

# For The Beginners

Dear Parent and Beginner Student

We want to personally thank you for choosing Winter Haven Budokai. We are proud of the training programs we have to offer and believe you won't find a more professional and caring Martial Arts Dojo in Polk County. Our Karate Program, like our core Martial Arts curriculum, follows our unique training regiment, which maximizes the student's ability to learn. It is our goal to develop each and every student to his or her full potential.

Our Martial Arts training curriculum consists of Traditional Okinawan Karate from the Matsubyashi-Ryu, Shorin-Ryu Style along with Self-Defense Arts. Combining these systems, our program offers a wide variety of self-defense applications and a unique format for developing self-confidence, self-respect, self-discipline and self-esteem.

The purpose of this handbook is to inform you the parent and student of Winter Haven Budokai's current policies and regulations. This handbook will answer many of your questions and concerns. However, if you should have any additional questions feel free to contact the Chief Instructor Sensei Juan Queris at 863-269-8308 and we will assist you. Additional information like class times can be accessed at [www.WinterHaven-Budokai.com](http://www.WinterHaven-Budokai.com).

We firmly believe that together we can improve your child's future. We look forward to working with you and your child.

Sincerely,

Sensei Juan Queris

## Levels of Proficiency for beginner students

As students train, they develop requisite skills and abilities. As students master these abilities they go from being beginners to intermediates and finally to advanced students. What follows are brief descriptions of students at each of these general levels. In the handbook you will be introduced to the requirements for each Kyu (Belt).

1. **Beginner**: During the first three to six months the students will be taught basic kicks, blocks, punches, forms (katas), one step sparring and drills. They will start as a white belt level and will be given the opportunity to test for the next belt level after three months have been completed. Students who do not demonstrate proficiency in these basic skills will not pass the examination and will continue training in the basic skills until the next promotion, when they can test again. The basic beginner belts are white, yellow & gold.
2. **Intermediate**: Our intermediate level students wear orange, blue, green and purple belts. They learn all basic karate forms (katas), drills, focus training and sparring techniques to reach a very profound level of execution, as well as self defense and self control while increasing their awareness of karate training. Duration at this level will depend on the student's ability to learn, to adapt, and to execute all techniques to a higher level.
3. **Advanced**: Basically all brown and black belts. Students at these levels will have mastered all basic forms (katas), drills, focus training, free style sparring, multiple attack self defense, Kobudo bunkai (weapons' form) and basic techniques to a higher level of proficiency. They have begun their way on the path to a higher (philosophical) level of karateka. Advancement at these levels will be at the instructor's discretion and authorization.

**Beginners** the karate program works for students to emphasize the importance of respect, responsibility, honesty, good behavior, politeness is self-control while learning self-defense and creating a safe and fun environment. The ultimate purpose of karate is not to create fighting machines, but improve one's character through martial arts training.

The student will learn to respect others to refrain from violent behavior to be good students in school, and to be courteous all through rigorous karate workouts. They will learn all aspects of the Okinnawan Matsubayashi system of karate and they will maintain good physical and mental health thanks to the guidelines of our instructor.

### **Hours of Operation**

We follow the Polk County Public School Calendar. If school is closed, so are we, including when Polk County Public School's are closed for inclement weather. On the Public School 1-Hour Early Release Days we will pick up your child from school 1-hour early at no additional cost to you.

If Polk County Schools are closed due to weather we will also be closed. Our dojo will follow the same high standards of safety when it comes to student transportation.

### **Winter Haven Budokai Instructor Vacation & Illness Program**

Winter Haven Budokai will do everything possible to have at least one instructor present at the dojo for all classes. However, in cases where all instructors are sick or have vacation scheduled the dojo will be shut down. This will not happen for more than two weeks a year and as much notice as possible will be given to all students and their parents.

An example of when this may happen is when AAU Nationals takes place. The instructors are needed to coach and the tournament is a full weeklong.

# Hours

Business hours are between 6 AM to 9 PM **summers**  
2PM to PM starting the **fall**

## Dojo Schedule as follows:

1. Monday Training - 4 PM - 7 PM is Karate basics
2. Tuesday Training - 4 PM - 7 PM Katas
3. Wednesday and Thursday - 4 PM - 7 PM  
**Sparring**
4. Friday - 4 PM- 7 PM Basics and Kata
5. For private lessons are available, scheduling is based on accommodations between student and instructor

# **Budokai**

## **What is in a Name?**

Budokai is pronounced (Boo doe k-eye). Bu means "Martial" and do means "the way", it refers to living a life of discipline, respect, honor, loyalty and peace. Kai means "club".

