

WHITE BELT MANUAL



**Think with clarity.
Move with purpose.
Act with love.**



BUSHIDO MARTIAL ARTS

Whether you are new to the martial arts or an experienced practitioner honing your skills, we are dedicated to making your experience here rewarding and enjoyable. If you have any questions, about anything at all, please ask any member or our staff. If they do not know the answer, they are certain to know somebody who does.

During your introductory course, you will attend three lessons. This time will give you the chance to experience our classes, get to know our staff, facility, and student body. At the end of your introduction, you will have the opportunity to choose between several options for continued training.

Please take the time to read and be familiar with the material in this book. Consider it a user's manual for the program you are beginning. Again, if you have any questions, please ask an instructor. We are here to help you get the most out of your experience.

Thank you and again, welcome to our dojo.

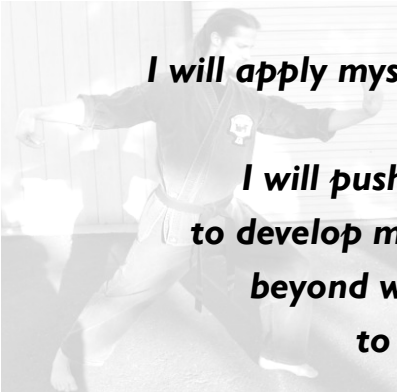
Sincerely,



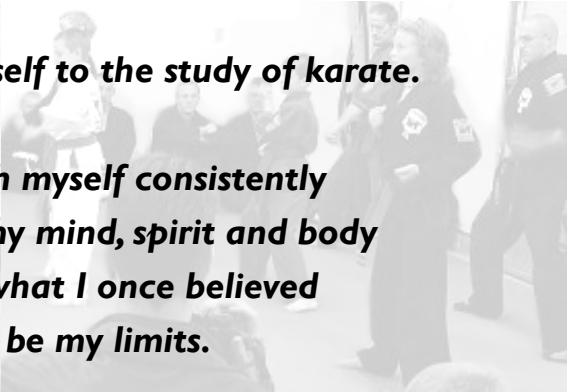
Jason Brick

President, Bushido Martial Arts

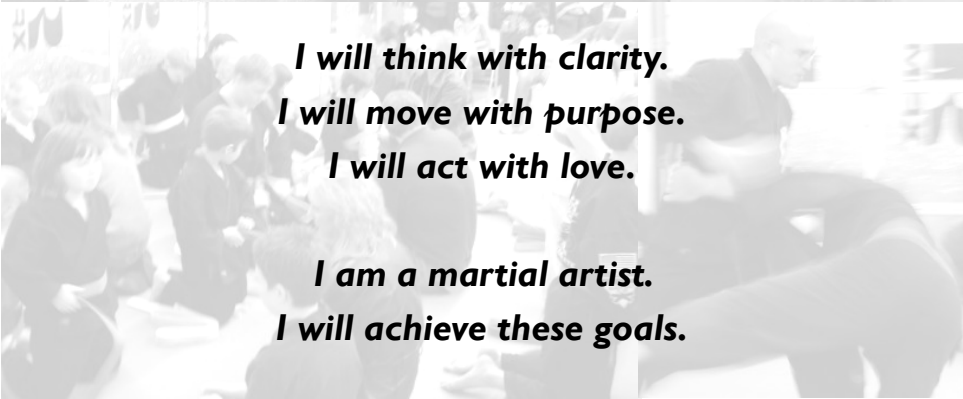




I will apply myself to the study of karate.



***I will push myself consistently
to develop my mind, spirit and body
beyond what I once believed
to be my limits.***



***I will think with clarity.
I will move with purpose.
I will act with love.***

***I am a martial artist.
I will achieve these goals.***



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ETIQUETTE & EXPECTATIONS



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ETIQUETTE & EXPECTATIONS

Rules of Respect

We Respect Ourselves. We show this by:

1. Behaving in a safe, disciplined and courteous manner.
2. Coming to class well groomed and wearing clean clothes.
3. Attending class sober and clear-headed.

We Respect our Fellow Students. We show this by:

1. Speaking to one another kindly and courteously.
2. Encouraging one another when we try something hard.
3. Including other people in our activities in a warm, positive way.

We Respect our Fellow Human Beings. We show this by:

1. Carrying our karate values outside the dojo.
2. Only using our skills defensively to protect ourselves and others.
3. Keeping ourselves aware of the world around us and caring about the condition of other people.

