



BSKC

Welcome

Pack





Welcome to Karate

Appealing to men, women and children of all ages, Karate provides a safe and healthy means of learning to protect oneself.

Shown to improve fitness, flexibility, agility, confidence and self-awareness, Karate is a combination of kicking, punching, striking and blocking techniques. Karate is universally recognised as one of the most comprehensive of all martial arts and is ideally suited to combat the stresses of modern living.

Originating in Okinawa, Karate has developed over 400 years to become recognised as one of the best form of self-defence in the world.

You will be joining one of the newest Shotokan karate clubs in Ireland and is the best of Japanese Karate brought to your area.

All the clubs in the BSKC are members of the JKS (Japan Karate Shotorenmei). The JKS is a worldwide governing body of the Shotokan style of Karate with affiliated branches in over 60 countries. The JKS holds regular technical seminars and international championships.

For more information visit

WWW.BSKC.IE



Sensei Thomas

Sensei Thomas started training at the age of 6, studying Kofukan karate under Sensei Alex Lyall. He steadily rose through the grades and reached 1st kyu by the time he was 11. Sensei Thomas attempted his Shodan grading at age 13, unfortunately Sensei Thomas was unsuccessful but undeterred continued to train hard and at age 15 tried again to attain Shodan, but again it was not to be. At 18 Sensei Thomas decided to take a break from Karate. Sensei Thomas has participated in many competitions and has been British Kumite and Kata Champion on several occasions.

Fast forward 12 years and at age 30 Sensei Thomas started training in Shotokan Karate with Midlands Shotokan Karate Clubs under Sensei Alan Smith. Thomas rapidly rose through the ranks of Shotokan Karate and 9 days before his 34th birthday attained his Shodan – December 2012.

With over 15 years experience within Karate Sensei Thomas took the step to open his own Karate Clubs in early 2013 and so Braveheart Shotokan Karate Clubs were born.





Parental/Guardian Guidelines

1. All Parents/Guardians must accompany children into the Karate hall (dojo).
2. Parents/Guardians must stay until the class starts, if there are no senior/adult students in attendance at least one Parent/Guardian must stay – this may be discussed among Parents/Guardians and may be rotated between you. ♪
3. All Parents/Guardians must come into the Karate hall (dojo) to collect their children; no child will be allowed outside to meet their Parents/Guardians.
4. Nobody is allowed videotape or photograph karate classes without permission from all Parents/Guardians.

All of the above is in compliance with the child protection policy that I must comply with also, copies of which can be obtained on request.

Dojo Rules

1. The instructor must always be called “Sensei” in the dojo.
2. Students must bow and say “osu” when entering and leaving the dojo.
3. If students wish to leave the class early they must inform the instructor before training starts.
4. Students must be respectful to fellow Students and the instructor at all times.
5. Students who arrive late must warm up and then wait in seiza until the instructor allows them to join the class.
6. “Osu” must be used as a means of acknowledgement at all times.
7. When Students are asked to line up they must do so quickly.
8. No food, alcohol, chewing gum or cigarettes allowed in the dojo.
9. All mobile phones must be put on silent at the commencement of each class.
10. To avoid interruption during the class Students should use the bathroom before the class commences (obviously if needs be they may go).
11. Students should bring gum-shields to each class (compulsory if they wish to do partner work).
12. All Students should be appropriately dressed for training tracksuits or Dogi (karate suit) only.



Karate Prices

Use the table below to establish your monthly cost for all your Karate classes.

Bank Standing Order Payments				
Classes Per Week	Family Members			
	1	2	3	4
1	€25	€40	€50	€60
2	€40	€60	€80	€100
Extra Classes / Person	+€5			

* Please note: Standing Order payments are based on 12 monthly payments * please see sensei if you have questions

Cash Monthly Payments				
Classes Per Week	Family Members			
	1	2	3	4
1	€30	€50	€60	€70
2	€50	€70	€90	€110
Extra Classes / Person	+€5			

Per Class	
€7.50	

Other Costs

BSKC Annual Membership Fee

To keep costs as simple as possible BSKC has an annual membership fee, which is paid in January every year. This fee is €30 per person and covers a few essential items. Joining mid year has reduced rate depending on the month of joining.






1. JKS Ireland Membership - this is required if students wish to grade within Karate, and also allows students to attend JKS technical seminars and competitions.
Note there may be extra fees associated with these events not covered by the BSKC Membership Fee.
2. JKS Licence Book – A hard back book for recording all your Karate Accomplishments – Gradings, Courses Attended, Instructor, Examiner and Referee Grades.
3. The BSKC is fully insured for public Liability Insurance to protect our students in the dojo.

