

Eagle Rock Kyokushin Karate

Dear parents and students,

Welcome to the Eagle Rock Branch of Kyokushin Karate. We are glad that your child is training with us. It is our intention to create an atmosphere in which students can learn new skills and techniques that will eventually carry over into all areas of their lives. Above all, I hope that these kids will become confident, kind, independent learners, able to use their physical, emotional, and mental abilities positively— especially in challenging moments. If your child enjoys learning, then he/she should enjoy this class. Please read this handout with your child/ *karateka*.

Senpai Jeremy Kaplan
Children's Karate Instructor
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The Dojo

1. A *dojo* is the place where a martial art is studied and practiced. The room we work out in is a dojo. If we practice in the park, that too is a dojo.

The Ten Commandments...

1. When entering the dojo, a martial artist must stop, bow and say: "**Osu!**"
2. **Be active in your learning!** Inside the dojo, do not stand around idly waiting for class to begin. You can warm up by jumping rope, jumping jacks, shadow boxing, or practicing your *kata*.
3. **Focus...** All students are expected to be serious when in the dojo, and to pay attention to the instructor. Concentration will benefit you in your life.
4. **Courtesy...** You may not always like everybody all the time, but when in this class, you will be polite to everybody.
5. **Safety...** Do not *spar* (fight) without permission from the instructor.

6. **Responsibility...** Lower *rank* is expected to listen to instructions of the higher rank, and in turn, higher rank is expected to offer positive, friendly advice to lower rank. This is the *senpai-kohai* relationship.
7. **Communication...** When one of your *Senpais* gives you an instruction, always say "Osu," in a loud voice to let them know you understand.
8. **Observe...** If you do not know what to do, the best way to find out is to watch the other students and try to do what they are doing. If you have questions, it is good to ask before and after class, or during breaks.
9. **Effort...** Try your hardest to succeed. Do not give up.
10. **Pleasure...** Have fun. Take pride in learning, and let your knowledge give you happiness. Be creative and adventurous.

History...

- This Kyokushin dojo opened in Eagle Rock in 2003. We have been operating through Burbank Dojo since 1964, where there is an adult and children's class. We also have children's karate classes in Reseda, and an adult's class in West Los Angeles.
- Nicknames...
It is a tradition of this class for all students to receive fighting nicknames at their first promotion. A brief sampling: Jodan Express, The Greatest, Sugar, KO Kid, Windmill, Ginsu Knife, Tiger, King, Poison, Hatchet, Crusher, Bazooka, Boom-Boom, Wrecking Crew, Lumberjack, etc...

Instructors

- **Shihan Brian Bastien** is the branch chief of the Burbank, Reseda, West L.A., and Eagle Rock dojos, and head instructor of

the Burbank adult class. Shihan Brian began his study of *Kyokushin* karate in 1971. Prior to that date, he had studied the martial art of *Aikido*. He is currently ranked as a *Yondan* (4th degree black belt).

- **Senpai Jeremy Kaplan** is the head instructor of the Eagle Rock children's class. He has taught the Burbank children's class since 1996, and also taught children and adults at Reseda dojo. He is a *Shodan* (1st degree black belt) in the Kyokushin system, and has also studied boxing, Muay Thai Kickboxing, and grappling. Jeremy is a Resource Teacher in the Los Angeles School District, instructing students from ages 6-14. He has more fighting nicknames than we could possibly list here (Kaplan Crunch, Vanilla Thunder, Vanilla Crunch, Professor Crunch, etc...).
- **Senpai Phil Lomboy** is an assistant instructor at the Eagle Rock dojo. He is a *Ni Kyu* (brown belt) in the Kyokushin system. Phil is a world traveler, master salesman, and fluent in at least 2 languages (we suspect that he is holding back on us). His fighting nickname is "The Filipino Flash."

Karate

History...

- There are many types of *martial arts* (fighting arts) from many different countries (*Japan*: Karate, Aikido, Jujitsu; *China*: Kung Fu, Wing Chun; *Korea*: Tae Kwon Do, Hapkido; etc...).
- Karate originates from the islands of *Okinawa*, near Japan. The Okinawans, whose country had been taken over by the Japanese, taught each other how to fight with their hands and feet so that they could defend themselves against the Japanese in-

vaders. Originally, it was practiced in secret, and karate blows were intended to kill the opponent.

- Early in the 20th century, *Gichen Funakoshi*, a karate expert in Okinawa, traveled to Japan in order to teach karate. Master Funakoshi taught karate not as a means of killing your enemy, but as a way of defending yourself only when your life is in danger. Soon many people practiced karate; many different styles of karate were born. *Kyokushin* is one of those styles.

Kyokushin

History...

