

WELCOME TO



**KARATE**4  
L I F E

WELCOME TO  
SUNSHINE COAST  
KARATE  
LIFE



**Your Path  
To Black Belt  
Excellence  
BEGINS TODAY!**

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# MASTERY



## Supreme Instructor :

### Soke Sensei

Pictured above is Soke Sensei (international head instructor of Chito-Ryu Karate). Sensei Martin and Sensei Sandra travel to Japan annually to continue their studies with Soke Sensei and other leading instructors.

## Welcome to Sunshine Coast Karate

To our newest Members & Families,

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

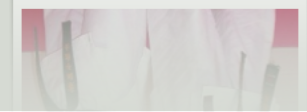
The team at Sunshine Coast Karate are quite friendly and will always do their best to help you. You will notice that we are continually refining our programs and services in order to offer you the best possible training experience at Sunshine Coast Karate. In the process of continual refinement we sometimes 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), 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 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.



If it Doesn't  
Challenge You, It  
Doesn't Change  
You



## Welcome to Sunshine Coast Karate

### 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.

### Assistant Instructors

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

## ADVENTURE



### 2012 Skydiving Adventure

A small group of families enjoyed a weekend at Rainbow Beach for Sensei Sandra's Birthday. In total 6 members jumped out of a plane. (some for the first time). Keep your eyes on the noticeboard for upcoming adventures. Go karting, sailing, sky diving, laser tag etc. Or feel free to suggest and help organise one of your favourite activities.



**YOUR CHANCES OF SUCCESS:**

- "I won't" = 0%
- "I can't" = 10%
- "I don't know how" = 20%
- "I wish I could" = 30%
- "I want to" = 40%
- "I think I might" = 50%
- "I might" = 60%
- "I think I can" = 70%
- "I can" = 80%
- "I am" = 90%
- "I did" = 100%

**A Black Belt is a White Belt That Never Quit.**





**Achieve More Together**

Leadership Team Members not only help during weekly classes, they are also seen actively supporting others at workshops, outdoor social/training days, tournaments, training camps and more.



**'It is literally true that you can succeed best and quickest by helping others to succeed.'** ~ Napoleon Hill

**Dojo Leaders**

Sunshine Coast Karate has its very own Leadership Program. You will see from time to time some more experienced karate kids/teens/adults in the beginner programs giving a helping hand. They are there to not only further grow themselves, they are also there to help you and your family.



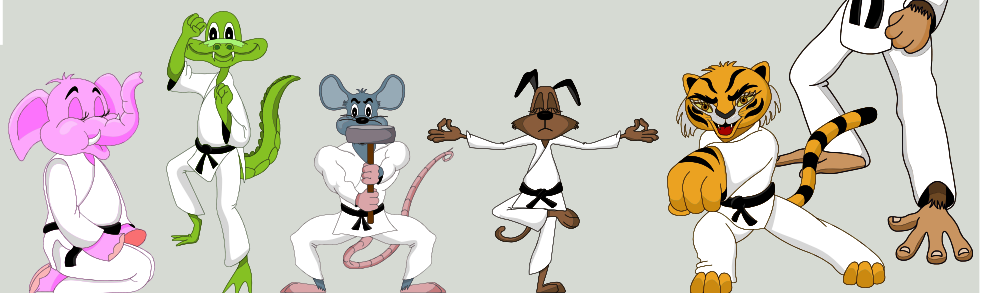
Sometimes they will jump in line and train with you and sometimes they'll move about helping and ensuring the smooth running of the class. Be sure to learn their names and ask for help as required.

**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 you will see around the dojo. Master Monkey & Friends are a part of our Little Champions Program.





## Karate Program Information

### Curriculum

At Sunshine Coast Karate we continually refine our programs as our teaching team continues to grow and develop.

You can download a copy of the complete curriculum overview from the members website: [SunshineCoastKarate.com.au](http://SunshineCoastKarate.com.au)

The curriculum is also on display at the dojo:

1. In the office area
2. In the dojo

### Student Progress Cards

To help communicate with students and carers all students have a progress card which highlight the key areas required for their next level. If you would like some additional feedback to help you get to the next level, please ask, instructors are always happy to help. Progress Cards stay at the dojo and may be viewed by students and parents any time. Please pull your progress card out at the start of each class and give it to the instructor prior to class.

### Progress Check Week

Progress checks are held approximately once per month. At these times the teaching team reviews the progress of all students to see how they are progressing towards their next level. Our Karate Program is a skill based program and students will move up levels as they demonstrate key competencies for each level.

You will come across times in your training when you won't feel as though you are progressing (we all do). Please speak with instructors so they can help you move forward.

We do encourage you to never compare yourself to others. Focus on 'you' and your journey. We are all very unique and will move through the levels at various times based on our own personal needs.

