

SHOTOKAN
JAPAN KARATE ASSOCIATION OF BROOKLYN
SINCE 1972

HIGH STANDARDS

**SANCTIONED BY THE JAPANESE MINISTRY OF EDUCATION
THE LARGEST AND OLDEST INTERNATIONAL KARATE ORGANIZATION**



Member of:

- **JAPAN KARATE ASSOCIATION WORLD FEDERATION**
- **SHOTOKAN KARATE-DO INTERNATIONAL**

CHIEF INSTRUCTOR
SHU TAKAHASHI, 7TH DAN

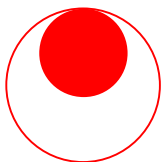
A-CLASS INSTRUCTOR, A-CLASS JUDGE, AND A-CLASS EXAMINER
MEMBER, JKA SHIHANKAI
ALL-AMERICAN & WORLD TOURNAMENT JUDGE, US NATIONAL TEAM MANAGER

LECTURER (Physical Education/Karate), CUNY and SUNY STONY BROOK

PRIVATE INSTRUCTION AVAILABLE (DAY OR NIGHT)

(718) 768-9345
(917) 804-5618

565 FIFTH AVENUE, Brooklyn, NY 11215
(Between 15th and 16th Streets)



JAPAN KARATE ASSOCIATION of BROOKLYN TAKAHASHI DOJO INC.

565 5th Ave.
Brooklyn, NY 11215
(718) 768-9345
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www.jkabrooklyn.com

"The ultimate aim of the art of karate lies not in victory or defeat, but in the perfection of the character of its participant."

Gichin Funakoshi, Father of Shotokan Karate

DOJO KUN

(Precepts
Of Karate-Do):

Seek perfection of character.
Be faithful.
Endeavor.
Respect others.
Refrain from violent behavior.

WHAT IS "DO"?

"Do" is "the way." Karate practice allows the participant to develop character and learn to live by following the "Dojo Kun." It also develops both mental and physical stamina. However, it is very important that the student never gives up, but persists, no matter what the situation may be. Without an earnest effort, without perseverance, the student will never understand the true spirit of Karate.

Karate practice consists of three major types of exercise:

KIHON (Basics)

The elementary building blocks of Karate are: stance, posture, coordinated body movement and concentration upon the opponent. These provide a sound foundation. If the basics are strong, it is easy to develop more advanced techniques.

KATA (Forms)

A pre-arranged sequence of techniques and movements simulating combat against multiple imaginary opponents. This specialized method of training is a rational extension of basics, offering situations in which certain attacks and defenses would be applicable. Kata is performed solo or in precision teams, and offers practice in combinations of techniques, focus and release of tension, breathing control, and rhythm. Each level of karate study has its prescribed kata that trains the student - *mentally and physically* - for the next, more advanced level.

KUMITE (Sparring)

As with kata, each level of training has its prescribed method of sparring, from the formal five or three-step sparring of the basic level (when the target and attacker/defender are pre-arranged), to free-sparring at the most advanced level (when the participants themselves act/react spontaneously with attacks/blocks, using timing, distance and strategy). But always, the attack is arrested just before body contact is made - which requires extreme body control and self-discipline.

BEGINNERS

There is a One-Month Beginners' Course offered starting the beginning of each month, which meets three days per week for one hour. A uniform is not required for beginners who may practice in loose-fitting, body concealing clothing, (i.e. sweat suits). Upon completion of the Beginners' Course the student may practice up to five classes per week, choosing from the intermediate and combination classes. A uniform is mandatory for these classes.

FEES

Effective June 1, 2010, fees are payable in advance and are nonrefundable to include the following price schedule and conditions:

Initiation Fee	\$50.00
Monthly Fee	\$ 160.00
Visitor's Fee	\$ 30.00
Membership Cards.....	\$10.00
..... (\$50 for 5 year booklet for Black Belts)	

- Whether the student attends ONE class per month, or **ALL** classes, the monthly charge remains the same;
- If the student does not practice at all in a given month, a **\$10** absent fee will be charged;
- The monthly fee is by the calendar month; if a student joins in the middle or at the end of a month, all dues are payable again at the beginning of the next month;
- **The Visitor's Fee applies only to dues paying members of other Japan Karate Association dojos** who are visiting in Brooklyn and wish to practice. It is a per class charge.

EXAMINATIONS

Ranking examinations are held every three months and cover basics, kata and kumite appropriate for each level which will have been covered in class.