- Kyokushin is a form of karate started by *Mas Oyama*. *Sosei* (meaning "founder") Oyama was born in Korea in 1923, and began studying martial arts at a young age. He moved to Japan in 1938, where he continued to study karate with Master Funakoshi. He practiced everyday for many hours. By the age of 17, he was a *Nidan* (2nd degree black belt). He later earned black belts in *Judo* & *Goju-Ryu* karate.
- Following the Second World War, Sosei Oyama lived alone in the mountains, practicing his karate for 14 months. He came back to live in the city for a short while, then returned to the mountains to train for 18 months in seclusion, practicing 12 hours per day. Soon after, he returned to the city and won the All-Japan karate tournament, and then began teaching his karate in a dojo. He continued to teach until his death, in 1994.
- The headquarters (*Honbu*) of Kyokushin is located in Tokyo, Japan. The head of the style (*Kancho*) is Shokei Matsui. Eagle Rock dojo is affiliated with Honbu through the Burbank Kyokushin branch.

Kata...

- *Kata* are the forms we learn in karate, almost like dance steps, made up of blocks, kicks, and strikes. They are practiced to improve form, memory, and balance. There are specific kata that must be learned to achieve specific belt *rank*.

Promotions/Rank...

- Class promotions are held when most of the students are ready to move up in belt rank. These happen about 3 or 4 times a year, and always occur on Saturdays. Those who test are charged \$10, and those who pass receive certificates from Japan. Students who promote attend class regularly, pay attention, and practice at home.
- Students are always welcome to ask me what they need to do to improve, but a student should not request a higher rank, nor ask when it will happen. That is the instructor's decision. I do not want a student worrying about getting higher rank. The student should be concerned with improving his/her self. The color of one's belt is not so important; the quality of one's heart and mind is very important. Concentrate on being a good student and a good person. Rank is a secondary reward. Your primary goal is to improve.
- When a new rank is achieved, students should purchase their new belt through the instructor, if available. Belts are inexpensive. The instructor will provide yellow stripes free of charge. Kyokushin uniforms (*gi*) can also be purchased through the instructor.
- **Time & Effort...**
If a student attends class 2 days per week, trains hard, and practices at home, he/she will usually promote once every 3

months. The higher up in rank one moves, the more time one must spend practicing.

As a white belt I attended class 2 nights per weeks, and practiced at home for an hour every other day. When studying for my black belt, I attended karate 2 nights per week, boxing classes 2 nights per week, and worked out at home 3 hours on days when I wasn't in class (resting 1 day a week). Training was not hard, because I enjoyed it. Finding time was very hard, because I had a job and a wife. I still do.

As a teacher, I understand that school is more important than karate. As a husband and father, I know children must spend time with their families. There are many other considerations for kids today: friends, sports, cultural activities, etc....

Each student will get as much out of karate as he or she puts in. I caution parents about spreading a child out too thin over too many activities. A child should enjoy being a child.

Karate is difficult to learn if you practice only once per week. 2 classes per week amount to only 3-4 hours. To practice at home, a child might need to sacrifice time spent watching television, or playing the Game Boy. It is a personal decision. If you want to be good at karate (or anything else in life) you will need to invest quality time, and you will need to sweat and think. If you enjoy it, then Kyokushin is for you. If you do not enjoy it, there are many other sports and arts that you should look into. I recommend that each student try karate for at least 2 months, going to class 2 times per week, before making a decision.

Sparring/Fighting...

- Kyokushin rules allow for...
 - Kicking* targets range from head to toe, using the foot, shins, and knees as weapons. You **cannot attack** the knees, groin, or back.
 - Punching* targets are anywhere above the belt and below the neck. You **cannot punch** the neck, face, back, or anywhere below the belt.
- All sparring must take place under the supervision of the instructors. Sparring can be soft, medium, or hard, depending on the circumstances (rank, age, maturity, and physical size of students). Grappling is only allowed on mats, and with supervision.
- Kyokushin is intended to teach a realistic way of self-defense, so as students become more advanced, so will the techniques being taught. Boxing (i.e. punches to the face) will be explored with strict supervision of instructors, as well as grappling techniques for ground fighting (Wrestling, Jujitsu, etc...).
- Students are encouraged to purchase their own protective gear. **Shin pads are required.** Hand guards and mouth guards are recommended. These items may be purchased at inexpensive prices from the instructor.
- A confident person is not only less likely to lose a fight, but also less likely to seek one. If you are secure in yourself and your abilities, you will not feel the need to constantly prove yourself to others. Our first goal is to always avoid a fight. If a fight is unavoidable, the goal is to win it with minimal damage to yourself and your opponent.

Summer Camp...

- Each summer we schedule a weekend, for karate camp. If time permits, we may hold a camp in fall or spring. We have held camps at Silverwood Lake, in Angeles Crest National Forest, and in Canyon Country.

Tournaments...

