

awma.

ジャスティン コルバート 空手

M E M B E R S
H A N D B O O K

W E L C O M E

AWMA is your local family-focused Martial Arts Academy.

We're pleased to welcome you to our Dojo, and we hope you find your training with us to be informative, enjoyable, and fulfilling.

Within this handbook you'll find belt progression explanations, and grading curriculums for both our Kids Karate, and Teens & Adults programs.

Martial Arts training at AWMA is draws influence from any sources. Most notably Okinawan Karate - but also Krav Maga, Jujitsu, Filipino Martial Arts, and Kickboxing.

The curriculum, and the name of our dojo, is called "Shudokan" - The Hall of the Way of Defence. This collection of methods is referred to as "Jissen Budo" or Practical Martial Arts, emphasising no-nonsense training, and effective skill development.

AWMA is built on the virtues of Progression, Inclusion, and Accountability. We believe in leading from the front, and setting an example for all members to follow.

Our proverbial door is always open should you have any questions about your training at AWMA.

W H A T T O B R I N G T O T R A I N I N G

You'll need to bring the following to each and every class:

- Proper training uniform (covered on the next page)
- Open toe shoes to wear to training and up to the mat
 - Water bottle
- Sweat towel (you'll need one during the warmer months)
- Sparring equipment (beginners may borrow club equipment)
 - Deodorant
- A duffle bag, or gym bag to carry it all in!

We take our training seriously, and we expect students to turn up to training prepared and ready to work hard.

UNIFORM STANDARD

AWMA adheres to a uniform standard for all students and instructors.

All new students are given a black Karategi and white belt. This is our standard winter training and formal uniform for use at gradings, seminars, and tournaments.

Students may also opt to wear a black AWMA training tee, and their Karategi pants during winter if they feel more comfortable.

Students may wear a black AWMA training tee, and black fitness shorts or MMA shorts during warmer weather.

Students who achieve black belt are given a white Karategi, that they can choose to wear in place of their black Karategi.

Senior members who pass Yudan or Shodan (1st Degree) receive our clubs "Kanji" embroidered on their white Karategi.



CARING FOR YOUR KARATEGI

- Ensure your Karategi is washed after every class.
- Avoid tumble drying your Karategi.
- Either hang your Karategi to store it, or you can use a traditional folding method to keep your uniform compact for transport.
- Don't forget to wash your belt! Hand wash and air dry is recommended. Your belt is a part of your uniform, and is subject to sweat and other bacterial hazards.
- CANVAS UNIFORMS - Avoid ironing your Karategi. While wet, remove creases by grabbing the edges of the uniform and sharply pulling the fabric flat, then hang to dry.
- Each Karategi is the responsibility of the STUDENT, and not their parent! Make sure your uniform is looked after!

OTHER THINGS TO CONSIDER

- Remove jewellery prior to training.
- Ensure hair is tied up, and nails are cut.
- Please consider your training partners and shower before training and apply deodorant.



BELT PROGRESSION



KIDS BELT SYSTEM

Gradings are conducted at the end of each school term.

Each belt has certain requirements to met before they can be awarded, covered in the seperate Grade Requirements sheet.

Students must earn a Black Stripe on their belt to be eligible to test for the next belt, and must earn two Black Stripes to move from Brown to Junior 1st Degree.

TEENS & ADULTS BELT SYSTEM

Students aged 13 and over follow our "Senior" Belt System.

Each stripe on the belt signifies an entire grade, meaning time spent on each colour is substantially longer than in the Kids program.

9th to 7th Kyu
6th to 4th Kyu
3rd to 1st Kyu
1st to 10th Dan

Students under 16 who reach Black Belt are awarded "Yudan" or a plain Black Belt, and must wait until they turn 16 to test for Shodan. Shodan students and above may choose to have their name and style embroidered on their belt.

Teens & Adults gradings are normally held twice a year.

TRANSITIONING FROM KIDS TO SENIOR RANKS

Students may elect to convert their Kids Belt grade once they turn 12, with the goal to convert their grade by the time they turn 13.

This process involves the student attending a Teens & Adults grading, where they will be tested against the syllabus requirements, and then awarded a grade indicative of their skill.

This process almost always incurs a "demotion", and is not mandatory.

Students who reach Junior 2nd Degree and hold that rank for 2 years, may test for Shodan, regardless of age.

CORE CURRICULUM

TRADITIONAL KARATE

All students are taught the fundamentals of Traditional Karate, such as Kihon (Basics), Kata (Forms), and Bunkai (Applications). Traditional Karate gives all students a solid foundation of posture, body awareness, and self control, while developing good habits that will continue through in to other areas of training.

AWMA practices a number of Kata, with their applications required to be demonstrated by higher belts in order to progress.

