

Livingston & Westerinch Karate
Club Rules & Regulations

01/01/2023 (last update)

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Section 1: Club Etiquette / Ethos / Behaviour

The history of karate is heavily based on Japanese culture. There are various aspects of this that are expected in the club.

Karate first aim is defence, not attacking an individual. Any member found to be using techniques in an unworthy manner will be expelled from the club.

Respect

It is expected that all members show respect at all times both to instructors and other members regardless of grade.

Bowing

Should be carried out at various times in class:

- Arrival/Departing the Dojo, members should bow towards the centre of the hall.
- Start/Finish of class, members bow to the instructor, and the most senior student.
- Before/Activity (sparring or kata) bowing should take place.

When addressing an instructor you should only address them as "Sensei" and never by their actual name. Outside the Dojo you may only address them by their Christian name if they have given you permission to do so.

Club Instructors:

Sensei Grahame Brown (head instructor)
Sensei Scot Bonallo (assistant)
Sensei Zacharie Brown
Sensei Shaun Williamson

Dragon Ninja Instructors

Sensei Grahame Brown
Sensei Scot Bonallo (assistant)

Classes:

All members should ensure they arrive 5 minutes before class starts. This allows all administration to be completed in time for the class start time. Once the class has started there should be no interruptions. Members under 16 must be dropped off and collected by a responsible adult. The adult must come into the venue to ensure the class is running.

If you are late:

- Enter quietly (remembering to bow).
- Put your belongings down.
- Kneel at the side of the class and await your invitation by the instructor to join the class.

Non Attendance:

Anyone who cannot attend their regular class should advise their instructor as soon as possible. Apart from being polite this allows the instructor to plan in advance, and pass on any important information that they may have to give out.

If an instructor is unable to attend they will arrange for a cover instructor. If no instructor is available or if the class has to be cancelled for any other reason a message will be posted to the club's WhatsApp group, this will also be posted on the club's Facebook page.

Talking in Class:

While training there should be no talking. Swearing, bullying or cursing is totally unacceptable; anyone behaving in this manner will be asked to leave immediately. If the person is under 16, their parents will be contacted, and asked to collect them.

Sportsmanship

Sportsmanship and respect must be shown to all members at all times. Anyone caught displaying unsportsmanlike or out of control techniques, may be dismissed from class. Depending on the nature of this they may be expelled from the club, and/or a report sent to Police Scotland.

Sparring

Proper control must be maintained at all times. Striking a person, even in class is assault and a chargeable offence under UK law. By participating in club activities all members understand they could cause injury, or be injured. We insist everyone follow the instructor's instructions and 100% concentration is given during sparring sessions to keep the risk of injury to a minimum. Any member displaying improper techniques, or over aggressive moves will be dismissed from the class.

In the event of an accident we will support both parties, and work with the authorities as required. To minimise injuries sparring mitts will normally be worn.

Any member dismissed/expelled from a class they will have to appear before the club's disciplinary committee. The committee will decide if the member should be permitted to attend further classes.

Members under 16 years

In the interest of child safety all members under the age of 16 are classed as children. All children must be signed in, and out of class by a responsible adult. In the event a child leaves without being signed out we will attempt to contact the two emergency numbers on file. If there is no response we will contact the police and advise them of the situation.

Bullying

Livingston Karate Club has a zero tolerance of bullying. No forms of bullying will be permissible whether emotional, physical, verbal, cyber, prejudiced, racial, gender based, homophobic, biphobic or transphobic. Any instances will be fully investigated by the club instructors and child protection officer (if appropriate). Any student found guilty of bullying will be dismissed from the club and the information passed on to the appropriate authorities.

Other Clubs

We will recognise other clubs and associations standards and grades. However we strongly discourage our students from attending additional Martial Arts clubs or Associations as they will be unable to commit 100% to the methods and practises of our club. Should a member be found participating in other classes they will be called to discuss the matter with the senior instructors and may be expelled from the club.

Any member found promoting another martial arts club or organisation to our members will be immediately removed from the class. Their membership/license will also be revoked without refund. If there is any financial loss to the club legal action will be taken (if necessary) to recover this.

Section 2: Personal Hygiene, Health and Safety

Members should arrive at class with a clean pressed Gi (karate suit). Personal Hygiene must be of a high standard due to close working with other members. Nails should be kept short and clean. All watches and jewellery must be removed. No member will be permitted to participate in sparring while wearing watches/rings.

No member will be permitted to train in socks; indoor trainers may be worn in certain circumstances with prior approval from the class instructor.

All students must wear shoes on entry to the dojo, but remove them as soon as possible. No student should leave the dojo without shoes on their feet for health and safety reasons.

Section 3: Membership

The club charges for Annual Membership & Licence Fees. These are combined in one payment as displayed below and must be paid by all students/instructors. This charge covers costs associated with running the club such as insurance, associations, printing and stationary. At the discretion of the treasurer, members may be allowed to pay these over two months at no extra cost. Refunds are not normally given.

