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2021

Student Handbook

Martial Arts For
Families by Families

Family Goju Karate

Student Handbook



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Welcome

Welcome to Family Goju Karate,
Thank you for being part of the Dojo.

We trust that you will find our classes enjoyable and beneficial.
This information pack has information about our classes and the goals of
our training program.

If you have any questions please don't hesitate to contact us at:

office@familykarate.com.au

or on

0409 281 515



Dojo Kun & Etiquette

Our Dojo Kun or “Training Hall Rules” are;

Respect Others.

Be Courageous.

Train your Mind, Body and Spirit.

Practice daily, strive for depth of understanding.

Learn how to look after others.

Kaizen moves us through Shu Ha Rei.

Please remember;

Respect your teachers and senior students that help you, along with all the other members of your Dojo.

When you arrive you should bow to the front of the Dojo

When you leave, or return to the training area bow to the Instructor

Sit in seiza (formal sitting position) when receiving instructions from the Instructor or waiting for class to begin. If you have a knee injury you may sit cross-legged, but never with legs outstretched, never reclining, and never leaning against walls or posts.

Where possible train in bear feet, place shoes neatly in the appropriate area

Keep your Gi (Uniform) clean and tidy at all times

Bow again before you leave the Dojo.



Uniforms

Most students begin training with our club using a Trial Membership which also includes a free Gi (Uniform).

Our uniforms quite deliberately do not have our logo on them.

This allows families to purchase new uniforms from anywhere and at the most cost effective price. Children grow fast some years, we hope this helps.

We also allow students to wear our club T Shirt **or** a plain black T Shirt should they choose to do so.

We also sell club T Shirts from <https://shop.familykarate.com.au> if they would like to wear something with our logo on.

Some children are sensitive to the texture of garments and are welcome to wear whichever clothes work for them, especially if they are just beginning their training.



Locations and Times 2021

Online : <https://teledojo.com.au> or search Tele Dojo

Atwell : Monday, Harvest Lakes Community Centre

Aurora Dr, Atwell WA 6164, Australia

Saturday, Harmony Primary School Under Cover Area

Aurora Dr, Atwell WA 6164, Australia

Baldivis : Baldivis South Community Centre Grevillea Room

13 Lamorak Way, Baldivis

Monday <u>Atwell - Harvest Lakes Community Centre</u> 4:30pm to 515pm Junior Beginners 5:30pm to 630pm Family Training	Tuesday <u>Baldivis South Community Centre</u> 430pm to 515pm White to Half Green Belt 515pm to 6pm Green Belt to Brown 6pm to 7pm Family Training
Wednesday <u>Private Online Lessons</u> 4pm - 6pm * Please Book At https://teledojo.com.au	Thursday <u>Baldivis South Community Centre</u> 430pm to 515pm White to Half Green Belt 515pm to 6pm Green Belt to Brown 6pm to 7pm Family Training
Friday <u>Private Online Lessons</u> 4pm - 6pm * Please Book At https://teledojo.com.au	Saturday <u>Baldivis South Community Centre</u> 9am to 10am White to Half Green Belt 10am to 11am Green Belt to Brown <u>Atwell - Harvest Lakes Primary School</u> 1pm to 2pm Beginners 2pm to 3pm Family Training



TeleDojo.com.au

Booking online classes is quick and easy.

Head to <https://teledojo.com.au>

Choose the class you wish to attend

Choose the time

You will then get an email with instructions on how to connect using our Zoom Video Conferencing system

Please note that for your safety and security every session will have it's own link and ID so please don't try to reuse old connection information as it will not work!



Family Goju Karate TeleDojo

Welcome to the Family Goju Karate-do TeleDojo. Please select the Online Session you wish to book. All sessions connect using Zoom.us. Details will be provided in your booking confirmation.



Book a Private Lesson



Book in for a private lesson with Sensei Dan. There's a limit of one Zoom connection per booking.

Family Goju Karate TeleDojo

Book a Private Lesson

15 min

Web conferencing details provided upon confirmation.

Book in for a private lesson with Sensei Dan.
There's a limit of one Zoom connection per booking.

Select a Date & Time

February 2021

< >

Wednesday, February 17

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Australia/Perth (7:50am) ▾

4:00pm

4:15pm

4:30pm

4:45pm

5:00pm

5:15pm

5:30pm

5:45pm



Training Groups

At Family Goju Karate we offer Junior and Adult streams of training. We do not accept 3 and 4 year old children as we've found they do not have the stamina to keep training all year round.

