

Northern Karate Schools STUDENT GUIDE



northernkarate.com

NORTHERN KARATE SCHOOLS

STUDENT GUIDE

With the right attitude and great instruction, any challenge can be met, any obstacle overcome.

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WELCOME TO NORTHERN KARATE

Welcome to one of the most respected martial arts educational institutions in the world. Northern Karate Schools have been voted #1 by Now, City Parent, News For Kids, Toronto Life, Toronto Sun, Toronto Star and Toronto.com.

We congratulate you on your commitment to achieve “personal best” by enrolling in an NKS program.

NKS' SOCIAL FAMILY

Be part of NKS' tech tribe. Join us on Facebook, Instagram, Twitter and at northernkarate.com for additional training material, articles and details about upcoming events. See NKS Student Care reps for information.

NORTHERN KARATE SCHOOLS' ORGANIZATION HISTORY

Northern Karate Schools were established in 1972 by 10th Degree Black Belt and international martial arts champion, Cezar Borkowski.

Master Borkowski has won countless titles, is Director of Karate for the World Kobudo Federation, and is recognized as a certified instructor by the All Okinawa Karate and Kobudo Federation (*Japan*).

Since its inception, Northern Karate has expanded to fourteen locations in the metropolitan Toronto area, as well as two international schools, where 10,000 men, women and children, ages 3-70+, enjoy the benefits of an NKS' martial arts education each week. Our students and instructors have appeared in a variety of local, national and international broadcasts, as well as in numerous newspapers and magazines. Additionally, NKS have received the Ethnic Press Award and been voted #1 by several print media.

Through our association with the World Kobudo Federation (*WKF*), the largest multi-discipline martial arts organization in the world, Northern Karate Schools have affiliate schools around the globe.

NORTHERN KARATE SCHOOLS' MISSION STATEMENT

Provide the best martial arts and life skills education.

NORTHERN KARATE SCHOOLS' STUDENT CREED

I promise to become the best possible person I can be.

With honesty in my heart, confidence in my mind and strength in my body,

I will achieve EXCELLENCE and share it with others.

What is your goal: Black Belt Excellence

What is your quest: Personal Best

MARTIAL ARTS - OVERVIEW

The martial arts include a wide range of self-defense and personal development systems, or “disciplines”, most of which originated in Asia. Karate, Jiu-jitsu, Judo, Kung-fu and Tae Kwon Do are but a few of the disciplines that offer students important physical, mental and spiritual benefits.

Since time immemorial, every culture has practiced various forms of personal defense, some of which were infused with spiritual philosophies designed to perfect the practitioner’s character. Literally translated, karate-do means “empty” (*kara*) “hand” (*te*) “way” (*do*). It originated hundreds of years ago when Buddhist priests travelled from India to China to share their spiritual and physical regimens. These teachings were later spread to Okinawa and mainland Japan before introduction to Europe and America. Karate-do offers an effective method of achieving unity of body, mind and spirit.

Karate means different things to many people, and training provides an impressive range of physical, mental and spiritual benefits. Many karate-ka (karate students) practice to improve their physical fitness. Others enjoy cultivating new skills while studying different cultures. Practitioners benefit from the opportunity to develop important self-defense skills and learn effective methods for minimizing and managing daily stress. Some students prefer to focus on the sport aspect of training, while others enjoy the sense of personal development their martial arts education provides. Regardless of the individual student’s reasons for martial arts study, children and adults gain in confidence, strength, flexibility and self-discipline as a result of training at Northern Karate Schools.

We look forward to working with you to achieve “Black Belt Excellence” and ensuring you develop good training habits that will last a lifetime!



TRAINING FUNDAMENTALS

Unlike other fitness activities, an NKS program integrates physical, mental & spiritual health, and your martial arts practice will yield better results if you incorporate a few training fundamentals into your regimen:

- establish and strive to achieve realistic training goals - be patient
- attend class 2-3x per week, practice at home & participate in NKS' events
- focus on developing proper form, warm-up and cool down safely
- maintain a healthy lifestyle (*proper rest and nutrition*)
- strive to carry-over the benefits of your training into your daily life (*school/work*)
- research the many aspects of martial arts training (*culture, language, history*)
- have fun - enjoy your martial arts practice and take pride in your progress!

KEY PRECEPTS

The following 20 precepts (*guidelines*) were developed by renowned martial arts master Funakoshi Gichin and are intended to help students become well-rounded individuals:

1. Karate-do begins and ends with courtesy (rei).
2. There is no first attack in Karate-do.
3. Karate-do is an aid to justice.
4. Know yourself and then others.
5. Techniques are inferior to intuition/spirit.
6. Keep a beginner's mind.
7. Accidents are the result of negligence - take care of yourself and others.
8. Karate-do extends beyond the dojo.
9. Karate-do is a lifelong commitment.
10. Confront your problems with Karate-do spirit.
11. Karate-do is like warm water- it must be constantly heated or it will cool.
12. Don't focus on winning or losing - focus on the action itself.
13. Victory depends on accurate assessment of the situation at hand
14. In Karate-do and in life it's important to have a winning strategy.
15. Think of your hands and feet as swords.
16. When you leave your home, maintain an alert attitude.
17. Beginners should practice low stances - advanced students should be natural and mobile
18. While striving for perfect form (*kata*), recognize that real combat is different.
19. Develop both hard and soft skills.
20. Always study and improve yourself everyday.

