Swiss Seishinkai Karate-Do Information Package

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On the following pages you will find all important information of our school. Further interesting information can be found on our homepage www.seishinkai.ch.

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Information

Administrative

In order to save costs, we send **all information** (invitations for belt tests, courses etc.) **via e-mail**. It is imperative that you check your e-mails on a **regular basis** and put us in your address book so that our e-mail does not end up in your SPAM box. When you read your e-mails regularly you stay up-to-date. For children it is important that we also have the e-mail address of one or both of the parents in order to keep them informed. In exceptional cases (and by request), we provide information by mail, but the member needs to pay an additional CHF 25.00 per semester.

We kindly ask you to let us know if you have any proposals, comments or complaints. We are dependent on feedback from you in order to provide an optimal training experience. You may contact us in the following ways:

- Phone 044 500 10 87
- E-mail info@seishinkai.ch
- Oral Before or after a training lesson

WhatsApp

We use the WhatsApp group chat ***Seishinkai Training Chat*** for information which is related to training lessons or for quick and important updates. The mobile number(s) you indicated in the registration form will be added to this chat. This group chat will be **exclusively** used for training related communication and must not be used for entertainment or other messages.

Material

We buy the **Karate suits (Japanese *Gi*)** for our students who are still growing mostly one size too big. We do this for two reasons:

- the Gi always shrinks during washing
- the children can wear their Gi longer.

We insist that Karate Gi which are too long have to be hemmed or cropped (seam inside). Sleeves and pant legs are 2 cm shorter than normal clothes. This way it is safer and that nobody will get stuck with his/her fingers in the clothes or stumble upon one's own pants.
We do not accept Gi with sleeves and pant legs which are too long.

Orders for materials or equipment can be given as follows:

- e-mail
- personally, to the trainer.

The material will be given to you during the training.

Training Schedule

It may be that data on the training schedule can change during the course of the year. Major changes will always be communicated to you via e-mail. Minor changes that do not concern the students will not be communicated. To ensure that you have the latest training schedule you can check our homepage www.seishinkai.ch, navigate to Training Plan. This training schedule is **always** up to date. You can check the date below the title to assure that you have the latest version of the trainings schedule.

Training

During the official Swiss school holidays, we usually offer **workshops**. They take place on either a Monday or Friday. What is a workshop? During this hour, we can individually deal with advanced children (blue belt and above) and adults (all ranks) if they have any questions regarding techniques or want to learn a Kata. Please note the special training hours on the training schedule.

Training Hours

Monday: Judo Club Dübendorf, Neuhofstrasse 23, Dübendorf
18.00 - 19.00 children
19.00 - 20.00 teenagers & adults

Thursday: Schulhaus Flugfeld, Rechweg 18, Dübendorf
18.15 - 19.15 children ***
19.15 - 20.15 teenagers & adults

Friday: Judo Club Dübendorf, Neuhofstrasse 23, Dübendorf
18.00 - 19.00 children
19.00 - 20.00 teenagers & adults

*** The first training hour in the gym of the school building Flugfeld can be used from 18:15 until 19:15 simultaneously in operation for:

- advanced children with green belt and above
- teenagers 14 years and above (without any belt restrictions)
- adults (without any belt restrictions)

The gym is quite large and the children who join the training lessons on Thursday only need a part of the gym.

This training hour can be used in two ways:

Self-Study
Each Karate-Ka can train for himself/herself or train with other Karate-Ka. This training lesson is a perfect opportunity to learn Kata, to deepen the knowledge of a Kata or to prepare for a belt test.

Training
Sensei, Sempai or black belts can offer special training lessons (Kumite, Kata …). She or he will communicate this in our WhatsApp chat group. Such training opportunities will be published as early as possible. If you are interested in such a lesson you are asked to confirm this as fast as possible with the respective trainer. Only in this way can a trainer know if there is an interest in a training lesson or not.

Important

- The training instructor as per training plan has the authority to decide if a special training takes place or not. In rare cases the whole gym is used for a training lesson and the training as per training plan has first priority.
- This lesson shall exclusively be used for Karate and not for games. Exceptions must be agreed by Sensei Alex or Sensei Santo.
- This training possibility cannot be used parallel to belt tests, belt test simulations, endurance trainings and other courses.
- Priorities of the gym usage:
    1. Training as per training plan
    2. Lessons of Sensei, Sempai and black belts
    3. Self-study.

This training lesson counts as a visited training lesson (do not forget to put an "X" by your name on the training attendance sheet.

