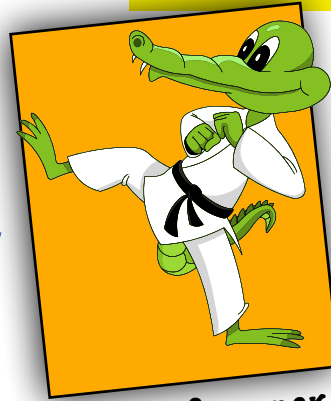


LITTLE CHAMPIONS

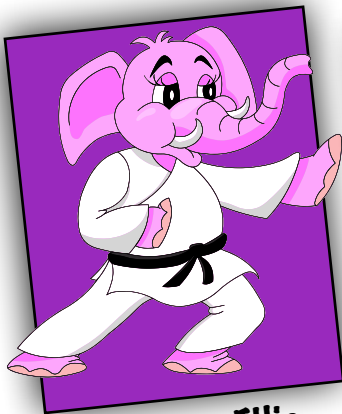
WELCOME



Sensei Snapper



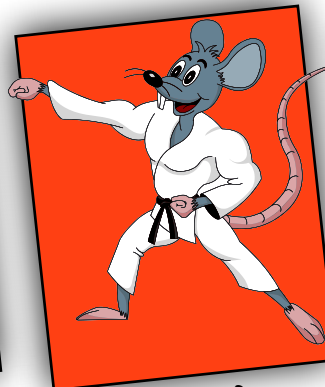
Magic Marley



Elegant Ellie



Master Leo



Muscle Mouse



Master Monkey

Welcome to Sunshine Coast Karate

To our Newest Little Champion (& family),
 Firstly, thank you for joining us at Sunshine Coast Karate. We are all very grateful to have the opportunity to share your martial arts journey with you and your family.

For now, please review the remainder of this welcome information and if you have any questions please ask, and we'll do our best to help you.

Sunshine Coast Karate

The team at Sunshine Coast Karate are quite friendly and will always do their best to help you. You will notice that we are continually refining our programs and services in order to offer you the best possible training experience at Sunshine Coast Karate. In the process of continual refinement we sometimes make some mistakes, but we're always happy to listen to feedback and suggestions, and with a little patience, positive attitudes and your support we all keep growing together.

You will also notice that many students at Sunshine Coast Karate choose to make karate a part of their everyday life (more long term study). Day by day we all choose to invest time into our karate practice and ourselves. With continual effort, patience,

perseverance and hard work we always find ourselves at a greater place to enjoy all areas of our lives and inspiring our families and friends to grow themselves everyday too.

Introducing The Team:

Sunshine Coast Karate was co-founded in the year 2000 by husband and wife team, Sensei Martin Phillips (Yondan, Shihan) and Sensei Sandra Phillips (Yondan, Shido-in),



Welcome Information

1. About SCK
2. SCK Team
3. Master Monkey & Friends
4. About LC Program
6. First Belt Check List
7. Parent Involvement
8. Staying Up to Date
9. FAQs
10. Dojo Rules
11. Activity Sheet 'Respect'

today they continue to lead the team at Sunshine Coast Karate. They are quite modest about their achievements but one thing that we can tell you about them is that they started when they were much younger. Sensei Martin started at age 7 years and Sensei Sandra started at age 12.

Sensei Martin and Sensei Sandra are also students. They continue their training with some of the world's best instructors with regular overseas training trips every year.

"The more you learn, the more you know, the more you know the more you grow."

Little CHAMPIONS

Introducing The Team (cont...)

Assistant Instructors

Once you get yourself into the dojo you will also get to work with Sensei Helen (1st Dan, Jun-Shidoiin) and Senpai Jim (1st Dan).

Sensei Helen and Senpai Jim not only teach, but they are active students. They both choose to grow themselves each and every day so not only are they moving towards the mastery of karate they are also moving towards mastery of themselves.

And if you ask them, I'm sure you will hear that their journey has included their fair share of challenges and successes along the way. If you ever find yourself facing your own personal challenges be sure to ask your seniors how they deal with challenges.

Sensei Helen and Senpai Jim can also give you the perspective of being a parent of children doing martial arts. They'll have some tricks up their sleeves that may help you and your family break through the challenges and find the light at the end of the tunnel.



