

WINCHMORE HILL SCHOOL OF KARATE

LESSON TIMES: -

Tuesday: Kihon and Kumite - 8pm - 9.00pm

Wednesday: Kata - 8pm - 9.00pm



NORTH LONDON SCHOOL OF KARATE

LESSON TIMES: -

Thursday: Kihon and Kumite - 8pm - 9.30pm

Sunday: Kata - 11am - 12.30pm

Saturday (children only) 10.30am - 11.30am

www.shoto.org

RULES AND CONDITIONS OF MEMBERSHIP

TRAINING

- All graded students must train a minimum of eight times a month, 50% of which should be Kata
- All students must attend the training sessions held on the same day of the grading, irrespective of whether or not they are grading
- All students and **especially Dan grades** should make every effort to support the club by attending the training courses held by the Association
- The set monthly training fee allows students to train four times a week, i.e. twice at Winchmore Hill and twice at North London

DOJO ETIQUETTE

- Correct Dojo etiquette must be observed at **all times**
- Always bow upon entering and leaving the Dojo
- Junior grades should bow first to their seniors
- Instructors should be referred to as Sensei or by their appropriate title, and not by name
- Students should try to arrive approx 20 minutes before the start of the lesson, to allow themselves adequate time to get changed etc
- Karate suits (Gi) should be kept clean at all times, and must be in a good state of repair
- Shoes or trainers should be removed before entering the Dojo
- Students should wear an **Association Gi badge**; a student's name may also be written in Japanese upon their Gi
- Students should pay particular attention to their personal hygiene, finger and toe nails in particular must be kept clean and cut regularly
- All personal adornments (watches, rings, ear-rings, necklaces etc) must be removed prior to the start of each lesson
- No food or drink is allowed in the Dojo
- Electronic pagers and mobile phones must not be used unless prior arrangement has been made with the Instructor
- Students should speak quietly while warming up before the lesson to avoid distracting others who may be performing a technique etc
- Smoking is not allowed in the Dojo, or any adjacent areas
- Decorum should be observed at all times
- The Dojo Captain, The Secretary and all senior Dan grades have the authority to correct a student on their behavior
- The senior instructor of its respective club has the final decision in any matter under dispute

GRADINGS

- Students below Brown Belt who wish to grade must have a minimum of 26 lessons since the last grading
- Students who attended an Open Day that occurred after their last grading, may also count this attendance as **three** lessons
- There must be a minimum of three months between Kyu gradings below 3rd Kyu, a minimum of six months between third and second Kyu and second and first Kyu, and one year between first Kyu and Shodan
- All Brown Belts must train a minimum of twice a week
- Students may not grade without a current licence

LICENCES AND INSURANCE

- All practising Karate-ka whatever grade must hold a current licence (The licence runs from 1st Jan to 31st Dec)
- **All Instructors must have current insurance**

TERMINATION OF MEMBERSHIP

- Students who fail to attend for a period of thirty days and have not informed or contacted the Secretary or Dojo Captain shall have their membership terminated automatically
- Any member found to be of unsuitable character and likely to bring dishonour to the club shall have their membership terminated
- The Instructor, Secretary, and Dojo Captain reserve the right to refuse membership to any persons they consider unsuitable
- Students who wish to leave the club to join another, should out of courtesy inform the club Secretary and also the Instructor

OUTSIDE THE DOJO

- Members have a responsibility to behave in a manner which maintains and enhances the reputation of the club, and to refrain from any form of behaviour that may reflect badly on their fellow students or Instructors