Kyu Belt Tests

For beginners there is sometimes confusion in regards to the process of our Kyu Belt tests. All students will be informed via e-mail about one month prior to the tests. It is important that you read and understand this e-mail and its attachments. The test consists of three parts:

- Kata Course
- Kyu Belt Test Simulation
- Kyu Belt Tests

You can only pass the test if you participate in **all** three lessons. The lessons are highlighted with red colour in our training schedule. Please note that everybody knows these test dates at least half a year ahead of and can organize himself / herself for these dates.

Advertising

We rely on marketing to keep new students coming in the door. A verbal recommendation of a member of our school is always the best advertisement. We honour a personal recommendation with an attractive thank-you gift. For more details, please see the form “Friendship Advertising with Thank you Gift” - it is worth it! Karate documentation and flyers can be obtained from us.

Forms

You can download all our forms from our homepage www.seishinkai.ch or obtain them directly from us.

Facebook

Our school is on Facebook (Swiss Seishinkai Karate-Do). We post our events, photos etc. on this media. Of course, we would be happy if you add our site to your profile. A recommendation of our site to your friends and relatives is greatly appreciated. You can find the link on the welcome page of our homepage (just click on the “Facebook” button).

Dojokun For Karate-Ka

Dojokun (Japanese 道場訓, *dojo rules* or *rules fort the training of Martial Arts*) are the code of conduct of Budo (Martial Arts).

Proper behaviour, manners and respect are the cornerstones of Karate. This is why we created this code of conduct. Karate begins with respect and ends with respect. Seishinkai functions according to this principle.

Dojo (Training Room)

Please arrive no earlier than 15 minutes before the start of training on the two training evenings at the Judo Club Dübendorf. As the changing rooms are not optimally located, it is inconsiderate and a distraction for the students of the first training lesson when people are constantly crossing the dojo.

It is important to be dressed and ready to begin on time, as it is a disturbance for the other training participants when people arrive late. Should it happen that you are late, you are asked to wait at the edge of the training mats until the teacher invites you with a small bow to join the training.

Everybody has to take a bow before entering and leaving the dojo. This is an expression of respect for the founders and masters of the different Budo arts as well as a greeting to the already present students and masters.

It is prohibited to enter the training mats (Tatami) with street shoes.

If a student wants to leave the training mats during a lesson, she/he must notify the teacher. As soon as she/he returns, he needs to follow the same procedure.

Please do not bring valuables (wallets, watches, rings, etc.) to training. Opportunity invites theft and we cannot be responsible for loss or theft of personal property. If you bring valuables to the training then make sure that you bring them to the dojo. This way we can ensure that nothing will get lost.

Students

Consumption of alcoholic beverages is prohibited before every training as well as consumption of strong-smelling dishes. Chewing gum, candy, food or beverages are not allowed during the training and are also not allowed on the mats.

It happens over and over again that students arrive at a training session, even though no training is taking place or a special training which is scheduled for only a specific level of students. This is why we ask you to do the following:

- Please check the training schedule carefully to ensure that a training lesson is actually taking place **before** you or your child leave the house.
- We ask parents and/or the person responsible for your child, who cannot join a training lesson (due to their age) without being accompanied by an adult, to bring the child not only to the dojo, but always directly **inside the dojo or gym** in order to ensure that a training is taking place and they are not put in a situation where they are left alone with the doors locked. We (the trainers) are responsible as soon as the student has said hello to us (tick list). We ensure that the student remain in there during the entire lesson.

Compliance with **hygiene** is required. Please always arrive **clean and washed** before training. Fingernails and toenails should be cut short. This is for your own and for your fellow training partners' safety (risk of injury).

All training rooms and attached facilities must be left in a proper condition. Empty bottles, etc. should be disposed **outside** the dojo.

Glasses, rings, necklaces, earrings, piercings etc. must be removed before the start of a training in order to prevent injuries. In case jewellery cannot be removed it must be fastened over with tape.

Training always takes place dressed in the traditional Gi. It must be clean and washed regularly.

Boys and men **always** have to wear a groin guard during the training.

Girls and women **always** must wear a chest protector during the training.

Please bring your protectors for hands and additional protectors (teeth, shins, forearms, feet) to **all** training sessions.

Girls and women may wear a t-shirt underneath the Gi (training suit), but only in a **white colour**. Boys and men are **not allowed** to wear t-shirts underneath the Gi. Please adhere to this rule as we follow the traditional rules of Karate.

