

New Starter Information Pack.

First of all thank you for looking at our karate clubs and lets hope this is your first step to joining one of the most popular known martial arts "KARATE".

The purpose of this pack is to give you some new starter information and help you through the first few weeks as you begin your Karate study. In here we have information and details that you might require as you start your training. If you require help with anything, have a question or feel that anything is unclear, then please don't hesitate to contact us or come down to a club and ask an instructor (Sensei as they are called the ones wearing a black belt).

The Midland Wado Association (W.M.A) was formed in 2006, by three Sensei's who had all trained together at Oadby Karate Club for over 15 years. The association has three clubs that all teach traditional Wado Ryu Karate, these are Oadby Karate Club, Thurmaston Karate Club, and Evington Karate Club. The clubs Sensei's have over half a century of knowledge, experience, training and teaching between them with many having trained under Japanese masters.

One advantage of our association is it has enabled the clubs to keep running costs and club fees low while maintaining a high common standard across all the clubs.

All our clubs are run on a "pay as you train" basis.

We are not business and only charge enough to cover running costs and events.

M.W.A members all have licences and insurance through Shikon Martial Arts.

As a member of the M.W.A you are welcome to train at any of our clubs.

The Association also holds courses, competitions and social events throughout the year and these are open to all members to attend and join in.

M.W.A. has one common goal to train & teach traditional Wado Ryu karate to a high competent standard.

Our clubs are open to all students, from the age of 6 years onwards, regardless of gender, ethnic origin, physical ability or social background.

All our senior instructors have been vetted and hold current CRB certificates, We also acknowledge all current child protection and welfare policy's.

Karate is a Japanese word meaning "empty hands" indicating that karate is a martial art that does not require weapons other than parts of the body, but it, also means that the practitioner of karate should strive to empty his/her mind of aggression.

Originally, karate was a method of unarmed self-defense consisting of punches, kicks, blocks and a small number of throws, these were developed in the Okinawa Islands and feature many techniques introduced from mainland China.

Our style of Karate is Wado Ryu, and was founded by Hironori Ohtsuka in 1934.

Wa = Peace / Harmony. Do = Way / Method. Ryu = Style.

Wado Ryu - The way of peace and harmony.

Training Costs and Times.

All club training sessions are pay as you train.
(prices below and your first lesson is always free)

Tuesdays (Evington Club)

6pm till 7pm beginners class (Evington Mayflower Church Hall)

7pm till 8pm higher grades class.

£4.00 for 1 hour. £5.00 for 2 hours.

Wednesdays (Thurmaston Karate Club)

6pm till 7pm all grades class (Thurmaston Memorial Church Hall)

£4.00 for 1 hour.

Fridays (Evington Karate Club)

6pm till 7pm beginners class (Evington Leisure Centre)

7pm till 8pm higher grades class.

£4.00 for 1 hour. £5.00 for 2 hours.

Saturdays (Oadby Karate Club)

11.00am till 12.00 pm beginners class (Oadby Parklands Leisure Centre)

12.00pm till 1.00pm higher grades class.

£4.00 for 1 hour. £5.00 for 2 hours.

(see "Class Times, Venues & Costs" page on our website for more information).

Other costs are:

Your license/grading book (Which you need to train in any martial art and is also your insurance) is £10-£20.00 for a new one and £15.00 each year for a renewal.

A white training suit (gi) costs around £20.00 (ask your sensei for an exact price at time of buying) and comes complete with a white belt.

Gradings (coloured belt tests) cost between £15 and £20 pounds for lower grades, but are only once or twice a year.

Later on you will need to buy some sparring protection hand mitts, feet guards, gum shields etc but these can be purchased at a later date. (again we can advise of prices nearer the time)

We also hold some Sunday training courses and a yearly competition and these are about £5.00-£8.00 normally, but they are always well publicized in advance and never compulsory.

Resources and Contacts.

