



Bridgend Kyokushinkai Karate Club



Club Rules

Training Times	Monday	18:30 – 19:30	Nolton Church Hall (Senior Only)
	Wednesday	19:00 – 20:30	Bryncethin Memorial Hall
	Sunday	17:00 – 18:30	Coychurch Memorial Hall

If there are any changes or cancellations, they will be advised as early as possible.

Students should ensure that they arrive early enough prior to training to change, pay fees and carry out an individual warm-up.

Clothing

Gis must be clean and tidy.

Correct belts to be worn by all students.

New members may wear suitable sports clothing.

All female students should wear light coloured T-shirts under their Gis.

Only recognised badges should be worn on Gis and should be sewn on securely in the correct places.

Licences

All students should hold a valid licence, and will be advised when their licence is due for renewal and must renew their licence by the expiry date.

Returning members should renew their licence within 4 weeks of their return date.

Novices should apply for a licence after eight weeks of joining the club.

Students will not be allowed to train in the club unless they have a valid licence or the licence fee has been paid.

All licences are to be renewed annually.

Students should note that without a licence they are not covered by insurance.



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Licence Fees	New member – Senior	£36
	New member – Junior	£23
	Renewal – Senior	£33
	Renewal – Junior	£20
Gradings	Club gradings are held every 3 months. Students must have an attendance of 85% or over to be considered for a grading, and it will be the Chief Instructors decision on whether students will attend a grading.	
	National gradings are held for 1 st Dan and above, and will be attended based on the recommendation of the Chief Instructor.	
Training Fees	Training fees are to be paid by all club members at each training session and members will not be allowed to run up debts.	
	The senior instructor at each training session is exempt from paying training fees.	
	No fees are taken by the club instructors but fees may be made by visiting instructors.	
	Normal training fees will apply to visiting students.	
Instructors	There are three club instructors:	
	Sempai Richard McAndrew	(Chief Instructor) 1 st Dan
	Sempai Adrian Lewis	(Assistant Instructor) 1 st Dan
	Sempai Peter McAndrew	(Assistant Instructor) 1 st Dan
	Should there be an occasion when a club instructor is not present the highest grade will instruct the class.	
Injury/Health Problems	Instructors must be informed of any injuries or health problems prior to training. Any injuries sustained during training should be reported to the instructor before leaving the session.	
	All students are required to complete a medical questionnaire for club records.	



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Safety	<p>Pads should be worn when sparring in class.</p> <p>Finger and toe nails should be short and clean.</p> <p>No jewellery should be worn, with the exemption of stud earrings.</p> <p>Hair should be tied back, and no metal hair clips should be worn.</p>
Expenses	<p>Instructors may claim reasonable expenses for travel/fees when required to attend meetings/courses on behalf of the club.</p>
Finances	<p>Club members will be informed of all spending in excess of £300.</p>
Individual Purchases	<p>All required items, such as Gis, can be purchased through the club. If you wish to purchase any equipment please contact Sempai Richard McAndrew.</p>
Events	<p>Dates and other details for competitions and squad training sessions will be displayed on the notice board and students will also be informed at the end of sessions.</p>
Additional Information	<p>Bridgend Kyokushinkai Karate Club is operated for the benefit of the students. If you have any queries or problems please do not hesitate to contact one of the instructors.</p> <p>Bridgend Kyokushinkai Karate Club is operated inline with the BKK rules and, therefore, any major changes must be passed by the Dojo Operator, Sempai Richard McAndrew.</p>
Contact Information	<p>Sempai Richard McAndrew 01656 647933 07908 722183 bridgendkarate@hotmail.co.uk</p>



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Dojo Etiquette

When entering or leaving the Dojo, stand in the doorway, face the front, bow and say 'Osu'. This represents a mark of respect for the Dojo and the people in it.

If late for training, kneel at the side of the class towards the back, facing away in Seiza (formal kneeling position). When the instructor acknowledges you, stand up, turn to the front, bow and say 'Osu' then 'Shitsurei Shimasu' (excuse me for disturbing) then quickly join the back of the class.

Do not eat, drink, smoke or chew gum in the Dojo.

Always move quickly in class when instructed to do something. Do not stroll.

Do not practice Kumite unless instructed to do so.

Do not break rank for any reason, without asking permission from the instructor. If you must leave your position, do not walk between the instructor and the class. Walk behind the row you are in to either side and proceed from there.

Always address the instructor and seniors by their proper title (Sempai, Sensei, Shihan) inside the Dojo. Acknowledge them with a loud 'Osu' when they speak to you.

Your training should be a serious matter. Do not laugh, giggle, talk or cause disruption during the class. You should always stand in Fudo Dachi when awaiting the next command.

All directions, by instructor, should be obeyed in the Dojo, without question. You will not be asked to do anything that your instructor has not done him/herself already. If you cannot keep up, do the best you can.

Keep fingernails and toenails short and clean.

During the break: No sitting on chairs, leaning against the wall or lying down. Do some training rather than waste time.

It is everyone's responsibility to ensure the Dojo is clean, tidy and safe at all times.

Your karate-gi must be neat and washed clean at all times. Your belt should never be washed, only aired dry. It symbolically contains the spirit of your hard training, and under no circumstances are male karatekas allowed to wear t-shirts or other clothing underneath their karate-gi.

Don't wear jewellery or watches during training.