## **What is Matsubayashi Shorin-ryu Karate?**

The art of Matsubayashi-Ryu was founded in 1947 by Osensei **Shoshin Nagamine** (1907-1997) Hanshi, 10th dan. Matsubayashi-Ryu is a form of Shorin-Ryu, which in turn is one of the major styles of Okinawan Karate-Do.

## **The meaning of Matsubayashi Ryu.**

"Matsubayashi" is the Okinawan/Japanese pronunciation of the ideograms for "Pine Forest." "Matsu" means "pine" and "Hayashi" means "forest." When the two words are put together, the "H" of Hayashi is pronounced as "B," hence Matsubayashi. "Shorin" is the Chinese pronunciation of the same ideograms. The origin of this name is the Shaolin Temple in China. "Ryu" translates as style or system. Literally, it means "river," which conveys the image that an art is a living, flowing thing.

## **Characteristics of Matsubayashi Ryu.**

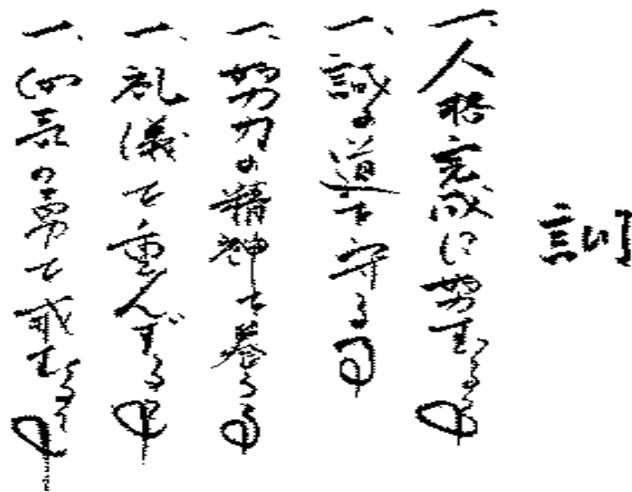
The main characteristic of Matsubayashi-Ryu is to start with very natural movements, with no sense of awkwardness, and use a natural respiration method. Therefore, it places great importance on handling the body in a natural way, rapid and tempo-free movements, and tanren (development through hard training) of sharp techniques. In Matsubayashi-Ryu, Kata are regarded as being creative, and an enbu, demonstration, emphasizes the harmony of speed, power and weight. The purpose of training is to train in the principle of shin-gi-tai-ichinyo, (oneness of mind-technique-body) and master it.

## **The Winter Haven Budokai Program.**

Our karate program works with students to emphasize the importance of respect, responsibility, honesty, good behavior, politeness and self control while learning self defense and creating a safe and fun environment. The ultimate purpose of karate is not to create fighting machines, but to improve one's character through martial arts training.

The students will learn to respect others, to refrain from violent behavior, to be good students in school, and to be courteous all through rigorous karate workouts. They will learn all aspects of the Okinawan Matsubayashi system of karate and they will maintain good physical and mental health thanks to the guidance of our instructors.

## Dojo KUN



**The Dojo Kun** is the basic rule of the dojo. It shows the karate student guidance.

### **1. Seek Perfection of Character**

#### **Character**

This means that the art of karate is more than just physical. All beginners, especially the young, should be taught the importance of character building through discipline and rigorous training. For the beginner, the character building process begins with perfecting techniques through repetition. The spirit to fight will be achieved as one gains more confidence through development of stronger techniques. Train to bring out the spirit, not only to fight but to overcome personal problems especially in times of sickness, domestic crisis or business problems. It is a long path to develop these spiritual values but once the concept is understood and experienced it will provide a lifetime benefit of inner strength and peace.

### **2. Be Faithful**

#### **Loyalty**

To be faithful is a strong samurai tradition and an extension of the Confucius influence on the family and martial arts. The faith to be shown is in your sensei and dojo. The student must always be faithful to his sensei and follow in much the same way as a medieval samurai was bound to follow his feudal lord to the death without hesitation. While this may seem unusual in the present day, it is unreasonable to expect a sensei to teach all he knows to a student who is likely to leave for the slightest reason. The student must prove his loyalty over the years. The faith and loyalty extended to the sensei will be rewarded, in that a greater amount of knowledge and wisdom will be passed on to the student and this bond between sensei and student is extremely valuable and is the basis of the learning relationship.