When you join the club we suggest that you take a look at the club website www.midlandwado.com This site is always being developed and updated, and has a wealth of information on the clubs and karate. We also have a Facebook page at "*Midland Wado Association*" and our email address is midlandwado@aol.com

Sensei Maria Geary 3rd Dan.
Oadby & Thurmaston Chief Instructor & Association Treasurer.
Tel.

Sensei Stephen Smith 3rd Dan.
Joint Oadby Chief Instructor & Association Chairman.
Tel.

Sensei John Broughton 3rd Dan.
Evington Chief Instructor.
Tel. 07729 411242

Sensei Marc Hewing 1st Dan.
Association Secretary.
Tel. 07966379992

Some Common Questions & Answers.

Who takes up Karate?

You hopefully!

Lots of different types of people train at our clubs. They all have different reasons for joining. The minimum age of the club is six years old but we have no upper limit. We also have roughly as many men as women and plenty of children & juniors.

How do I start to train?

Have a look on our site under Our Clubs and find a club and time that suits you best, then just turn up and introduce yourself and we'll see that you are looked after. Remember We're all very friendly and always welcome new members.

What should I wear or bring with me?

Its best to do 3 or 4 weeks before buying a suit (gi) just to make sure this is for you. In the mean time its best to wear loose sports clothing like a tracksuit or jogging bottoms and a tee shirt, and bring a bottle of water or still drink (not fizzy). We also train with bare feet.

I'm really unfit - does this matter?

No. Training is geared towards what you personally can do so you don't need to be fit to start with. You will though certainly get fitter and more flexible through regular training.

Does it hurt, will I get hurt?

Bumps and bruises are inevitable in any martial art but more serious injuries are extremely rare. If you're not at a good fitness level then you are likely to ache a day or

two after your first few sessions, but this will stop as you continue to train. We have strict rules and conduct while training and this is there to minimize any injuries and to promote respect and safety for each other.

Are training sessions hard?

Sessions are tailored to your grade experience and age. As you progress they will become tougher as this is part of the character building and physical and mental stamina that will be required at a higher level. We do expect everyone to try hard and we will give plenty of encouragement.

Can I stay and watch while my child trains?

Some clubs do not allow this but that rule doesn't apply at our clubs. We actively encourage parents, especially those of beginners, to stay and watch. It's important you understand how the clubs work and that you're comfortable with their training. You never know you might want to have a go. Once your child is comfortable with the club and if you're happy with us, then by all means give yourself an hour or two off.

How often do I have to train?

We like students to train regularly as it is much easier to follow their progress, but how often you train is completely optional. Most lower grades only train once a week, higher grades usually do two sessions, and the die-hards several sessions a week. All you need to remember is that Karate, like any other skill, requires practice and the more you come the quicker you'll progress. We have good relationships with other clubs and some students attend other clubs as a guest to supplement their training.

What sort of stuff will I learn?

You'll start with the simplest techniques e.g. basic kicks, punches and blocks, along with a few combination moves, basic self defence and kata (set sequence of moves). As your training progresses you will learn more advanced techniques and defences against someone attacking or punching you (we try to cover the most common attacks seen on the street). Later on you'll also learn defences against weapons and knives (not live blades) and multiple attackers and how to protect yourself if you fall to the ground. Most of all your confidence, respect and self discipline will increase.

Why do you have coloured belts?

We have coloured belts to denote a student's progress. These go from white to black. Gradings are held regularly and if you are ready you will be invited to grade. There is a minimum time period between each grade. Karate is not a race and no pressure will be put on students to grade. Everyone will work and develop at their own pace.

The belts grades are as follows.

