

# Central Edmonton Karate-Do Parents Handbook

Central Edmonton Karate-Do is a karate school within the Shito-Ryu Genbu-Kai organization. Our organization is international, meaning we have schools all over the world. You can learn more about the history and structure of our organization at <http://www.genbukai.org/genbukaiorg.htm>

Further details on Genbu-kai Canada branch can be found at <http://www.genbukai.ca>

Please speak to head instructor, Annette Fuchs if you have any questions or concerns about the following.

## **COMMUNICATIONS**

Throughout the karate year, students and parents are updated through our web site, e-mail, in class, and handouts. I do make the assumption that parents and/or students have access to Internet. However, if you do not, please let me know and I will be sure to make all information available to you through other means.

## **THE UNIFORM**

Around 3 months into karate training, kids will need an all white karate uniform (Gi) with our organizations crest on it. You may purchase these through the instructor. Once a student has acquired their gi, they are expected to wear their uniform (top, pants, and belt) to each class. Please keep your child's uniform clean and neat. This is an important aspect of benefits. A new gi from \$44.00 and down, depending on the size required, and includes their white belt.



## **PUNCTUALITY**

Class begins promptly at the scheduled time. If you will do your part by having your child ready for class ten minutes before class starts, we will do our best to start and end each class on time.

## **OUR FACILITY**

Our facility provides for waiting areas where individuals can relax comfortably while waiting for their child. There is plenty of parking (no charge), and restaurants nearby.

## **PARENT AND GUEST WATCH DAYS**

Each month we invite parents, friends and other family members of students to come by and watch class.

## **SPARRING**

At certain times during the course of each week's classes students will be sparring. Unlike boxing, the object of this type of karate activity is to score points without hurting your opponent. Points are awarded for "tagging" your opponent with karate techniques. Students also wear padded sparring gloves.



Children do not begin sparring until the instructor is confident they are technically ready, and understand what they are doing. When children do spar there is no contact allowed to the face or groin area. We do ask however that all children wear a mouthpiece (clear or white) and that boys wear an athletic cup supporter (your child's instructor will let you know in advance when these will be needed). This is for safety reasons.

The rules for sparring are repeatedly explained and demonstrated to students before the activity begins, and these rules are reviewed each class where sparring is taught. Qualified adults supervise all matches.

Please impress upon your child that winning is not as important as doing their best.

## **TOURNAMENTS**

Tournaments are held throughout the year. Your child may wish to compete in these tournaments. Participation in a tournament is not a requirement for all students wishing to advance in rank (belt color). However, we do encourage students to participate, as there are also benefits to competition, and it provides them with opportunity to meet students from other dojos and gain further understanding of the value of what they are accomplishing in karate classes. As several of our tournaments are out-of-Edmonton, there are additional costs to parents for associated travel, accommodations, meals and event fees. Detailed information is provided to parents well in advance of these events.

Everyone wins in a Genbu-Kai tournament just by participating.

At tournaments children will compete with others of the same age, size, gender, and belt color. The rules for sparring at tournaments are the same as those followed in class.

## **BELT ADVANCEMENT**

Students who meet our grading requirements and display a good class attitude are given a nomination for a rank test. A grading fee \$30.00 is due on grading day.

As a parent/guardian, you will decide if you wish to have your child take the rank test. You will need to attest, via a signature on their nomination form, that they have shown a good attitude at home and at school.

A student is not recommended for testing unless the instructor feels they are ready. The instructor may wait to issue a nomination or may wish to discuss with you his or her concerns about your child's readiness to test. We would much rather tell a child that they are "not quite ready" to take their test than to have him or her fail. All instructors will be happy, at any time, to discuss your child's progress with you.

Rank tests are designed to challenge students as well as to determine student's knowledge of terms and techniques. Therefore, each rank test is designed to be harder than the prior test. For example, the Yellow and Orange belt exams are designed to be easy, building a student's confidence. Tests for Green belt and above are tougher and more difficult. Red belt (Junior Black Belt) tests are taken before a panel of Black belts on a date to be specified by the instructor.

### **DOJO ETIQUETTE**

Discipline is an important part of any martial arts program. In our dojo, students are expected to adhere to some basic dojo rules. New students are taught these rules in class, and a handout is provided as part of the registration package. Rules are not enforced to be punitive but rather to contribute to the students' development, and participation and understanding of the traditions of karate training.

For more information, please contact Head Instructor, Annette Fuchs @ 461-2963.  
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