



NAKATA DOJO
TRADITIONAL KARATE ACADEMY

Parent and Student Handbook

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1. Welcome and Introduction

1.1 School Mission and Philosophy

Mission Statement:

Our mission is to propagate the profound art of Karate-Do, imparting not just physical techniques but fostering a deep understanding of its essence. At our core, we are not in search of mere customers but genuine students. Our commitment extends beyond teaching movements; it encompasses instilling the values, discipline, and philosophy inherent in Karate-Do. We aim to nurture a community of dedicated people who embark on a meaningful journey of personal and martial development, transcending the conventional student-instructor dynamic.

Philosophy:

At the heart of our philosophy is the belief that karate is not just a martial art; it is a way of life. We embrace the traditional principles of Shito-Ryu, emphasizing the harmony of mind and body. We are committed to nurturing the holistic development of our students, teaching not only effective self-defense techniques but also promoting mental focus, emotional resilience, and a strong sense of community.

We strive to create a dojo environment where mutual respect is paramount, and each student is encouraged to set and achieve personal goals. Through the practice of katas, sparring, and self-defense drills, we aim to cultivate qualities such as integrity, humility, and courage.

Our commitment extends beyond the physical aspects of karate. We believe in fostering a supportive community where individuals can build lasting friendships and find mentorship. As students progress through the ranks, they not only become skilled karateka but also responsible and compassionate members of society.

At Nakata Dojo, everyone is welcome to join us in the pursuit of excellence and self-discovery. Together, we strive for continuous improvement, both on and off the mat, embodying the spirit of Shito-Ryu karate in our daily lives.

1.2 Message from the Chief Instructor.

I am honored to welcome each of you to our dojo, and I'm excited about the journey that lies ahead for all of us. My name is Kenji Nakata, and I proudly serve as the Chief Instructor here at Nakata Dojo. As a second-degree black belt certified by the esteemed World Shito-Ryu Karate Do Federation (WSKF), also known as Shito-Kai, I am also a student and bring a deep passion for the art of Shito-Ryu karate and a commitment to your growth as Karateka and individuals.

Karate is not just about mastering techniques and earning belts; it's about enjoying the journey. I want each class to be a place where you not only learn and grow but also have a great time doing it. Laughter, friendships, and improving are all part of the experience we want to create.

Having fun, however, doesn't mean we compromise on hard work. Success in karate, whether in the dojo or on the competition stage, is a result of dedication and effort. I encourage each of you to bring your best to every class. Karate is a journey that rewards persistence and discipline. The dojo is a place to challenge yourself, to push beyond your limits, and to discover the potential that resides within you.

For those aspiring to compete, remember this: medals and trophies are not won at tournaments; they are won right here in the dojo. Success in competition is a direct reflection of the time and effort you invest in your training. The discipline you cultivate, the techniques you refine, and the mental toughness you develop during our classes lay the foundation for victory in any arena.

I am here not only as your Chief Instructor but as a guide on your martial arts journey. Feel free to approach me with any questions, concerns, or thoughts you may have. Together, let's make Nakata Dojo a place of inspiration, growth, and achievement.

Sincerely,

Sensei Kenji

2. History and Philosophy of Shito-Ryu Karate

2.1 Origins of Shito-Ryu Karate and Its Development

Shito-Ryu karate, a martial art with deep roots and a rich legacy, traces its origins to the visionary teachings and practices of its founder, Kenwa Mabuni. Born in Shuri, Okinawa, in 1889, Mabuni was immersed in the cultural melting pot that defined the early 20th-century martial arts landscape. His passion for martial arts led him to study under two great Okinawan masters, Ankoh Itosu and Kanryo Higaonna, each a luminary in their respective styles.

Mabuni's tireless pursuit of martial knowledge didn't end in Okinawa. The early 1920s saw him travel to mainland Japan, where he continued to refine his skills under the guidance of renowned martial artists like Gichin Funakoshi and Chojun Miyagi. This exposure to diverse styles and philosophies became the crucible in which Shito-Ryu karate was forged.

The term "Shito-Ryu" itself pays homage to Mabuni's two primary influences: "Shi" from Itosu's Shuri-Te and "To" from Higaonna's Naha-Te. The fusion of these distinct styles laid the foundation for a unique and comprehensive martial art that embraced both hard and soft techniques, emphasizing the importance of balance and adaptability.

Kenwa Mabuni formally introduced Shito-Ryu to the public in 1931, and its popularity rapidly spread. Mabuni's innovative approach was not limited to technical proficiency; he embedded a strong ethical and philosophical framework within Shito-Ryu. Central to this philosophy were principles of respect, humility, and continuous self-improvement.

The post-war era witnessed the globalization of Shito-Ryu, as Mabuni and his son, Kenzo Mabuni, tirelessly promoted the style both in Japan and internationally. Today, Shito-Ryu karate dojos can be found around the world, each preserving the traditional techniques and values established by its founder.

