed at all times, including nails neatly trimmed and uniform cleaned and pressed. Clean feet are imperative.
- (5) Talking in class is not permitted unless asking or answering a question, and hands must be raised straight overhead to be recognized.
- (6) Students must maintain a notebook for their own use when studying.
- (7) The only acceptable method of moving about the dojo during class or when asked to do something by one of your instructors is to RUN.
- (8) Never appear idle on the mat, it is a place of work, 100% effort is required.
- (9) Excessive noise or loud talking, even in the waiting area, will not be tolerated in the dojo.
- (10) Students are expected to attend a minimum of two classes per week and are to assist in the cleaning (soji) and maintenance of the dojo.
- (11) If you are physically unable to participate in class, but you attend – full class credit is granted.
- (12) All students must notify the dojo if they are planning on missing two or more classes.
- (13) Always do your best to make new students feel part of the dojo.
- (14) Students are encouraged to support and attend all dojo activities, seminars, and the like.
- (15) Remove your belt (obi) before eating, drinking, and leaving dojo. Never let your obi drop to the floor.
- (16) Students must bring a notebook to class..

S.T.E.P.S to success...

Student Training: dojo Education and Parental Support

The following information is meant to help guide you in assisting your child reach the incremental goals along the way to **Black Belt**. Black Belt is a special personal achievement which only they can achieve. No teams except for me and you. Our goal is to motivate and educate the child in recognizing their strengths and weaknesses; strengthening their weaknesses and keeping them humble in their strengths. Physical fitness and self defense (Karate) is the vehicle we use to do this. We are very disciplined with the children but we have a lot of fun, so the discipline becomes fun. A great journey lies ahead... Good luck!

* **Class Participation** ~ Please be consistent in bringing your child to class at least two days a week. It is the consistency and repetition that helps in memorization. Socialization is also a key component in their progress because as the children develop friendships in class, it is these friends who become their training partners outside of class.

* **Daily Practice** ~ As you know, any professional athlete, musician, dancer, actress/actor, etc. puts in hours of practice when not with their coach or instructor. This is the discipline that is necessary in becoming good at something. The responsibility of teaching this principle falls heavily in your lap as they are with you most of the time. You can reflect on those individuals that they adore and idolize and how hard they had to work to get to where they are. You can also point to yourself and how practice has helped you achieve your goals. Remember that they do not have the experience you do nor have they seen what you have seen. In summation, if a child is in class two days a week then they should be practicing at least a 15 minutes to 45 minutes a day (depending on age and/or rank) a few days a week while not in class.

* **Learning Tools** ~ As you know, in most educational settings, there is always some sort of learning tool attached to the subject matter being taught, whether it be a book, manual or video. Here at TMACenter we have made available special "**Training Manuals and DVD's**" for the students self study whether in the dojo or at home. A set of manuals are available for your use, at no charge, while in the dojo. They are located underneath the merchandise wall display in the office area. Copies are also available for purchase. All Manuals include pictures of the techniques being taught and the DVD's are professionally made and contain chapters for each subject area covered. If you are interested in purchasing one of these learning tools, you can do so from the office.

* **Private Lessons** ~ During your child's training here at TMACenter, you will find that a private lesson, once in a while, will be of great benefit. Whether it be in preparation for a Review / Test or just to clear up some confusion. We offer half hour and hour privates throughout the week and on weekends. Please refer to the "Private Lesson" page, in this packet, for a full list of benefits.

* **Parental Involvement** ~ (*Participation + Observation = Engagement*)

Participation: There are two ways you can get involved. Throughout the year, you will be invited to train alongside your child in our "**My Parent Is My Partner**" training days. Last but not least, our "**Parent's In Training**" program is very popular as you, the parent, are allowed to train in one of our Adult programs for a month at no charge.

Observation: You are encouraged to sit and watch your child while in class. This will afford you the opportunity to take notes: logging the efforts of your child, writing down certain things that are said in class which prompt them to respond correctly and to look up answers for their workbooks (if the child is too young to read & write).

Engagement: Your involvement in the above will give you the confidence and show your child that you are fully capable of helping them in their at home practice. In my experience many children are reluctant to have their parents help them because of their lack of involvement / knowledge. You will always be their first teachers and the ones who are around them the most. We are a team and have the responsibility of assisting the child in gaining a better sense of self. This goal is achieved through the instruction in Martial Arts (Instructor), recognition of efforts while in class (Instructor and Parent), and encouragement of self study and practice when not in class (Instructor and Parent).

Challenges Made Easy...

The following Information is meant to assist you with some common issues that might come up. Good luck and know that your recommendations and opinions are welcome.

