

# INFORMATION BOOKLET

親子·剛柔



空手道

Martial Arts For  
Families by Families



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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](mailto:office@familykarate.com.au)

or on

0418 156 661



## Dojo Kun & Etiquette

Our Dojo Kun or “Training Hall Rules” are;

Respect Others

Be Courageous

Train Your Mind and Body

Practice Daily and Protect Traditional Karate-do

Strive to Reach the Essence of Goju Ryu

Never Give up

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 matted 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.

Shoes must never make contact with the training surface, place shoes neatly in the appropriate area

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

Bow again before you leave the Dojo.



## Our Programs

At Family Goju Karate we offer 3 main streams of training targeted at different ages

### Kids

Kindergarten and Pre Primary School aged children aged 4 to 5 yrs old.

### Juniors

Primary School children aged 6 to 12 yrs old.

### Adults

For ages 13 yrs and up this places 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 goal is Kaizen.



## Training Goals

Focus

Balance

Concentration

Team Work

Discipline

Strength and Fitness

**Confidence**

Coordination

Memory

Focusing on traditional Okinawan Goju Ryu taught by Gogen Yamaguchi and created by Chogun Miyagi, 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" and penultimate title in the Japanese Dan grading system.

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

# 空手

Karate is a martial art originating in Okinawa, an Island off Japan, it was based on native Okinawan fighting systems with additions from Chinese Kung Fu styles.

Karate is taught with an emphasis on the following

**Kihon 基本** translating as "basics" or "fundamentals." The term is used to refer to the basic techniques that are taught and practiced as the foundation of most Japanese martial arts. It is focussed on Individual techniques such as types of punches and kicks.

**Kata 型** translating as "form" referring to a detailed choreographed pattern of martial arts movements made to be practised alone, and also within groups and in unison when training. It is practised in Japanese martial arts as a way to memorize and perfect the movements being executed.

**Bunkai 分解** translating as "disassembly" and is the break down 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, learning how to escape from holds and how to respond to various forms of aggression.

**Kumite 組手** translating as "grappling hands". It is the part of karate in which a person trains against an adversary, using the techniques learned from the kihon and kata.

Kumite is taught in phases. Yakusoku (約束) Kumite is choreographed liked kata. Awase Kumite is restrained and educational. Jyu Kumite is full speed but with strikes held back so as to not injure.

**Karate Do** We follow the characters 空手 for Karate with 道. This character means "Road" or "Journey". Karate is a life long journey. The concepts of Kaizen and Shu Ha Rei will be your guides and your goals.



## Kaizen

# 改善

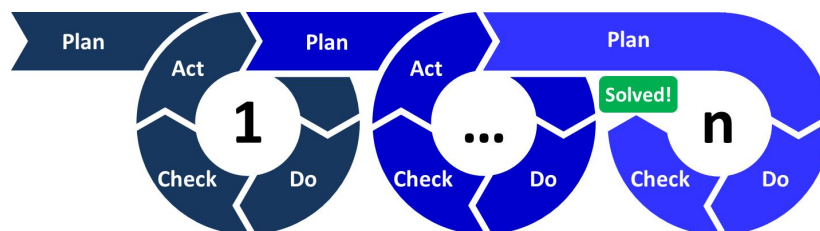
The Japanese word Kaizen means "change for better". The word refers to any improvement, one-time or continuous, large or small, in the same sense as the English word "improvement".

It is a philosophy of continuous improvement of practices and personal efficiency. It is often used in Business. 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 4 points or like a clock face. The cycle is often repeated many times until our goal is reached or our problem is solved.

For effective and repeatable Kaizen we must

- **Plan** - Decide what aspect of our Karate we wish to improve
- **Do** - Perform your Karate 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 our training programs is to facilitate Kaizen in our Students**





## Shu Ha Ri

# 守破離

Shu Ha Ri is a Japanese martial art concept which describes the stages of learning to mastery.

It is known that, when we learn or train in something, 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 forms, open the door to creative technique, and arrive in a place where we act in accordance with what our heart/mind desires, unhindered while not overstepping laws.

Kaizen is the wheel that will transport you down the path of Karate-do.

The Path is Shu Ha Ri