Administration

When you enter Sunshine Coast Karate in the afternoon you will usually be welcomed by Debbie.

Debbie started out at Sunshine Coast Karate as one of our extraordinary parents. Now she is our key administration team member and she will always do her best to help you. Please come into the office area for a quick chat from time to time.



Debbie is not only great at administration duties, she is often sharing advice with parents as to how to keep your kids accountable to achieving their goals. Commitment is a necessity for not only students but also parents on this journey.

The more time you consistently invest into achieving your goals the sooner you will reach your destination. No excuses! Just gotta keep on turning up and doing your best. If you are really stuck, just ask for help.

Dojo Leaders

Sunshine Coast Karate has its very own Leadership Program. You will see from time to time some older karate kids/teens/adults in class with your Little Champions. They are there to help our Little Champions be the best they can be when they are in class.

Sometimes they will jump in line and train with your Little Champions and sometimes they'll move about helping and ensuring the smooth running of the class.

Little Helpers (Sami & Steven Phillips)

Sensei Martin and Sensei Sandra are also young parents (Sami and Steven) and it isn't an unusual experience to see their kids running about helping either in the dojo or in the office. Sometimes they'll hang about and play with the kids that visit the dojo. If you ever have any questions about the dojo (where to find things), they will probably know or they'll be able to find someone that can help you.

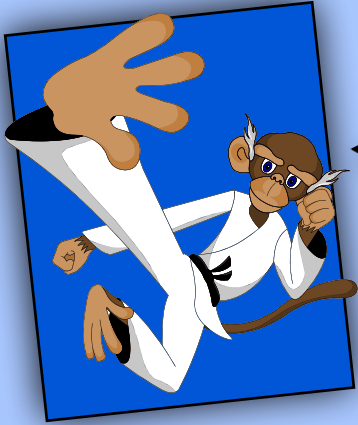


Master Monkey & Friends

Sensei Martin, Sensei Sandra, Sami and Steven love keeping life fun and have designed some great fun leaders that will help your Little Champions with their martial arts training. Learn more about Master Monkey and Friends on the next page.



If at first you don't succeed,
Try, Try Again!



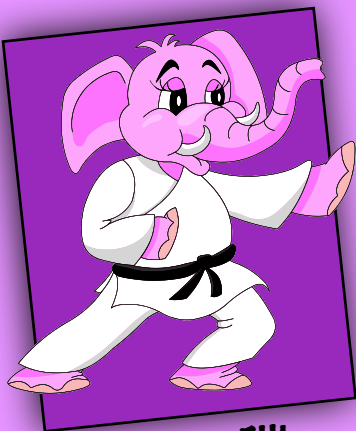
Hey Little Champions,

Welcome! My name is Master Monkey and below are my friends who will be helping you to earn your stripes and belts.

Master Leo is our Karate expert. She will be in charge of helping you learn all the basic karate techniques. She will also help you make your techniques even stronger and more effective with some of her very own karate secrets.



Master Leo



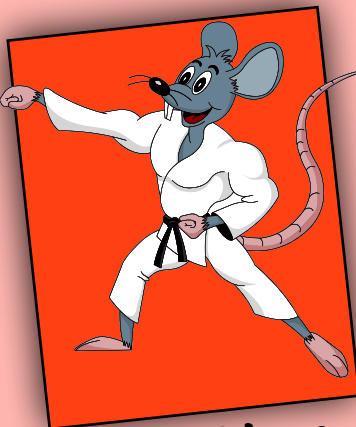
Elegant Ellie

Elegant Ellie knows everything you will need to know about Japanese in the dojo and she'll show you how to give and gain respect both in and out of the dojo at all times.

Magic Marley has a very clever mind. He will be in charge of helping you to focus your mind, and he will teach you how to concentrate, listen carefully, follow instructions and solve problems.



Magic Marley



Muscle Mouse

Muscle Mouse loves getting active. He will be in charge of helping you with your body. Body strength/focus, balance, fitness, flexibility, co-ordination and learning about right and left.

Sensei Snapper knows what it takes to be a great learner and a great leader. Sensei Snapper is going to share with you how you can reach your fullest potential in the dojo, at school and at home.



Sensei Snapper

Together Master Monkey, Muscle Mouse, Magic Marley, Master Leo, Elegant Ellie and Sensei Snapper will share all their secrets that will help you become not just any Little Champion but a '**GREAT** Little Champion.' The more consistent hard work that you put in, the **BIGGER** the result.

