

Purpose of Osupurē Karate Training

Not to conquer others, but to conquer the weakness within oneself.

Dojo Precepts

- 1. Uphold The principles of propriety and courtesy*
- 2. Cultivate the spirit of effort*
- 3. Perfect the mind of patience*
- 4. Live the way of truth*
- 5. Do not lose self control or act in a violent manner*

Three Basic Factors

For Mental Strength: Seriousness, Try Hard, Never Give Up

For Positive Attitude: Initiative, Responsibility, Pride

For Relationships with Others: Appreciation, Consideration, Unity



Counting In Class

1. *Ich* *(pronounced "itch")*
2. *Ni* *(pronounced "knee")*
3. *San* *(pronounced "san")*
4. *Shi* *(pronounced "she")*
5. *Go* *(pronounced "go")*
6. *Roku* *(pronounced "roke")*
7. *Sichi* *(pronounced "seech")*
8. *Hachi* *(pronounced "ha-tch")*
9. *Kyuu* *(pronounced "coo")*
10. *Juu* *(pronounced "joo")*



Common Terms Used In Karate

Karate: Empty Hand

Karate-dō: The Art of the Empty Hand

Karate-ka: Practitioner of the Art of the Empty Hand

Dojo: Karate School. A place to learn the Art of the Empty Hand

Osu: Word used to show that one has a strong positive attitude

Sensei: Teacher. In our dojo, it is a title bestowed upon an instructor who has shown a self-less dedication to the dojo and the art of teaching karate.

Senpai: Senior Student. In our dojo, it is a title awarded to students who have completed our instructor academy.

Kohai Junior. In our dojo, it is a title awarded to students under 16 years of age who have completed our junior instructors academy

Seiza: Traditional kneeling position

Mokuso: Clearing of one's mind to train hard



Opening Ceremony

Osupurē Karate is a traditional Japanese dojo. Before each class, we conduct a short, respectful opening ceremony to honor those who created karate, those who have passed it down through the generations, the instructor of that particular class and the students attending class. None of the ceremony is religious based. It is all based on respect for others.

The following is recited before each class in a call/response manner.

(It is often shortened to simply the Purpose of Osupurē Karate and the Precepts)

Purpose of Seiza: Orderliness and humbleness for the mind and body

Purpose of Mokuso: To clear the mind to train hard

Three Basic Factors of Mental Strength: Seriousness, Try Hard, Never Give Up

Three Basic Factors for Positive Attitude: Initiative, Responsibility, Pride

Three Basic Factors for Relationships with Others: Appreciations, Consideration, Unity

Purpose of Osupurē Karate: Not to conquer others, but to conquer the weakness within oneself.

Dojo Precepts: (See Previous List)

Shoman-ni-rei: Bow to Front

Soke-ni-rei: Bow to Founders

Sensei-ni-rei: Bow to Teacher (at this time, the instructor bows to the students in a display of mutual respect between teacher & pupils)



Belt Advancement

Karate is a journey and an individual pursuit. Each student will progress at a pace that is appropriate for the individual. Unlike other “activities”, there is no “falling behind” other students, as no student will ever be compared to another. Advancement in belt ranks is not a race. However, it is important for several reasons. First, it is a great way for instructors to ascertain the level of experience each individual student, thus allowing the teacher to modify instruction to best meet the student’s needs. Second, advancement in belts is a wonderful way to motivate students to work through any difficulties they may encounter along their journey.

The secret to success in karate is found in mindful practice. The dojo is a place to learn karate, but one masters it at home through mindful practice. Attending two 45 minute classes a week, and then not thinking about karate until the next class will not reap many rewards. Consistent practice at home will not only develop good karate techniques, but it will also help build confidence, discipline and perseverance. These are the three most commonly mentioned attributes that new students are looking to develop.



Belt Advancement continued

Here are three tips to help develop strong karate habits:

One: Attend class regularly, and train hard in class. Skipping classes only decreases your confidence in your abilities, and eventually leads to quitting.

Two: When given instruction in class, immediately try to apply it to your training. Don't wait to try it at home. Immediate application allows the instructor to help fine tune your abilities and give positive feedback. Plus, it allows you to remember your instruction for the next tip.

Three: Practice mindfully at home. Pay attention to how you are doing your karate. At home, you are your own "sensei". If you practice sloppy, your karate will be sloppy. Also, don't put time constraints on your practice. We can all find time to practice everyday, even if its just 10 good punches or blocks as you get ready for your day.



Testing

We divide our belt ranks into three categories:

Beginner, Intermediate, and Advanced

Beginner Students

White, Purple, Orange, and Green Belts

For these belts, we do not hold a formal test, nor use the word testing to determine when advancement is awarded. At this level, our instructors will watch for a student's abilities in the techniques they have been assigned in class to develop. When the student can consistently demonstrate a proficiency in the karate that is appropriate for the next belt level, then the instructor will award the student their advancement. We do not distribute a syllabus of techniques, but each student will be told what to practice at home during each class. Karate is a comprehensive art, meaning, what one learns in the beginning, they will build upon.

Advancement through the beginner belts usually takes an average student 9-12 months of consistent training.



Testing Continued

Intermediate Students

Blue & Brown Belts

We currently only have two belts for our intermediate ranks. Once a student achieves the rank of green belt, testing is conducted to assess if a student should advance. These tests will be held quarterly and are done on an invitation basis. If a student is consistently demonstrating proficiency with their karate, they will be invited by an instructor to test. Upon successful completion of the test, they will be awarded their new belt. Should a student fail their examination, a determination will be made by the instructor staff regarding any re-testing. It usually takes an additional one to two years to complete the intermediate levels.



Testing Continued

Advanced Students

Red Belt

Once a student earns red belt, they have two formal tests remaining before being considered to test for Black Belt. This level is called Pre-Shodan.

This is a time when the student should be highly self motivated to train and hone the skills taught throughout their years of karate.

Pre-Shodan students are not to ask instructors about when they can test for black belt. Black belt tests are conducted twice a year in November and May. All candidates will receive their invitation to test at least 4 months in advance of the test. This invitation will come directly from Sensei Glenn.



Dojo Etiquette

Please Abide By These Simple Points of Etiquette

Bow and say a strong confident “osu” when entering and exiting the dojo.

Bow and say a strong “osu” when entering and exiting the training floor.

Arrive at least 10 minutes before class is set to begin. If you are late and class has begun, quietly sit in seiza at the edge of the training floor and wait to be invited on to the training floor by the instructor

Always wear the proper uniform for class. This is either the full gi, or gi pants with an Osupure Karate t-shirt. Do not wear random t-shirts.

Always have your belt for class.

Do not chew gum or eat food during class or in the dojo

Do not walk on the training floor with shoes on your feet

Do not bring a disruptive or lackadaisical attitude to class

If you are feeling ill, even if its just a “little cold”, STAY HOME

If you miss class, make it up the following week

Turn off all cell phone sounds before class

Please keep all conversations to a quiet volume while classes are in session

Never try to get a student's attention or distract a student during class



Belt Rank Progression

*White Belt: 9th Kyu**

Purple Belt: 8th Kyu

Orange Belt: 7th Kyu

Green Belt: 6th Kyu

Blue Belt: 5th Kyu

Brown Belt: 4th Kyu

Brown Belt w/Patch: 3.5 Kyu

Brown Belt w/Black Stripe: 3rd Kyu

Brown Belt w/Black Stripe & Patch: 2.5 Kyu

Red Belt w/White Stripe: 2nd Kyu

Red Belt w/Black Stripe: Pre-Shodan

Black Belt: Shodan (1st Dan)

** Kyu Means Step or Level*