ORIENTATION AND ETIQUETTE

Please take a few moments to review this information. It will make your practice at Northern Karate Schools a more enjoyable and productive experience.

Uniforms and Crest: Students are required to wear a clean uniform (*dogi or gi*)
Kinderkarate® & novice members (*novice*) white uniform
Black Belt members (*intermediate*) red uniform
Masters Club Members (*advanced*) black uniform

Belts: Students are required to wear a belt that corresponds to their rank

Safety Gear: Yellow Belts and above are required to wear safety gear for sparring drills.

Students are to demonstrate appropriate NKS' behavior inside and outside the school:

Arrive/leave promptly and quietly prepare for class

If you arrive late, ask permission before entering the class

Ensure your attendance is recorded

Bow (*rei*) before entering the dojo (**this is a time-honored, Japanese greeting*)

Sit and stand in a polite manner

Address instructors by their appropriate teaching titles

Store your clothing/bags and shoes in areas provided

Request permission before using any equipment

Abstain from wearing jewelry when training

Please notify staff of changes in address and telephone numbers

Guests are to remain in viewing/reception areas and to leave offices and doorways unobstructed
(*guests are not permitted in the classroom*)

Refrain from disturbing classes in progress

Ask permission before entering offices

General:

No food is permitted in the school

Beverages are permitted in designated areas only

Do not chew gum/candy in class

Guests/students are to remove and store their shoes when entering

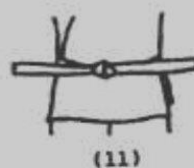
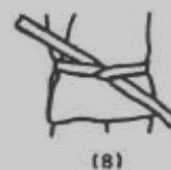
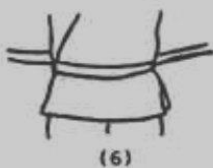
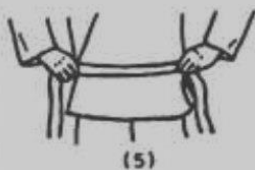
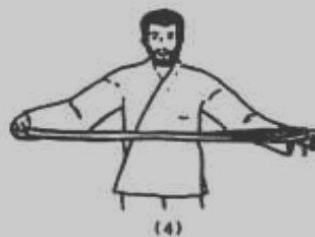
Keep reception and viewing areas, washrooms and dressing rooms, clean and well-organized

Turn-off phones/PDAs, or switch notifications to silent/vibrate (in case of emergency, notify our staff)

HOW TO TIE YOUR BELT:

HOW TO TIE YOUR BELT

TRY IT!



LOCATIONS AND FACULTY

Master Cezar Borkowski, Northern Karate Schools' Founder and International Director, has been practicing a variety of martial arts for more than fifty years. He is a former internationally-ranked champion, author and researcher, (Modern Shotokan Karate, History and Traditions of Okinawan Karate, and Complete Idiots' Guide to Martial Arts), popular columnist and featured lecturer. He has served as technical advisor for television and radio broadcasts and videotapes and has directed the largest martial arts event in North America. Hanshi Borkowski has been named Coach and Instructor of the Year by the National Black Belt League and was inducted into the Canadian Black Belt Hall of Fame in 2011. As a 10th Degree Black Belt, Hanshi Borkowski holds one of the four highest karate grades ever awarded to a foreigner as recognized by the Okinawan Prefectural Government.

Northern Karate Midtown | 756 St. Clair Ave. W. Toronto, ON M6C 1B5 | (416) 651-6000

Directors: Kyoshi Marion Manzo, 8th Degree Black Belt and Kyoshi Vince Servello, 6th Degree Black Belt

Northern Karate Aurora | 14800 Yonge St. Unit 135, Aurora, ON L4G 1N3 | (905) 726-8886

Director: Shihan Bruce Toupin, 5th Degree Black Belt

Northern Karate Don Mills | 865 York Mills Rd. Unit 19 Toronto, ON M3B 1Y6 | (416) 441-3648

Directors: Kyoshi Michael Walsh, 8th Degree Black Belt and Shihan Rene Villar, 6th Degree Black Belt

Northern Karate Steeles | 4350 Steeles Ave. W. Woodbridge, ON L4L 4Y3 | (905) 856-4047

Directors: Kyoshi Steve Ouslis, 8th Degree Black Belt and Kyoshi Sandro Simonetta, 7th Degree Black Belt

Northern Karate Richmond Hill | 11160 Yonge St. Richmond Hill, ON L4S 1H5 | (905) 508-5811

Director: Kyoshi Tony LaSelva, 8th Degree Black Belt and Shihan Dori LaSelva 6th Degree Black Belt

Northern Karate Rutherford | 3883 Rutherford Rd., Unit 8+9 Woodbridge, ON L4L 9R8 | (905) 265-7777

Director: Kyoshi Cos Vona, 8th Degree Black Belt, Shihan Min Chung, 5th Degree Black Belt

