



## WELCOME TO ISSHINRYU BUSHIDO!

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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 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 time periods, per night. The first period begins promptly at 6:30 PM and ends at 7:25 PM. The second period begins at 7:30 PM and ends at 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 expected to do their best 10 push-ups before joining the class. This is a very old tradition in martial arts. A student should 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 we may have open mat time where students will work on their own with minimal supervision.

It is not required to attend the second class but it is encouraged if /when students are able, especially after a student has completed their first session.

## Safety

*For your safety and the safety of others*

- Keep toenails and fingernails cut short.
- Long hair should 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

Students/parents are asked 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). Beginners wear white gis and white belts. Please see one of the instructors when you're interested in purchasing a gi. We have some in stock and place orders about once a 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](http://www.indybushido.org).

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 to 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 they will receive a first stripe during their first session. It is very difficult to place a time frame on further promotions. 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.
- Please do not wander or allow your children to wander anywhere in the school other than the gym or cafeteria.
- Please change clothing in the appropriate restrooms. Students are not allowed on the stage.

Without your cooperation with the above rules we will lose our privileges to work out at Skiles Test Elementary.

## Contact Us

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.

**Website:** [www.indybushido.org](http://www.indybushido.org)

**Email:** [indybushido@gmail.com](mailto:indybushido@gmail.com)

**Phone:** 426-0825