* Payment options available on request for families with multiple members – talk to your Sensei for more info. *

For more information please go to www.bskc.ie or phone/text Thomas @ 086-8948562



Equipment Price List

	Item	Size	Price
	Adult Suit with Club Logo	160cm+	€30.00
	Kids Suit with Club Logo	110cm -150cm	€25.00
	Kumite Mitts	Small, Medium & Large	€15.00
	Gum Shields	Junior & Senior	€5.00
	Adult Starter Pack	Includes Suit, Mitts & Gum Shield	€40.00
 	Kids Starter Pack	Includes Suit, Mitts & Gum Shield	€36.00
	Nunchaku	12 Inch	€15.00



Karate Grading System

Within the karate grading system there are 9 colour belts (kyu). Kyu can be taken twice per year. There will be two gradings per year the first in April and another in November. In order to grade a student must have paid their BSKC membership and also have a Karate Suit.

- 9th kyu – Orange belt
- 8th kyu – Red belt
- 7th kyu – Yellow belt
- 6th kyu – Green belt
- 5th kyu – Purple belt
- 4th kyu – Purple belt + Black tip
- 3rd kyu – Brown belt
- 2nd kyu – Brown belt + 2 Black tips
- 1st kyu – Brown belt + 3 Black tips
- 1st Dan – Black belt

A Temporary Grade/Half Grade (“kari kyu”) could be awarded if a student is lacking in one of three parts of karate (basic technique, patterns & sparring) and for the next grading they must work hard to improve on the area that is weakest in their karate. If a student is awarded a half grade their belt must have a white stripe through the centre. If students are lacking in two or more areas of their karate they will automatically fail.

Students can only grade with permission from their Sensei and they need to be members of the JKS (Japan Karate Shotorenmei).

A Black belt grading can only be taken if a student trains hard for at least six months after their 1st kyu grading. A student wishing to grade for Black belt should attend JKS seminars to get used to the difficult training required before a black belt grading.



Karate Terminology

	English	Japanese	Pronunciation
	Stances	Tachikata	tah-chee-kah-tah
1	Natural Stance	Shizen-Tai	she-zen-tie
2	Feet-together stance	Heisoku-dachi	hey-so-ku da-chee
3	Horse Stance	Kiba-dachi	key-ba da-chee
4	Front Stance	Zenkutsu-dachi	zen-koot-su da-chee
5	Back Stance	Kokutsu-dachi	ko-koot-su da-chee
6	Cat Stance	Neko ashi dachi	neh-ko a-she da-chee
7	Kneel	Seiza	say-zah
	Punching	Tsuki-Waza	t-sue-key wa-za
1	Straight Punch	Choko-zuki	cho-ko zoo-key
3	Thrust Punch	Kizami-zuki	key-za-me zoo-key
4	Step Punch	Oi-zuki	oi zoo-key
5	Reverse Punch	Gyaku-zuki	Ga-ya-koo zoo-key
	Striking*	Uchi Waza	oo-chee wah-zah
1	Elbow Strike	Empi-uchi	em-pee oo-chee
2	Back-fist Strike	Uraken-uchi	oo-rah-ken oo-chee
	Kicking*	Keri Waza	kay-ree wah-zah
1	Front Kick	Mae-geri	my gay-ree
2	Side Snap Kick	Yoko-geri-keage	yoh-koh gay-ree kay-ah-gay
3	Side Thrust Kick	Yoko-geri-kekomi	yoh-koh geh-ree kay-koh-mee
4	Back Kick	Ushiro-geri	oo-shee-roh gay-ree
5	Roundhouse Kick	Mawashi-geri	mah-wah-she gay-ree
	Blocking*	Uke Waza	oo-kay wah-zah
1	Downward Block	Gedan-barai	gay-don ba-rye
2	Outside Block	Soto-uke	so-toe oo-kay
3	Rising Block	Age-uke	ah-gay oo-kay
4	Inside Block	Uchi-uke	oo-chee oo-kay
5	Knife hand Block	Shuto-uke	shoe-toh oo-kay

Numbers

	English	Japanese	Pronunciation
1	One	Ichi	ee-ch
2	Two	Ni	nee
3	Three	San	san
4	Four	Shi	shee
5	Five	Go	goh
6	Six	Roku	roh-koo
7	Seven	Shichi	shee-ch
8	Eight	Hachi	ha-ch
9	Nine	Ku	koo
10	Ten	Ju	joo