Little

CHAMPIONS

About Our Little Champions

Progress Check Week

Progress checks are held approximately every two weeks. At these times we are looking for students who are demonstrating enough to earn their next tips/belt. Students will not receive tips and/or belts every progress check, or if they complete a number of lessons. Our Little Champions Program is a skill based program and children will move up levels as they are ready.

Earning Tips & Belts

When students demonstrate a sound understanding of the key elements for their next level they will be awarded tips and/or new belt. To earn a new belt students are to first earn 4 tips. Please refer to curriculum below as to how your child will earn tips.

Tips and belts are usually presented at the start of class, so if you arrive late to class you may miss out on presentations and will need to wait until you visit again.

Weekly Training Schedule

It is recommended that you choose classes that you can consistently attend every week. A regular training routine is important for achieving progress in this program and keeping interest. When students train consistently, they are more likely to see/feel progress, and grow their enthusiasm.



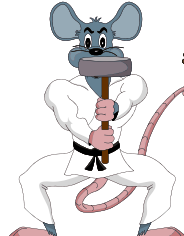
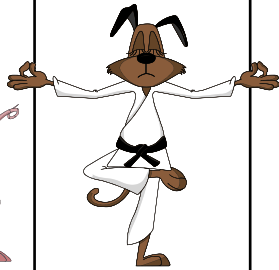



Curriculum

At Sunshine Coast Karate we continually refine our programs as our teaching team continues to grow and develop. Currently our Little Champions curriculum is based around the development of 6 key areas. We have included a snap shot of the curriculum key areas at the bottom of this page.

Student Progress Cards

To help communicate with students and carers all students have a progress card which highlights the key areas required for their next level. If you are unsure how to read the progress card or would like some additional feedback that may help your child progress to the next level please ask, instructors are always happy to help. The reverse side of the progress card is used to track student attendance. Progress Cards stay at the dojo and may be viewed by parents or students any time. Please help your child pull their progress card out at the start of each class and give it to the instructor on their class.

Curriculum Key Areas Overview

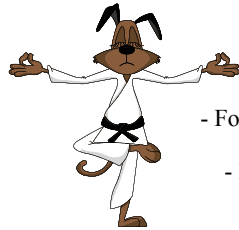
	Attitude & Emotional Awareness 	Belt Tip Body Awareness 	Belt Tip Mind Awareness 	Belt Tip Karate Basics 	Belt Tip Karate Key Basics 	Japanese Language & Etiquette 
	<p><i>Exposing students to proven qualities/skills to help them reach their fullest potential in the dojo and in life. Including emotional awareness</i></p>	<p><i>Focus body, balance, core strength, strength & conditioning, flexibility, fitness, co-ordination, right/left side</i></p>	<p><i>Focus mind, concentration, listening, following instructions, memory, creating, problem solving</i></p>	<p><i>Building the technical foundations of Chito-Ryu Karate (punches, blocks, kicks, stances, rolling, kata, application)</i></p>	<p><i>Elements that will enhance the basic karate techniques making them more practical and effective.</i></p>	<p><i>As we are a traditional Karate school, students will enjoy learning basic Japanese and be taught by Japanese guest instructors annually</i></p>

* Complete curriculum can be viewed on Member Website

It's easy to be confident when you've done it 100's of times before. So put your imagination to work before you even start.

LITTLE CHAMPIONS

First Belt Check List: Yellow



Belt Tip Body Awareness

- Hold plank front/back
- On one leg with knee up for a period of time
- 5 push ups/sit ups/squat kicks
- front splits & side splits
- Right & left side kamae

Belt Tip Mind Awareness

- Focus on a spot and stand still for a period of time
- Focus themselves and not be distracted by others

Japanese Language & Etiquette

- 'Kiotsuke' Focus & Attention
- 'Rei' Bow (Respect)
- 'Kamae' Guard (Committed & Ready to give 100%)
- Ritsurei: Standing bow
- Count 1-10 in Japanese

Belt Tip Karate Basics

- Chudan tsuki – body punch
- Mae geri – front kick
- Gizami zuki: front hand punch
- Gyaku zuki: reverse punch
- Stances (Musubi – shiko dachi sequence)

Belt Tip Karate Key Basics

- Correct fist
- Start / End positions
- Path of techniques
- Correct foot positions and knees bent for stances

Attitude & Emotional Awareness

- Respect: self / others
- Ladder of Success
- 3 Levels of Focus
- Listening

Parent Involvement: You can have some fun too!

