

## Welcome to the Bend Karate Club

Congratulations on your decision to train at the Bend Karate Club. Our goals are to teach you all of the aspects of Traditional Shotokan Karate so that you can enjoy a lifetime of physical and mental benefits from such training. The purpose of this welcome letter is to get you on the right track to Karate training!

### New Student Checklist:

- **Etiquette and basic rules, getting started:**
  - o Bow when you enter/leave the dojo as well as on/off the dojo floor.
  - o When Sensei Hanlon enters the dojo, we will stop training and bow to show respect. He will be addressed as Sensei and all other instructors will be called Sempai (senior student).
  - o **No talking during instruction** and if you have a question raise your hand.
  - o If you need to leave the dojo floor for any reason you must obtain permission from the instructor and return promptly to class unless excused.
  - o During class demonstrations, no leaning on the dojo wall or sitting unless told to do so.
  - o **Use locker cubby areas** and do not leave your pile of belongings to obstruct the changing room floor.
  - o Keep fingernails and toenails clean and trimmed for all classes. No shoes on the dojo floor and remove any jewelry/watches prior to training.
- **Karate gi or uniform:** During your trial time you may wear light workout clothes, however we require you wear a clean and white karate uniform with no patches, stains, or tears. We offer discounted uniforms for \$35.
- **Did you know you can come in on Saturdays?** We have open training time from 10am to 12noon. This is not a formal training class and is an opportunity to work on your individual curriculum. A senior student should be available for help if needed.

### What do I need to know for my first belt?

We practice belt requirements in beginner class though not always so it is up to the student to know what is expected for testing. We provide the curriculum based on the Japan Karate Association's standards of testing. Each belt has a different requirement which is available in the dojo, from your instructor, and online here:

[http://www.bendkarateclub.com/read/kyu\\_requirements/](http://www.bendkarateclub.com/read/kyu_requirements/)

To get you started, attached to this welcome letter is your first white to yellow belt requirement.

### Payment and Dues

Dojo monthly dues are expected to be paid before the 10<sup>th</sup> of each month. You can pay by check at the dojo or online here: <http://www.bendkarateclub.com/payment/>

There is a drop box by the restroom for payments. Make sure to specify what the payment is for e.g. student/due/month, gi, etc. All checks should be made out to Bend Karate Club.