1. Our style is based more on practical self-defense than competitive sport, but there are local tournaments that our children are eligible to enter. I will specifically train those children who are able and willing to spend the *extra time* necessary for a tournament.
2. In the summer of 2001 we had 3 students (Michal Efroni, Shant Nazarian, and Ali Harbi) participate in the L.A. Cup. All three competed proudly, with our blue belt, Ali, winning the championship of the 9-11 year-old kumite division. Shant placed 4th in the 6-8 year-old division. In September 2003, we sent 7 fighters into the Little Tokyo Tournament in downtown Los Angeles (Michal Efroni, Shant Nazarian, Aramik Tarvirdi, Wendy Gramajo, Donald Kaplan, Paola Gramajo, and David Nassi). There were representatives from 8 different schools in Southern California (Burbank, Reseda, Little Tokyo, Torrance, West L.A., Manhattan Beach, West L.A., and Oceanside). Donald won 1st place in the 7-8 division, David achieved 2nd & Wendy 3rd in the 9-10 division, and Michal attained 2nd in the 13-14 division.
3. We hold interclass tournaments with the Burbank and Reseda dojos at promotions, awarding ribbons to 1st, 2nd, and 3rd place winners.

Uniforms...

1. The standard karate uniform is called a *Gi*. This is a plain, white karate outfit (pants and top). A plain white gi can be purchased at any martial arts supply store, and a Kyokushin gi (embroidered with patch) can be purchased through the instructor. Students can attend this class for up to a month before purchasing their gi, meanwhile wearing shorts or sweats to class. Shoes, socks, and hats are not to be worn in the dojo.
2. The belt worn over the gi is called an *obi*. When beginning this class, regardless of previous experience in other karate styles, the student must wear a white belt. Ask the instructor for instructions on tying the belt.

Glossary...

1. Directions—

Jodan: High/upper

Chudan: Middle

Gedan: Lower

Soto: Outside

Uchi: Inside

Yoko: Side

Ushiro: Back

Mae: Front

Migi: Right

Hidari: Left

2. Terms—

Geri: Kick

Hajime: Start, go

Hantai: Opposite side, switch

Kamaete: On guard

Kiai: Shout, yell

Kiarete: Kiai with each count.

Kihon: Basic Exercises

Kime: Focus

Kohai: Junior or beginning student

Kumite: Sparring, fighting

Mawashi: Roundhouse

Mawatte: Turn around

Osu: I understand, respect

Rei: Bow

Seiken: Fist

Senpai: Senior student

Shihan: Chief instructor

Seiza: Sitting formally

Tsuki: Strike

Yoi: Ready position

3. Ranks/Grades (beginning to advanced) and General Requirements

Jukyu or jikkyu/Orange Belt—20 good push-ups and 20 squats, fighting stance, count to ten in Japanese, know right from left in Japanese, get through kihon. Written test.

Kyukyu/Orange w/stripe—20 excellent push-ups and 30 squats, hands held high in fighting stance, basic terminology, & blocking techniques. Kata: Taikyoku Ichi and Sokogi Ichi Written test.

Hachikyu or Hak-kyu/Blue Belt—25 good push-ups and 35 squats. Hard fighting with combinations. Kata: Taikyoku Ni and San. Written test.

Sichikyu or Nanakyu/Blue w/stripe—30 good push-ups and 35 squats, jump rope, improved fighting. Kata: Pinan Ichi & Sokogi Ni. Written test.

Roku-kyu/Yellow Belt—35 good push-ups and 40 squats, developing footwork, & assisting kihon. Katas: Pinan Ni & Sanchin. Written Test.

Gokyu/Yellow w/stripe—35 excellent push-ups and 40 squats, lead kihon, counter fighting, & developing stomach muscles (sit-ups). Kata: Pinan San. Written test.

Yonkyu/Green Belt—40 push-ups & 45 squats, assist instructor in class, competitive fighting, exemplary attendance. Kata: Hard Sanchin & Sokogi San. Written test.

Sankyu/Green w/stripe—40 push-ups and 45 squats, mastery of terminology, leader. Kata: Pinan Yon. Written Test.

Nikyu/Brown Belt—45 push-ups & 50 squats, sophisticated kumite, conditioning, teach class. Kata: Gekisai Dai, Pinan Go. Written test.

Ik-Kyu/Brown w/stripe—50 excellent push-ups and squats, peak physical conditioning, & dominant kumite. Kata: Hardest Sanchin, Tensho, & Yantsu. Karate Portfolio.

Shodan/Black Belt w/ 1 stripe—10-Man Kumite

Nidan/Black Belt w/ 2 stripes—20-Man Kumite

Sandan/Black Belt w/ 3 stripes—Honorary or 30-Man Kumite

PRICE LIST

Updated 2/2004

- Monthly Enrollment ... \$50.00
(Unlimited Classes)
- 2 Classes per month... \$25.00
- Kyokushin Gi... \$35.00— on sale
(100% Cotton w/Embroidery) (Retails for \$50 at all other dojos)
- Shin Pads... \$12.00
(Mandatory after 1st month)
- Promotion Testing... \$10.00
(Fee only for students testing for rank; no charge to non-testing students)
- Color Belt... \$5.00
- Miscellaneous Merchandise... Ask Instructor
(Hand protectors, punching/kicking bags, etc...)

DISCOUNTS

- \$10 to any student who brings in a new student to sign up for monthly enrollment.
- Talk to instructor about family rates.