

Panther Management Group



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Ketto Ryu Jujutsu Student Manual

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Student Manual

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Dojo Etiquette, Responsibilities & Procedures

DOJO ETIQUETTE

The observance and demonstration of proper etiquette is an integral part of your training. Help create an environment that is respectable and enjoyable for all concerned.

- o Address the instructors as 'Sensei' or 'Sensei + name' in or out of dojo.
- o The eldest student is to be called 'Sempai' or 'Sempai + name'.
- o Greet Sensei, other instructors, and classmates with a bow on your arrival at the dojo.
- o Greet Sensei when he/she enters the dojo.
- o Acknowledge or respond to an instruction with the word 'Hai (yes) Sensei/Sempai'
- o Bow to each other before commencing and at the finish of a partner routine.
- o Avoid talking when Sensei is demonstrating a technique.
- o Be aware of your surroundings to ensure your personal safety and the safety of others.
- o Junior rank and young members should take the initiative in sweeping/mopping the floor at the beginning of each class.
- o Absolutely NO horseplay, foul language, gestures or intimidating comments to anyone. An atmosphere of safety is important so you can concentrate on learning.
- o Don't waste time in class, especially yours.
- o No unauthorized or illegal weapons are to be brought to, or used in class. Safe training tools will be made available for you to use or purchase.
- o There should be no teaching or practicing of other martial arts in class unless we require them for training, and then only by a qualified student.
- o Fees must be up to date by the end of the first week in every session, and the release form signed as soon as you have begun your training.
- o Students must be clean and presentable at all times. Avoid training with other students when you are ill with severe colds or flu. You should watch class and take notes so you may practice later.
- o When learning a technique, begin slowly, step by step. Practice the technique until it can be performed smooth and continuous. Speed will be attained through practice.
- o Do not stand around idle! Make sure you have mastered one technique before moving onto another. While waiting continue to practice techniques you know or watch what is being instructed to another group.
- o There is no religious direction taught in the dojo. The ceremony, language, etc., is a reminder of where these arts came from, the people who founded them and their purpose in furthering them.

DOJO RESPONSIBILITIES

Accepting responsibilities helps to promote a healthy relationship between you and your fellow students.

- o Control your temper. Be gracious and forgiving towards each other.
- o Do not partake in illegal substances or abuse of alcohol.
- o Abuse of equipment will not be tolerated.
- o Use your skills wisely and responsibly.
- o Strive to be on time for class.
- o Maintain personal cleanliness at all times and keep your nails trimmed.
- o Do not chew gum or eat during training.
- o Jewelry, watches, metallic objects, etc are NOT to be worn during training.
- o Only approved gi with authorized markings may be worn during class.
- o Avoid the use of excessive perfume or cologne during training as some people may have allergic reactions.
- o Help to maintain a clean floor for everyone to enjoy.
- o Students should be aware of issues surrounding their personal safety and discuss any and all issues with the instructor as soon as possible.
- o Students should be aware of any suspicious persons or activities witnessed in or around the dojo and report all incidents immediately to an instructor.

ENTERING THE DOJO AND RECORDING ATTENDANCE

- No outdoor footwear is allowed beyond the tiled entrance area for any reason.
- Bow as you enter the main dojo area.
- Sign both the daily registration record and your personal attendance record to ensure you are given proper credit for your attendance. This is your responsibility and minimum attendance requirements are mandatory for grading to the next level.
- Change into your approved do-gi with authorized markings only.
- Bow to Shomen (front of dojo) as you enter the dojo training area.
- Politely greet Sensei, other instructors and classmates with a bow.
- Begin preparations for class by quietly warming up on your own or with a partner.

ENTERING THE DOJO IF YOU ARE LATE FOR CLASS

- Bow as you enter the main dojo area.
- Sign both the daily registration record and your personal attendance record to ensure you are given proper credit for your attendance. Signing both of these records is your responsibility and minimum attendance requirements are mandatory for grading to the next level.
- Change into your approved do-gi with authorized markings only.
- Sit in seiza at the edge of the dojo training area and wait for the instructor to invite you to join the class. You will be instructed to either join the class immediately or warm up first.
- Bow to the instructor prior to continuing as instructed.
- If you are required to warm up first, do so quietly at the back of the class.
- You are to join the class by lining up at the very back regardless of your rank. Only proceed to your ranked position if requested or upon returning from the next break.