9th Kyu (Red Belt) – 3 months training from starting
8th Kyu (Yellow Belt) – 3 months from 9th Kyu
7th Kyu (Orange Belt) – 6 months from 8th Kyu
6th Kyu (Green Belt) – 6 months from 7th Kyu
5th Kyu (Blue Belt) – 9 months from 6th Kyu
4th Kyu (Purple Belt) – 9 months from 5th Kyu
3rd Kyu (Brown Belt) – 1 year from 4th Kyu
2nd Kyu (Brown Belt with white stripe) – 1 year from 3rd Kyu.
1st Kyu (Brown Belt with black stripe) – 1 year from 2nd Kyu

Sho-Dan (Black Belt – 1st Dan) –1 year from 1st Kyu

Grading syllabuses are on the website in PDF format and can be downloaded or printed off when required.

Club Rules and Code of Conduct.

Karate is not just a sport or past time it is also a Martial art which demands awareness, concentration, discipline and respect both for yourself, other students and your Sensei's (instructors) as well as the tradition of the founders.

Outlined below are the club rules and behaviour that is expected from all that enter the dojo (training hall). These are imposed to promote a safe, respectful and enjoyable training season. Remember respect for the dojo facilitates good learning and good Karate.

1. Parents of new younger students are asked to stay with them during their first few lessons. (of course your welcome to watch anytime)
2. When students enter or leave the dojo you must bow inside the entrance to show your respect
3. If you are watching the class then please do so quietly and respect the class (you are also in the dojo)
4. Please arrive on time and be ready for the start of the lesson.
5. The sensei has the right to refuse anybody entry to the dojo.
6. If you are late or the class has already started then you should kneel down at the side of the dojo (where the Sensei can see you) and wait for their acknowledgement for you to enter. You then make a kneeling bow and quietly enter the class.
7. If you need to leave the class for any reason then you should wait for a convenient time and ask the Sensei for their permission to leave. You will then bow and leave. Entering the class is as above
8. If you need to tidy your suit or retie your belt during the class then you should face away from the class and go down onto one knee. When you have finished you should reface the Sensei and bow to rejoin.
9. Do not walk through a class, please walk around.
10. For training you wear a traditional white suit (gi) which should be clean and tidy and held in place with your belt (obi). Tying your belt correctly is an important part of your training. You can find how to do this on the web site or ask a Sensei to show you.
11. All jewellery or watches shall be removed while training. If you can't because of religious or other reasons then you must tape them over for yours and others safety.
12. Glasses and contact lens may be worn at your own risk or discretion.
13. Finger and toe nails to be kept short and clean and long hair should be tied back.
14. Bad behaviour or offending language will not be tolerated. (remember respect)
15. Instructors and black belts shall always be referred to as "Sensei".
16. Senior kyu grades may be referred to as "Sempei"
17. Show respect for all grades of students higher or lower than yourself.
18. Concentrate and listen and do not talk or mess around while you are being instructed.
19. Please remove outdoor foot ware before walking onto the training floor.

20. Never intentionally try to hurt anyone in training. The emphasis is always on control.
21. If you have any injury or any medical condition or special need then let the Sensei know before the class.
22. Bring a drink with you (not fizzy) as you will get warm. Do not eat or chew gum in the class.
23. Only use what you are taught if you are threaten or attacked. The best form of defence is to run !!
24. Bullying or abusive behaviour will not be tolerated at any time and students are asked to report any issues immediately to the sensei teaching the class.
25. Parents of students are responsible for their children's behaviour before and after the designated class start and finish times.
26. Any student or students that are persistent in disobeying the rules or are causing a disturbance during a lesson will in the first instance be given one warning and after that they may be asked to leave the class. In extreme cases they will have their licence terminated and their association membership revoked with no refund of monies paid.

Please note: - we encourage all students to practice out side of the club, But we would advice younger students not to use martial arts at school or on younger brothers or sisters, even to show them, as this some-times can lead to unwanted confrontations or injures.

Joining Application Forms

To join you must:

- Fill in the application form.
- Attach 2 passport sized photos with your name printed on the reverse.
- Attach any fees.
- Hand all of the above to your club instructor.

We all look forward to meeting you.

Midland Wado Association.