

KARATE CLASS

INFORMATION & REQUIREMENTS

Background

The style of karate taught at The Pacific Clinic is Goju Ryu, a traditional Okinawan style that stresses a balance of hand and foot techniques, practical self defense, and physical conditioning. Our club is affiliated with Jundokan International whose chairman and chief instructor is Teruo Chinen, an internationally recognized 7th degree black belt based in Spokane, Washington. The PC classes are taught by head instructor Bob Davis, a 6th degree black belt who has studied with Mr. Chinen since 1969. Bob has taught karate in the Tri-Cities since 1974 and at The PC since 1990. Bob is assisted in classes by several other black belt instructors and advanced students.

Precautions

Since karate is a physically demanding endeavor, there is always a possibility of injury. When you begin training, for the first month or so you should train at a comfortable pace and gradually increase to a more intense level of effort. If you have a physical injury or disability, please consult a physician prior to starting training.

Curriculum

The karate curriculum emphasizes the traditional aspects of the martial arts and self defense. Youth classes concentrate on improving coordination, building confidence, and avoiding conflict through disciplined training. The adult class includes more rigorous physical training, self defense applications, and pursuit of a deeper understanding of Goju Ryu.

Clothing

It is recommended that you attend karate classes for at least one month before purchasing a karate uniform (gi) to make sure you enjoy training and will continue. During this time, you may wear loose clothing and no shoes or socks. Uniforms may be purchased from The PC Pro Shop. Jundokan International patches may be purchased from Bob Davis.

Promotions

Rank promotions are by invitation of the instructor and are optional. If you wish to be promoted, a karate gi and Jundokan International patch are required. Promotions are held approximately every three months and there is a testing fee. The normal time required to attain a black belt in this style is six or more years of consistent training.

Karate Class Etiquette

Karate-do is a weaponless fighting art with its roots in China, Okinawa and Japan. "Karate" literally means "empty hand" and "do" (pronounced "doe") literally means "way of life". While karate should only be used for self defense and to protect others, karate training also has other benefits. As a student masters karate techniques and gains confidence in his/her abilities, the student should gain control of other aspects of his/her life. Through the rigors of training the student will realize that, with discipline and determination, almost anything is possible. Serious study of karate-do should cultivate the virtues of humility, strength of character, creativity, decisiveness, patience, and respect for others.

Proper etiquette is important in karate training to reinforce these values, which should carry over into our daily lives. Karate training requires strict discipline and formal etiquette for both practitioners and observers. This establishes a safe atmosphere conducive to learning the martial arts and fosters an attitude of respect between instructors, practitioners and observers. Following is a code of conduct which should be observed before and during training.

For practitioners:

- Always be respectful of other Pacific Clinic Clients and staff members outside of class.
- Do not wear your karate uniform for any other activity besides karate.
- Do not block doorways or halls while waiting for class to begin.
- Arrive on time. If you are late, bow in and say "I'm sorry I'm late, Sensei!" Kids must then do 20 push ups and adults must do 50 push ups. After doing your push ups, line up at the back of class.
- Place shoes and personal items against the wall behind the visitors' chairs.
- Observe proper hygiene (e.g., wash uniform, wash hands and feet, trim nails, confine long hair).
- Remove extraneous objects such as jewelry and watches. Glasses are allowed.
- Inform your instructor of any health issues or injuries that will affect your training.
- Females should wear a white t-shirt under their uniform. Males should not wear a t-shirt under their uniform.
- Refrain from talking or making noise while watching the training of others.
- Acknowledge the instructor's commands by responding with a crisp, "Yes, Sensei!" or "No, Sensei!"
- If you must leave the dojo floor due to a personal emergency, ask the instructor for permission to leave and then bow out. If you return, bow in and do your push ups, then line up.
- Follow the chain of command at all times. Lower rank students should ask higher rank students for answers to questions before approaching the senior instructor.
- Leave your ego and personal life at home.
- Practitioners should maintain a professional attitude. Demonstrations of affection or overly friendly conduct should be avoided.
- Discipline yourself to attend classes routinely and always practice to the best of your ability.
- Respect your karate uniform and belt. If you have your gi top on, you must wear your belt.
- For Observers – Parents and Visitors
- Refrain from talking or making noise during training.
- Parents must control children who are watching class.
- Food and drinks are not allowed in the training area. Hats should be removed.
- Sit and watch in a respectful manner.
- Refrain from reading books, magazines or other materials. If you are not there to observe practice, you should leave the training area.
- Use of cell phones and pagers is not allowed unless they are directly connected with personal safety. Work-related use of cell phones and pagers may be allowed with permission of the instructor.
- Refrain from coaching from the sidelines.
- Permission must be obtained to take photos or videos.