The development of Shito-Ryu continues to evolve under the guidance of various prominent masters, with each generation contributing to its growth while staying true to the fundamental principles laid down by Kenwa Mabuni. This unique blend of historical lineage, adaptability, and a commitment to holistic development sets Shito-Ryu apart as a dynamic and enduring martial art.

As practitioners of Shito-Ryu at Nakata Dojo, we honor this storied legacy and strive to embody the spirit of continuous learning and improvement that defines our martial art. Our journey is not just about mastering techniques but embracing the rich history and philosophy that make Shito-Ryu a profound and transformative practice.

2.2 Core Principles and Values of Shito-Ryu Karate

At Nakata Dojo, we believe in upholding the core principles and values that form the foundation of Shito-Ryu Karate. These principles guide our practice both within the dojo and in our daily lives, shaping us into not only skilled martial artists but also individuals of integrity, respect, and humility.

Respect (礼儀 - Reigi):

In the Dojo: We cultivate an environment of mutual respect among students and instructors.

Bowing, a traditional sign of respect, symbolizes humility and acknowledges the shared journey of growth.

In Life: We extend the principles of respect beyond the dojo, treating others with kindness, consideration, and recognizing the inherent value in every individual.

Humility (謙遜 - Kensho):

In the Dojo: We approach each training session with an open mind, acknowledging that there is always more to learn. Even the most skilled practitioner remains a perpetual student.

In Life: We embrace humility as a lifelong virtue, recognizing that personal growth comes from continuous learning, self-reflection, and the acceptance of constructive feedback.

Perseverance (忍耐 - Nintai):

In the Dojo: We understand that progress in karate, as in life, requires dedication and perseverance. Challenges are viewed as opportunities for growth, and setbacks are stepping stones toward success.

In Life: We carry the spirit of perseverance into our everyday endeavors, facing obstacles with resilience and determination. Through perseverance, we achieve our goals and overcome adversity.

Integrity (誠実 - Seijitsu):

In the Dojo: We uphold the highest standards of honesty and sincerity. Our actions align with our values, and we demonstrate integrity in our interactions with fellow practitioners.

In Life: We carry the principles of integrity into our personal and professional lives, fostering trust and reliability in all our relationships.

Self-Discipline (自己訓練 - Jiko Kunren):

In the Dojo: We adhere to the rigorous training regimen of Shito-Ryu, understanding that self-discipline is the key to mastering techniques and advancing in rank.

In Life: We apply the principles of self-discipline beyond the dojo, cultivating good habits, setting goals, and maintaining focus on the path to personal and professional success.

Courtesy (礼儀正しさ - Reigi-sadashisa):

In the Dojo: We practice courtesy through polite language, a positive attitude, and consideration for others. We create a supportive atmosphere that encourages everyone to reach their full potential.

In Life: We extend courtesy to everyone we encounter, fostering an environment of harmony and understanding in our broader communities.

Community (共同体 - Kyodotai):

In the Dojo: We view our fellow practitioners as part of a shared community. We support each other's growth, celebrate achievements, and provide encouragement during challenges.

In Life: Practitioners recognize their responsibility to contribute positively to the broader community. Applying the principles of Kyodotai, they strive to make a meaningful impact, embodying the spirit of respect, collaboration, and shared growth in the world beyond the dojo.

2.3 Relevance of Shito-Ryu Karate in Modern Life

In the dynamic landscape of modern living, our commitment at Nakata Dojo is to uphold the enduring relevance of Shito-Ryu Karate. Our practice extends beyond the dojo, offering valuable principles and skills that enhance the lives of our practitioners in various aspects. Here's how Shito-Ryu Karate remains relevant in the contemporary world:

Physical Fitness in a Sedentary World:

In an era of sedentary lifestyles, we emphasize a holistic approach to physical fitness. Through dynamic training routines, we cultivate strength, flexibility, and cardiovascular endurance, promoting overall health and well-being.

Stress Management and Mental Wellness:

The mental discipline of Shito-Ryu Karate becomes a valuable tool in managing stress and promoting mental wellness. Techniques such as meditation and mindfulness learned in the dojo can be applied to navigate the challenges of modern life.

Self-Defense in an Uncertain World:

Our practice empowers individuals to navigate an unpredictable world with confidence. The self-defense skills acquired through Shito-Ryu Karate provide practical solutions for personal safety.

Personal Growth and Character Development:

Beyond physical abilities, we foster personal growth and strong character development. The principles of respect, humility, perseverance, and integrity become guiding values for practitioners in their daily lives.

Community and Social Connection:

We create a sense of community and genuine connections among practitioners. In an era of digital communication, the dojo becomes a space for authentic human connection and mutual support.

Adaptability and Resilience:

Shito-Ryu Karate instills adaptability and resilience, crucial qualities for navigating life's challenges. Practitioners develop a mindset that embraces change and cultivates resilience in the face of adversity.

Mind-Body Harmony for Peak Performance:

Our integrated approach to mind and body development enhances cognitive functions, improves concentration, and contributes to peak performance, qualities sought after in modern personal and professional pursuits.

Ethical Leadership in a Global Society:

Our practice equips practitioners with a strong ethical foundation, fostering leaders who contribute positively to their communities and embrace responsibility in addressing global issues.