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RULES

- Students must be on time. Tardiness is disrespectful to the instructor and to your fellow students.
- Uniforms must be clean and in good repair. Feet and hands must be clean, and toenails and fingernails must be kept short in order to avoid injury to you and to others. For the same reason no jewelry (rings, earrings, noserings, bracelets, necklaces, etc.) may be worn at any time.
- No colored headbands are permitted, only white.
- No powder is to be used in the dojo; tracking it onto the floor creates a hazard.
- There is no eating or drinking in the dojo.
- Female students must have sewn ties to fasten the uniform in the front. Tee shirts are not a part of the uniform.



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CLASS SCHEDULE - Effective September 1, 2005

TIME/DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 - 10:00am						ADVANCED
10:00 - 11:00am		COMBINATION				INTERMEDIATE
11:00 - 12:00pm		BEGINNERS				BEGINNERS
5:00 - 6:00pm		KIDS		KIDS		
6:00 - 7:00pm	INTERMEDIATE	BEGINNERS	INTERMEDIATE	BEGINNER	INTERMEDIATE	
7:00 - 8:00pm	ADVANCED		ADVANCED		ADVANCED	

BEGINNERS: 1st Month Students

INTERMEDIATE: White, Green & Brown Belts

ADVANCED: Black Belts

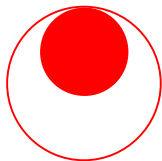
MEMBER OF JAPAN KARATE ASSOCIATION WORLD FEDERATION and SHOTOKAN KARATE-DO INTERNATIONAL

The JAPAN KARATE ASSOCIATION (JKA) is the only organization of its kind in Japan that is sanctioned by the Japanese Government, Ministry of Education.

Participation in promotions (examinations) for grades conducted by the JKA Shotokan Karate-Do International headquarters at 2121 Broadway, New York, NY 10023.

Presentation and participation in the annual Shotokan Karate-Do International Championship contests and training camps, as well as international tournaments sponsored by the JKA World Federation every three years.

ACTIVITIES



**JAPAN KARATE ASSOCIATION of BROOKLYN
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Membership Application

Name: _____

email: _____ Birth Date: _____ Age: _____

Current Address: _____
(Street) (City, State & Zip Code)

Permanent Address: _____
(Street) (City, State & Zip Code)

Home Telephone: _____ Business: _____ Cell: _____

Employer/School: _____

Employer/School Address: _____

Education: _____ Marital Status: _____

If Under 18 years, give name(s) of parent(s) and/or legal guardians(s): _____

How were you introduced to this Association? _____

Have you had any other form of self-defense training? _____

Why do you wish to study Karate? _____

If you are accepted as a member of this club, do you **agree to abide** by the existing laws, rules,
and regulations? _____

Are you in good physical condition now? _____

Has your physical condition in the past been good? _____

Have you had any serious illnesses/injuries in the past? If yes, explain _____

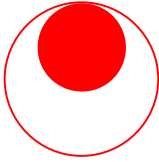
Are you physically able to engage in strenuous athletic activity? _____

Memo (if any): _____

The foregoing are my responses and they are true and correct.

Signature: _____ Date: _____

Parent's Signature: _____ Date: _____



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GENERAL RELEASE

READ CAREFULLY BEFORE SIGNING

1. Upon acceptance of my application for active membership and instruction, I hereby assure the TAKAHASHI DOJYO INC., its instructors and all fellow members THAT:
 - a. I am physically, mentally and emotionally fit to practice the art of Karate.
 - b. I will not perform any activities detrimental to the art of Karate or the TAKAHASHI DOJYO, INC., nor will I use the physical forms of Karate in any but a discreet and judicious manner outside the Dojyo.
 - c. Any knowledge and experience obtained here will not be used by me in any way for financial profit nor will I endeavor to instruct others or hold demonstrations WITHOUT THE EXPRESS KNOWLEDGE AND PRIOR CONSENT OF THE CHIEF INSTRUCTOR.
 - d. I will abide by the Dojyo rules and make every effort to exercise good sportsmanship in the practice of Karate.
2. Moreover, I hereby release, discharge and forever acquit the Dojyo, the landlord, the instructors, fellow members, and all individuals and groups in any way connected with the Dojyo from any and all responsibility resulting from any injuries I may sustain while participating in Karate Dojyo activities.
3. My signature below confirms to all who may be concerned that I have carefully read the above and understand and agree to all of the conditions set forth therein.

Signature: _____
(Sign Name)

Date: _____

(Print Name)

If under eighteen (18) years of age:

Signature of Parent or Guardian: _____

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