Northern Karate Thornhill | 1881 Steeles Ave. W., Unit 6 Toronto, ON M3H 5Y4 | (416) 999-9345

Director: Kyoshi Dominic Moscone, 6th Degree Black Belt

Northern Karate Markham | 66 Bullock Dr. Markham, ON L3P 3P2 | (905) 475-0044

Director: Kyoshi Eric Vinagreiro, 6th Degree Black Belt

Northern Karate Willowdale | 1515 Steeles Ave. East Willowdale, ON M2M 3Y7 | (416) 499-5555

Directors: Shihan Mark Manalo, 6th Degree Black Belt

Northern Karate Maple | 225 McNaughton Rd. East Unit 2, Maple, ON L4A 3Y9 | (905) 303-5202

Director: Shihan Lesley Kerr, 6th Degree Black Belt

Northern Karate Ajax | 338 Rossland Rd. East, Unit 4/Bldg E, Ajax, ON L1Z 0L9 | (905) 683-0777

Director: Shihan Rob Christie, 6th Degree Black Belt

Northern Karate High Park | 432 Runnymede Rd., ON M6S 2Y8 | (416) 651-6000

Director: Shihan Jeff Barrett, 6th Degree Black Belt

Northern Karate Satellite Locations:

Mississauga, *Director:* Shihan Norris Lewis 6th Degree Black Belt | (647) 226-6576

Leslieville, *Director:* Renshi Cam White, 5th Degree Black Belt | (416) 550-7548

International Locations*:

NKS India and NKS Costa Rica

Director: Shihan Sanjay Sharma Director: Sensei Roy Munoz

*(*Northern Karate has affiliate schools worldwide through the World Kobudo Federation)*

Each of the above noted directors has been studying martial arts for decades and several hold advanced academic degrees in Teaching, Physical Education and Sports Therapy. They have been personally trained and certified by Master Borkowski, the World Kobudo Federation and the All Okinawa Karate & Kobudo Federation (Japan).

Additionally, NKS' teaching staff includes hundreds of certified black belts and assistant instructors.

Northern Karate programs have also been included in the curriculum of such prestigious educational establishments as the Mabin School, Upper Canada College, Branksome Hall and the York School, as well as public academic institutions and leading Canadian corporations.

COMMUNITY SERVICE

NKS' directors and instructors, students and staff have contributed to numerous charitable organizations including: White Ribbon Campaign, Kids Help Phone, Canadian Cancer Society, Starlight Foundation, Heart and Stroke Foundation, Special Olympics, Sick Kids Hospital, CHUM Toy Drive, Daily Bread and local food banks. Through neighborhood auctions and NKS' Personal Best Program, we donate substantial monies directly to local schools for equipment and books, renovations and enrichment programming. In 2016, Northern Karate Schools received the *Pierre Elliott Trudeau Humanitarian Award*.

PROGRAM DESCRIPTIONS

Northern Karate Schools offer beginner, intermediate and advanced programs for children, teens and adults.

KinderKarate®: Entrance evaluation/assessment

(preschoolers 2-5 years) 3 months of classes

Stripe evaluations

Graduation - entrance into novice program

Selection Criteria: Entrance evaluation, Interview with Program Director

Novice Program: 6 months of novice classes or to Yellow Belt / conversion

Monthly stripe evaluations

Belt and exam fees (note: safety equipment is required on yellow belt graduation)

Student manual

NKS crest

Program suspension privileges *(at the discretion of dojo director once in a 6 month term)*

Semi-private supplementary classes (one per 6 month term)

Special events - by invitation only

Opportunity for advancement into intermediate program

Selection Criteria: NKS Introductory program, Interview with Program Director

Black Belt Program: 12 months of intermediate classes (*automatic renewal*)

Exclusive Black Belt Club events with international experts

Special training

Monthly stripe evaluations

Belt and exam fees

Official NKS Black Belt Member crest

Official NKS Red Heavyweight uniform & gym bag

Safety equipment (*head, hand, foot gear & mouth guard*)

Semi-private supplementary classes (*four per year*)

Increased suspension privileges (*one month per year*)

10 % discount on merchandise and event fees

First right of acceptance into advanced programs

Selection Criteria: Minimum Yellow Belt, recommendation by Senior Instructor

Regular attendance, good conduct, interview with Program Director

Masters Program (our broadest range of program benefits, available only to select candidates who have been nominated by the School Director)

12 months advanced classes (*automatic renewal*)

Exclusive Masters Club training and social events

Monthly stripe evaluations

Advanced belt and exam fees

All Black Belt level belts, certificates and testing fees

Official NKS Masters Club crest

Official NKS Black Heavyweight uniform

NKS' Masters Club study guide

Personal training package (*bo, sai, tonfa or other items*)

Semi-private supplementary classes (eight per year)

Increased suspension privileges (*2 months per year*)

Minimum 20% discount on merchandise and event fees

First right of acceptance into additional advanced programs

Selection criteria: Minimum purple belt, approval by School Director

Regular attendance, good conduct, interview with the Masters Club Program Director

NORTHERN KARATE SCHOOLS - STRIPE AND BELT ADVANCEMENT REQUIREMENTS **(Note: testing timeline approximate.)**

TESTING FOR YELLOW BELT - MINIMUM ADVANCEMENT REQUIREMENTS

(1st, 2nd & 3rd Stripes. Approximate time: 3-6 months)

I will practice 2-3 times per week in class (and at home), observe NKS' regulations and demonstrate respect for my family, friends, classmates, teachers and myself.