DOJO INSTRUCTIONS

- Shugo means assemble and Seirutsu means line up straight. At the front of the class, Black belts (Yudansha) will line up according to seniority facing the Sensei starting from the right side of the dojo. The colored belts will line up, beginning with a new line from the right side, behind the Yudansha, starting from Brown belts down to the White belts.
- Seiza - kneel down. Kneel down on both knees lowering first the left then the right and sit back on the heels. The feet should be together and pointed back so that the two big toes are side by side to each other. Keep a straight posture. The hands are placed on top of the thighs close to the waist with the hands opened and fingers pointed slightly towards each other and covering the inner thighs. The elbows are tucked in and kept to the sides of the body.
- Rei (bow) from seiza position - Place your left hand on the floor in front of you and then place your right hand beside your left hand so the index fingers and thumbs touch lightly. Keep your back straight and bow by bending at the waist until your elbows touch the floor and your head is about 6 inches from your hands. Maintain your weight on your heels and keep from raising your hips.
- Rei from standing position - bow by keeping your back straight, hands at your sides chin tucked in and bend at the waist about 45 degrees.
- Yame means stop and Soremade means stop everything.

BOWING

Bowing is very important in all martial arts, and this is the old custom of the Japanese. To begin Jujutsu, like all martial arts, we begin with humility and end with humility. Now there's an old saying, that the rice plant bends as the grain develops. So you see, when you humble yourself, this shows that you have developed knowledge.

- First of all, bowing is done from the waist with a straight back. Hands are at your side and slide down to about the sides of your knees.
- Bow before going on and off the mat. This is to give thanks for good training, without injury to you or others.
- Bow to the teacher before and after each class. This is to thank the teacher for his instruction and guidance and for this privilege.
- Bow to your partner before and after each class. This is to thank your partner for a good practice and prevention of injury.

KIAI

{tc "Kiai" \ 0002}

- Yelling stimulates the adrenaline and helps to drive away fear. Ease of the mind is most economical of attention, and fear the most wasteful, while irritability is one of the weakest points because it diverts your focus of attention, and gives an antagonist the opportunity to overcome you. With an easy mind always alert to surrounding changes, you can unfailingly cope with any occurrences requiring your calculated reaction.
- Yelling enhances body strength, making it possible to hit, kick or throw your attacker harder than normal; or escape from a tight hold. It also tightens your muscles, which gives added protection from a blow to any area. Start your yell (kiai) at the beginning of your hitting or throwing motion, and stop after contact is made.
- When you yell loudly, you will probably startle your attacker, and may even frighten your opponent away, as loud noises tend to draw surrounding attention. The last thing an attacker wants is an audience; there might be a police officer in that crowd. Incidentally, a yell of fire! Draws a crowd faster than help!
- Screaming in an attacker's ear can be painful, or could even break an ear drum.
- A loud guttural yell, expels air from the stomach as well as the lungs. If you should fall for any reason, by expelling this air, it doesn't become trapped against your diaphragm, giving you that feeling most commonly referred to as having the "wind" knocked out of you. Actually, the "wind" hasn't been "knocked out", it's been compressed against your diaphragm when you hit the ground, causing pain and making it difficult to breathe. Start your yell at the beginning of your fall and continue until after you hit the ground.

The single, most important rule to remember is always kiai (yell) loudly every time you unbalance an attacker, follow through or finish your technique, when falling or exert force. Failure to yell loudly will result in lack of sufficient force to perform a technique properly.

PROCEDURE FOR OPENING CLASS

- SHUGO - The instructor will say 'Shugo'* which means to line up. Once in position the student is to stand at attention with the arms and hands straight down by the sides and the feet in a musubi-dachi (V) stance. The instruction 'Seiza' will follow meaning to go into a kneeling position. After everyone has settled into the kneeling position, the highest ranking colored belt student, then gives more commands in the following sequence:
- MOKUSO - 'Meditate' - meaning to close your eyes and concentrate on slow and controlled breathing with a straight posture that will help you relax and prepare for the training ahead. Practice deep breathing into the abdominal area by breathing in through your nose and out through your mouth. Do this for about 1 minutes.
- MOKUSO YAME - open the eyes.
- SENSEI NI, REI - Turn to face the instructor. Bow from the seiza position while saying the words "Onegai Shimasu which loosely translates to 'Please Teach Me!'"
- YUDANSHA NI, REI - If Black belts are in attendance, they turn and face the colored belts and the two groups bow to each other while saying "Onegai Shimasu."
- Rise up in order - wait until the instructor rises, then rise in order from Black to White belts.