“Ups and Downs” In any activity, a child’s interest may drop for a variety of reasons, i.e. they are challenged by the activity, misunderstand repetition and say they are bored, they say that they are not as good as the others, they just don’t know but they don’t like it, etc... I am sure you have experienced your child not wanting to go to school for a variety of reasons. Most of the time, they do not have a choice and you tell them to get ready anyway. My personal experience and the feedback I have received from parents is that the child student is happy, after all, in having gone to Karate class. Be the parent and not the friend in most situations like this.

“Back to The Drawing Board” At particular times in a child’s training they may be asked to perform some of their requirements in front of the class. This might be for a stripe , a belt or just for demonstration purposes. Most of the time they will be given the goods and the bads (things they need to work on). It will always be done in a positive manner. I use the phrase, “Back to the drawing board” as a way to express, “Back to work”. This is a phrase that my instructor would say to me when I fell short in my performance in a tournament or for a belt. This is particularly important as the children get higher in rank / age and have to participate in Official Reviews / Tests during which they will endure 1 to 2 hours of training and demonstrating of their requirements. Parents, the children need your self-discipline in order to mold their understanding of what discipline is and how necessary it is in preparing for challenges like a test. Children will naturally shrug off something like practice especially if they have not experienced failure / not excelling during a particular event / test in the past. My Instructor would always ask me if I practiced as hard as I could for an event / test and if so he would tell me that he was proud of my efforts. He would also tell me that “it is never a failure as long as you show up to the next event or test”. I hope this helps.

“Time Off” I understand that a child student may take some time off from Karate during the year for various reasons. If you fall into this category and it is your hopes to reintegrate your child back into our program then it is highly recommended that you involve them in Private Lessons during the interim. Often the child upon return will be reluctant to do so for a variety of reasons, i.e. I have fallen behind in belt in comparison to my friends, I have forgotten everything, Sensei will be upset (far from the truth), and many more. For more information on how to set up a private lesson, please speak with our office manager in the front of the dojo.





The Martial Arts Center



Promotion Costs

Promotion costs at The Martial Arts Center cover the following:
Beautiful Promotion Certificate of Rank Advancement, New Obi (Belt),
Work Book Materials for next rank and Examination Fee. Good Luck!

Yellow Belt Promotion

\$35

Blue Belt Promotion

\$40

Green Belt Promotion

\$45

Purple Belt Promotion

\$50

Brown Belt Promotion

\$60

Jr. Black Belt Promotion

\$100

Adult Black Belt Promotion

\$250

American Budokai International Black Belt Certificate
Special Embroidered Black Belt
Examination Fee

Parents In Training

The Martial Arts Center... invites every parent to try a “Free” Month of Training during their child’s time here in the dojo.

No purchase necessary!!!

You can train in our Adult “Karate & Jujitsu” or “Wraps & Gloves Kickboxing” Program for an entire month.

The benefits of this exposure is three fold...

First, your focus on physical fitness and self-defense becomes heightened as you learn the skills necessary to strengthen your body & mind.

Second, you will be able to assist your child when practicing at home or your child can assist you. Either way will contribute to a stronger and deeper relationship and foster their self esteem.

Third, you will become more patient with your child’s progress in the Martial Arts as you experience the same challenges that they are exposed to on a daily basis...

Private Lessons

@

The Martial Arts Center

“There are many benefits to a one on one private session...”

There are fewer distractions

Great time to review curriculum before a test

You will get the instructor’s complete attention

Particular areas of development can be focused on

It is a great time to have your specific questions answered

You get a personal coach to keep you encouraged & motivated

*“I am interested in a Private Lesson...
What should I do next?”*

If you would like to schedule a private lesson, please see the front office for times and days available. We offer 1/2 hour and 1 hour private sessions. You will have an opportunity to choose from a number of instructors: Shihan Mike, Dai Sempai Laura and others. All are excellent instructors. Each instructor is very articulate with their instruction for your benefit. The cost for a 1/2 hour ranges from \$30 to \$35 and for the hour \$55 to \$65. Private lessons are very popular so don't delay in scheduling one. We look forward to training with you one on one.

Gift Certificates

For That Special Occasion

Our “**Gift Certificate**” makes a great gift for a friend or family member. It offers many options for you to choose from. You, as the giver, can choose the gift(s) or you can allow the receiver to choose the gift(s).