My target YELLOW belt exam date is _____ (please insert target date).

BASIC TECHNIQUES – ALL MATERIAL AS PRESENTED ON NKS DVD

TO BE PERFORMED LEFT & RIGHT, IN AIR, WITH PARTNER OR PADS

Tachi-rei: Standing bow: dogi and obi reigi (uniform + belt tied correctly)

Dachi: Stances: yoi-dachi (ready stance) kiba-dachi (horse stance), zenkutsu-dachi (front stance)

Uchi-waza: Strikes: seiken-zuki (basic fist punch), teisho-uchi (palm heel), oi-zuki (lunge punch, gyaku-zuki (reverse punch)

Uke-waza: Blocks: jodan-uke (high block), soto-uke (outside block), uchi-uke (Inside block), gedan-barai (low parry block)

Geri-waza: Kicks: hiza-ate (knee strike), mae-geri (front kick), yoko-geri (side kick)

Kihon yakusoku waza: (Basic partner block and counter drills)

Tameshiwari: (Power pad drills)

Goshin-jutsu: (Basic self-defense #1, #2, #3)

Ukemi-waza: (White belt break-falls #1 and #2)

Kata: Heian Shodan (Peaceful Mind - Level 1) *7 and under, first half

Terminology: *(also refer to "basic techniques" noted above)*

Osu to push **Sempai** senior Student

Kiai energy + harmony **Kohai** junior student

Sensei (Teacher) one who has gone before **Hai** yes

Gi uniform **Obi** belt

Karate-do empty hand way **Dojo** (Classroom) place of the way

Shotokan Pine trees waving in the wind (pen name of founder, Funakoshi, Gichin)

Conduct: Regular attendance, at home practice observance of school regulations

Other: Memorize Northern Karate Schools' Student Creed

Study Notes:

NOTE: *Qualified candidates may graduate to Northern Karate Schools' Black Belt program. See NKS staff for details. Minimum requirements: (recommendation by senior instructor) yellow belt, good attendance, conduct interview with program director.*

YELLOW-ADVANCED (7 AND UNDER) – SAME AS ABOVE, HEIAN SHODAN SECOND HALF

TESTING FOR ORANGE BELT - MINIMUM ADVANCEMENT REQUIREMENTS

(1st, 2nd & 3rd Stripes. Approximate time: 3-6 months)

I will practice 2-3 times per week in class (and at home), observe NKS' regulations and demonstrate respect for my family, friends, classmates, teachers and myself.

My target ORANGE belt exam date is _____ (please insert target date).

BASIC TECHNIQUES – ALL MATERIAL AS PRESENTED ON NKS DVD

TO BE PERFORMED LEFT & RIGHT, IN AIR, WITH PARTNER OR PADS

Seiza-rei: (Bow from kneeling posture)

Dachi: *Stances:* kokutsu-dachi (back leaning stance)

Uchi-waza: *Strikes:* enpi-uchi (elbow strike), haito-uchi (ridge hand strikes), shuto-uchi (knife hand strike), sanbon-tsuki (three level punching)

Uke-waza: *Blocks:* shuto-uke (knife hand blocks)

Geri-waza: *Kicks:* mawashi-geri (round kick) ushiro-geri (rear and front leg, back kick), hansoku-geri (stationary and turning)

Kihon yakusoku waza: (basic partner block and counter drills)

Tameshiwari: (power pad drills)

Hanasu-waza: (grab releases)

Goshin-jutsu: (basic self-defense #4, #5, and intermediate #1)

Ukemi-waza: (break-falls #1, #2, #3)

Kata: Heian Nidan (Peaceful Mind - Level 2) *7 and under, first half

Terminology:

1 = Ichi

2 = Ni

3 = San

4 = Shi

5 = Go

6 = Roku

7 = Shichi

8 = Hachi

9 = Ku

10 = Ju

20 = Niju

30 = Sanju

40 = Yonju

50 = Goju

60 = Rokuju

70 = Nanaju

80 = Hachiju

90 = Kuju

100 = Hyaku

Hidari = Left **Migi** = Right

Conduct: Regular attendance, at home practice observance of school regulations

Other: Apply NKS' Student Creed to training and daily life

Study Notes:

ORANGE-ADVANCED (7 AND UNDER) – SAME AS ABOVE, HEIAN NIDAN SECOND HALF

TESTING FOR GREEN BELT- MINIMUM ADVANCEMENT REQUIREMENTS

(1st, 2nd & 3rd Stripes. Approximate time: 3-6 months)

I will practice 2-3 times per week in class (and at home), observe NKS' regulations and demonstrate respect for my family, friends, classmates, teachers and myself.

My target GREEN belt exam date is _____ (please insert target date).

