



OCIGK -- Information Package

www.ocigk.com

Dear OCIGK Parent:

We commend you on your decision to start your child in the Martial Arts. Your child is now part of a tradition that has been passed on for hundreds of years. Whether they participate for months or years, we assure you that this Karate experience will remain with them for a lifetime.

The first section of this document is for you, the parent. It includes the goals of this class and administrative information. The second section is for you to review with your child. Talk to them about what you read. It is important that you reinforce at home the self-discipline, courtesy, and tradition that we teach in class.

Additional information can be found on our website: <http://www.ocigk.com>

FOR THE PARENT:

The goals of OCIGK:

1. **To teach** self discipline.
2. **To strengthen** the physical body through exercise.
3. **To build** self confidence through practical application.
4. **To develop** self defense skills.

We seek to achieve our goals through diligent practice of Goju Ryu Karate.

Monthly dues

Registration is required monthly. Please see your City's registration page for details

TUSTIN: <https://secure.rec1.com/CA/tustin-ca-recreation/catalog>

IRVINE: <http://www.irvinequickreg.org>.

Uniform (Gi)

Pre-paid directly to Kyoshi Roy or Shihan Matt. **Students are required to order a gi prior to their fourth class.** Gi's obtained from previous martial arts training may be worn upon approval of instructor. Dojo patches are required after 8 weeks of training. Prices vary. Please see your instructor.

Testing

Promotions foster enthusiasm and growth. However, promotions are not given away, they must be earned. The time needed for our students to journey from white belt to the rank of black belt cannot be succinctly quantified. Attendance, attitude, focus, inherent skills, former martial arts experience, and many other factors play a role in how quickly a student attains rank.

Goju Ryu rank structure is designated by a colored belt; the level of the belt is called a kyu. From lowest to highest the ranks are:

Belt Color	Kyu
White	10th
Yellow	9th
Orange	8th
Blue	7th
Green, 1 Stripe	6th
Green, 2 stripes	5th
Green 3 Stripes	4th
Brown, 1 stripe	3rd
Brown, 2 stripes	2nd
Brown, 3 stripes	1st
Black	Shodan

A general guideline is 14-18 classes for promotion from white belt to yellow belt; approximately 14-18 classes from yellow belt to orange belt; approximately 20 classes from orange belt to blue belt. Promotions beyond blue belt are determined on an individual basis. Please note that this refers to classes attended, not the amount of time the student has been enrolled. We hope that you will support our goal of ensure that each promotion is earned.

Prior to the student’s test, we will hand out an “Invitation to Test” that summarizes the promotion requirements. This is also your written acknowledgement of the impending promotion. This fee covers the belt and administrative costs. The fee for promotions is \$16.50 for white through brown belt. At Irvine Goshin Kai there is no fee charged for incremental “stripe” promotions.

FOR THE STUDENT:

OCIGK teaches Goju Ryu karate. Goju Ryu means “hard and soft style.” It originated from a small island near Japan called Okinawa. Goju Ryu was developed many years ago Master Chojun Miyagi.



Courtesy

In the Martial Arts, courtesy to your teachers and fellow students is very important. We will introduce you to your instructors on the first day of class. Martial Arts instructors are not referred to be their first name. Always refer to your instructors as “Instructor,” “Sensei,” or “Shihan” depending on their rank.

Please remember to say “Good morning, Sensei” or “Good evening, Sensei” when you see your Instructors. If they have equipment that they are bringing in, please offer to take it for them. When asked a question please respond, “Yes, Shihan Roy” or “Yes, Sensei Matt” never “yeah” or “uh-huh.” Another proper response is a sound: “oou-s.” At first it will sound strange; but over time you will get used to it and your instructors will appreciate that you are learning to be courteous.

Basic Terminology:

Gi Karate uniform

Dojo The place where karate and other martial arts are learned. We bow before entering before leaving our dojo.

Kata A series of movements combined in a logical manner to create a formal form of exercise.

Kiai A short, loud yell that comes from the abdomen to encourage breathing and to focus a technique.

Rei The command to bow.

Self-discipline Being able to stop yourself from doing something that you know you should not do.

Sensei Translated from Japanese as “one who has been before”. It refers to our most senior instructors who will help us through the many physical, spiritual, and mental stages of martial arts.

Sensei nai tash te (“Sen-say nay tosh tay”) – Pay respects to your instructors

Oto gai ne (“O-toh gai-ney”) – Pay respects to your fellow students.

Uke Block

Tsuke Punch

Jodan uke High Block

Chudan uke Middle Block

Tsken tsuke Front punch

Mae geri Front Kick

Yoko geri Side kick

Kiba dachi Horse stance

Counting

Most techniques are practiced in sets of 10. We count to 10 in Japanese and with each count we execute a technique. We accompany the 10th technique with a kiai.

Ichi (1), Ni (2), San (3), Shi (4), Go (5), Roku (6), Shichi (7), Hachi (8), Kyu (9), Ju (10)

All students, regardless of age, are expected to know how to count in Japanese.

Basic Class Guidelines and Rules:

1. Take off your shoes and socks before you enter the dojo.
2. Your gi (uniform) should be neat and clean. Wear it with pride.
3. Class begins and ends on time. Should you be late, observe etiquette by waiting quietly to be invited into class.
4. Bow before entering and before leaving the Dojo.
5. Training at home is encouraged.
6. Please do not
7. Do not leave the dojo without permission. If you do not feel well in class, raise your hand to get the instructor’s attention.
8. Do not talk out loud. If you have questions raise your hand.
9. Do not talk to other students during class unless the instructor asks you to.
10. No jewelry shall be worn during class.
11. No chewing gum or eating candy during class.

Class Procedures:

Please arrive at class at least 5 minutes early. This allows you to warm up and allows us to take attendance without taking up class time.

At the beginning and end of class we bow three times. First to your dojo (sho mi nai). Then to the your Senseis (sensei nai tash te). Then to each other (oto gai ne).

At the beginning of each class, during each bow, each student will say aloud the Japanese phrase **o ne gai shi masu** (“**oh-nee-guy-she-mahs**”) This phrase, which means “Please Teach Me” or “acknowledgement” emphasizes the need for students to seek instruction from their Sensei and from their fellow students

At the end of each class, during each bow, each student will say aloud the Japanese phrase **arigato go zai masu** (“**ah-ree-gah-to-go-zy-mahs**”) This phrase, which means “Thank you” emphasizes the respect and gratitude that a martial arts students demonstrates when another teaches them.