Our recommendation is to not enroll your child in martial arts until they are at least 5. Martial Arts is a lifelong practice, five is a very very early beginning.

Juniors

School children aged 5 to 12 yrs old.

Adults

For ages 13 yrs and up we place High School age students with our Adult students.

The focus of our club is on Families and as such we do not accept adult students who do not have a child already training with us.

The majority of Adult Students are mothers and fathers who wish to accompany their kids on their journey to Black Belt and beyond.

This strategy, along with not participating in Competition Karate has created a very different atmosphere in our club allowing our students to explore Martial Arts in a genuine and ego free environment.

The focus is Kaizen not dominance in competition.



Our Training Program

Focus

Concentration

Discipline

Confidence

Kaizen

Balance

Team Work

Strength and Fitness

Coordination

Memory

Focusing on traditional Okinawan Goju Ryu founded by Chogun Miyagi and systemised by Gogen Yamaguchi our classes are designed to cater for each age group to keep our classes enjoyable, fun and meaningful for all ages.

As part of our program we will also guide you through our significant library of online training martial arts.

Our training program references Hanshi Gogen Yamaguchi's "Goju Ryu Karate-do Kyohan" or Master Text (ISBN 0-920129-23-4) with our Head of Style and Black Belt Assessor as Kyoshi Alex Alt.

Kyoshi Alex holds a 7th Dan Master Instructor rank, the equivalent to "Professor". This is the second highest title in the Japanese Dan grading system.

Kyoshi achieved his Black Belt in 1983 and has been running Black Belt Gradings for more than 25 years. Those receiving his endorsement can be confident of the quality of assessment he brings. The quality of endorsement is vital given Karate classes are unregulated.

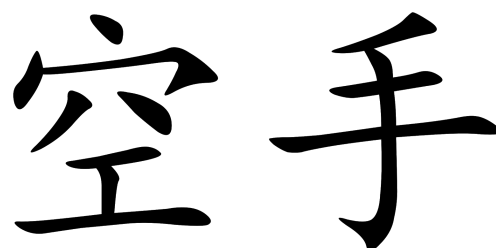
Kyoshi is a member of the Australian Martial Arts Hall of Fame having been inducted in 2008 as "Martial Artist of the Year".

He is the founder of the Australian Disability Martial Arts Association.

Kyoshi visits with us twice a year to monitor our school, assess students and conduct seminars. We are very fortunate and grateful for his support and wisdom.



Karate



Karate is a Martial Art originating in Okinawa, an Island between Japan and China, it was based on native Okinawan fighting systems with additions from Chinese Kung Fu styles.

Karate-do adds the character 道 or “do” to 空手. The character “do” means “Road” or “Journey” and names the life long journey that Karate and other Martial Arts can provide .

Family Goju Karate-do aims to instil a love for the study of Martial Arts in our students.

The reality is that most students will leave before attaining Black Belt and most of those students will be young.

Family Goju Karate-do aims to leave a positive and encouraging memory of the Martial Arts in those students so they will rejoin training, somewhere, anywhere as adults.

If the “do” of Karate-do implies a journey along a path, Martial Arts has two more concepts to help us travel this road.

Kaizen - is a method of moving towards perfection and is often represented by a wheel.

Shu Ha Rei - Are the stages of your journey as propelled by the wheel of Kaizen.

We teach our Karate using the general Syllabus developed by Hanshi Gogen Yamaguchi in the 1950's.

It is structured along the following elements;



Kihon 基本

Translates as "basics" or "foundations" or "fundamentals.". It is focussed on Individual techniques such as types of Uke (receipts of attack), strikes and kicks.

The study of Kihon focusses on a variety of Waza

Waza means technique

Our techniques focus on

Uke Waza - Techniques to receive attack

Tsuki Waza - Techniques used for striking with the arms

Geri Waza - Techniques for striking with the legs

Ikibuki is the control of breathing and is central.

There are many Waza focussing on techniques such as Joint Locks and Breaks, Throws and Vital Point Strikes.

All Kihon is taken from Kata.

Kata 型

Kata Translates as "form".

It refers to a detailed choreographed pattern of martial arts movements made to be practised alone or in synchronised groups.

It is practised as a way of memorizing and perfecting the movements being executed.

Kata is central to the way Family Goju Karate-do teaches. Kata is the main focus of a student's training at home.

Every belt colour has its own Kata to be practiced.