BASIC TECHNIQUES – ALL MATERIAL AS PRESENTED ON NKS DVD

TO BE PERFORMED LEFT & RIGHT, IN AIR, WITH PARTNER OR PADS

Rei: Beginning of class bowing procedure, tachi-rei (standing bow), seiza-rei (seated bow)

Otagaini-rei: bow to partner

Shi-ho tsuki-waza: four corner punching

Dousa: (movement and turning drills, with front, back, cat and hour-glass (*sanchin-dachi*) stance)

Chūkyū yakusoku-waza: (kumite) belt block, strike and kick combinations.

Kenka-waza: partner block and counter exchange drills

Kihon yakusoku waza: basic partner block and counter drills

Tameshiwari: power pad drills

Shime-waza: neck controls #1, #2, #3

Goshin-jutsu: self-defense intermediate #2, #3, #4

Ukemi-waza: belt break-falls #1, #2, #3

Kata: Heian Sandan (Peaceful Mind - Level 3) *7 and under, first half

Terminology:

Kata Formal exercise

Kumite Sparring

Jiyu kumite Free sparring

Ippon kumite One-point sparring

Seishin Kumite Controlled contact sparring

Hajime Start

Mawate Turn

Yame Stop

Conduct: Regular attendance, at home practice observance of school regulations

Reminder: safety equipment is required for all sparring activities.

Other: Students are required to participate in a minimum of 1 extra-curricular activity per year (ex: seminars, workshops, tournaments, camp, etc.)

Study Notes:

GREEN-ADVANCED (7 AND UNDER) – SAME AS ABOVE, HEIAN SANDAN SECOND HALF

TESTING FOR BLUE BELT - MINIMUM ADVANCEMENT REQUIREMENTS

(1st, 2nd & 3rd Stripes. Approximate time: 3-6 months)

I will practice 2-3 times per week in class (and at home), observe NKS' regulations and demonstrate respect for my family, friends, classmates, teachers and myself.

My target BLUE belt exam date is _____ (please insert target date).

BASIC TECHNIQUES – ALL MATERIAL AS PRESENTED ON NKS DVD

TO BE PERFORMED LEFT & RIGHT, IN AIR, WITH PARTNER OR PADS

Kumite-no rei: bowing to judges and fellow competitors

Dousa: belt combination movements with blocks and strikes

Mawari-waza: combination turning movements with blocks and strikes

Kenka-waza: partner block and counter power techniques

Tameshiwari: pad drills (combination of offensive and defensive skills)

Kumite-waza: belt level sparring combinations

Ukemi-waza: break-falls #1, #2, #3

Goshin-jutsu: self-defense intermediate #5, #6

Ne-waza: ground control skills #1, #2, #3, #4

Kata: Heian Yondan (Peaceful Mind - Level 4)

Terminology:

Sei Shin Kan divine spirit way (spiritual name of NKS dojo)

Goju hard-soft (style of karate founded by Chojun Miyagi)

Aikido energy-harmony-way (martial art created by Ueshiba Morihei)

Judo pliable-way (grappling discipline founded by Kano Jigoro, Olympic sport)

Jiu-Jitsu pliable-light-skill (ancient samurai combative system)

Kobudo ancient-martial-way (popular name for Okinawan weapons art)

Conduct: Regular attendance, at home practice observance of school regulations

Other: Students are required to participate in a minimum of 2 extra-curricular activities per year (ex: seminars, workshops, tournaments, camp, etc.)

Study Notes:

TESTING FOR BLUE-ADVANCED (ALL AGES) - MINIMUM ADVANCEMENT REQUIREMENTS

(1st, 2nd & 3rd Stripes. Approximate time: 3-6 months)

I will practice 2-3 times per week in class (and at home), observe NKS' regulations and demonstrate respect for my family, friends, classmates, teachers and myself.

My target BLUE-ADVANCED belt exam date is _____ (please insert target date).

BASIC TECHNIQUES – ALL MATERIAL AS PRESENTED ON NKS DVD

TO BE PERFORMED LEFT & RIGHT, IN AIR, WITH PARTNER OR PADS

Buki-no rei: bowing with long and short weapons

Dousa: combination movements with blocks and strikes

Mawari-waza: combination turning movements with blocks and strikes

Kenka-waza: partner block and counter power techniques

Tokubetsuna Geri-waza: special kicks - skip front kick, skip side kick, jump front kick, jump round kick, run/jump side kick, spinning back kick, jump spin hook kick, jump spin round-house kick

Tameshiwari: pad drills – offensive and defensive combinations

Kumite-waza: belt level sparring combinations

Goshin-jutsu: self-defense intermediate #7, and #8

Ne-waza: ground control skills #5, #6, #7, #8

Bo kihon-waza: bo parry and strike combinations #1, #2, #3, #4, #5

Kata: Heian Godan (Peaceful Mind - Level 5)

Terminology: waza drills

Tsuki-waza punching drills

Ne-waza ground-hold drills

Uke-waza blocking drills

Randori moving practice

Geri-waza kicking drills

Renshū practice

Conduct: Regular attendance, at home practice observance of school regulations

Other: Students are required to participate in a minimum of 2 extra-curricular activities per year (ex: seminars, workshops, tournaments, camp, etc.)

