

Livingston Karate Club Rules and Regulations

Objective

To develop Defensive Skills, Focus and Discipline which promotes Spiritual Growth, Personal Development, and Mental Stamina through the Shotokan Style of Karate at all levels, providing opportunities for recreation and competition.

Grading

Club assessments are held on the last week of the month. Members should do their best to attend. On successful completion of all four assessments required you will be awarded your grade providing a satisfactory attendance of classes is also achieved. Dan grading will only be awarded after a period of at least twelve consecutive months with the Livingston Karate Club.

Membership

Membership of the club shall be open to any person completing a membership application form, and paying the relevant fee.

Anti-bullying Policy

LKC has a policy concerning bullying. Any form of bullying is unacceptable; any member suspected of this will appear before the club committee. If found guilty their membership will be revoked immediately.

Child Protection and Working with Vulnerable Groups

Disclosure Scotland or another government appointed body will vet club instructors and adult helpers for suitability of working with these groups. This will be organised by the club's Child Protection Officer, or other appointed officer.

Personal Hygiene and Safety

Members should ensure their nails are kept clean and short. No jewellery or watches should be worn during class. This is for the student's safety. Additionally you and your Gi should be clean and unmarked at the start of class.

Dojo Etiquette

When arriving or leaving the Dojo say "Oss", then bow standing at the entrance, facing into the Dojo.

Lateness / Absence from Class

Try not to be late for class, however if it cannot be avoided or you cannot attend your normal class let the instructor know before class starts. On arriving late, bow on entering the class, then kneel at the side until you are invited to join in.

Joining / Leaving the Class

If you have to leave the class early, let your instructor know prior to the start of training. On joining or leaving the class a quick bow is required and your entrance/departure should be from the back of the class. Never run in front of the class, nor pass behind your instructor.

Talking

This is generally discouraged during the class, although a few words to discuss an aspect of karate is acceptable.

Kiai

This should always be carried out with spirit. No word is spoken, the sounds "Ei", "Eo" or "Ea" may be made.

Japanese Terms

| <u>PUNCHES</u> | |
|-----------------------|------------------|
| OI -TZUKI | Stepping Punch |
| GYAKA -TZUKI | Back Hand Punch |
| GIZAMA -TZUKI | Front Hand Punch |
| SAMBON - TZUKI | Triple Punch |

| <u>KICKS</u> | |
|--------------------------|------------------|
| MI-GERI | Front Kick |
| MIWASHI-GERI | Roundhouse Kick |
| YOKO GERI-KEAGE | Side Snap Kick |
| YOKO GERI -KEKOMI | Side Thrust Kick |
| USHIRO-GERI | Reverse Kick |

| <u>BLOCKS</u> | |
|-------------------------|-----------------------|
| AGE - UKE | Face Block |
| SOTO - UDE - UKE | Outside Stomach Block |
| UCHI - UDE - UKE | Inside Stomach Block |
| GEDAN BARRAI | Down Block |
| SHUTO - UKE | Knife Hand Block |

| <u>STRIKES</u> | |
|--------------------|-------------------|
| URIKAN-UCHI | Back Fist Strike |
| HITO-UCHI | Ridge Hand Strike |

| <u>STANCES</u> | |
|------------------------|------------------|
| SHEIZEN-TAI | Attention Stance |
| ZEN -UTZU-DACHI | Front Stance |
| KO-KUTZU-DACHI | Back Stance |
| KIBA-DACHI | Side Stance |

| <u>INSTRUCTIONS</u> | |
|---------------------|-------------------|
| YOI | Attention / Ready |
| HAJIME | Begin |
| AYAME | Stop |
| MORITE | Turn |
| REI | Bow |