When a student is ready for their next Kata they will be assessed on their current Kata during a "Grading"



Bunkai 分解

Bunkai translates as “disassembly”. It is the breakdown of Kata to find the self defence uses of the movements learned in Kata.

It is where students learn to apply the Kihon and Kata they have drilled in real life and receive and manage (Uke) various forms of unexpected aggression.

The applications or “Kyogi” which come from Bunkai are fast and efficient ways to receive (Uke) an attack.

The study of Bunkai provides for many different ways of addressing a variety of attacks.

Family Goju Karate-do teaches Bunkai and Kyogi often from the first lesson as a way of teaching students to be safe in their environment.

We emphasise the rules behind ‘reading’ kata to find Bunkai, provide examples and encourage students to research and develop their own.

These rules are

At the beginning of a Kata there is only one opponent and that opponent is in front of you

Keep your opponent in front of you but do not be in front of your opponent

Do not be deceived by the Enbusen or the direction you are moving in your Kata as , there is only one opponent and they are in front of you.



Kumite 組手

translates as "grappling hands". It is the part of karate in which a student learns how to participate in combat against an opponent or opponents.

We teach Kumite in phases;

- Yakusoku (約束) Kumite is choreographed like kata and has specific sets of movements. This is where students learn distance, footwork (Dachi), focus and how to apply Uke (the receipt of an attack).
- Awase Kumite is not choreographed but often has restrictions like hands only or feet only. It is at a slower speed, is restrained and educational. Typically students do not have the skill to safely participate in Awase Kumite until Green Belt, generally two years into their training. In Awase Kumite our techniques touch but do not hit.
- Jyu Kumite is full speed, generally unrestricted in terms of technique but with strikes held back so as to not injure. Typically students do not have the skill to safely participate in Jyu Kumite until Brown Belt, many years into their training. In Jyu Kumite our techniques Hit but do not injure.

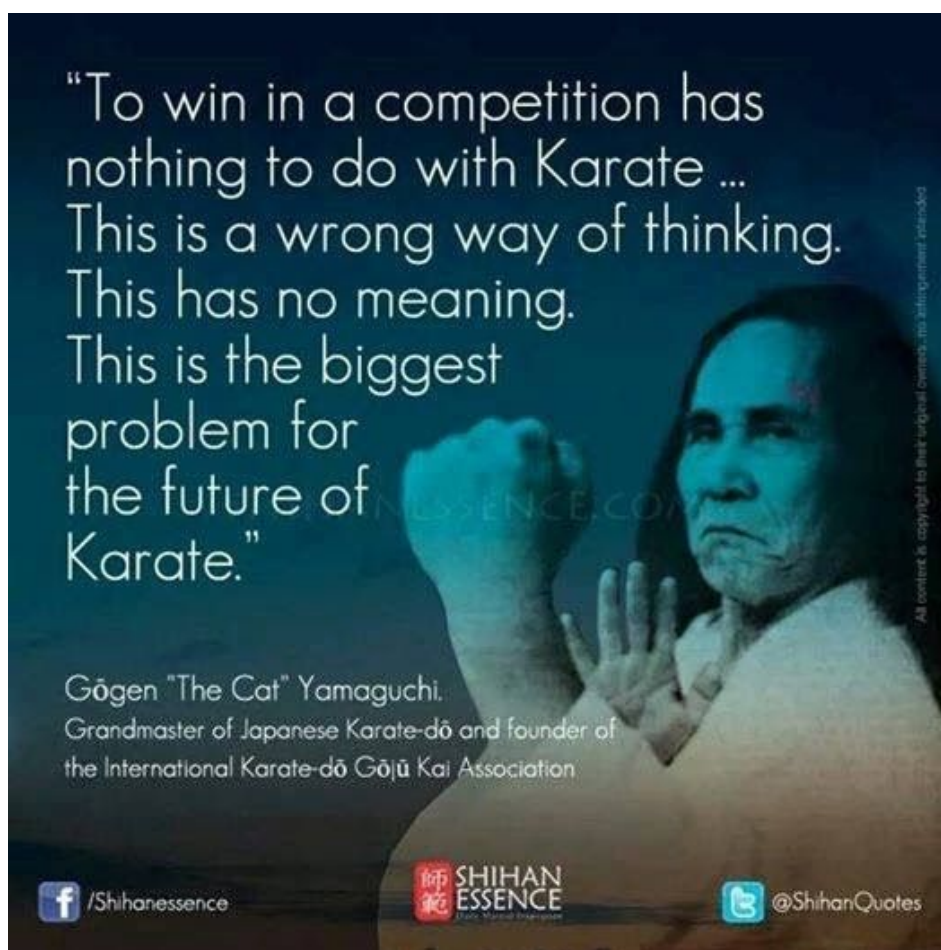


Shiai 試合

Is the term Sensei Yamaguchi used to describe the competition Karate practiced in sporting clubs. In the english translation of his master text this is translated as 'game' but elsewhere it is additionally translated as 'match', 'bout' or 'competition';

