

Seiken Kyokushin Karate and Kickboxing Club



New Student Information

Seiken Kyokushin Welcome

Kyokushin Training:

First and foremost Kyokushin training is hard. It is through hard physical training that you will begin to realize your potential and limits. Although injury is a risk one must accept when training for any contact sport, it is a small one. Bumps and bruises are to be expected in full contact martial arts. The typical class will start off with a brisk 15 - 20 minute warm-up, which includes both cardio and strength training. We follow this with another 20 - 30 minutes of basics (which you will learn your first day of class) both stationary and moving. Mastering basics is key to becoming a great fighter, which is why we spend so much time on them. The second half of class will be spent doing Kata (forms), Self-defense, Conditioning, and Sparring. My personal philosophy in teaching karate is that while we should respect the instructor and fellow students, class needn't be stiff and formal. While there are some formalities you will be asked to follow, students generally find training to be one of the most enjoyable parts of their day. Class will begin and end with a simple bow in to pay respects to our dojo, instructor and students. I also ask that students bow when entering and leaving the dojo. All of this will be covered on your first day of class. Come to class in whatever you like to work out in, you don't need a gi (karate uniform) although you can wear one if you like. I encourage people that wish to cross-train to wear their system's uniform and belt. Keep in mind that you will sweat! Hopefully in the near future we will be able to add an additional day during the week that will focus solely on sparring as Kyokushin is a fighting karate. If you wish to purchase a uniform for class you can do so through your favorite martial arts retailer or me (ordering form enclosed with new student packet). Kyokushin uniforms are traditionally white. Lastly, unlike most American martial arts schools, profit is not a goal for me. I think you will find that I am not interested in becoming rich from teaching karate, I simply want to train hard and teach.

Instructor:

Senpai Schuyler Wessels, Nidan (2nd Degree blackbelt)
www.seikenkyokushin.com
(970)232-9810
schuyler.w@gmail.com

Affiliation:

We are directly under Shihan John Adams, United States Kyokushin Karate Alliance (www.uskka.net) President and Branch Chief Northwest Kyokushin (www.nwkyokushin.com). NW Kyokushin is affiliated with the International Kyokushin Organization (<http://www.kyokushin-matsushima.jp/>) out of Japan, headed by President Kancho Matsushima.

Seiken Kyokushin Training and Testing Fees

Training:

\$60 per month. Includes three classes every week and unlimited use of Z's Training Gym during business hours. Payment is due by the first class of the month. New students are welcome to try out classes for a week before paying. If you are starting class in the middle of a month or are unable to pay, speak to Senpai Sky.

Testing:

\$15 per test. Includes belt and official IKO certificate. Testing is optional. Progression in rank in Kyokushin requires time, commitment, and determination. Testing opportunities are typically offered 2-3 times a year, but may come at any time the instructor feels the student is prepared to take the challenge. Grading is a test of physical and mental strength, and consists of kihon and basic training, kata, and kumite (fighting).

Belt ranks:

Kyu (student) Ranks:

- 10th Kyu – White belt – Everyone starts here
- 8th Kyu – Blue belt
- 6th Kyu – Yellow belt
- 4th Kyu – Green belt
- 2nd Kyu – Brown belt

Yudansha (black belt) Ranks:

- Shodan (Senpai) – 1st Degree black belt
- Nidan (Senpai) – 2nd Degree black belt
- Sandan (Sensei) – 3rd Degree black belt
- Yondan (Sensei) – 4th Degree black belt
- Godan (Shihan) – 5th Degree black belt

Seiken Kyokushin

Dojo Rules and Etiquette

There is a complete list of rules posted at <http://www.seattlekarate.net/rules.html> Please read over them.

Below are several of the more important rules:

Adhere to the Senpai / Kohai (senior / junior) relationship at all times while a member of the IKO. Avoid addressing a Senpei or Sensei by their first name while in the dojo. (Outside of class it is fine though)

Do not use any equipment (makiwara, shields, weapons, etc.) that you have not received (Kyokushin) training on or been specifically told you may use. Do not use equipment that belongs to the gym unless you have permission from Senpai.

