



WELCOME TO ISSHINRYU BUSHIDO!

The Indianapolis Isshinryu Bushido Club has been teaching in Lawrence Township since 1997. We began as a Lawrence Community Education program and operated successfully in that capacity for 12 years until the closing of Community Education in 2009. We have since transformed into an LLC Corporation operated by Sensei(s) John Hoffmire, Larry Tylenda, Janet Dicken, and Shellee Tylenda. Isshinryu Bushido instructors continue our practice of teaching on a volunteer basis in order to keep student costs low. Our fees cover our operating costs.

We focus on building character, confidence, discipline, and good sportsmanship in our students. Over the past 12 years, we have had several students win and place well in both local and world competitions. More importantly, many of our students have grown into honest, responsible, and caring adults. It is our hope to continue to serve the community in the years to come.

Karate Is Hard Work

*The study of Karate is enjoyable and rewarding.
It is very hard work and not everyone will appreciate
the study of Karate. There are no magic techniques
to make you a skilled martial artist.
The skill involved in learning Karate
takes many hours of hard work and dedication.
There is no way around that.*

Expectations

#1 Students learn and develop at a rate that is directly related to the time and effort that they put into practice and study. This includes not only the time spent in the dojo (school), but also time practicing at home.

#2 We realize not everyone can easily or immediately learn all of the techniques and exercises we teach. We simply ask that a student tries his/her best. **For example:** We would rather see you work hard to do one pushup correctly than ten pushups incorrectly. If a student pays attention, tries their best to learn the techniques and exercises, works hard and practice at home; they will continue to improve. With improvement comes greater confidence, strength, speed, and endurance.

Courtesy, Respect and Discipline

If you are new to a martial arts class, one of the first things you will notice is the bowing. This is so traditional in a Karate class, that we who have been around Karate for several years think nothing of it. We would be surprised if we didn't see it! It is like shaking hands. Bowing is a way of showing respect. When we walk into or leave the dojo, we bow. It's like a respectful hello or goodbye to an old friend. We also bow at the beginning and end of class. **Please note:** Not only do the students bow towards their instructors, but the instructors also bow toward the students. It is a sign of mutual respect and an agreement that we will work hard and practice together. The art of Karate teaches us to be respectful, courteous, controlled and disciplined.

Without courtesy, respect, and discipline, it would not be Karate!

Class Time

Our classes are broken into two periods, or classes, per night. The first class begins promptly at 6:30 pm and ends at 7:25 pm. The second class is from 7:30 until 8:00 pm. Students who participate in the second class must be self-disciplined and able to work on their own.

If a student is late to class, out of respect for the dojo, they are required to do their best 10 push-ups before joining the class. This is a very old tradition in martial arts and a student is expected to do their pushups, on their own, without a reminder from the instructors.

Class Structure

6:30 – 7:25: Class begins as a combined class. All students bow in together in rank order. We start with warm-up exercises and basic drills. During the latter part of the class, we split into groups of intermediate and beginning students and/or age.

7:30 – 8:00: The second class focuses on teaching more technical and advanced techniques. Sometimes it may be open mat time where students work on their own with minimal supervision.

It is not required to attend the second class but we encourage students to attend both classes if and when they are able. Especially after completing one full session of Karate.

Safety

For your safety and the safety of others

- Keep toenails and fingernails cut short.
- Long hair must be pulled back out of the eyes.
- No jewelry should be worn in class.
- No one is allowed on the dojo floor before, during or after class unless they are practicing karate.

Attendance and Signing In

Our instructors like to know each student by name. It can take a few classes for us to learn all your names so we may hand out name tags for students to wear at the beginning of a new session.

Students/parents are required to sign in on the attendance sheet each time they come to class. It is not necessary to inform the dojo if you will be absent, but please let us know if you expect to miss several classes.

Please notify us before class with any special medical/personal needs you or your child may have.

Karate Uniforms (Gi)

We sell Karate uniforms (gi) for \$25.00. Beginners wear white gis and white belts. Please see one of the instructors when you're interested in purchasing a gi. We have several in stock at the beginning of each session and place an order on the 1st of each month. It takes five business days to receive an order. We can order other items as well, such as; safety gear, patches, Karate weapons, etc.