### Earning Belts

When students demonstrate a sound understanding of the key elements for their next level instructors signed off on their progress cards. Students may register themselves for the next upcoming grading by adding their name to the list on the dojo noticeboard, after they have also signed off on all key areas to say that they feel confident and competent and after they have submitted a grading theory test for review by instructors. Please note there is a minimum training requirement for each level.

If you are unsure whether you should add your name to the list, please ask instructors for feedback. To earn a new belt students are required to attend a grading day and perform all key areas for their next level.

Belts and certificates may be awarded on or after the grading day.

### 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.

## FRIENDSHIP



### Community

Although we like to be focused on achieving our goals, there is always time to enjoy the moment and have a laugh with our friends.



You Are  
Equipped With  
Everything You  
Need To Be Your  
Best

## Getting Started: First Check List Earning Yellow Belt

Below is a sample of your first progress card.

### Left column:

Note the key areas in which you will need to review in class and at home. As you feel you are ready to grade please complete the 'self check' box (date) for each of the key elements. If there is anything you are unsure of please ask instructors to review that element in an upcoming class.

Please note:

1. There is no kata required for your first grading.
2. Conditioning Requirement: 5 of each exercise
3. Minimum training requirement: based on consistent dojo training of 2-3 lessons per week, plus home training 12th kyu (first grading) has been achieved within 2 months. Results vary for each student. If you are ever concerned about your progress, please ask your instructors for additional support.
4. Additional resources (beginner manual, video clips etc) can be found on the members website to support you. [www.SunshineCoastKarate.com.au](http://www.SunshineCoastKarate.com.au)

Beginner (White - Orange)	Self Check	Leader Check	Instructor Check	Practice Grading
<b>Focus, Dojo Etiquette &amp; Japanese</b>				
<b>Presentation</b> - Uniform & Belt				
<b>Kihon (Basic Techniques)</b> Correct start position, end position & path Stance & Stepping, Punching, Blocking, Kicking				
<b>Key Basics: Basic Principles</b> Metsuke (eye focus), Hikite (pull back) Seiken (correct fist), Shibori (squeeze armpit)				
<b>Kata</b>				
<b>Bunkai &amp; Self Defence (Partner Application)</b>				
<b>Kumite (Sparring)</b>				
<b>Conditioning</b> - With correct form Push ups, sit ups, squat kicks				
<b>Posture, Body Control &amp; Flexibility</b>				



## FAMILY



### Uniting Families

Invest time into yourself and be the best you can be and watch how you become a better role model to your family and friends.

If you really want to see change in your children, lead by example and be the change you want to see in them.



## Staying Up To Date

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](http://www.sunshinecoastkarate.com.au)

If you require help to Sign up as a 'New User' please email Sensei Martin: [martin@karate4life.com.au](mailto:martin@karate4life.com.au)

## Parent Involvement

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

dojo. If possible the best scenario is to lead by example. Share the complete journey; starting something new, committing yourself (no excuses), setting goals, achieving, overcoming challenges etc

### Parents, Remember:

#### You Are Always Being Watched

The words we speak... will be heard.  
The things we do... will be seen.  
The things we feel... will be felt.  
The way we deal with challenges...  
When things get tough and we give up on ourselves.....

Everything we 'choose' today may/will be mirrored back to you tomorrow.

If you want to really inspire your children to be the best they can be in all that they do, there is no better way than to step up and lead the way. How many good habits can you acquire that will help you become the best version of you, and in turn inspire your child to always do the best they can in their lives?

If you would like to start a training program and share the journey with your child please let us know and we'll do our best to support you. Karate isn't for everyone, so you may choose to start something else like swimming.

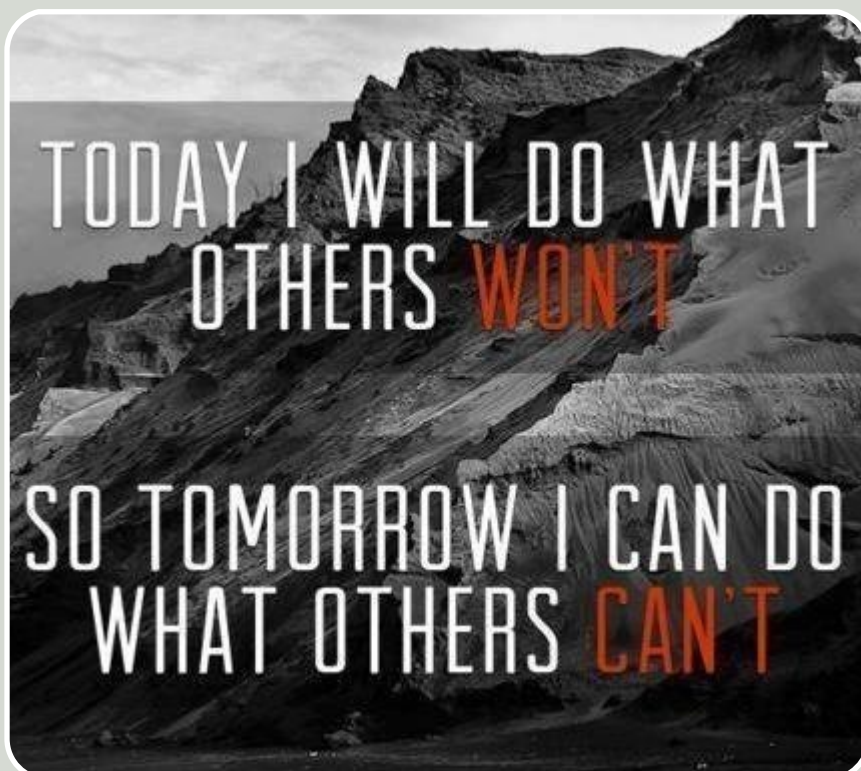
You can keep each other accountable to your commitment to achieving your goals. Share how you overcome your challenges and choose to follow through and completing the journey you set out on in your life. You may even need to give each other a nudge to get to your chosen activity from time to time. That's life. We all need a bit of encouragement from time to time.