PROCEDURE FOR CLOSING CLASS

- SHUGO then SEIZA followed by MOKUSO - Meditate or relax and prepare for finish.
- MOKUSO YAME
- SENSEI NI, REI (Phrase: Domo Arigato Gozai Mashita - Thank you very much!)
- YUDANSHA NI, REI while saying Domo Arigato Gozai Mashita
- Rise up in order of rank

PROCEDURE FOR EXAMINATION

- Complete the minimum attendance requirements.
- Grading exams are conducted when a Sensei and student have come to an agreement that a test is warranted.
- Promotions will be announced and given out during class time within the first week after the grading exam.
- Where retesting is necessary, it will be discussed with the individual student and rescheduled to a later testing date.
- Fees for exams are due at time of testing.

REQUIREMENTS TO QUALIFY FOR EXAMINATION

- Where retesting is necessary, it will be discussed with the individual student and rescheduled to a later testing date.
- Prior to receiving any belts or grading for Yellow belt, all students in all age groups are required to have a Do-gi with belt and Hyoubukjutsukan Ryu Crest (properly applied to uniform).
- Exams are scheduled if student has shown progress, sincere effort and self discipline. Good attendance records are required for testing.

FEES AND PAYMENT OF FEES

- o All fees for the session are due promptly by the 1st week of each session.
- o All fees are non-refundable once accepted.
- o Advance fee payment and family enrolments qualify for discounts as per the fee schedule.
- o Fee schedule is subject to change.
- o Grading exams, belts and certificates are not included in your monthly membership
- o Separate Fees may apply for participation in tournaments, clinics, classes and events which are not part of our regular schedule.

FEES UPDATED MARCH 2007

All prices EXCEPT for "Session Fees" include GST

Mandatory Class Fees

FEE	AMOUNT	FREQUENCY	EXPLANATION	PAYABLE TO:
Association Fee	\$40	1x per year – based on registration date.	PMG membership costs and class insurance.	Panther Management Group
Session Fee	* 4 Classes per month = \$35.00/Month * Unlimited Classes = \$60/Month * <i>Family Discount – Half price for third and fourth family members when three plus members registered.</i>	1x per month or per 3 month session depending on location.	Class fees	Community Centre or Club Owners
Drop-in Fees	* 1 st Class - \$10 * 2 nd Class – Free * 3 rd Class - \$5 * 4 th and consecutive classes - \$10	Per class attended and due on date of class attended.	Class Fees	Panther Management Group
Testing Fees	All grading to Brown - \$20 Shodan gradings and above - \$100	Per test	Covers cost of belt, certificate and instructors time	PMG

Equipment Prices

ITEM	AMOUNT	PAYABLE TO:
Uniforms – Judo Weight	\$55 – White Size 00-3 \$60 – White Size 4+ \$60 – Black Size 00-1 \$65 – Black Size 2-7	Panther Management Group
Uniforms – Karate Weight	\$45	
Uniforms – Double Weave	\$115	
Panther Shirts	\$15	
Pants - Lightweight	\$22 Black/White Size 00-3 \$25 Black/White Size 4+	
Shin & Instep Guards	\$15	
Groin Protection	\$13 Supporter and cup \$16 Tuck under groin cups	
Extra School Patches (comes with uniform)	\$8	

Striking pads/bags, training weapons, Boxing/Kickboxing equipment, etc also available

Private/Semi-private lessons

Adult	1 Hour	1.5 Hours	2 Hours	Adult Packages 10 lessons	1 Hour	1.5 Hours	2 Hours
<i>Private Lesson</i>	\$45	\$60	\$70	<i>Private Lesson</i>	\$400	\$550	\$650
<i>Semi-private</i>	\$60	\$80	\$90	<i>Semi-private</i>	\$500	\$700	\$900
Group of 2	30 each	40 each	45 each	Group of 2	225 each	350 each	450 each
Group of 3	\$75 25 ea.	\$90 30 ea.	\$100 33.33 ea.	Group of 3	\$700 233.33 ea.	\$850 283.33 ea.	\$950 316.66 ea.
Group of 4	\$80 20 ea.	\$100 25 ea.	\$110 22.50 ea.	Group of 4	\$700 175ea.	\$900 225 ea.	\$1000 250 ea.

- All Kids Prices are less \$10
- Kids ages are 12 and under