This is the fighting which will be showcased in the upcoming Olympics. This form of fighting is fast, fierce and adversarial but with boundaries such as no groin attack or no attack to the back of the head. These boundaries do not exist in real self defence.

Sensei Yamaguchi is often quoted as below.



We do not advocate students 'winning' or 'losing' and as such we do not currently participate in competitions.

Again, the focus is Kaizen.



Kaizen

改善

The Japanese word Kaizen means "change for better". The word refers to any improvement, one-time or continuous, large or small.

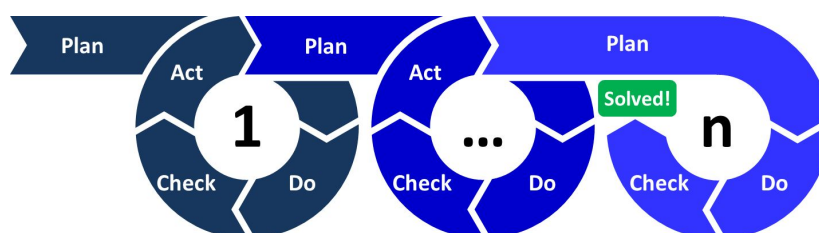
It is a philosophy of continuous improvement of practices and personal efficiency. It is often used in Business as a tenant of LEAN and Six Sigma.

Kaizen in Karate is 'how' we move forward in our art.

Kaizen is an ongoing cycle. Sometimes moving fast, sometimes slow. This cycle may be seen as a wheel with the 4 points of a clock face. The cycle is often repeated many times until our goal is reached.

For effective and repeatable Kaizen we must

- **Plan** - Decide what aspect of our Karate we wish to improve
- **Do** - Perform your Karate consciously and mindfully, with the goal of executing your planned improvement.
- **Check** - Reflect on how your Karate was executed. Did you achieve your goal? How else can you improve?
- **Act** - Make the improvements you have found a permanent part of your Karate. Then look for where this improvement leads you.



The goal of Family Goju Karate-do is to facilitate Kaizen in our Students



Shu Ha Ri

守破離

Shu Ha Ri is a unique Japanese Martial Arts concept which describes the stages of learning to mastery.

It is clear that when we learn or train in something, being an individual technique or a combination, we pass through the stages of Shu, Ha, and Ri.

These stages are explained as follows.

In Shu, we repeat the forms and discipline ourselves so that our bodies absorb the forms that our forebears created. We remain faithful to these forms with no deviation.

Next, in the stage of Ha, once we have disciplined ourselves to acquire the forms and movements, we make innovations. In this process the forms may be broken and discarded.

Finally, in Ri, we completely depart from the original forms drilled into us, open the door to creative techniques, and arrive in a place where we act in accordance with what our heart/mind desires, unhindered **while not overstepping the laws learned in Shu.**

Consider the Upper Block (Jodan Uke)

- A White Belt is in Shu and performs the technique as instructed.
- A Green Belt may be in Ha and has a fluid mastery of Jodan Uke. As they progress they find which parts apply to their Kumite and make them their own,
- A Black Belt may be in Ri and take that technique and morph it with another to make something totally new while keeping with the intent of Jodan Uke.

This Takes our Martial Art forward. Kaizen is the wheel that will transport you down the path of Shu Ha Ri.



Syllabus and Grading

A Grading is a special class where students are assessed on their performance at a point in time. A grading provides feedback on their performance at that point in time and provides a challenge a student must embrace and overcome.

If we feel, after that point in time they are still ready to learn their next Kata they will be awarded their next belt in our Grading System.

Being awarded the next belt does not mean they have mastery over their current Kata it means the student has an acceptable level of understanding to move forward.

Students who achieve Brown Belt will be required to show total understanding of all Kyu Grade Kata prior to their Grading.



Lineage

Martial Arts training is an unregulated industry in Australia with a highly variable level of quality.