Study Notes:

TESTING FOR PURPLE BELT (ALL AGES) - MINIMUM ADVANCEMENT REQUIREMENTS

(1st, 2nd & 3rd Stripes. Approximate time: 3-6 months)

I will practice 2-3 times per week in class (and at home), observe NKS' regulations and demonstrate respect for my family, friends, classmates, teachers and myself.

My target PURPLE belt exam date is _____ (please insert target date).

BASIC TECHNIQUES – ALL MATERIAL AS PRESENTED ON NKS DVD

TO BE PERFORMED LEFT & RIGHT, IN AIR, WITH PARTNER OR PADS

Dousa: Heian Shodan performed to left and right sides (hidari & migi)

Kenka-waza: X-blocks (juji-uke) high, mid and low level defense

Tokubetsuna ashi-uke: foot blocking drills - crescent leg block (namishi-uke) and axe kick block (kakato ashi-uke)

Tameshiwari: pad drills (offensive and defensive combinations)

Kumite-waza: belt level sparring combinations

Goshin-jutsu: self-defense intermediate #9 and #10

Bo no kumi-waza: bo-bo block and counters #1, #2, #3, #4, #5

Kata: Bassai Dai (To Penetrate a Fortress - Greater)

Terminology: *(Relaxation/Reflection)*

Seiza Seated Meditation

Mokuso Clear the mind

Hansei Review

Mushin State of no thought

Conduct: Regular attendance, at home practice observance of school regulations

Other: Students are required to participate in a minimum of 2 extra-curricular activities per year (ex: seminars, workshops, tournaments, camp, etc.)

Study Notes:

NOTE: *Qualified candidates may graduate to the Northern Karate School's prestigious Masters Club program. See NKS staff for details. Minimum requirements: (nomination by School Director) purple belt (or above) good attendance and conduct, interview with program director and final approval by Masters Club Director.*

TESTING FOR PURPLE ADVANCED (ALL AGES) - MINIMUM ADVANCEMENT REQUIREMENTS

(1st, 2nd & 3rd Stripes. Approximate time: 3-6 months)

I will practice 2-3 times per week in class (and at home), observe NKS' regulations and demonstrate respect for my family, friends, classmates, teachers and myself.

My target PURPLE-ADVANCED belt exam date is _____ (please insert target date).

BASIC TECHNIQUES – ALL MATERIAL AS PRESENTED ON NKS DVD

TO BE PERFORMED LEFT & RIGHT, IN AIR, WITH PARTNER OR PADS

Dousa: Heian Nidan performed to left and right sides (hidari & migi)

Shime waza no hangeki: choke escapes #1, #2, #3

Kenka-waza: choke escape and controls

Tokubetsuna atama-nage: neck circle take-downs #1, #2, #3

Ne-waza: ground skills (side control, chest to chest/yoko gatame with 3 arm submissions)

Tameshiwari: pad drills (offensive and defensive combinations)

Kumite-waza: belt level sparring combinations

Goshin-jutsu: four corner defense

Sai-jutsu: fundamental sai movements #1, #2, #3, #4, #5, #6, #7

Kata: Jion (Temple Bell Sound)

Recommended Reading:

“Karate Do My Way of Life” (G. Funakoshi)

“Modern Shotokan Karate” (C. Borkowski)

Conduct: Regular attendance, at home practice observance of school regulations

Other: Students are required to participate in a minimum of 3 extra-curricular activities per year (ex: seminars, workshops, tournaments, camp...etc.)

Study Notes:

TESTING FOR BROWN BELT (ALL AGES) - MINIMUM ADVANCEMENT REQUIREMENTS

(1st, 2nd & 3rd Stripes. Approximate time: 6-9 months)

I will practice 2-3 times per week in class (and at home), observe NKS' regulations and demonstrate respect for my family, friends, classmates, teachers and myself.

My target BROWN belt exam date is _____ (please insert target date).

BASIC TECHNIQUES – ALL MATERIAL AS PRESENTED ON NKS DVD

TO BE PERFORMED LEFT & RIGHT, IN AIR, WITH PARTNER OR PADS

Dousa: Heian Sandan performed to left and right sides (hidari & migi)

Nage-waza: take-downs - hip throw (koshi-garuma), shoulder throw (ippon-seoinage), kneeling scoop throw (suwari kata-garuma)

Kenka no geri-waza: pad kick exchange

Ne-waza: ground skills (mount)

Kenka no ne-waza: clinch control from top and bottom

Jiyu-kumite: free sparring

Tanto-waza: knife fundamentals (stances, grips, cutting angles)

Tanto goshin-jutsu: knife-defense #1, #2, #3, #4, #5

Kata: Empi (Flying Swallow)

Recommended Reading:

“Okinawan Karate” (M. Bishop)

“Complete Idiots Guide to Martial Arts” (Borkowski/Manzo)

Conduct: Regular attendance, at home practice observance of school regulations

Other: Students are required to participate in a minimum of 3 extra-curricular activities per year (ex: seminars, workshops, tournaments, camp, etc.)

