



SHUSWAP DOJO

(CEDAR HEIGHTS COMMUNITY CENTRE)

**STUDENT
RECORD OF PROMOTION**

FOR

(NAME OF STUDENT)

DOJO INFORMATION	
Location	Cedar Heights Community Centre 2316 Lakeview Drive Blind Bay, BC (250) 675-2012
E-mail	shorei.kan.canada.shuswap.dojo@gmail.com
Website	www.shoreikankarateshuswap.ca
Phone	(250) 833-2911 or (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 Dojo Record of Promotion 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 6 signed.

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

- Calendar of activities.
- Sequence of a typical class.
- Policy to Safeguard Students.
- Code of Ethics and Conduct.
- Subjects for each belt (some with videos).
- Home training guides.
- Testing requirements.
- Taking care of my dogi (uniform). How to tie your belt.
- Karate terminology.
- And much more.....

Take some time to explore our website. A quick reference glossary of words and instructions is included in this folder. 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.

2 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 instructor taking attendance, put

#	COMMITMENT
	shoes away, change into your dogi, use the restroom, stretch out and get mentally prepared for the class.
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.

3 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 involved with the Shuswap Dojo must adhere to their respective Code of Conduct contained in this document. We encourage you to read this important document and discuss with your child (as applicable). We are committed to apply those rules to facilitate the orderly running of our classes and promote the safety of our students. The document is available on our website, in the Documentation page.

4 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.

5 **TEACHING**

Allow the instructors to handle 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 handle behavior problems in gradations with concern and care.

6 **CORRESPONDENCE**

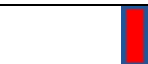

















To receive Dojo correspondence and invoices, and to maintain our emergency contact list, please ensure you let us know if you change e-mail address or phone number.

7 **PAYMENTS**

Student fees are payable on a session basis; we do not use contracts. We use an online invoicing system called Wave. Invoices are sent to the student's/parent's email address at the beginning of each 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 send a receipt via e-mail.

Jean-Luc Sensei
Chief Instructor



(NAME OF STUDENT)			
RANK	BELTS & STRIPES	DATE	SIGNATURE
Only for 5-6 years old class	No stripe		
			
			
			
			
			
10th Kyu	No stripe		
9 1/2th Kyu	Single stripe 		
9th Kyu			
8th Kyu			
7th Kyu			
6th Kyu			
5th Kyu			
4th Kyu			
3rd Kyu			
2nd Kyu			
1st Kyu			
Shodan	 1		
Nidan	 2		
Sandan	 3		

Shuswap Dojo Student Record of Promotion