The Available Packages are:

2 Weeks of Karate & Uniform
1 Hour Japanese Restorative Massage
1 Hour Private Lesson (Karate/JuJitsu)

If you would like to purchase a **Gift Certificate**, please see the front office. Be sure to let us know which package(s) you would like the certificate to reflect. If you would like the receiver to have the option of choosing then we will leave it blank. Our **Gift Certificate** is only \$65. We accept cash, check or charge (Visa & MC). We look forward to answering any questions you might have.



Gift Certificate



From The Martial Arts Center

Massage Package

1 Hour Japanese
Restorative Massage

Karate Package

Two Weeks &
Uniform

Private Lesson Package

1 Hour Lesson
Karate & JiuJitsu

To: _____

From: _____

Package: _____

Certificate # _____

Appointments Are Necessary

To schedule an appointment, please
contact The Martial Arts Center at
404/315-1040 or Website: TMACenter.com

The Martial Arts Center ~ 2947 N. Druid Hills Rd ~ Atlanta, GA 30329 ~ Toco Hills Shopping Center

The American Budokai International

空手道



柔術

The American Budokai International

The American Budokai International is the 'parent' martial art organization for Shuriryu Karate and Shintoyoshinkai Jiu Jitsu. It is dedicated to the preservation of traditional martial arts study, history and culture, as well as the promotion of character development, leadership skills and honorable conduct through traditional training, continuing education and fellowship.

ABI Membership Include:

ABI Embroidered Uniform Patch
Beautiful Certificate of Membership
Yearly Martial Arts Seminar Discounts
The Eagle & Sword Quarterly Newsletter

As a student of The Martial Arts Center, in order to seek membership in the American Budokai International, one must first earn the rank of Shichikyu ~ Yellow Belt. The student must be held in high regard by his teacher and must be recommended for membership. Good Luck!

KARATE Stands For...

Listen & learn!

K

KNOWLEDGE

Be willing to listen & follow directions with good spirit!

A

ATTITUDE

Always be considerate of others & follow dojo customs & courtesies!

R

RESPECT

Ability will come with lots & lots of practice!

A

ABILITY

Practice, watch & listen to learn how to do things. It will come with time!

T

TECHNIQUE

Worthwhile things take lots & lots & lots of EFFORT!

E

EFFORT

Karate begins and ends with . . .

Karate begins and

Ends with

COURTESY

Actions have

CONSEQUENCES

So we must be

RESPONSIBLE

We lead by

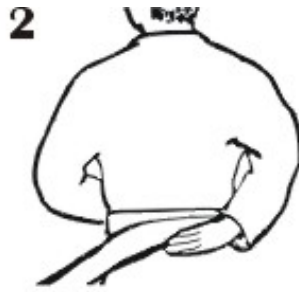
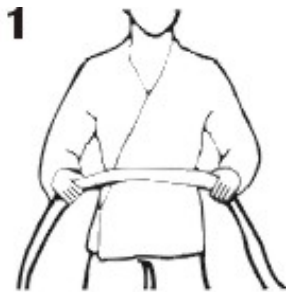
EXAMPLE

There's no excuse for

BAD MANNERS

Tying Obi

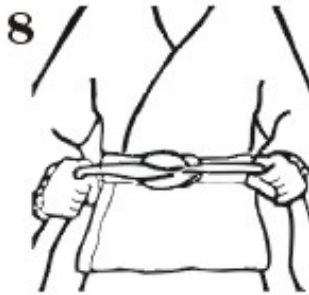
The belt in the Martial Arts is referred to as an Obi. Although the colors may vary among schools, each represents a level of accomplishment and knowledge. Be sure to learn how to tie your own belt as well as others. Practice makes perfect...



- 1) Place center of Obi along front of waist.
- 2) Wrap Obi around back and bring to front. Obi should lay flat.
- 3) Make sure Obi is even in front. Wrap left side over both.



- 4) Tuck left end under both.
- 5) Pull each end to opposite sides until comfortable. Not too tight.
- 6) Place right side over left side.



- 7) Tuck right end of Obi up through hole.
- 8) Pull each end to opposite sides (not up & down) until tight.
- 9) Allow Obi to hang naturally in center of body.

Counting In Japanese & Okinawan

Japanese Numbers

Ichi ~ One

Ni ~ Two

San ~ Three

Shi ~ Four

Go ~ Five

Roku ~ Six

Shichi ~ Seven

Hachi ~ Eight

Ku ~ Nine

Ju ~ Ten

Okinawan Numbers

Tea ch ~ One

Tarch ~ Two

Mee ch ~ Three

Yuu ch ~ Four

Ichi chi ~ Five

Mud ch ~ Six

Nana ch ~ Seven

Yar ch ~ Eight

Kukunu ch ~ Nine

Too ~ Ten