Study Notes:

TESTING FOR BROWN-ADVANCED BELT (ALL AGES) - MINIMUM ADVANCEMENT REQUIREMENTS

(1st, 2nd & 3rd Stripes. Approximate time: 6-12 months)

I will practice 2-3 times per week in class (and at home), observe NKS' regulations and demonstrate respect for my family, friends, classmates, teachers and myself.

My target BROWN-ADVANCED belt exam date is _____ (please insert target date).

BASIC TECHNIQUES – ALL MATERIAL AS PRESENTED ON NKS DVD

TO BE PERFORMED LEFT & RIGHT, IN AIR, WITH PARTNER OR PADS

Dousa: Heian Yondan performed to left and right sides (hidari & migi)

Reigi: how to fold your uniform (dogi) and belt (obi)

Kansetsu suwari-waza: kneeling joint defense #1, #2, #3, #4

Ashi Kansetsu-waza: joint locks on ankle, knee and hip #1, #2, #3

Tachi ukemi-waza: wall pin defense

Kabe goshin-jutsu: wall defense #1, #2, #3

Kobudo Kata: Chibana no sai

Tonfa-jutsu: tonfa fundamentals, combinations #1, #2, #3, #4

Kumite-waza: point sparring (ippon-kumite)

Kata: Kanku Dai (To View the Sky- Greater)

Recommended Reading:

“Classical Budo” (D. Draeger)

Conduct: Regular attendance + at home practice

Observance of school regulations

Other: Students are required to participate in a minimum of 4 extra-curricular activities per year (ex: seminars, workshops, tournaments, camp, etc.)

Study Notes:

**TESTING FOR SHODAN-HO/CONDITIONAL FIRST DEGREE BLACK BELT (ALL AGES) –
MINIMUM ADVANCEMENT REQUIREMENTS**

(1st, 2nd & 3rd Stripes. Approximate time: 6-12 months)

I will practice 2-3 times per week in class (and at home), observe NKS' regulations and demonstrate respect for my family, friends, classmates, teachers and myself.

My target SHODAN-HO belt exam date is _____ (please insert target date).

BASIC TECHNIQUES – ALL MATERIAL AS PRESENTED ON NKS DVD

TO BE PERFORMED LEFT & RIGHT, IN AIR, WITH PARTNER OR PADS

Dousa: Heian Godan performed to left and right sides (hidari & migi)

Goshin-jutsu kihon-waza: all basic self-defense #1 to #10

Goshin-jutsu chūkyū-waza: all intermediate self-defense #1 to #10

Kumite: Sparring: Multiple opponents, continuous sparring

Kobudo Kata: Tokuyama no tonfa

Kobudo Kata: Suishi no kon

Basic Kata: Heian kata #1 to #5 - in rapid order

Intermediate Kata: (Bassai, Jion, Empi, Kanku-dai) - in rapid order

Advanced Kata: Kanku Sho (To View the Sky- Lesser)

Recommended Reading:

“Classical Bujutsu” (D. Draeger)

Written Exam: Masters students to complete written/oral exam

Note: Masters students may also be required to submit thesis/essay

Conduct: Regular attendance + at home practice, good conduct and observance of school regulations

Other: Students are required to participate in a minimum of 4 extra-curricular activities per year
(ex: seminars, workshops, tournaments, camp, etc.)

Study Notes:

Additional Black Belt requirements are detailed in NKS' Masters Guide.

EXTRA-CURRICULAR ACTIVITIES

As leaders in the field of martial arts education and research, Northern Karate Schools are proud to feature international experts representing numerous disciplines and styles of traditional and modern Karate, Kobudo, Grappling/MMA, JiuJitsu, Boxing/Kickboxing, Yoga and cutting-edge fitness. In contrast to other martial and non-martial activities, there are *no additional fees for in-school events*.

A partial roster of previous and current guests includes:

Arnsten, Torbjorn (NORWAY)
Chualo, George (CANADA)
Costa, Cosimo (ITALY)
Coulon, Pascal (FRANCE)
Espinous, Jeff (GERMANY)
Gakiya, Yoshitaki (JAPAN)
Gracie, Robin (SPAIN)
Hisataka, Masayuki (JAPAN)
Hokama, Tetsuhiro (JAPAN)
Jay, Wally (USA)
Kai, Kuniyoki (JAPAN)
Kinjo, Masakasu (JAPAN)
Ladouceur, Bernard (CANADA)
Lewis, Joe (USA)
Limas, Arlene (USA - Olympic Gold Medalist)
Machado, Jean Jacques (BRAZIL)
Machado, John (BRAZIL)
McCarthy, Patrick (AUSTRALIA)
Meijer, Heink (NETHERLANDS)
Morris, Richard (UK)
O'Sullivan, Sean (CANADA)
Paulson, Eric (USA)
Sailly, Alain (FRANCE)
Santos, Marc (USA/Brazil)
Shimabukuro, Zempo (JAPAN)
Shinjo, Kiyohide (JAPAN)
Suzuki, Tatsuo (JAPAN-UK)
Takushi, Seiki (JAPAN)
Therriault, Jean-Yves (CANADA)
Therien, John (CANADA)
Uezu, Seikichi (JAPAN)
Urban, Peter (USA)
Wu, Helen (CHINA)
Yagi, Meitetsu (JAPAN)
Yogi, Josei (JAPAN)

Additionally, Northern Karate School students participate in a variety of martial arts events throughout North America, Europe and Asia. For details about upcoming extra-curricular activities, see NKS Student Care Reps/monthly calendars.