After processing the application new members will be issued with a Club Membership Book. The inside page should be completed by the student and signed. No other pages should be altered other than by a club official.

At the end of the twelve month period you will be invited to renew your membership and licence. On renewal you should ensure your book is stamped by a club official.

Section 4: Fees

Fees are set at the current rates shown below. Training fees must be paid in advance, on the first of the calendar month. Grading fees should be paid at least one week prior to grading.

£30: One Month Introductory Course

This includes all fees one month training and a karate suit (normally supplied within a week of payment). This course runs over one calendar month. If the student joins half way through the month they will lose out on two weeks training, however some discretion may be applied. At the end of the course the member will be invited to join the club. During the course students may train at all classes aimed at their level.

Note: This course is not available to Dragon Ninjas.

Membership / Licence Fees

Adult	: £32 per year (£28 for renewals)
Junior	: £28 per year (£25 for renewals)
Additional Family	: £20 per year (£18 for renewals)

Monthly Training Fees

Adult	: £28 per month
Student/unemployed	: £25 per month
Junior	: £22 per month

*(Additional immediate : + £18 for first extra member
Family) : + £11 for each additional extra member*

Training Fees fall due on the 1st of the month, these are payable regardless of number of classes attended through the period, and are non-refundable. Where a member falls to pay on the second week of the month they will not be permitted to attend class until settled. In cases of training fees falling behind by more than one month the membership will be cancelled. Before resuming classes full payment will be required.

In the event a member being unable to train through illness/injury or if they are going to be on holiday for more than three weeks the club must be advised. Provided the club is advised of this in advance the member's training fees will be put on hold until they are able to return.

Grading Fees

Kyu Grades: £25

Students may attend a Kyu (colour belt) grading approximately every three to four calendar months provided they have attended sufficient classes.

Dan grades: POA

Section 5: Grading

Student grading may either be carried out in regular classes, or preferably at Craigswood Sports Centre on a Sunday morning. Included in the grading price is the assessment, certificate and belt. In the event of a student failing to achieve the required standard they may be able to re-sit the exam free of charge (once) at the next grading, or awarded a “Half” grade (up to 8th Kyu).

Assessments are in three parts: Kihon (basic moves), Kata (pattern), and Kumite (sparring). Maximum effort, speed and power where appropriate must be demonstrated at all times.

A score is kept for the various aspects of each part of the assessment. To pass the student must achieve the pass mark in at least two sections, and have a minimum overall score of 50%. The student's licence book will be marked with the exam scores.

Our syllabus can be downloaded via our website <http://members.livkarate.co.uk>. On the day of grading the student must be able to demonstrate the relevant section required, in addition to any parts of the syllabus for lower grades.

On successful grading, member's licence books will be updated, and a new belt and grading certificate will be received a few days later.

Belt Structure:

<u>Dragon Ninjas Only</u>		<u>Regular Grades</u>	
Novice	: White belt	Novice	: White belt
14th Kyu	: White/Yellow stripe	10th Kyu	: Red belt
13th Kyu	: White/Green stripe	9th Kyu	: Orange belt
12th Kyu	: White/Blue stripe	8th Kyu	: Yellow belt
11th Kyu	: White/Brown stripe	7th Kyu	: Yellow belt / Green Stripe
10.5 Kyu	: White/Red stripe	6th Kyu	: Green belt
		5th Kyu	: Green belt / Blue Stripe
		4th Kyu	: Purple belt
		3rd Kyu	: Blue belt
		2nd Kyu	: Brown belt
		1st Kyu	: Brown belt / Black Stripe
		1st Dan	: Black

Dan Grades

Students need to be invited to participate in a Dan grading and costs will be confirmed at the time. This is held on three separate grading dates and includes a written exam. Students attempting this should attend ALL Kyu gradings even if they are not grading.

Section 6 : Dragon Ninja Students

Children below the age of 9 (minimum 5 years) should participate only in our Dragon Ninjas class. Students are expected to comply with the rules and regulations of the club and may train occasionally with the main club. The Dragon Ninjas classes are a bit more relaxed and include games in addition to karate moves. At no time will Dragon Ninja students be permitted to participate in sparring.

On joining it is recommended students wear loose clothing (such as joggers and a tee shirt). After a few weeks if the student wishes they may wear a black karate gi (suit), these are available through the club.

The Dragon Ninjas section operates on a Pay as you Train basis, ie a fixed fee per class, currently £6.50 a class, or £20 a month. There are no membership or licence fees during this time.

Dragon Ninjas gradings are held every four calendar months at a cost of £13. This includes a practical exam, certificate and belt.

On a Ninjas ninth birthday or earlier (by approval of the club chief instructor) students will graduate to the main class. Once graduated they pay the same fees as the main class but may also take advantage of the introductory offer.