



SHUSWAP DOJO

(CEDAR HEIGHTS SOCIAL CENTRE)

**STUDENT
RECORD OF PROMOTIONS**

FOR

(NAME OF STUDENT)

(SAMPLE COPY – DO NOT REMOVE FROM DOJO)

DOJO INFORMATION

Postal Address	Cedar Heights Social Centre 2316 Lakeview Drive Sorrento, BC V0E 2W2 (Note: physical location is Blind Bay). (250) 675-2012 (Centre's office)
E-mail	shorei.kan.canada.shuswap.dojo@gmail.com
Website	www.shoreikankarateshuswap.ca
Phone	Chief Instructor: (250) 833-2911 Assistant Chief Instructor: (250) 517-9917

1 WELCOME

Welcome to Shorei-Kai Canada and the Shuswap Dojo, Hombu (Headquarters) Dojo for Shorei-Kai Canada. Shorei-Kan Karate is a traditional style of karate taught and practiced in the traditional manner of its past masters. Shorei-Kan is an effective style of self-defense that is practiced by persons of all ages in a safe and friendly environment. It promotes both mental and physical well-being through the study of karate.

This is your official Student Record of Promotions booklet. After every successful test, insert your test sheet at the back of the booklet and bring your booklet to the Dojo to have page 7 signed.

2 CODE OF ETHICS AND CONDUCT

The Shuswap Dojo has a duty of care to teach the Shorei-Kan Okinawan Goju Ryu style of Karate in the best possible safe environment for students to learn, instructors to teach and parents/visitors to watch. To discharge this responsibility, we abide by a Code of Ethics and Conduct.

All persons (students, instructors and parents/visitors) involved with the Shuswap Dojo must adhere to their respective Code of Conduct contained in this document. This document was required reading before submitting the New Student Registration Form. **We encourage you to review the document with your child (as applicable) before the first class.** We are committed to applying those rules to facilitate the orderly operation of our classes and promote the safety of our students and instructors. The document is available on our website Documentation page.

3 DOGI (UNIFORM)

See the document titled "Taking Care of my Dogi" at the back of this booklet for information about how to:

- Wash.
- Alter (if required).
- Mount the crest.
- Tie your belt.
- Fold.

This document is also available on the website Documentation page.

4 WEBSITE

Our website contains a wealth of information about the Dojo. To mention a few topics:

- Questions and Answers.
- Meet the Black Belt Instructors.
- Calendar of activities.
- Sequence of a typical class.
- Policy to Safeguard Students.
- Subjects for each belt.
- Home training guides.
- Testing requirements.
- Testimonials.
- And much more.....

The website also has a password protected page (“Dojo Members-only page”) accessible only by Dojo members. The page contains videos and/or pictorial sequences of many of our karate subjects to help students remember and practice at home.

The password is:

Please do not share this password with people who are not members of the Dojo.

Take some time to explore our website. The Dojo also maintains a small library (book cart) of martial arts books. Students can sign out the books for up to two weeks to read the books and/or make copies of their belt subjects. If you have questions, do not hesitate to ask one of the instructors.

5 MAKE A COMMITMENT

At the beginning of your training is the time to make the commitment to get the most out of karate training. For the parents, your commitment is vitally important as your example will lead your children into commitment.

#	COMMITMENT
1	Uniform (dogi): be responsible for your dogi. Keep it clean and pressed.
2	Be on time for class: this means 5-10 minutes before class starts. Use this time to check-in with the person taking attendance, put shoes away, use the restroom, stretch out, get mentally prepared for the class and practice your subjects.

#	COMMITMENT
3	Keep to regular training times: Do not let class attendance be governed by mood or attitude. Follow through with your commitment.
4	Always train with 100% energy and effort: It is not a matter of doing everything right but of trying your best. This is the karate spirit and attitude that you want to foster each and every time you come to class.

Absences

If you will be absent from class for **more than one week** (i.e., two classes), please advise your instructor or send us an e-mail (see page 2).

6 SPECTATORS

Family members and friends are welcome to sit-in during the classes; your interest and presence are most encouraging for the students. For the students and instructors to focus on the subjects being taught and maximize the training during the classes, we ask that noise be kept to a minimum, especially during the opening and closing ceremonies. Thank you for your understanding.

7 TEACHING

Allow the instructors to manage the teaching and conduct in class. We ask the parents not to step in so the instructors can establish the desired behavior in class. The instructors will manage behavior problems in gradations with concern and care.

8 CORRESPONDENCE

To receive Dojo correspondence and invoices, and to maintain our emergency contact list, please ensure you let us know if you change e-mail address or phone number.

9 PAYMENTS

Student fees are payable on a session basis; we do not use contracts. We use an online accounting/invoicing system called Wave. Invoices are sent to the student's/parent's email address two to three weeks before the start of a session. **Payment must be received by the due date (which is before the start of a session) in order to join a session.** The invoice includes all the details about the payment methods (E-transfer is the preferred method of payment). Once the payment has been made, Wave will issue a receipt via e-mail within a few days. See the website Q&A page for more information about fees.

Jean-Luc Sensei
Chief Instructor



ANDREW SHCHERBATII			
RANK	BELTS & STRIPES	DATE	SIGNATURE
Only for 5-6 years old class	No stripe		
10th Kyu	No stripe	6 Feb 2024	
9 1/2 Kyu			
9th Kyu			
8th Kyu			
7th Kyu			
6th Kyu			
5th Kyu			
4th Kyu			
3rd Kyu			
2nd Kyu			
1st Kyu			
Shodan		1	
Nidan		2	
Sandan		3	