

Sevenoaks Karate Jutsu Kai - Useful Information

Sevenoaks Karate Justu Kai (KJK) is an established karate & kickboxing club which has been running for over 25 years. The style was founded by Kancho Bernard Creton, 9th Dan, with dojos around the world. KJK is a member of the World Independent Budo Kai (WIBK).

Below is some useful information for new students. If you have any further questions, please feel free to ask your instructor.

Club Communications

The club predominantly communicates via email, please let your instructor know if you are not receiving club emails or if you email changes.

Club Training Times

Karate	Monday	Juniors / Beginners	6.45 - 7.45pm
		Seniors / Intermediate	7.45 – 8.45pm

Class Prices:

£5 per class PAYG (first class is free)

Dojo Etiquette

- The 'Dojo' is any place in which training is taking place.
- Your instructor and fellow students should be treated with respect at all times.
- Students should bow and say "OSSU" on entering or leaving the dojo.
- Training is in bare feet unless for medical reasons. Shoes should ideally be removed before entering the dojo.
- Always listen to the instructor.

Annual License

After 4 weeks students are required to purchase a licence to continue training.

This is for insurance cover, and allows the student to take part in association events including gradings and tournaments.

This must be renewed annually, and is the responsibility of the student to ask the instructor for a renewal form 1 month prior to its expiry.

License Cost: New Student:	£40
Junior Renewal:	£25
Senior Renewal:	£30

Medical Information

Please inform your instructor of any injuries or medical conditions that may affect the students training.

Association Clothing

A selection of Karate Jutsu Kai clothing is available including T-Shirts and Hoodies.

Training Equipment

Equipment can be purchased through the club. Speak to the instructor for details.

To start with you can train in loose clothing, e.g. shorts/tracksuits/tshirts.

For tournaments students will need a Gi, hand pads, leg pads and a gumshield as the minimum.

Karate uniforms (Gi's) should be purchased through the club to ensure the correct club logo (Kanji) is embroidered onto it.

Approximate prices:

Gi	£30	(dependant on size and style)
Hand pads	£5	
Leg Pads	£10	
Gumshield	£3	(free if purchased at same time as leg and hand pads)

*Discount for new students: £40 for Gi, Hand & Leg Pads and Gumshield if ordered together.

Gradings

Gradings take place 3-4 times a year and are a test to assess the students progression. These usually take place during the normal training session and will be run by a senior grade from one of the surrounding clubs.

The instructor will not allow the child to grade if they do not think they are ready, and students must have demonstrated the appropriate commitment in the weeks leading up to the grading.

There is a separate list of each grade attached. The milestones are in bold and these are the grades the student will be aiming for during the grading. If they are not up to the required standard, they may or may not be awarded a lower grade.

Tournaments

The association holds 4 main tournaments each year and these are a great opportunity to test the students skills against others. A number of students from the Sevenoaks club have gone on to compete at an international level.

Remember - Martial Arts training can be hard! Through correct training you will become mentally and physically stronger. The more you put in, the more you get out!

Feel free to ask fellow students, or instructors if you have further questions.

Sempai Matt,

OSSU

www.karatejutsukai.com/sevenoaks

<https://sites.google.com/view/skjk>

<http://www.facebook.com/SevenoaksKJK>

mb@karatejutsu.dk