MY KARATE CLASS

INGRAM'S KARATE
SINCE 1977
TRADITIONAL OKINawan KARATE
PRIVATE LESSONS TRAINING
KOBUDO (WEAPONS)
MARTIAL ARTS

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UNITED ISSHINRYU
KARATE ASSOCIATION

一心流空手道
I am going to karate class soon! Karate will help me be strong and learn to make very good choices.

Maybe we will go in the front door this time...
Inside I will see the desk where we sign up for classes or ask questions if we need help.
Maybe we will go in the back door this time...
If we go in through the front door, we will go toward the left of the big desk to get ready for class.
If I need to put on my uniform, I will go to the restroom and change my clothes. My clothes will go in a cubby in the front of the dojo with my shoes and socks when I am wearing my uniform, I will go to the file box and get the card with my name on it.
Next, I will take off my shoes and socks, and put shoes, socks, and my other clothes in one of the cubbies.
My parent or adult who came with me can wait for me here, and watch me learn new things in my karate class!
If I came very early, and have to wait until time to get in line for class, I can read books or color.
We will go and wait for time for class outside the door to the dojo. Dojo = workout room.

When sensei says it is time for class, we will bow at the waist as we enter the dojo, then we will get into groups.
The dojo looks like this inside
If the belt on my uniform is white, I will stand with other white belts.

If the belt on my uniform is junior yellow, I will stand with other junior yellow belts.

If the belt on my uniform is yellow, I will stand with other yellow belts.

If the belt on my uniform is junior orange, I will stand with other junior orange belts.

If the belt on my uniform is orange, I will stand with other orange belts.
Sensei = karate teacher
Maybe Sensei Sheri will be Sensei for our class.

Maybe we will have another sensei for this class. It will be OK.
First, we will do warm-up exercises and stretching.

Next, we will practice punching and kicks
Last, we will go on the obstacle course
When I sign up for classes, I will receive a "JOB LIST"

Every week, I will do my jobs, mark which ones I have done, and bring the job list to karate class to turn in to my Sensei.
Every week that a signed job list is turned in, I will receive a "Karate Dollar" I can use to buy things in the Karate Dollar store.
After class, it will be time to go home! I will get my shoes and socks from the cubby. If I put clothes in the cubby, I will take those home, too.

Maybe I will have enough karate dollars to buy something in the store. Maybe I will need a few more karate dollars. Time to do some more jobs on the jobs list! I will be able to buy something soon.

Karate class will make me strong. I will learn how to make good choices.

My family and my Sensei will be very proud of me!

See you next time!
Rules at karate class:

1. Horseplay is not OK. What is horseplay? Horseplay does not = playing with horses. Horseplay = rough play or fooling around with other students. This is not OK!
2. We stay quiet during class, except when Sensei tells us to make a sound. Then it is OK.
3. We walk on mats with bare feet. Shoes stay in cubbies until class is all done.
4. Always bow when entering or leaving the workout area (dojo).
5. Always bow to people wearing karate black belts and wait until they respond with a bow before asking questions.
6. Always have a clean uniform (gi).
7. Always treat others with respect. What is respect? Respect = being polite, courteous and kind to others.
Created by

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