



## Information

(Version 06 November 2019)

### 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](http://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. In order to prevent any distractions, we will be using four big mats as a room divider.

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. If you wish to use such a lesson you must send a chat in WhatsApp in [Seishinkai Training Chat](#) in order to register for this lesson. 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 in this chat group. 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.
- The Karate-Ka who join a special lesson are responsible to place the room dividers prior to the first lesson and to put them back at the end of a lesson. This will be done as per instructions of the training instructor as per training plan. It might be that only a third of the gym can be used if there is a need for more space for the regular training lesson.



- 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 a 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](http://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).