# SUCCESS



## Tournament Circuit

Need a something to challenge you? Try out our local tournament circuit. You never know, you might be the next person on the podium at an upcoming Chito-Ryu Karate World Championships.



## Frequently Asked Questions

**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 with your instructors otherwise 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:** This answer applies not only to children, but to adults too. 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. Our goal is to build the self confidence bank of all students at SCK and to do this we will need to work together in these times.

**Note on goal setting:** Please support your child by setting short term goals with your child. Achievable goals: Rather than black belt being the next goal, consider starting with yellow belt for the first step (see yellow belt check list in this information package). Once children have achieved their goal please establish new short term goals to keep your child motivated and moving towards the next level. (the belt colours are structured into bite sized chunks to allow for short term goal setting) 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 a key ingredient to accelerating your journey and achieving your goals. Please email requests through to: [info@karate4life.com.au](mailto: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, do you offer smaller classes?

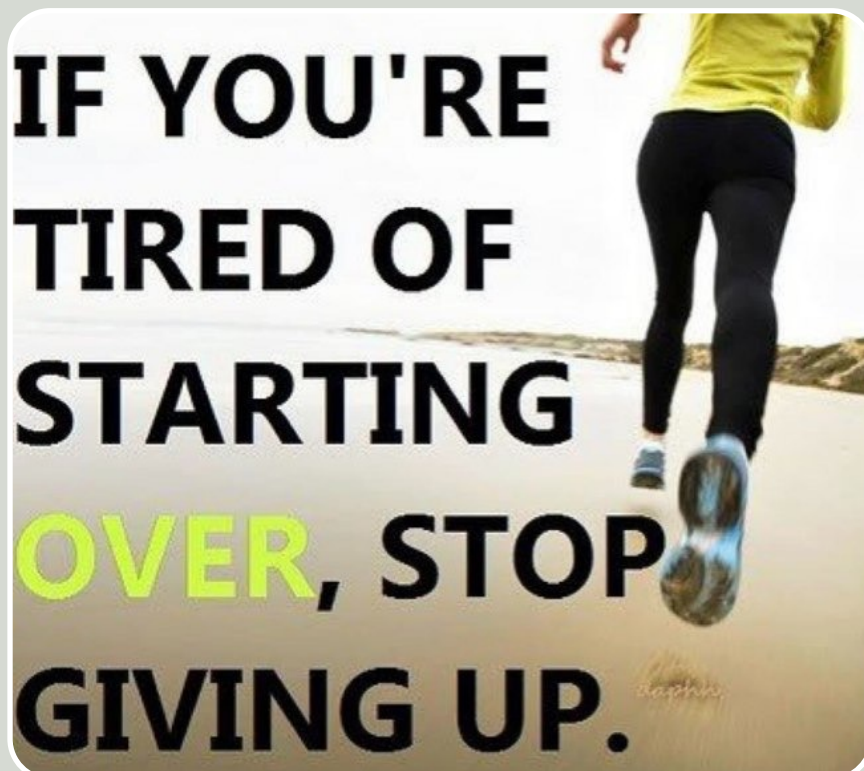
**Answer:** Yes, We are happy to co-ordinate small group training or private lessons for members and friends (3-6 students). Please speak to instructors to discuss possibilities of times, pricing and duration. All that we ask is that all participants are members of the dojo and focused on progressing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

## FUN TIMES



### Social Activities

From water bomb fights to dressing up for Halloween to throwing cream pies at the instructors, there is always something interesting going on at SCK. Now that you are a member, keep an eye out for the next social gathering. You'll have a ball of a time!





# THE LEARNING ENVIRONMENT: 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.

**Sunshine Coast Karate** *Transforming lives, one family at a time*

**Strengthen your body,  
Focus your mind,  
Calm your spirit...**