For best results we highly recommend that parents get involved as much as possible in supporting their children at home and in the dojo.

All parents (who are an active member of the dojo) are welcome to train with their Little Champions in the Beginner Little Champions Class. Please know that the focus will be on our Little Champions and you may not get a specific workout for your level and/or needs.

Sometimes you will simply train along with the kids and other times you may be asked to hold equipment etc. Instructors will guide you within the class.

As you can, please review the monthly newsletter with your Little Champion. This newsletter is designed to support your child with their training.

Pictured right Riley and his dad Jarrad before the start of class.



Staying Up To Date: Dojo communications

To get the most out of your training be sure to stay up to date with the latest news and events.

Student Mailbox: All students have a student mailbox at the entrance of the dojo. If you cannot find your mailbox please ask Debbie at the front desk to help you. Please help your child get into the habit of checking their mailbox and to take the handouts home. After class is a good time to check mailboxes.

Noticeboard: There is a noticeboard in the parents room (in between kitchen & office). All upcoming events and sign up sheets are displayed on this noticeboard.

Newsletters: We have a series of monthly newsletters that get distributed each month. You will find yours in your student mailbox as they are published.

Facebook: We will regularly post updates re: latest news and events. Many students also get involved in catching up for a quick chat, share and help each other along the way.

Member Website: To help you on the path to black belt there are resources available to you via our Sunshine Coast Karate Members Website. www.sunshinecoastkarate.com.au

Little Champions section includes: Beginner manual, counting in Japanese, dojo rules, curriculum information, activity sheets and short instructional video clips and more. If you require help to Sign up as a 'New User' please email Sensei Martin: martin@karate4life.com.au

You're always a winner when you focus on your goals.
Anything is possible.



FAQ's (Frequently Asked Questions)

Question: When can my child move to the Karate Kids Program?

Answer: As your child turns 8 they are welcome to start transitioning into the Karate Kids Program

Question: How does the transition from Little Champions Program work?

Answer: There is flexibility with Little Champions transitioning to the Karate Kids Program. Some options that have been used previously:

1. Complete changeover straight away
2. Delayed changeover until child feels ready and confident to make the change
3. Child chooses to continue Little Champions Program whilst simultaneously trialling the Karate Kids Program

Question: Will my child have to start again from white belt when they go into the Karate Kids Program?

Answer: No. Our Little Champions Program includes key elements of the Karate Kids Program. In the past students who have turned 8 years of age and transitioned into the Karate Kids Program, have been invited to do a formal karate grading. Students have been graded anywhere from yellow belt through to green white stripe belt in the Karate Kids Program. The level achieved is subject to the performance, commitment and effort of each child.

Question: Can I train with my child in the Little Champions Program?

Answer: Parents are encouraged to train with their child in the Little Champions Program. Parents are required to be an active member (doing their own training throughout the week) to be able to participate in the Little Champions class. We only ask that parents are members and training so that you have an understanding of the dojo and how everything works. If you are participating and leading by example it sends a stronger message to your child and further strengthens relationships within your family.

Question: What happens if we miss a lesson?

Answer: If you miss a lesson, we ask that you make up your missed lessons within the next week. If you are unable to make up missed lessons in the next week please speak to dojo staff to make arrangements otherwise missed lessons are lost.

Question: My child is losing interest but I can see how much it is helping them. How can I get them to the dojo?

Answer: Please ask for support from instructors as soon as you see your child losing interest. Everyone at some time in their life loses focus of their goals, gets challenged and wants to give up. Our main philosophy is to help your child through the obstacle, keep them accountable to their next goal and/or program commitment. Upon achieving their goal (confidence is up and they are feeling great about themselves), then give them the opportunity to choose as to how they would like to move on with their martial arts journey. When we follow through and achieve our goals it builds our self-confidence. Every time we give up on ourselves before completing a task/goal/commitment it takes away our self-confidence. This is a simple habit that we foster for ourselves and our family to ensure that we are not lowering our self confidence with our decisions. Please support your child by setting short term goals with your child. Once they are achieved please establish new short term goals to keep your child motivated and moving towards the next level. If you require help with goal setting please ask your instructors.