Girls and women with long hair need to **tie up their hair**.

Training

Before the start and end of each training session, the students kneel down facing the teacher (called "*Seiza*") and bow towards him/her (called "*Sensei Ne Rei*" or "*Sempai Ni Rei*").

- During bowing at the beginning of the training session the student says "*Onegai Schimas(u)*" (the "U" is not pronounced). Translated it means "Please take care of me".
- During bowing at the end of the training session the student says "*Arigato Gozaimas(u)*" (the "U" is not pronounced). Translated it means "Thank you very much".

This is a token of recognition, courtesy and respect towards him/her. The trainer responds to this ritual.

If a student wishes to have an explanation from the teacher during an exercise, he/she has to turn towards him and bow in order to attract attention. Only when he faces the student and bows as well is the student allowed to speak.

Discussions with the teacher regarding a technique are refrained upon during a lesson.

The student has to train with full concentration. A superficial and careless behaviour is often the cause of injuries.

Occasionally, a student gets injured during a training lesson. A small wound, especially a bleeding one should be immediately brought to the attention of the trainer so that the injury can be treated.

Any disruptions (e.g. loud discussions or comments) are not allowed during training lessons.

During a demonstration or an explanation of a technique, it is forbidden to talk to the trainer. There is plenty of time to ask questions during the following practice.

The trainer may choose a student to demonstrate a technique. For this purpose, he bows towards a student. The student then has to respond with a bow and approaches the teacher (approximately 1.5 metres distance). The student bows again towards the teacher and he responds as well with a bow. Assuming a combat position is only to be done when the teacher asks for it. While the teacher is giving explanations, the student must wait beside, kneeling on the left knee.

Before and after an exercise with a training partner, the students are asked to bow towards each other. If you are asked to train with a training partner by him/her bowing in your direction, you must accept this request.

The advice of higher ranked, older or more experienced belts must be accepted without any discussion.

Do not leave the tatami mats or the dojo during training without asking your instructor for permission.

Manners And Respect

- Be aware of your responsibility towards your training partner and treat him/her the same way as you wish to be treated.
- Treat your teacher with the appropriate courtesy and respect as he/she is in a position to provide you with a good education.
- Be polite and helpful but do not force help upon others.
- Be honest, loyal and reliable.
- Handle your skills wisely. Omit violent or uncontrolled behaviour. Do not misuse knowledge nor skills which you acquire from practicing Martial Arts for self-serving purposes. Commit to physical and mental non-violence. Seek for peaceful alternatives in all problematic situations. Always be aware of the fact that the learned techniques may only be needed as self-defence or in a state of emergency.
- Do not let yourself be influenced by others to any unfair actions or activities.
- Pride and arrogance are out of place in the dojo.
- Avoid any form of selfish aspirations. Overcome egoism, selfishness and greed. Be modest in taking and generous in giving. Do not push yourself to the foreground, remain humble, and be responsible for your behaviour, help one another and practice tolerance.
- Behave in a correct manner; only in this way you will be held in respect.
- Do not exclude anybody who is different than you because when wearing a Gi and in our hearts we are all the same.
- Strive to find the true spirit of Martial Arts. Support this by:
    - perfection of your character
    - mental development
    - health, physical development
    - proficiency in Karate
    - respect, politeness towards others
    - modesty.
- Criticize in private and never in public.
- Honour and respect the Budo etiquette and strive to make this visible in your behaviour. Do not ignore this as frivolous und do not give excuses if you violate them. Settle mistakes through increased dedication and do not let the matter rest.
- Do not only train only your body but also face your inner shortcomings with the same power and convictions in which you train during a lesson to help you overcome external difficulties.
- Respect the life, your art and other human beings. Keep an honest attitude and prevent a mind-set that others could question. Stick to your responsibilities and foster the spirit of friendship.

Dojokun For Parents And Relatives Of Karate-Ka

Dojokun (Japanese 道場訓, *dojo rules* or *rules for the training of Martial Arts*) are the code of conduct of Budo (Martial Arts).

These rules do not only apply to Karate-Ka but also to their relatives (parents, friends etc.). Proper behaviour, manners and respect are the cornerstones of Karate. This is why we created this code of conduct. Karate begins with respect and ends with respect. Seishinkai functions according to this principle. We thank you for complying with these rules in your role as an example for your children.