SELF DEFENCE

AWMA teaches a series of physical defence tactics as part of the core curriculum. These defensive tactics come from Krav Maga - a system of Military combat adapted for use by civilians. These techniques are quick, direct, and effective, with no flash or unnecessary movements added.

Students start by learning the basics, before working on simple scenario and reflex drills, and finally working against multiple attackers, and blunt and edged weapons.

COMBAT SPORTS/KICKBOXING

Students are trained in ISKA & WAKO style point fighting and kickboxing style competitive sparring. For children, this is strictly non-contact, and centres around developing fitness, flexibility, and coordination. As well as building confident and resilient young people.

Teens and adults compete in light contact, and are provided opportunities to refine their skills and compete all over the country should they wish.

FILIPINO MARTIAL ARTS & JUJITSU

FMA and Jujitsu (through our Wado-ryu roots) are integrated throughout the curriculum in the form of weapon defence, and takedowns and ground defence. AWMA also offers a standalone Filipino stick fighting program for interested students.

Students are encouraged to incorporate their own experiences in later grades in an effort to recognise their own developments and expressions of their own art. Students are also free to cross-train - you'll find our instructors are excited to find out what you've learned!

SKILL BENCHMARKS

SKILL BENCHMARKS serve to outline the expectation of students at each grade.

A lot of the curriculum is based on gradual progression of skill, rather than continuously adding new techniques. With the exception of grade-based Kata (forms), students are expected to learn techniques and improve upon techniques through continuous training.

PRE-GRADING CHECKLIST & GRADING PASS CRITERIA

- Student has own sparring equipment.
- Student arrives prepared for grading, and in correct uniform.
- Student has met the attendance criteria, both lessons attended and time spent at current grade.

EARLY GRADES (Jnr. Yellow & Orange - Snr. Yellow)

- Follows along to Kihongata at a basic level (lefts and rights correct, correct techniques etc).
- Follows along to Renzoku-waza.
- Follows along to Kata at a basic level.
- Can demonstrate the grade focus defensive tactic.
- Understands movement and defensive principles in Kumite practice.

INTERMEDIATE GRADES (Jnr. Green & Blue - Snr. Green)

- Can perform Kihongata to a basic standard without prompting.
- Renzoku-waza is controlled, with focus on flow and precision.
- Student performs grade focus Kata with minimal prompting.
- Student can demonstrate and expand upon the term focus defensive tactic.
- Shows solid understanding of movement, combinations, and defensive principles in Kumite.

ADVANCED GRADES (Jnr. Purple & Above - Snr. Brown)

- Can perform Kihongata to an exceptional standard, without prompting.
- Renzoku-waza is sharp and with perfect balance and control.
- Student can perform term focus Kata by themselves.
- Student has a broad knowledge of physical defensive tactics, and understands basic deescalation and avoidance tactics.
- Shows high standard of Kumite.

GLOSSARY

COUNTING

1 - Ichi	6 - Roku
2 - Ni	7 - Sichi/Nana
3 - San	8 - Hachi
4 - Shi/Yon	9 - Ku
5 - Go	10 - Ju

COMMON DOJO TERMS

Dojo - Training Hall
Shomen - Front of Dojo
Rei - Bow
Keiosuke - At Attention
Yoi - Prepare/Ready
Yame - Stop
Hajime - Begin
Mawatte - Turn
Sensei - Instructor
Senpai - Senior
Kiai - Yell
Moichido - "Do it again"

BASIC PHRASES

Hai - Yes (General use, use while indicating you understand)
Wakarimasu - I understand (More formal use)
Onegaishimasu - "Do me this favour" (Said while bowing before a drill)
Domo-arigato-gozaimashita - Thankyou (Say "Domo" while bowing after a drill)
Sumimasen - Excuse me
Shisurreishimasu - Forgive my rudeness (said while bowing when joining a class late)

BOWING IN/OUT

1. Students line up orderly. Grades are not accounted for in line in Shudokan, however lower grades are asked to stand somewhere that they can see students around them.
2. Instructor calls "Seiza" - meaning kneel.
3. "Mokuso" - close your eyes and contemplate.
4. "Mokuso yame" - Open your eyes.
5. "Keikohajimemasu/Keikoowarimasu" - training begins/ends.
6. "Shomen ni Rei" - "Bow to the Dojo"
7. "Otagai ni Rei" - "Bow to each other"
8. "Kitritsu" - Stand up.

TECHNIQUES

Tsuki - Trust/Punch
Keri - Kick
Uke - Block
Tachi - Stance
Uchi - Strike

DIRECTIONS & TARGETS

Mae - Forward
Yoko - Side
Ushiro - Rear
Tobi - Jumping
Jodan - Head Level (Above Shoulders)
Chudan - Mid Level (Shoulders to Hips)
Gedan - Lower (Below Hips)
Ashi - Foot
Te - Hand
Hara - Centre/Solar Plexus Area