### **3. Endeavor**

#### **Effort**

To endeavor means complete dedication and commitment necessary to achieve mastery of the art. In no case is mastery possible without strenuous effort and sacrifice on the part of the practitioner. The endeavor must be of a sincere nature and not just superficial. Serious effort on the part of the student will be recognized by the sensei who will in turn spend more time with him or her.

### **4. Respect Others**

#### **Etiquette**

Respect for others is an important part of the Japanese and Okinawan culture therefore common to the martial arts. Gichin Funakoshi stressed that karate begins and ends with etiquette. He also stated that without courtesy there is no dojo. This is a reflection of the formal nature of the Japanese people and may be observed bowing during training as well as at home or office. Dojo etiquette is well defined. You bow correctly and show respect in everything you do and everywhere you go. Respect is extended to all...senseis, parents, educators, law, deceased, nature, etc.

### **5. Refrain From Violent Behavior**

#### **Control**

A trained fighter is a person with a fierce competitive spirit and great strength so it is unfair to use it against an untrained person. The karate-ka's spirit is unbeatable and must use his knowledge only for the sake of justice. A person of character can walk away from a fight because he is in control of his emotions and is at peace with himself. He does not have to test his abilities on the street. He wins without fighting and he will have no regrets because no one will be injured. Refraining from violent behavior is hard to explain to many Westerners because of their environment, or the attitude of winning tournaments, and they want to do it as quickly as possible which is against the principles of karate-do and dojo kun. It is therefore necessary for instructors to constantly remind the students of the importance of the dojo kun.

**Much like the Dojo Kun, the Seven Tenants of Bushido or Budo are a way, which Karate may guide you through life.**

## Seven Tenants of Bushido / Budo



**Yuki (Valor)** - *synonyms – courage, bravery, spirit*  
– Possessing the bravery/courage to face all of life’s challenges squarely with a resolute and moral heart. It is important that bravery and courage should not be confused with pride. Bravery and courage are necessary to identify and achieve life’s goals and the setbacks that surround them.



**Jin (Benevolence)** - *synonyms– kindness, compassion* - A feeling of good will to all, a magnanimous and compassionate state founded on the understanding that we are all the same and should be treated with the same respect regardless of station or situation. This requires lifelong practice and discipline (shugyo) to counter the more current and prevalent sentiments of judgment, separatism, mistrust, etc.



**Gi (Rectitude)** - *synonyms – morality, decency* - Right behavior, conduct, and character. Gi is closely linked to justice and a person that possesses the character to act swiftly and resolutely for the cause of justice. This type of character is not borne of mere intellectual understanding. It is much more an instinctive and intuitive understanding of that which is naturally good and just.



**Rei (Etiquette)** – *synonym – good manners, decorum* - Rei refers to the courtesies and conduct required to be a functional contributor to family, dojo, society, etc. This type of conduct, or right action, is not practiced because one may be ostracized if not adhering to such conduct. It is much more important to realize that courtesy is a

fundamental right of each individual, a major facet of the Iemoto system, and fundamental to the successful transfer of the lessons of Budo.



**Makoto (Truth – Honesty)** – The foundation of right action, makoto, or truth and honesty, is comprised of acting and communicating in an honest and rigorous manner as well as possessing the virtue of integrity. Integrity: being truthful, keeping our word, and cleaning up the mess when we make it, is an integral factor in the establishment and nurturing of successful relationships.



**Chugi (Loyalty)** – *synonym – faithfulness* - The primary application of Chugi is detailed in the character Gi – or duty. Duty to family, based on filial piety (Ko) is a fundamental aspect of this virtue. Duty and obligation must then transfer to relationships in the dojo and all of life’s endeavors. We must also be loyal to our own goals, plans, objectives and the realistic path of attainment. Here, makoto, being absolutely honest with ourselves, is imperative in defining such a realistic path.



**Meiyo (Honor)** – *synonym – respect, admiration* - Meiyo could be considered to be the sum – total of the previous six virtues. One practiced in and possessing the above listed virtues would certainly emerge from this disciplined lifestyle as an honorable individual. The self-esteem and honor of such an individual would be consistently above reproach. Like the samurai of old, a stain on one’s honor/name, should be a sense of great shame for the Budo –ka and avoided at all cost.

**Please note that both the Dojo Kun and the Tenants of Bushido have a lot in common**

**For information Refer to the Winter Haven Budokai student and parent karate program handbook.**