We Respect Our Teachers. We show this by:

1. Addressing teachers by the title *Sifu*.
2. Following staff directions the first time, every time.
3. Using focus in the mind, eyes and body during class.

We Respect The Dojo. We show this by:

1. Cleaning up messes, even if we did not make them.
2. Wearing our uniforms during class and keeping them clean.
3. Using clean language, keeping our bodies to ourselves while on the deck, and eating, and/or drinking before class.

We Respect the Art of Karate. We show this by:

1. Caring for our uniforms and belts.
2. Practicing our karate at home.
3. Being respectful towards fellow karate students, including students of other styles of martial arts.



Forms of Address

To maintain an atmosphere of mutual respect, we ask all students to refer to one another using formal address, such as Mr. Dodge or Mrs. Smith. Instructors are called *Sifu*, as in *Sifu Dave*. *Sifu* is Chinese for ‘teacher’.

Entering and Leaving the Training Deck

Before stepping onto or off of a training area, please come to attention, face the front of the room and bow. Take this moment to mentally separate your training time from the other aspects of your life. When it is time to train, train with all of your effort and attention. When class is over, you will find yourself rested and ready to tackle the rest of your life with more energy and effectiveness.

Positivity

We work hard to make training a positive experience for everybody in our dojo, and we ask all of our students to support us in our efforts. While training, please make an effort to keep your comments to other students positive and uplifting. If you feel the need to correct a classmate, or to give constructive criticism, please do so with an eye towards encouraging your friend and helping her grow.



Black Belt Greeting

When a Black Belt enters a training space, your instructor will briefly interrupt class and recognize the Black Belt. This shows respect for those who have worked hard and long in the martial arts and is a courtesy given to Black Belts from all styles.



KENPO KARATE



What is Kenpo?

Kenpo is a lot of different things. As a martial art, it combines aspects of hard and soft styles to form a flexible system of self defense.

Historically, Kenpo traces its routes through Hawaii to both China and Japan, with heavy influence from Phillipino martial arts and Western boxing.

Kenpo is different from many more traditional martial arts in that it is an evolving art. The community of American Kenpo is consistently working to grow and incorporate new, effective ideas and insights. Aspects of such widely varied arts as Aikido, Karate-Do, Jiu-Jitsu and Escrima can be found in Kenpo.

Kenpo focuses on mobility, speed and effective self-defense. The strikes and moves you will learn are chosen for their ability to be fired off rapidly and accurately, even under stress. You will practice and drill during class to build your speed and reaction time.

Kenpo is an excellent style to build confidence, awareness, self-discipline, fitness and combative effectiveness.



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KENPO KARATE

Black Belt Path—Adult

	Time	Material	Concepts
White Belt	Commitment	Basic Stances 2 Techniques	Continuing evolution in
Yellow Belt	2 - 3 months	13 Techniques 1 Kata	Basics
Orange Belt	3 - 4 months	16 Techniques 1 Kata	Movement
Purple Belt	3 - 5 months	16 Techniques 1 Kata	Coordination
Blue Belt	3 - 5 months	16 Techniques 1 Kata	Combative Theory
Green Belt	3 - 5 months	16 Techniques 2 Kata	Artistry
Advanced Green Belt	4 - 6 months	20 Techniques 2 Kata	Self-Defense
3rd Brown Belt	4 - 6 months	20 Techniques 2 Kata	Grappling
2nd Brown Belt	4 - 6 months	20 Techniques 2 Kata	Physical Fitness
1st Brown Belt	4 - 6 months	20 Techniques 2 Kata	Physical Awareness
Black Belt	4 - 6 months	30 Techniques 2 Kata	Mental Acuity
			Philosophical Knowledge
			Ethical Consideration
			Historical Understanding



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Black Belt Path—Junior

	Time	Material	Concepts
White Belt	Commitment	Basic Stances 2 Techniques	Continuing evolution in
Yellow Belt	2 - 3 months	6 Techniques 1 Kata	Basics
Orange Belt	3 - 4 months	6 Techniques 1 Kata	Scholarship
Purple Belt	3 - 5 months	6 Techniques 1 Kata	Coordination
Blue Belt	3 - 5 months	6 Techniques 1 Kata	Self-Confidence
Green Belt	3 - 5 months	6 Techniques 2 Kata	Artistry
Brown Belt	4 - 6 months	6 Techniques 2 Kata	Citizenship
Black Belt	4 - 6 months	Teaching Techniques 2 Kata	Self-Defense
			Self-Control
			Physical Fitness
			Physical Awareness

Junior Black Belts go on to get their Adult ranking in each belt level of the Bushido Kenpo system, picking up the more mature and complex concepts normally reserved for our adult and teen students.