Promotions

We learn many different things in Karate – Exercises, kicks, self defense, and sparring to name a few – But all promotions are based on students paying attention in class, working hard, improving kata, improving Karate knowledge and improving Karate techniques. Karate techniques include: stances, hand techniques and foot techniques. Sensei will inform students when they are ready to be tested. It is never to a student's advantage to ask to be tested. We Sensei, are ALWAYS watching.

Specific requirements for promotion can be found on our website, www.indybushido.org. 1st and 2nd Stripe promotion requirements are attached to this handout.

A student should never compare themselves with another student. Karate is not a competition. Students will be promoted when they are ready. The most basic teaching of Karate is: **Work to improve yourself every day of your life.** A student who does this will develop the skills necessary, and will then be promoted.

All students begin as White belts. The first promotion for adults is Yellow belt. For children; we have three Stripe Promotions before Yellow belt. If a student pays attention and works hard, it is likely that they will receive a first stripe during their first session. It is very difficult to place a time frame on further promotions, however. Each student progresses at his/her own pace. The required techniques can be difficult and challenging to learn. Correctness is a must and improvement of form is required at each level.

Cost of promotions

White belt stripe promotions are free.

Yellow belt through Brown belt promotions are \$10.00.

IWKA Membership

We recommend membership in the Isshinryu World Karate Association (IWKA) for students who continue studying with us after the first session. The IWKA is our sanctioning organization. It is located in Okinawa, Japan. For students who plan on continuing studying Isshinryu, the IWKA membership will be necessary before achieving Black belt. The IWKA membership is \$40.00 for a lifetime membership. \$5.00 of this fee is the cost of mailing plus the cost of an international money order.

Lawrence Township School Rules

- No smoking is allowed on school grounds, inside or outside.
- Children who are not participating in class must not be allowed to wander the halls of the school.

Website: www.indybushido.org

Our website has several different areas of information for parents and new students. The **Student Zone** includes information about basic techniques, requirements for promotions, terminology, etc. We encourage you to explore the entire website.

Email: IndianapolisBushido@yahoo.com

First Stripe White Belt Promotion Requirements (Kids)

Knowledge:

1. What does Karate mean? Open or empty hand.
2. What is our style of Karate? Isshinryu Karate
3. Isshinryu means One Heart Way.
4. What is our work out area called? Dojo
5. What do we call our instructors? Sensei (which means teacher)
6. What is your uniform called? Gi

Skills:

1. Demonstrate hidari seisan dachi (left foot forward stance), migi seisan dachi (right foot forward stance).
2. Demonstrate a seiken (straight punch) and explain what part of the fist makes contact (first two knuckles).
3. Demonstrate Mae keage geri (front snap kick); know what part of the foot you strike with in a Mae keage geri (ball of the foot).
4. Demonstrate a loud kiai (yell).
5. Demonstrate a gedan uke (leg block).

Second Stripe White Belt Promotion Requirements (Kids)

Know all the information required for first stripe as well as the following

Knowledge:

1. Isshinryu comes from Okinawa.
2. Master Tatsuo Shimabuku, 10 Dan (10th degree black belt) is the founder of our style.
3. Know three directions: Left = Hidari; Right = Migi; Forward = Mae (Pronounced as My)
4. Count to 10 in Japanese. **We say it:** 1 - itchi, 2 - ni, 3 - san, 4 - shi, 5 - go, 6 - rok, 7 - sheets, 8 - hotsh, 9 - ku, 10 - ju.
We spell it: itchi, ni, san, shi, go, roko, sheetshe, hotshe, ku, and ju.

Skills:

1. Demonstrate Taikyoku I (The first portion of the kata) with good posture and stances.
2. Show improved seisan dachi (square stance).
3. Demonstrate $\frac{3}{4}$ turn to the left with a left-hand leg block.
4. Demonstrate Seiuchin Dachi (Horse stance).
5. Self Defense - Break away from a wrist grab.

All other promotion requirements are listed on our website.

www.indybushido.org