



KOKUSAI SEIYO-NO SHORIN-RYU
KARATE/KOBUDO RENMI

国際西洋の少林流連盟

Beginning Karate Classes Registration Packet

1. We will teach you the martial art of Seiyō No Shorin-Ryū Karate and Kobudo (weapons).
2. Each time you come to class you will learn something new.
3. You may study for as long as you like....a lifetime if you wish.
4. For the first trial classes wear something stretchable. Later, if you wish to continue, you will need a uniform. You may purchase those from us at below retail cost.
5. Advancement will require that you join our organization.
6. Advancement requirements through the belts are written down from the lowest to the highest levels.
7. As you advance, we will give you written copies of all requirements.
8. We have schools in Minnesota, Wisconsin, Iowa and Missouri. You may take classes at any of our schools.

Frequently Asked Questions

Who can take Karate?

We teach classes to any one from the age of 5 to 75. Men, women and children all benefit from Karate. Students are placed with students of similar experience and may develop at their own pace.

What will I learn?

You will start in the Shorin-Ryū system. This gives a well-rounded program of kicking, hand techniques, throws and control techniques. Most important is the development of a mental attitude of confidence in oneself and one's ability. Later, you will be invited to learn other systems that we teach such as Kyokushin, Shurite, Iaido (Sword) and Okinawan Jujitsu.

How do I learn and progress?

Every student starts with the basic techniques. Each level is written down so that you know exactly what is expected. When you have learned what is expected, you may test for that belt level. Testing is a mechanism in which the instructor asks you to perform what you have learned. It consists of a Kata, self-defense techniques and other techniques you have been taught.

How do I know if I am ready to test?

You will be told when you are ready, but for the most part you will know. Each level has a required number of hours and a "time in grade" requirement, giving you time to perfect your techniques and allowing for maturity of your knowledge. There are no two-year Black Belts in this system. It will take about four years to attain a Black Belt. When you reach Black level, you will be the real thing!

Are visitors welcome?

Yes, we welcome visitors, especially parents of our younger students. We do ask that visitors do not interfere with class. If there are any questions we will be glad to take time for an explanation.

RULES OF THE DOJO (DESIGNATED TRAINING AREA)

- Safety is the FIRST priority for everyone in the designated Training Area. Everyone is expected to do their best to ensure a safe and enjoyable Dojo.
- Students and/or their parents, MUST tell the Instructor when they are ill, if they are injured, or if there is any reason that they should not participate in any particular aspect of training.
- There shall be NO Eating, Drinking, or Gum Chewing in the Designated Training Area.
- No Running in the Designated Training Area (unless otherwise instructed) is permitted.
- No jewelry is permitted. Earrings are discouraged and worn at athletes own risk.
- No pushing, chasing, wrestling, throwing objects or other unsupervised play at any time.
- Absolutely NO SPARRING is permitted without proper protective equipment.
- Weapons may ONLY be used with the supervision of an Instructor.
- Students MUST follow the direction of Instructors at all times.
- Students MUST show proper respect for students of higher rank.
- Students should not talk, be disruptive, or interrupt class while an Instructor is teaching
- All students MUST respect all Training Equipment.
- All Students should help in cleaning the Dojo when class is finished.
- Only official training uniforms (Gi) shall be worn during class. Any student out of uniform must obtain permission from the Instructor before participating in class.

CHANGING ROOM RULES

- Hold Voices Down to a Whisper.
- Maximum of six (6) people in the room at once. Higher ranks go first.
- Get Changed Quickly.
- ABSOLUTELY NO Horseplay or disrespect for others.
- Keep things tidy.

DOJO PROCEDURES

- Please arrive at least 15 minutes before class begins.
- All Students should bow upon entering and/or leaving the Dojo (Hands open on hips - fingers facing down; bend at waist, eyes down, bow to front of the dojo).
- Remove shoes before entering the Training area (excluding the family waiting area).
- Students should stretch and warm up before class.
- After changing, please store all clothes and gear neatly in the designated area
- Students should notify Sensei when you are going to be late or absent from class.

Gi (UNIFORM), OBI (BELT), GEAR, EQUIPMENT AND WEAPONS

- Uniforms and Belts should only be worn in class and for Karate-related functions. Do not wear your Gi outside of class. Bring it to the club and change into it before class.
- Treat all of the above with respect and should only be used for what it is intended for.
- Never forget any part of your Gi (Belt, Pants, and Jacket).
- Only use your Dojo for training, NOT for playing, eating in, etc.
- Any Equipment that belongs to the Dojo should only be used for training and you must ask permission to use it outside of class time.
- Sparring Gear that belongs to you or the Dojo should be used properly.

I have read and understand the safety rules of Branson Karate, and agree to support and promote a safe environment for all students, instructors, family members, and visitors.