Question: Can I ask for regular feedback about my child so that I can help them at home?

Answer: Please do this. As instructors we really love when parents and students unite as a team and become self-active learners and chase down more ways to improve themselves. This is a key ingredient to accelerating your journey and achieving your goals. Please email requests through to: info@karate4life.com.au and we'll respond as soon as possible with things that will help your child move to the next level.

Question: The current class sizes are a little big for my child, do you offer smaller classes?

Answer: Yes, We are happy to co-ordinate small group training for your child and friends (3-6 students). Please speak to instructors to discuss possibilities of times, pricing and duration. All that we ask is that all participants are members of the dojo and focused on progressing through the levels as indicated by the curriculum.

SUNSHINE COAST KARATE: Dojo Rules

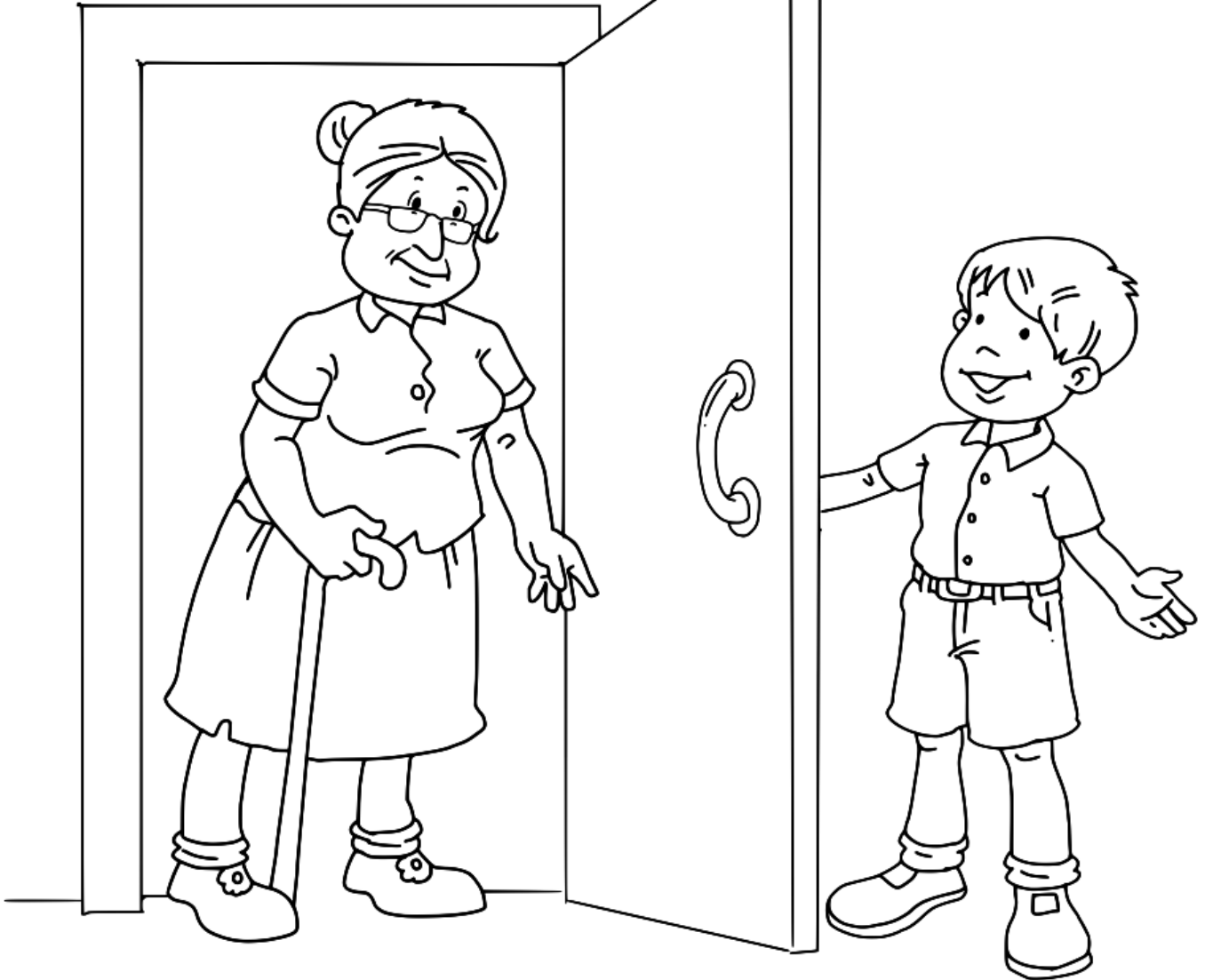
Karate classes begin and end with courtesy and respect (the bow): All rules and etiquette flow from this.