2.4 About Shito Kai Murayama International

Shito Kai Murayama International is a proud member of The World Shito-Ryu Karate Do Federation (WSKF), an organization that unites martial artists worldwide under the banner of Shito-Ryu Karate. At the helm of our organization is the highly respected Chief Technical Director, Shihan Alonso Murayama, a dedicated leader and practitioner with a profound commitment to the art and its practitioners.

Affiliation with WSKF:

Shito Kai Murayama International stands as a distinguished member of the World Shito-Ryu Karate Do Federation, showcasing a commitment to the global standards and principles of Shito-Ryu Karate.

Leadership by Shihan Alonso Murayama:

Under the guidance of Shihan Alonso Murayama, a seasoned martial artist and Chief Technical Director, our organization thrives on the rich legacy and expertise that he brings to the dojo. Shihan Murayama's leadership ensures the preservation and promotion of the authentic teachings of Shito-Ryu Karate.

Headquartered in Monterrey, Mexico:

Our international headquarters in Monterrey, Mexico, serves as the epicenter of our operations. Nestled in this vibrant city, we embody the spirit of Shito-Ryu Karate and extend its influence across borders.

Shito Kai Murayama International proudly extends its reach to 12 countries, creating a diverse and dynamic community of martial artists who share a passion for Shito-Ryu Karate. Our global presence allows us to enrich the lives of individuals around the world through the practice of this traditional martial art.

Commitment to Excellence:

We uphold the highest standards of excellence in our teachings, training methodologies, and adherence to the principles of Shito-Ryu Karate. Our commitment to continuous improvement ensures that our members receive the most authentic and effective instruction.

Cultural Exchange and Unity:

Shito Kai Murayama International fosters a spirit of cultural exchange and unity among its members. Regardless of geographic location, we celebrate the diversity of our international community and share a common dedication to the art of Shito-Ryu Karate.

Focus on Tradition and Innovation:

Balancing tradition with innovation, our organization strives to evolve with the times while preserving the timeless values and techniques of Shito-Ryu Karate. This approach ensures that our members receive a well-rounded and comprehensive martial arts experience.

Shito Kai Murayama International is more than an organization; it is a global community united by a love for Shito-Ryu Karate. With Shihan Alonso Murayama's leadership, we continue to grow, inspire, and spread the profound benefits of Shito-Ryu Karate to individuals across borders.

3. The Dojo Environment

3.1 Dojo Layout and Etiquette

The Training Area is covered with mats. Only students and teachers may enter the training area during class.

The Shomen, located at the front of the dojo, symbolizes the spiritual center of our training space. It is adorned with three prominent pictures, each depicting the masters of our lineage:

Kenwa Mabuni: Founder of Shito-Ryu, his vision laid the foundation for our practice.

Manzo Iwata: A direct student of Kenwa Mabuni, pivotal in diffusing the art of Shito-Ryu during his tenure at Toyo University.

Kunio Murayama: A direct student of Manzo Iwata at Toyo University and envoy to the Americas, Kunio Murayama pioneered Shito-Ryu in Mexico until his passing in September of 2023. His dedication grew the organization to what we know today.

These images serve as constant reminders of the rich history and lineage that we carry forward in our training.

Seating Area: Observing and Learning with Consideration

Adjacent to the training area is a designated seating area for parents and observers. While we provide some seating, we encourage parents to support their children's independence by keeping direct observation to a minimum. This allows students to focus on their training, promoting self-discipline and concentration. Please maintain silence in this area to uphold the dojo's focused ambiance.

Parking Lot

As part of our commitment to fostering a considerate community, we share parking with other tenants. Please be mindful not to inconvenience others and follow parking guidelines. The culture of karate places great emphasis on being considerate to others, both inside and outside the dojo. Let us collectively uphold this value and contribute to a harmonious environment for everyone.

3.2 Bowing and Greetings:

Reishiki (礼式): The Rituals of Respect

In our school, Reishiki, or the rituals of respect, form an integral part of our Karate-Do practice. Rooted in tradition and designed to foster a disciplined and harmonious environment, Reishiki encompasses various ceremonial acts and protocols.

1. Bowing (Rei - 礼):

Entering and Exiting the Dojo: Upon entering and leaving the dojo, practitioners bow as a mark of respect for the training space. This act symbolizes humility and acknowledgment of the sacredness of the martial arts practice.

Beginning and Ending Class: A collective bow at the start and conclusion of each class signifies respect for the instructors, fellow students, and the art itself. It sets the tone for focused training and gratitude for the shared learning experience.

2. Seating Bow:

Symbol of Humility: When sitting, the seating bow involves a respectful lowering of the upper body. This humble gesture reinforces the practitioner's commitment to learning and the pursuit of self-improvement.

3. Bowing in Partner Exercises:

Cooperation and Respect: Bowing before and after partner exercises is a manifestation of cooperation and respect between training partners. It establishes a mutual understanding of shared goals and commitment to each other's progress.