Your first Introductory Lesson will be a private session with one of our instructors. This meeting will cover the following subjects.

Protocol and Vocabulary

- ◆ How to enter and leave the training area.
- ◆ How to address instructors and fellow students.
- ◆ Opening and closing creeds.
- ◆ The definition of common words used in class.

Kenpo Basics

- ◆ Basic stances.
- ◆ Basic kicks.
- ◆ Basic strikes.
- ◆ Basic blocks.

Training Program

- ◆ The basics of how martial arts training works in our dojo.
- ◆ Details of the training programs best suited for your needs.



Second Introductory Lesson

Your second Introductory Lesson will be within a regular group class. Specific material will vary from week to week, but your first lesson will have prepared you for whatever is being offered.

Before class, you will be introduced to the instructor for your first group lesson. You will also be partnered with an experienced student who will line up near you and be on hand to help if you have any questions or need clarification during class.

After class, you will have a chance to chat with your original instructor. He or she will take the time to answer any additional questions that have occurred to you, or to review material you found interesting, exciting, or challenging.

Third Introductory Lesson

Your third Introductory Lesson will also be a group lesson. By now, you'll be familiar enough with the protocols, routines and vocabulary of class to be able to keep up with little difficulty.

As before, you'll be introduced to the head instructor, and paired with an assistant who can help you during class.

After class, you'll have a sit-down meeting with your original instructor. You'll go over the details of your training program, discuss dojo rules and customs, and sign up for a regular course of study.

At any time during your introduction, please feel free to grab any member of our staff if you have any questions or concerns. If the person you ask doesn't have the answer, you can be certain they know who does.



TRAINING

JOURNAL



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TRAINING JOURNAL

First Introductory Lesson



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Second Introductory Lesson



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Third Introductory Lesson



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PROGRAM INFORMATION



Payment Options

Billing is taken via automatic debit from a credit or debit card each month. Payment in cash or by check can be arranged with a 10% service charge.

Late Payments

There is a 30 dollar nsf or late payment fee each time a payment is late or rejected by your financial institution. If you need a few extra days, please let our staff know. We can wait to collect payment from time to time, at no charge.

Unpaid Balances

Upon your billing date, any unpaid balance above and beyond lesson payment will be processed along with your lesson payment. Examples include, but are not limited to, testing fees, unpaid merchandise bills and special event fees.



The following is a plain English translation of the information in your Enrollment Agreement.

1. You agree to pay the entire amount for lessons over the entire course of your study.
2. You have the right to cancel the agreement within three business days.
3. You state that you are in good shape and have no reason to believe that vigorous exercise would harm you.
4. You understand that martial arts can result in injuries and promise not to sue anybody if you get hurt, even in the case of negligence.
5. You understand that you may need special equipment to participate in some activities and that you are responsible to acquire that equipment if you wish to participate.
6. You understand that we are martial arts instructors, not doctors and that we have no expertise to treat an injury or recommend against a course of action.
7. You agree that you are responsible for all additional costs of training.



8. You agree to pay a \$30 fee if your check bounces or your card is declined.
 9. You agree that you are responsible for any costs in the unlikely event that your account is sent to collections.
 10. You agree to pay a \$20 late fee if you pay your account more than 10 days after the agreed date.
 11. We recommend that you come to the classes made available to you. If you choose not to attend class, you understand that you are not entitled to a refund or adjustment. After all, we're here to teach whether or not you're here to learn.
 12. You may cancel this agreement at any time with 30 days notice and a cancellation fee equal to one month's payment.
 13. We have the right to transfer your account to a holding company, billing service or collections agency.
 14. We may change this contract at any time if both of us agree to the changes.
 15. You agree to follow school rules and regulations and forfeit your right to a refund or adjustment if asked to leave the studio for failure to do so.
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16. By signing, you state that you are of legal age and competence to enter into a contract.
17. You understand that we may or may not choose to enforce any portion of this contract without affecting our right to enforce any part of the contract in the future.
18. This agreement is governed by the laws of the State of Oregon.