- Make sure that your child only eats and drinks something light. Eating too much food before training is not optimal. Before your child leaves, it is a good idea to remind him/her to go to the toilet.
- Verify that your child is clean, the toe nails and finger nails are properly cut and his/her Gi is washed.
- Before entering the dojo, make sure that your mobile phone is switch off or the sound is turn down as to not disturb the training.
- For new students, parents are allowed to watch during the first few lessons. Afterwards, it is preferred not to remain in the dojo during training lessons, as it can distract your child and the class.
- We interact courteously with each other in the dojo.
- It is forbidden to enter the dojo or the gym with outdoor shoes.
- Respect the privacy of the dressing-rooms for men and women. Fathers use the dressing-room for men and mothers the dressing-room for women.
- As a spectator, we ask you kindly to keep still, to not use your mobile phone, eat, drink or talk with other spectators.
- Problems, questions and all other topics should be discussed in private with the sensei (head of the dojo).
- Please ask any questions to the instructors before or after a training lesson but not during a training lesson.
- Before bringing your child to a training lesson, check the training plan to be sure training lesson is taking place.
- Make sure that your child arrives at the training lesson on time.
- If your child cannot go on his/her own to the training (due to age) please accompany him/her not only to the door but inside the dojo or the gym to ensure that a training lesson is taking place. Once inside, the instructors will take the responsibility in the dojo or gym for your child and assure that your child will remain there during the training lesson.
- Photos during the training lesson can only be taken with the permission of the instructor.
- Please make sure that you pick up your child on time at the end of a training lesson.

We thank you very much for your co-operation.

Dojokun für Trainingsleiter

(Only available in German)

Sei dir immer deines Standes bewusst und zeige Verantwortung und Würde. Habe Geduld mit deinen Schülern, nötige sie zu nichts, sondern lehre sie durch dein Beispiel. Denke immer daran, dass du der Massstab bist, an dem sie sich orientieren.

Achte auf eine Atmosphäre von Disziplin, Respekt und Vertrauen, doch erzwinge sie nicht mit autoritären Regeln. Vergiss nie, dass du das Vertrauen deiner Schüler verlierst, wenn du Regeln ohne menschliche Zuwendung und ehrliches Wohlwollen anwendest. Ohne persönliche Bindungen kannst du nicht unterrichten, und Karate wird zu einem autoritären Regelsystem mit falschen Inhalten.

Beurteile deine Schüler nicht nach ihrem körperlichen Talent, sondern nach ihrem Charakter, ihrer Selbstdisziplin und ihrer Hilfsbereitschaft.

Versuche jeden Schüler individuell zu unterrichten, und setze ihm seine Ziele entsprechend seinen persönlichen Fähigkeiten und Anlagen. Vermeide grundsätzlich, kollektive Ziele anzusteuern, und ermögliche dem einzelnen eine Entwicklung innerhalb seiner Möglichkeiten.

Lehre nichts, was du nicht verstanden hast, sprich nicht über Dinge, die du nicht erfahren hast, und vermittle nicht den Eindruck, dass du bereits am Ziel seist. Verbirg deine Fehler nicht, und sei deinen Schülern vor allem ein ehrlicher Freund. Denke nicht, dass deine Autorität ihnen gegenüber auf deiner Position oder Graduierung beruht, sondern lehre mit deiner wahren Persönlichkeit. Es ist nicht nötig, dass du das Beste bietest, sondern biete das dir Mögliche, doch biete es ganz.

Erwarte von deinen Schülern nicht, dass die mehr geben, als ihrem Fortschritt entspricht. Gib ihnen die Zeit, die auch du brauchtest, um zu wachsen. Erinnere dich daran, dass auch dein Fortschritt der jahrelangen Pflege deiner Lehrer bedurfte und ebenso viel Geduld erforderte, wie du nun aufbringen musst, um sie zu lehren.

Konzentriere deine Persönlichen Anstrengungen nicht nur auf die körperliche Übung, sondern auf die Disziplin und das Studium des Karate als Kunst. Entwickle beständig deine Fähigkeit zum Ideal, und suche deine Herausforderungen in erster Linie in der Perfektion deines Selbst.

Vergiss nie, dass du selbst noch Schüler bist. "Meister zu sein heisst immer Schüler zu bleiben". Versäume es nicht, dich beständig weiterzuentwickeln und Karate mit konstruktivem Geist zu erforschen. Achte dabei vor allem auf deine beispielgebende Haltung gegenüber deinen Schülern und gleichzeitig auf das rechte Verhältnis zu deinem Lehrer. Nur auf diese Weise kannst du wachsen.