4. Use of Titles:

Formal Address: The use of titles, such as "Sensei" for instructors and "Senpai" for seniors, adds a layer of formality and respect to communications within the dojo. It reflects the hierarchical structure and acknowledges the expertise and experience of senior practitioners.

5. Closing Ceremony:

Final Bow: At the conclusion of each training session, a final bow is performed, expressing gratitude for the learning experience and reinforcing the mutual respect among participants.

6. Acknowledging Rank:

Acknowledgment Through Bowing: Practitioners often acknowledge each other's rank through bowing. This simple yet meaningful gesture signifies recognition of the individual's dedication and progress in their martial arts journey.

7. Non-Verbal Communication:

Expressing Respect Silently: Reishiki emphasizes the power of non-verbal communication. Through bowing and other rituals, practitioners convey respect, humility, and a commitment to the disciplined path of Shito-Ryu Karate.

In embracing Reishiki, we not only honor the heritage of Shito-Ryu but also contribute to the creation of a respectful and unified community. These rituals, executed with sincerity and mindfulness, elevate our martial arts practice beyond physical movements, fostering an environment of discipline, harmony, and mutual respect.

3.3 Respect for Instructors and Peers:

The foundation of our dojo's culture is built upon mutual respect, humility, and a commitment to shared growth. As practitioners, it is crucial to uphold these values in our interactions with both instructors and peers.

1. Respect for Instructors (Sensei):

Acknowledging Expertise: Address instructors with the title "Sensei" to acknowledge their expertise, experience, and commitment to guiding our Karate-Do journey. Also, addressing the instructor's instructor as "Shihan" is appropriate.

Attentiveness During Instruction: Demonstrate respect by giving full attention during instructions. This not only shows appreciation for the instructor's knowledge but also ensures a safe and effective learning environment.

Follow Guidance: Follow instructions promptly and diligently. Instructors provide guidance for your development; respecting their teachings contributes to your progress and the overall harmony of the dojo.

Feedback and Questions: Express feedback and ask questions in a respectful manner. This open communication fosters a positive learning environment and demonstrates a commitment to personal growth.

2. Respect for Peers (Senpai and Kohai):

Senpai-Kohai Dynamics: Acknowledge the hierarchical structure within the dojo. Senpai (seniors) offer guidance, while kohai (juniors) show respect and a willingness to learn.

Observation and Learning: Senpai set an example for their kohai. As a junior, observe and learn from the actions of seniors, cultivating a mindset of respect and humility.

Assistance and Encouragement: Seniors, offer assistance and encouragement to juniors, fostering a supportive atmosphere. Kohai, express gratitude for the guidance provided, creating a cycle of positive mentorship.

3. General Conduct:

Maintain Cleanliness: Respect the training space by keeping it clean and organized. This demonstrates consideration for others and contributes to a positive dojo environment.

Punctuality: Arrive on time for classes and events. Punctuality reflects respect for everyone's time and ensures a smooth flow of activities within the dojo.

Positive Energy: Cultivate a positive attitude. Encourage and support your peers, creating a collaborative atmosphere that enhances the overall dojo experience.

4. Communicating Respect:

Body Language: Use positive body language, such as bowing and maintaining eye contact, to convey respect both to instructors and peers.

Verbal Expression: Choose words carefully, using polite and respectful language. Communication should reflect the principles of courtesy and humility.

Appreciation: Express appreciation for corrections and feedback. This shows a willingness to learn and an understanding that constructive guidance contributes to personal development.

In essence, respect is the cornerstone of our martial arts community. By cultivating an environment of mutual respect for instructors and peers, we contribute to a harmonious and enriching journey for everyone within the Shito-Kai. This commitment to respect strengthens our bonds, encourages personal growth, and ensures the dojo remains a place of positive energy and shared dedication to the art.

3.4 Personal Hygiene and Uniform Guidelines:

Maintaining a standard of cleanliness and adhering to uniform guidelines are essential aspects of our practice. These guidelines not only uphold the traditions of Karate-Do but also contribute to a hygienic and respectful training environment.

1. Personal Hygiene:

Cleanliness: Practitioners are expected to arrive for training in a clean and hygienic state. This includes bathing regularly, brushing teeth, and maintaining general personal cleanliness.

Trimmed Nails: Keep fingernails and toenails short and clean. This not only promotes personal hygiene but also minimizes the risk of injury to yourself and others during training.

Hair Management: Long hair should be neatly tied back to avoid interference with vision or during partner exercises. This ensures a safe and focused training environment.

2. Uniform (Gi) Guidelines:

Proper Fit: Ensure that your karate gi (uniform) fits comfortably and is not overly loose or tight. A well-fitted gi allows for unrestricted movement during training.

Clean and Well-Maintained: Keep your gi clean and well-maintained. Regular washing and proper care of your uniform not only demonstrate personal responsibility but also contribute to the overall cleanliness of the dojo.

Patch Placement: If you have earned patches or badges, place them according to the dojo's guidelines. This may include the school's emblem, your rank, or any other authorized insignias.

No Jewelry: Remove all jewelry before training. This includes rings, necklaces, earrings, and other accessories that may pose a safety risk to yourself and others.