NORTHERN KARATE SCHOOLS' FAMILY & FRIENDS PROGRAM

Thank you for selecting Northern Karate Schools. In addition to program benefits detailed in this manual, as an NKS student you are also entitled to share the gift of the total body, mind and spirit workout with your relatives and friends by using the coupons below. As your guest, they'll receive free introductory classes and a substantial discount on tuition.

Furthermore, throughout the year, NKS conduct special Family & Friends Activity Days which offer additional benefits, prizes and gifts. Please consult our staff or monthly calendars for details.

Northern Karate Schools and _____ (name of NKS student) invite
_____ (name of guest) to enjoy the benefits of martial arts training.

Present this coupon at any Northern Karate School and receive 2 FREE PRIVATE
INTRODUCTORY CLASSES. For information, call your local Northern Karate School.

Northern Karate Schools and _____ (name of NKS student) invite
_____ (name of guest) to enjoy the benefits of martial arts training.

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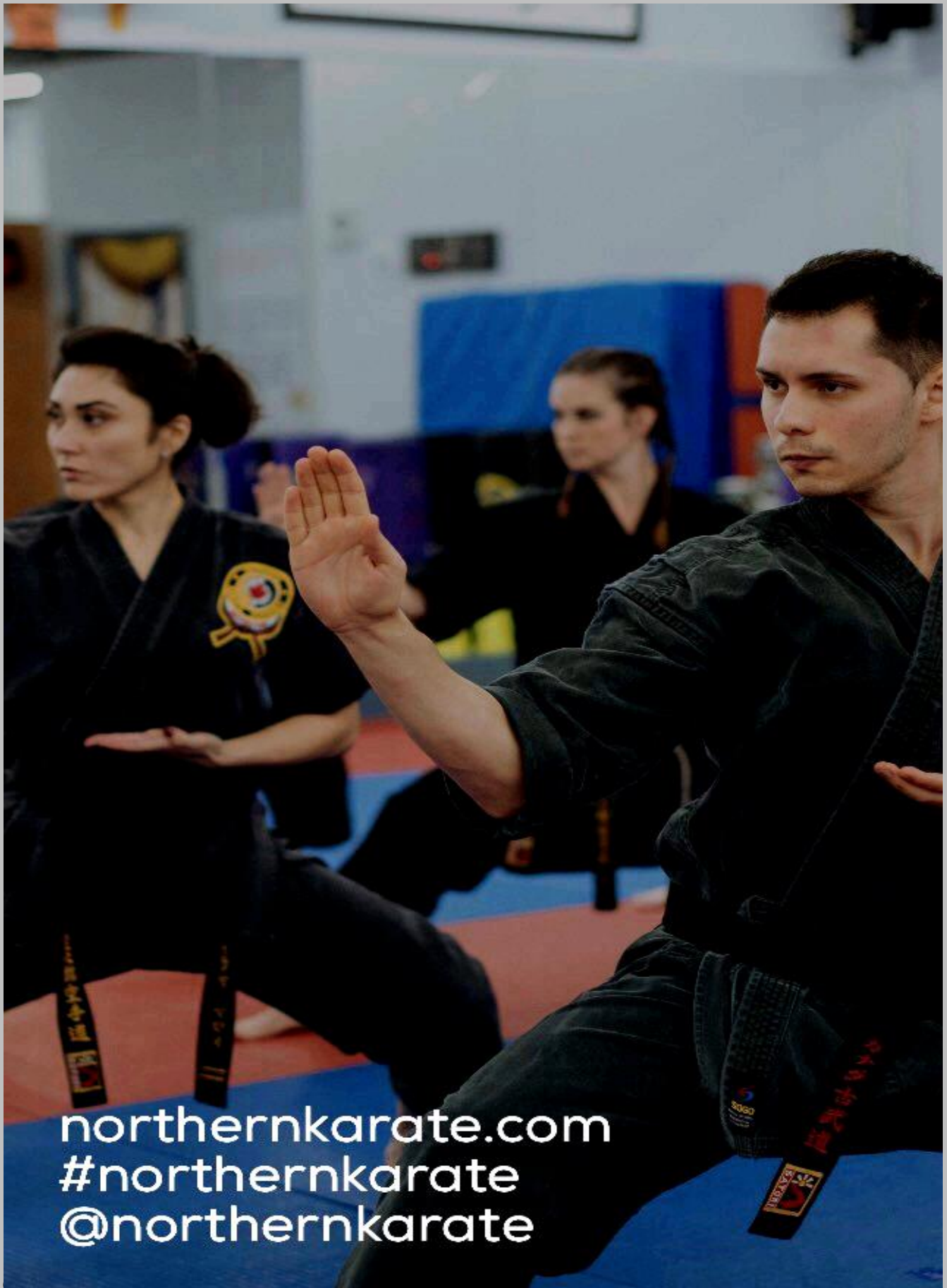
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