Many schools operate in isolation under DIY syllabus and grade their own students or “check their own homework”. Many schools focus on the sporting achievements of their founder but don’t know how to teach.

Traditional Martial Arts has a predominantly oral history and as such a connection to senior Masters is essential.

Our school falls under the patronage of Kyoshi Alex Alt.

Kyoshi Alex Alt

Kyoshi translates as Professor and is the Penultimate title in the Japanese Martial Arts ranking system.

Kyoshi Alex assesses students at key points in our training program and awards Dan grades (Black Belt and beyond).

He was inducted into the Australian Martial Arts Hall of Fame in 2008. Search AMAHOF Alex Alt for details.

He is the founder of the Australian Disability Martial Arts Organisation.

The leadership Kyoshi has provided in this area has been a huge support of our efforts with the Autism Association of Western Australia and other organisations.



Affiliations

The Australian Disability Martial Arts association

Partnered with the Autism Association of Western Australia to provide holiday programs for teens and kids with ASD.

Alliances

We are fortunate to have built a strong relationship with the Dojo of Sensei Johnny Moran.

Sensei Johnny's club is independent like ours and also enjoys the support of Kyoshi Alex like ours.

We hold interclub senior training sessions regularly and have a combined Black Belt Grading with Brown and Black pre-assessments every year under the direct instruction of Kyoshi Alex.

Sensei Johnny has a strong, disciplined and welcoming club with very strong fighters.

Our club has a more technical emphasis on Kata and Bunkai.

And it has to be said that all resemblances between

Sensei Johnny of Kobra Kai and

Sensei Daniel-san of Miyagi Do

Are purely coincidental and extremely funny!



Business Details

ABN : 55801337089 HANS SAMUELSSON

Postal address : 12 Bay Patch Street East Fremantle 6158

Owner

Sensei Dan (Hans) Samuelsson

dan@familykarate.com.au and/or office@familykarate.com.au

Phone Number : 0409 281 515

Please note that Sensei Dan's legal name is Hans Erik Daniel Samuelsson, he's still not sure why his Mum and Dad named him Hans but called him Daniel :-) ask them when you see them.

Instructors

Dai Senpai Ben Samuelsson

Senpai Gabby Turner

Senpai Emily Samuelsson

Senpai Merania Kingi

Plus a small army of amazing 8 to 15 year old Junior Instructors

Online

<https://www.familykarate.com.au>

Facebook - "Family Goju Karate" and "Kids Karate Atwell", "Kids Karate Baldivis"

Youtube - "Family Goju Karate"



References

Family Goju Karate-do Detailed Syllabus

For Complete Information on the execution of our Karate Syllabus please head to

<https://familykarate.com.au/reference>

Antecedents

Bubishi: The Classic Manual of Combat - ISBN 9781462918539

Treasured for centuries by karate's top masters, the Bubishi is a classic Chinese work on philosophy, strategy, medicine, and technique as they relate to the martial arts.

Referred to as the "bible of karate" by famous master Chojun Miyagi, for hundreds of years the Bubishi was a secret text passed from master to student in China and later in Okinawa. All of karate's legendary masters have studied it, applied its teachings, or copied passages from it. No other classic work has had as dramatic an impact on the shaping and development of karate as the Bubishi.

"Goju Ryu Karate-do Kyohan" or Master Text - ISBN 9780920129234

Published as the original designated text book for the "Japan Karate School" established by Hanshi Gogen Yamaguchi in the Showa era 48 (1973) this is the Master Text for our school.



To Keep Training After Your Trial

All we need from you to keep your students training is your preferred method of payment, you can give this to us over the phone or by following the prompts below.

You will then receive an email from the payment system confirming your information followed by an email from us with what will be paid and when.

To cancel all we need is an email informing us of the cancellation sent to office@familykarate.com.au

During the Three Week Trial Membership you may cancel any time with it being effective immediately, when training fees begin we need 7 days notice to allow for processing time in systems outside our control.

Go to <https://familykarate.com.au/keeptraining> for full details.



Bring Your Friends

The last couple of years our school has matured and developed a culture we are all really proud of. This year we've decided to stop advertising and encourage the membership to bring their friends and family so we don't disrupt the culture we have.

So see if any of your friends would like a Karate Trial.

If you get a new family to sign up you get the \$50 joining fee.

SPECIAL OFFER: 3 Weeks Unlimited Classes and a FREE Karate Uniform Only \$29.99 (Uniform valued at \$75) – Go to <https://familykarate.com.au>