3. Footwear and Bare Feet:

Remove Shoes: Shoes are not worn on the training mat. Before entering the dojo, remove your shoes and place them in designated areas to maintain the cleanliness of the training space.

Bare Feet: Practice barefoot unless you have a specific condition that requires footwear. Keep feet clean to promote a hygienic training environment.

4. Personal Health Considerations:

Illness and Training: If you are unwell or have a contagious condition, it is advisable to refrain from training to prevent the spread of illness within the dojo.

Inform Instructors: Communicate any health concerns or injuries to the instructors before the class begins. This allows for modifications to be made to accommodate individual needs.

Caring for your uniform

The Karate-Do uniform, or Gi, is more than just clothing; it's a symbol of respect, discipline, and tradition. Properly caring for your Gi is a sign of your dedication to the art. Here are some essential tips to help you maintain your Gi and extend its lifespan:

1. Respect the Tradition:

Your Gi represents not only your commitment to Karate-Do but also the history and tradition of this martial art. Treat it with reverence and humility, as you would with any martial art equipment.

2. Washing:

To ensure the longevity of your Gi, hand wash it using cold water. Using a mild detergent, gently agitate the water and let your Gi soak for a short period. Avoid wringing or scrubbing vigorously, as this can damage the fabric and the embroidery. So putting it in the washing machine is okay, but make sure you never use bleach. Bleach will damage it and instead of making it white, it will turn yellow and it will damage your school patches.

3. Drying:

After washing, you can put it in the dryer in the delicate setting.,

4. Ironing and Folding:

Iron your Gi on a low heat setting if needed, but avoid ironing over any embroidered logos or patches. When folding your Gi, handle it with care to avoid unnecessary creasing. Fold it neatly and store it in a clean and dry place when not in use.

5. Belt Care:

Your Karate-Do belt (Obi) is an integral part of your uniform. It should be hand washed separately from your Gi. As you progress, your belt may become discolored, which is a sign of your hard work and dedication. Do not wash or replace your belt simply for this reason.

6. Patch Maintenance:

If your Gi features patches or embroidered logos, be cautious when washing and avoid excessive abrasion to protect these decorative elements. Repair or re-stitch patches if they become loose.

7. Uniform Inspection:

Regularly inspect your Gi for any loose threads, frayed edges, or other signs of wear and tear. Address any issues promptly by sewing loose threads or reinforcing seams.

8. Replacement:

Over time, even with the best care, your Gi will eventually wear out due to the rigors of training. When this happens, it may be time to replace it. Consider this an opportunity to invest in a new Gi and continue your Karate-Do journey.

Caring for your Karate-Do uniform is a way of showing respect for the art and the dedication it represents. By following these guidelines, you'll not only extend the life of your Gi but also demonstrate your commitment to the traditions of Nakata Dojo and the martial arts.

4. Ranking System

The ranking system at our dojo is a reflection of your dedication, skill development, and understanding of Shito-Ryu Karate. This system not only acknowledges your achievements but also provides a roadmap for continuous growth and improvement. Below is an overview of our ranking structure for Pre-Karate (Children Ages 4-6) and our Traditional Karate program from Shito-Kai.

4.1. Pre-Karate Ranks

The Pre-Karate ranks are very much like the traditional Karate ranks but are not yet members of WSKF. Once young students have been graduated from the Pre-Karate programs and have successfully passed their yellow belt test, they will be fully onboarded as members of the World Shito Ryu Karate Do Federation through the Murayama Karate organization.

4.2. Kyū Ranks (Student Ranks):

White Belt (10th Kyū): As a beginner, the white belt signifies a blank canvas, symbolizing purity and the beginning of your learning. During this time, students will learn basic stances, striking and kicking; beginner kata, and focus primarily on the development of physical conditioning. To advance to the next level, students must demonstrate their ability to perform Kata.

Colored Belts (9th to 1st Kyū): Progression through the colored belt ranks represents the accumulation of knowledge, skills, and experience. Each colored belt signifies a step closer to mastering the fundamentals.

9th Kyu: Yellow Belt

8th Kyu: Orange Belt

7th Kyu: Green Belt

6th Kyu: Blue Belt

5th Kyu: Beginner Purple Belt

4th Kyu: Advanced Purple Belt
3rd Kyu: Beginner Brown Belt
2nd Kyu: Intermediate Brown Belt
1st Kyu: Advanced Brown Belt

4.3. Dan Ranks (Black Belt Ranks):

Shodan (1st Dan): Achieving the black belt signifies a profound understanding of the basics and a commitment to the deeper principles of Shito-Ryu Karate. It marks the beginning of your journey as an advanced practitioner.

4.4. Promotion Criteria:

Technical Proficiency: Advancement is based on your ability to perform techniques with precision, demonstrating a solid understanding of the curriculum.

Knowledge and Understanding: A comprehensive understanding of Shito-Ryu principles, philosophy, and history is essential for progression through the ranks.

Time in Training: Time and consistent effort in training contribute to your overall development. Minimum training periods are established for each rank.