Never remove anything that is not yours from the dojo, especially our training equipment.

Never correct a senior student. (this goes for all grades, for example, a white belt should not advise a blue belt on technique. If you have issue with something that is going on, speak to a black belt privately)

Report all injuries immediately.

If you are caught disrespecting another student (senior or junior) you will be asked to leave immediately.

Bow before entering or leaving the dojo (or any place we may be training at).

When you are given directions or an order always sound-off loudly with OSU.

NEVER ASK TO BE TAUGHT A KATA.

When speaking to a black belt or receiving instruction from a senior student always stand in yoi-dachi (ready stance).

If you are called upon in class to come to the front of the dojo and assist Senpai do it quickly and with honor. Avoid flinching or pulling away as it might result in injury.

If you don't understand something, please ask.

Seiken Kyokushin

Japanese Terms

You do not need to memorize anything but the counting section.

COUNTING

Ichi – One -
Ni – Two -
San – Three -
Shi/Yon – Four -
Go – Five -
Roku – Six -
Shichi – Seven -
Hachi – Eight -
Ku – Nine -
Ju – Ten -
Niju – Twenty -
Hyaku – Hundred -

COMMANDS

(bow-in order)
Shinza ni rei – Bow to the shrine
(deceased founders of karate) -
Sosai Oyama ni rei – Bow to Sosai Mas
Oyama
Makuso – Mind like water (clear all
thoughts) -
Shihan ni rei – bow to shihans (only if
present) -
Sensei ni rei – bow to senseis (only if
present) -
Sempai ni rei – bow to sempais -
Otagai ni rei – bow to each other –
Kohai ni rei – bow to kyu (if a kyu is
leading class) -
Geiko hajime – Class begins -
Tate Kudasai – Please stand -

Geiko Yame – Class ends -
Osu – I understand (also tightening
abdomen muscles)
Kiai – Explosive yell
Kiai irete – Kiai on each strike (full
speed and power) -

Hai - yes
Mawatte – Turn around
Kosa – Switch feet
Kotai – Switch uke
Ibuki – Forced breathing
Hajime – Begin -
Yame – End -
Shomen ni rei – bow to the front
Shushin ni rei – bow to center judge
Yoi – Ready Position (Fudo dachi with
fists at side) –
Ibuki – Forced breathing –
Naore – Return to first position –
Yasume – Relax position -

STANCES

Zenkutsu dachi - Forward leaning stance
- ぜんくずだち
Kiba dachi - Horse stance - きばだち
Sanchin dachi – Half Moon stance-
さんしんだち
Fudo dachi – Basic stance (feet
shoulder-width) - ふどだち
Kokutso dachi – Back Leaning stance -
Neko Ashi dachi – Cat stance -
Kake dachi – Feet Crossed stance -
Musubi Dachi – Open Feet Together
stance -
Kumite dachi - Fighting stance -
ぶみてだち
Migi Ashi Mae - Right Foot Forward -
Hidari Ashi Mae - Left Foot Forward -

LEVELS

Jodan – Upper –
Chudan – Middle –
Gedan – Lower –

BLOCKS

Jodan uke - Upper block - じ_だんうけ
Chudan uchi uke - Middle inside block -
ち_だんうちうけ
Chudan soto uke - Middle outside block
- ち_だんそとうけ
Gedan barai - Downward sweeping
block - げだんばらい
Mawashi uke – Circle Block –
Morote Uchi Uke – Augmented Block –

PUNCHES

Kizami tsuki – Jab punch –
Juji tsuki – Cross punch –
Gyaku tsuki – Reverse (rear arm) punch
–
Oi tsuki – Lunge punch (forward arm)
punch –
Morote tsuki – Double punch –
Nihon tsuki – punch twice –

STRIKES

Uraken ganmen uchi - Backfist strike to
face - うらけんがめんうち
Uraken ganmen soto uchi - Backfist
strike to side of the face -
うらけんがめんうち
Uraken hizo uchi – Back fist to ribs -
うらけんひぞうち
Uraken mawashi uchi - Backfist
roundhouse strike -
うらけんまわしうち
Shuto ganmen uchi - Knife hand strike
to face - し_とがめんうち
Shuto sakotsu uchi - Knife hand strike
(descending) to clavicle -
し_とさこつうち