It is the duty of all students to protect the traditions of the Dojo. Senior students must strive to set an example in behaviour and technique.

1. Only students are allowed on the training area during class time. Siblings, parents, carers and spectators are to watch from the viewing area. Non training children are to be in the care of parents at all times.
2. Parents are not permitted to prompt or instruct their children during training unless invited to do so by instructors.
3. Arrive before class. Be ready for the class 5 minutes before class commences. If students are late they must sit in seiza (back of feet) at the edge of class and await the Instructor's permission to begin training.
4. Bow towards the front of the dojo before entering and leaving the training area.
5. Bow to your instructor/s when entering the training area
6. Always address your instructors as "Sensei" (pronounced sen say) whilst in the dojo. In the dojo students are not on a first name basis with instructors.
7. Do not back chat the instructor. Affirm instructions with "hai" in a strong voice. Follow instructions promptly and swiftly.
8. Do not ask questions unless prompted by the instructor. Questions can be asked at the conclusion of class.
9. The training area is for practice, do not hold conversations with others during training.
10. When asked to sit, be seated in seiza unless otherwise instructed.
11. Treat fellow students with respect at all times. Never lose your temper during practice. No profanity in the dojo.
12. Do not walk directly in front of instructors or other students when lined up or in between partners, especially when instructors are teaching.
13. Do not leave the training area without permission. Ensure you use the toilet prior to the commencement of class or after class.
14. Only instructors are permitted to teach. Assisting the instructor is strictly by delegation. Do not attempt to teach fellow students without consent.
15. Students and parents of students should not push to be graded. Students will be invited to grade as instructors think they are ready to progress.
16. Treat the Dojo and training equipment with respect and care. Equipment is not to be used before or after class without supervision.
17. No footwear is to be worn on the training area. Students that are training must place their shoes neatly in the shoe rack. No shoes or personal belongings are to be left on the floor especially high traffic areas of the Dojo.
18. Pay attention to personal hygiene. Use deodorant when necessary. Pay extra attention to foot and body odours.
19. Ensure fingernails and toenails are kept short and clean.
20. Members must wear the correct white uniform with the crest on the left side. Only white undershirts or sport supporters are to be worn under the uniform. Sleeves and pants should not be rolled up. Uniforms are to be hemmed to the correct length. Uniforms must be kept clean. Face the rear of the training area when adjusting your uniform or belt.
21. Students and/or parents of students are responsible for ensuring belts are tied correctly and tight. It is not the instructor's job to tie student's belts. White belts may ask for assistance from senior students and instructors.
22. No jewellery of any sort (rings, earrings, necklaces, bangles, other piercings etc) to be worn whilst training.
23. No eating in the Dojo, including chewing gum. This includes parents/carers and spectators.
24. No smoking in the Dojo or around the entrance of the Dojo.
25. No sparring unless supervised by an instructor.
26. Do not lean on walls, mirrors or swing from bags.
27. Karate training incorporates manner and behaviour as well as technique and physical ability. Your progress will depend on both. Be on your best behaviour in the Dojo and train to your maximum in accordance with your physical condition.
28. Students and/or parents of students must inform the Instructor of any injuries or health issues that may effect your training.
29. Students are not supposed to practice at school during breaks. **Any fights may lead to immediate expulsion from the dojo.** In the event of an altercation instructor/s must be notified immediately. **The failure to do so will mean a discontinuing of training without refund.** Even if you "didn't use a Karate Kick or Karate Punch." Once you start training at Sunshine Coast Karate all incidents of aggression represent your character.
30. Karate is for defence ONLY. Never use your karate technique for aggression. Students doing so will face expulsion.

"We are what we repeatedly do, excellence then is not an act, but a habit." — Aristotle

Respect



**If you want to be respected...
Show respect, respect yourself
and it will come back to you.**