Character and Conduct: Upholding the principles of respect, humility, and integrity is crucial for promotion. Your conduct on and off the training mat reflects your readiness for higher ranks.

4. Testing and Evaluation:

For the Kyu ranks, you will test on the following:

1. Kata, translated from Japanese, means "form" or "pattern." It is a prearranged set of movements that simulates a confrontation against multiple imaginary opponents. Each rank will have a pre-determined Kata that students will work on learning and practice to be able to perform for their test.
2. Bunkai (Application): Students will need to also perform the practical applications of Kata through Bunkai, exploring how each movement can be employed in self-defense scenarios. This aspect enhances the understanding of the martial principles embedded in Kata.
3. Kihon encompasses a range of basic techniques, including punches, kicks, strikes, blocks, and stances. These foundational movements lay the groundwork for more advanced techniques found in Kata (forms) and Kumite

Black belts:

Black belt examinations will also require students to perform Kata, Bunkai, and Kihon. Additionally, Black Belt examinations include sparring. The student does not need to win in the sparring session, but will need to demonstrate precision in strikes, blocks, and evasions; quick reflexes, adaptability, strategy, moderated power, fluency in combinations, and most importantly, respect for the sparring partner.

Fighting Spirit: Black belt candidates should display a strong fighting spirit, characterized by perseverance, determination, and resilience. Overcoming challenges and maintaining a positive attitude contribute to a successful sparring performance.

Exemplifying Karate Spirit: The overall demeanor during sparring should reflect the principles of Karate, including respect, integrity, and humility. Displaying good sportsmanship and ethical conduct is integral to the assessment.

5. Continual Growth:

Lifelong Learning: The ranking system is not an end goal but a continuous journey. Black belts are expected to continue learning, refining skills, and passing on knowledge to others.

Mentorship: Higher-ranking individuals are encouraged to mentor lower-ranking practitioners, fostering a supportive and collaborative learning environment.

6. Celebrating Achievements:

Ranking Ceremonies: Advancements in rank are celebrated through formal ceremonies, reinforcing the significance of your achievements within the dojo community.

Inclusion of Families: Families are invited to participate in ranking ceremonies

Our ranking system is designed to inspire and guide you on a path of continual improvement and self-discovery. As you progress through the ranks, remember that each step is a testament to your dedication, perseverance, and growth as a martial artist within the Shito-Ryu Karate tradition.

5: Competitions and Tournaments

5.1 Participation Guidelines:

Participating in competitions and tournaments is a valuable aspect of a karate student's journey, offering opportunities for growth, learning, and camaraderie. Nakata Dojo encourages all eligible students to consider engaging in these events, following these participation guidelines:

Eligibility: Competitions are open to students who meet the necessary skill level and rank requirements. Consult with the Chief Instructor to determine eligibility for specific events.

Voluntary Participation: While participation is encouraged, it is entirely voluntary. Students should participate based on their readiness, confidence, and personal goals.

Communication: Inform the Chief Instructor of your intent to participate well in advance. This ensures proper preparation and allows the dojo to support you in your competition endeavors.

Respectful Behavior: Uphold the principles of etiquette and respect before, during, and after competitions. Display good sportsmanship and respect for opponents, officials, and fellow competitors.

Safety First: Prioritize safety in all aspects of competition. Follow guidelines, use appropriate protective gear, and report any injuries promptly to the Chief Instructor.

5.2 Preparing for Competitions:

Effective preparation is key to a successful competition experience. Follow these guidelines to ensure you are adequately ready for upcoming tournaments:

Training Schedule: Develop a focused training schedule leading up to the competition, emphasizing aspects such as kata, kihon, and sparring. Consult with instructors to create a well-rounded training plan.

Technical Refinement: Dedicate time to refine and perfect techniques specific to competition requirements. Seek feedback from instructors to address areas of improvement.

Mock Competitions: Simulate competition scenarios during training sessions to familiarize yourself with the atmosphere, time constraints, and potential stressors associated with the event.

Physical Conditioning: Prioritize physical conditioning to enhance endurance, strength, and flexibility. A well-conditioned body is better equipped to handle the physical demands of competition.

Mental Preparation: Develop mental resilience and focus through visualization, meditation, and mindfulness techniques. Cultivate a positive mindset and mental fortitude to perform at your best.

5.3 Sportsmanship and Conduct:

Maintaining high standards of sportsmanship and conduct is integral to the reputation of Nakata Dojo and the spirit of martial arts. When participating in competitions, adhere to the following principles:

Respect for Opponents: Treat opponents with courtesy and respect, regardless of the outcome. Acknowledge their efforts and conduct yourself in a manner that reflects the dojo's values.

Honor Decisions: Accept judges' decisions with grace and humility. Avoid disputing calls or displaying unsportsmanlike behavior. If clarification is needed, consult with the Chief Instructor or designated dojo representative.

Support Teammates: Encourage and support fellow dojo members participating in the same competition. Foster a sense of camaraderie and unity within the dojo community.