Shuto sakotsu uchikomi – Thrusting
knife hand strike to neck -
Shuto uchi uchi – Knife hand strike
(inside) to neck し_とうちうち
Shuto hizo uchi - Knife hand strike to
ribs - し_とひぞうち
Hiji uchi – Elbow strike -
Haito uchi – Ridge hand strike -
Nukite – Spear hand strike –
Tetsui – pounding fist strike -

KICKS

Hiza geri – Knee kick -
Kin geri – Groin kick -
Mae keage - Front stretch kick -
まえけあげ
Yoko keage - Side stretch kick -
よこけあげ
Mae geri - Front kick - まえげり
Yoko geri - Side kick - よこげり
Yoko kekomi geri – Thrusting side kick
-
Kekato geri – Axe kick -
Ushiro geri - Back kick - うしろげり
Mawashi geri - Roundhouse kick -
まわしげり
Uchi Mawashi geri – Inside crescent
kick –
Soto Mawashi geri – Outside crescent
kick –
Kake geri – Hook kick -
Ushiro Mawashi Geri – Spin back kick
Ushiro Mawashi kekato geri – Spin heel
kick
Tobi Geri – Jumping kick -

Seiken Kyokushin Karate Club

RELEASE AND WAIVER OF LIABILITY

Name of Student: _____

While participating in activities at Z's Training Gym, each student is assumed to be voluntarily performing activities for which he/she assumes all risk, consequences, and potential **liability**.

The undersigned hereby releases and hold harmless Z's Training Gym and its agent or agents from any and all claims by reason of accident, illness, injury, death, or other consequences arising or resulting directly or indirectly from participation in Kyokushin Karate offered under the auspices of Schuyler Wessels/Seiken Kyokushin Karate Club.

I authorize the Schuyler Wessels/Z's Training Gym or their agents to take necessary action in case of emergency if I am unable to make decisions for myself or if my legal guardian is unable to be reached.

Signature (Parent or Guardian if under 18 years of age)

Date

Address

Telephone Number

Email (for club updates)

Name of Family Physician

Address

Telephone Number

Seiken Kyokushin Equipment Order Form

All prices include tax and S/H. Unless otherwise specified all equipment is from Tiger Claw. Nothing on this list is mandatory to attend class and can be purchased elsewhere. Purchases are non-refundable unless there is a size issue and must be paid for up front. Shipping takes approximately 3 – 4 business days. Checks payable to Seiken Kyokushin please. Any questions just ask.

Uniforms:

(Sizes are 1 – 7, speak with Senpai Sky about what size you should order. Lightweight uniforms include a white belt.)

Lightweight Student Gi (no kanji) - \$30 Qt.____ Size____

Heavyweight Student Gi (no kanji) - \$50 Qt.____ Size____

Northwest Kyokushin affiliation patch - \$5 Qt.____

Kanji embroidery - \$15 Qt.____

Sparring Equipment:

(Shin and groin (males) protection required for full contact sparring, mouth guard suggested)

Cloth Shin Guards - \$10 Qt.____ Size (Child, S, M, or L)____

Vinyl Shin Guards - \$30 Qt.____ Size (Child, S, M, L, or XL)____

Cloth Fist Guards - \$8 Qt.____ Size (Child or Adult)____

Cloth Fist/Forearm Guards - \$15 Qt.____ Size (Child, S, M, or L)____

Vinyl Fist Guards - \$25 Qt.____ Size (S, M, L, or XL)____

Groin Protection (cup and support) - \$10 Qt.____ Size (Child S or L, S, M, or L)____

Mouth Guard - \$5 Qt.____ (one size fits all)

Training Equipment:

Leg Stretcher - \$25 Qt.____

Kick Shield - \$40 Qt.____

Focus Mitts - \$25 Qt.____

Thai Striking Pads - \$50 Qt.____

Name_____