SIGNATURE: _____

SIGN HERE Date: _____

Branson Karate

Student Registration and Agreement

Student's Name	Date of Birth	Gender <input type="checkbox"/> M <input type="checkbox"/> F
Student's Address		
City	State	Zip
Home Phone Number ()	Cell Phone ()	Email Address

Responsible Party: If student is a minor, or if someone else is responsible for payment...

Parent, Guardian or Responsible Party	Parent/Guardian Email Address	
Address (if different from above)		
Home Phone Number ()	Cell Phone ()	Work Phone ()

Branson Karate is committed to striving for a safe and injury free training environment. The instructors, directors, and staff will do their best to maintain a safe and accident free environment for both athletes and instructors. It is imperative that all athletes obey the safety rules and regulations of the classroom, and carefully follow the instructor's directions. However, as with any physical sporting activity, martial arts is a potentially dangerous activity. Bumps, bruises, scrapes, and muscle soreness are common and most athletes will encounter this sort of minor injury periodically during their training. More serious injuries are possible and could be expected at some time during an athlete's training, including sprains, strains, twists, cramps, and other injuries of similar magnitude. The possibility of more serious injuries also exists, including fractured bones, broken and torn ligaments, and dislocated joints, though these are more uncommon. Despite all safety precautions, there still remains the possibility of extremely serious injury, such as a crippling accident, and even death, although this is certainly not expected to ever occur in this martial arts program. Safety is not the sole responsibility of instructors and staff. All participants, including parents and observers, are responsible for their own safety and the safety of those around them. Athletes who violate the safety rules and regulations WILL be disciplined appropriately, up to and including dismissal from training. I have read and understand the above statement of risk and the rights and responsibilities of participants. I assume responsibility for my own safety (or the safety of my child). I understand and accept the physical risks of martial arts training. I understand that even if the instructor has informed me that no serious injury has ever happened in this organization, or with any of the instructors, that this does not mean that there is no possibility of harm to me (or my child). By assuming this risk, I completely absolve all instructors, staff, guests, athletes, landlords, management companies and any and all other related parties, of liability for my (or my child's) harm, unless intentionally caused in criminal conduct.

INITIAL HERE In a medical emergency, I hereby authorize Branson Karate to administer basic first aid care.

INITIAL HERE Permission to Photograph or videotape: I hereby authorize Branson Karate to take incidental photographs or video tape of classroom activities and events. Some photographs may be posted on the school website.

SIGNATURE: _____ **SIGN HERE Date:** _____

Branson Karate

Athlete Health Information

YES NO Athlete has been checked within the current calendar year by a physician and has been given approval for unrestricted participation in martial arts.

If "NO": I acknowledge that the Athlete is able to participate in martial arts, without unreasonable risk of personal injury from health related conditions: _____ INITIAL HERE

Athlete's physician has recommended the following restrictions:

Athlete has the following medical or health conditions: _____

Athlete takes the following medications: _____

Athlete has the following allergies: _____

HEALTH INSURANCE INFORMATION

Athlete's Health Insurance Company: _____

Policy Number: _____

Name of Policyholder (*self or parent*): _____

EMERGENCY CONTACT: <i>ALTERNATE EMERGENCY CONTACT</i>		Relationship to Athlete
Home Phone Number ()	Work Phone Number ()	Cell Phone Number ()

Branson Karate - Associated Costs

Through Dec. 31, 2014

Equipment and fees

Most equipment should be acquired gradually as a student advances in rank. Just like in grade school you don't buy all the school supplies for high school if you are just entering primary school, the same for Karate.

Uniform requirements

Chest patch – \$6 per uniform (one patch is included with initial SNSR Membership)

Embroidery of name on uniform lapel – \$10 per uniform

Hemming of pants or sewing on of patch -- \$8 each

Rank Test Fees - \$35 (for ranks prior to green belt)

Consists of verbal or written test and physical demonstration of requirements for that rank. Advancement includes belt or stripe and International certificate through Kokusai Seiyo-no-Shorin-Ryu Karate Renmei and All-Japan Seibukan Martial Arts Association.

For most ranks, testing occurs after 50 hours (3 months minimum) training time.

Optional Equipment

Extra uniforms (Must be white)

Light Weight Student Gi - \$25

Middle Weight - \$56

Heavy Weight - \$89

International Seiyo No Shorin-Ryu Karate & Kobudo Kai Membership (SNSR)

Required for rank promotions.

\$35 annually - includes membership card, patch & Access to Online Member site including curriculum, videos, rank requirements and special class lessons

Sparring Equipment

We sell all equipment at a discount to what you could buy online! Required gear for tournament sparring is in **bold**.

Sparring gloves - \$20

Foot guards - \$15

Helmet - \$30

Mouth guard - \$3

Groin protection – male \$19, female \$25

Embroidered Tournament shirt - \$20 youth/ \$25 adult

Shin guards - \$12

Arm guards - \$12

Instep guards - \$10

Logo gear bag - \$35

See Our Online [Store](http://www.bransonkarate.com) for Special Pricing, Additional Gear & Complete Sparring Kits!

www.bransonkarate.com