Displaying Integrity: Uphold the highest standards of integrity, both on and off the competition floor. Be truthful, fair, and honest in all interactions, reflecting the principles of Shito-Ryu Karate.

Representing Nakata Dojo: Remember that your conduct reflects not only on yourself but also on Nakata Dojo. Display the utmost respect, humility, and dignity, upholding the dojo's reputation with pride.

By adhering to these guidelines, Nakata Dojo students can approach competitions with a balanced and disciplined mindset, embracing the challenges and opportunities that come with participating in tournaments.

6: Health & Safety

6.1 Injury Prevention:

Ensuring the safety and well-being of our karate students is paramount at Nakata Dojo. Follow these guidelines for injury prevention during training sessions:

Warm-Up Ritual: Always begin each training session with a thorough warm-up to prepare muscles and joints for physical activity. Warm-ups may include light cardiovascular exercises, joint rotations, and dynamic stretches.

Technique Proficiency: Emphasize the importance of proper technique execution during training. Correct form reduces the risk of injuries associated with improper movements.

Appropriate Equipment: Wear appropriate protective gear, including mouthguards, headgear, and hand protection, when engaging in sparring or contact drills. Ensure all equipment is well-maintained and fits securely.

Supervision and Instruction: Instructors should provide clear instructions and closely supervise training sessions, correcting any unsafe practices promptly. Students should communicate any discomfort or concerns to instructors.

Hydration: Stay adequately hydrated during training. Encourage students to bring water bottles and take short breaks to prevent dehydration.

Physical Fitness: Maintain overall physical fitness through regular conditioning exercises. Strengthening muscles and improving flexibility contribute to injury prevention.

6.2 First Aid Procedures:

In the event of a minor injury during training, follow these first aid procedures:

Minor Cuts or Scrapes:

- Clean the wound with antiseptic wipes.
- Apply an adhesive bandage or dressing.
- Report the incident to the instructor.

Sprains or Strains:

- Rest the affected limb.
- Apply ice wrapped in a cloth for 15-20 minutes.
- Elevate the injured area if possible.
- Seek the guidance of the instructor or designated first aid personnel.

Bruises or Swelling:

Apply a cold compress to reduce swelling.

Rest the affected area.

Report the incident to the instructor for further assessment.

Seeking Professional Help:

For more severe injuries, seek immediate professional medical attention.

Inform the Chief Instructor or designated dojo representative about the incident.

6.3 Emergency Evacuation Plan:

In the unlikely event of an emergency that requires evacuation, follow the outlined procedures:

Emergency Alarms:

Familiarize yourself with the location of emergency exits.

Obey evacuation alarms or signals promptly.

Assembly Point:

Proceed to the designated assembly point outside the dojo.

Account for all students and wait for further instructions.

Emergency Contacts:

Instructors will have a list of emergency contacts for each student.

Ensure your emergency contact information is up-to-date.

Communication:

Instructors will communicate any relevant information regarding the emergency and further actions to be taken.

Re-Entry Protocol:

Follow the re-entry protocol provided by instructors after emergency services declare the area safe.

Prioritizing health and safety ensures a secure training environment at Nakata Dojo.

Instructors and students alike share the responsibility of adhering to these guidelines and promptly addressing any safety concerns that may arise during training.

7. Code of Conduct and Discipline

7.1 School Rules and Policies:

At Nakata Dojo, upholding a strong code of conduct is fundamental to maintaining a respectful and harmonious training environment. Familiarize yourself with the following school rules and policies:

Respect: Treat instructors, fellow students, and visitors with courtesy and respect at all times. Uphold the principles of etiquette and humility both inside and outside the dojo.

Punctuality: Arrive on time for training sessions and events. Punctuality demonstrates commitment, respect for others' time, and a disciplined approach to learning.

Uniform Policy: Wear the designated uniform (gi) with the appropriate belt color. Keep the uniform clean and in good condition as a symbol of pride and respect for the art.

Hygiene Standards: Maintain personal hygiene by keeping nails trimmed, hair tied back, and practicing good overall cleanliness. This contributes to a hygienic and comfortable training environment.

Equipment Care: Respect dojo equipment and training gear. Treat training tools with care and promptly report any damaged or malfunctioning equipment to instructors.

Communication: Inform instructors of any absences, injuries, or concerns that may affect your participation in training. Effective communication fosters a cooperative and supportive community.

7.2 Disciplinary Procedures:

Discipline is a cornerstone of martial arts training, helping maintain a focused and respectful atmosphere. Nakata Dojo follows a structured disciplinary procedure:

Verbal Warning: Minor infractions may warrant a verbal warning from instructors. This serves as an initial reminder to adhere to the school rules.

Written Warning: Persistent or more serious violations may result in a written warning outlining the specific behavior in question and the expected corrective action.

Review and Counseling: The student and instructors will engage in a review and counseling session to discuss the reasons behind the disciplinary actions, addressing concerns, and developing a plan for improvement.

Permanent Dismissal: In extreme cases where a student repeatedly violates school rules or engages in serious misconduct, permanent dismissal from Nakata Dojo may be necessary. This decision is made after careful consideration by the Chief Instructor.

Section 8: Communication Channels

8.1 Contact Information for Instructors:

Open and effective communication is essential for a thriving martial arts community. Here are the contact details for Nakata Dojo's Chief Instructor, ensuring you can reach out when needed:

Chief Instructor:

Name: Kenji Nakata

Email: kenji@nakatadojo.com

Phone: (515) 745-8471

8.2 School Announcements and Updates:

Stay informed about important announcements, updates, and events at Nakata Dojo through our designated communication channels:

Email: Keep an eye on your email for newsletters, event invitations, and important announcements from Nakata Dojo. Ensure your contact information is up-to-date to receive timely updates.

Official Website: Visit our official website www.nakatadojo.com for the latest information on events, belt promotions, and other dojo-related news.

Martialytics App: Receive notifications and stay connected with Nakata Dojo through the Martialytics app. Download the app from [App Store/Google Play], enable notifications, and explore the chat option for convenient communication with instructors.

In-Person Announcements: Listen attentively to announcements made by instructors before or after training sessions for real-time updates.

8.3 Social Media Guidelines:

Nakata Dojo embraces responsible and respectful use of social media. Follow these guidelines when engaging with social media platforms:

Positive Representation: Represent Nakata Dojo positively on social media platforms. Share your achievements, experiences, and positive insights about your martial arts journey.

Privacy Considerations: Respect the privacy of fellow students and instructors. Refrain from posting images or videos without their consent.

Official Hashtags: Use official dojo hashtags when sharing content related to Nakata Dojo. This helps create a sense of unity and community among our members.

Constructive Feedback: If providing feedback or reviews, do so constructively and considerately. Direct specific concerns or issues to the Chief Instructor through private channels rather than public forums.

Discretion in Critique: Avoid public critique or negative discussions about the dojo, instructors, or fellow students. Disagreements or concerns should be addressed privately with the Chief Instructor.

Responsible Sharing: Ensure the accuracy and appropriateness of information shared about Nakata Dojo. Misinformation can have unintended consequences and impact the dojo's reputation.

By adhering to these communication guidelines, Nakata Dojo members contribute to a positive and respectful online community, fostering a sense of unity and camaraderie within the dojo.

9. Parental Involvement

9.1 Parental Roles and Responsibilities:

Parental involvement is a crucial element in the success of a martial arts journey. Parents play an integral role in supporting their child's growth and development at Nakata Dojo. Here are the roles and responsibilities:

Supportive Environment: Create a supportive environment at home that encourages commitment to training, attendance at classes, and adherence to dojo guidelines.

Communication: Maintain open communication with instructors regarding your child's progress, challenges, and any concerns. Promptly inform the dojo of any changes in contact information.

Attendance: Ensure regular attendance at classes and events. Consistent participation enhances a student's progress and fosters a sense of commitment.

Encouragement: Provide encouragement and positive reinforcement. Celebrate your child's achievements and milestones, both big and small, throughout their martial arts journey.

Independence: While seating is provided for parents, encourage independence by allowing students to participate in classes and events on their own. This fosters self-reliance and a sense of responsibility.

Observing Quietly: If you choose to stay during classes or events, observe quietly from the designated seating area. Coaching from the sidelines is not permitted, as it may distract students and disrupt the learning environment.

9.2 Family Events and Activities:

Nakata Dojo values the sense of community and family. Participate in events and activities to strengthen the bonds within the dojo community:

Dojo Events: Attend events organized by Nakata Dojo, such as belt ceremonies, tournaments, and special training sessions. Your presence contributes to a supportive and connected dojo community.

Volunteer Opportunities: Explore opportunities to volunteer during events or contribute your skills to enhance the overall dojo experience for students and families.

Social Gatherings: Participate in social gatherings organized by Nakata Dojo. These events offer a relaxed setting for families to connect, share experiences, and build lasting friendships within the martial arts community.

By actively participating in the martial arts journey alongside your child and respecting the guidelines for parental involvement, you contribute to the positive and inclusive atmosphere at Nakata Dojo. Your involvement is instrumental in fostering a sense of community and reinforcing the values of respect, discipline, and perseverance that are integral to our martial arts philosophy.

10. Glossary of Karate Terms:

Enhance your understanding of karate terminology with this glossary. Familiarize yourself with the language used in the dojo:

Dojo (道場): Training hall or place of the way.

Sensei (先生): Teacher or instructor.

Kyu (級): Student rank.

Dan (段): Black belt rank.

Kata (型): Pre-arranged forms or patterns.

Kihon (基本): Fundamental techniques.

Kumite (組手): Sparring or engaging in partnered drills.

Gi (着): Traditional karate uniform.

Obi (帯): Belt worn as a symbol of rank.

Rei (礼): Bowing, a gesture of respect.

Japanese Counting:

Ichi (一) - One

Ni (二) - Two

San (三) - Three

Shi (四) - Four

Go (五) - Five

Roku (六) - Six

Shichi (七) - Seven

Hachi (八) - Eight

Kyu (九) - Nine

Ju (十) - Ten