

WELCOME



TO
BOYNTON BEACH KARATE ACADEMY
WADO KAI KARATE

www.boyntonkarate.com

CONTACT US AND FOLLOW US

Chief instructor – Anton Philips

- anton@boyntonkarate.com
- 561-291-5816

Resident Instructor – YMCA – Alyssa Elder

Resident Instructor – Boynton Community High School – Robert Ballou

WWW.Boyntonkarate.com - additional forms & links

Facebook- “Boynton Karate” - watch for updates, special events ect.

Instagram- “Boyton_karate_wadoryu” -follow to see pictures of our Karate family at their best, and having fun

LOCATIONS AND CLASS TIMES

Boynton Beach Community High School

4975 Park Ridge Boulevard,

Boynton Beach, FL 33426-8336

561-752-1213

Beginners – Tuesdays & Thursdays 6:00pm- 6:45pm

Intermediate – Tuesdays & Thursdays 6:45-7:30pm

Advanced & Adult – Tuesdays & Thursdays 7:30-8:30pm & Saturday 9:00am- 11:00am (advanced only)

DeVos- Blum Family YMCA of Boynton Beach

9600 South Military Trail

Boynton Beach, FL 33436

1-800-903-1814

Beginners – Wednesdays & Fridays 6:15pm- 7:00pm

Intermediate & Adult – Wednesdays & Fridays 7:00pm- 8:00pm

All Levels- Saturdays 11:30am-12:30pm

Pretests are every Saturday except the 1st Saturday of the month at 12:45pm, at the YMCA

Final Exams are the 1st Saturday of every month at 12:45 pm, at the YMCA.

Final exams for Junior Belts can be done monthly. Final exams for beginner and intermediate belts can be done every 3 months.

Please note we test the lowest belts first, so as you or your child progress, please prepare to stay a little later.

See monthly calendars for special events.

ENROLLMENT:

All new entrants to Boynton Karate Academy are required to pay a **ONE-TIME ENROLLMENT FEE**. You are not an official student of Boynton Karate Academy until you pay this enrollment fee. By paying this fee you will be accepting your admittance to Boynton Karate Academy. This fee is paid to Boynton Karate Academy and not the organization administrating the classes, this will have to be paid before training can start. This fee is required for all students, however if you have attended Boynton Karate Academy in the past, you have already paid this fee and will not have to pay it again

ENROLLMENT FEE _____ \$100.00 (One Time Joining Fee)

Once enrolled, you will be provided with a starter kit for you to start training, this consists of the following:-

- Gi (*uniform for use in every class for training*).
- Student Handbook with Pretest Modules - *covers theory and material required for your karate career*
- Record Passport (the "Black Book") - *a lifetime record of all examinations taken, courses attended and tournaments taken part in.*
- Martial Arts license \$20 (Juniors) \$25 (Adults) - *Annual fee, payable every January.*
- A pair of sparring mitts – *for use in sparring training classes.*

In addition, there are also non-obligatory optional items for purchase

Spare Gi (uniform) _____ \$40-\$45 (Depending on Size)

Spare Sparring Mitts _____ \$27 per pair (all sizes)

Sparing Gear (includes body guard; helmet with face guard & kick guards)___ \$170

Gear bag (Optional) _____ \$20

Wado Ryu Event T-Shirt (Optional) _____ \$12

Note- males will also require a groin guard _____ \$ See Form for costs.

Forms for Gi; License; and sparing gear are attached

NOTE

Bring Student handbooks to class daily as we recite from the handbook as well refer to the syllabus within the handbook. Handbooks are also stamped for attendance.

Bring Passports ("Black Book") to all final testing; tournaments and courses for stamping.

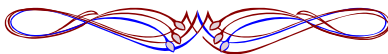
THANK YOU AND WELCOME TO BOYNTON KARATE ACADEMY - FLORIDA WADO KAI

Clarification of our testing policy-

-All Final Exams are the 1st Saturday of every month, at each students own pace.

-All solid color pretesting takes place every Saturday EXCEPT for the 1st Saturday of the month.

The testing schedule may change due to Holidays or special events. (Ie tournaments; demos; courses)



-All Junior Belts testing for other Junior belts through Junior Brown, may take their exams monthly. (no pretesting)

-All Junior Brown Belts testing for Junior Black, must complete the 9th Kyu, Junior Black, modules (pretests) AND allowed a minimum of 3 months with 24 lessons, from the time they received their Junior Brown Belt, before taking the Junior Black Belt exam. Students will remain at Junior Black until they reach 10 years old.

-All Junior Black Belts going for solid Yellow, must be at least 10 years old, must complete Yellow Belt modules (pretests) AND allowed a minimum of 3 months with 24 lessons, from the time they received their Junior Black Belt, before taking the Yellow Belt exam.

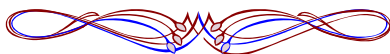
-NOTE- All students who start in the Junior System, but reach 10 years old prior to achieving Junior Black, must still complete the Junior belt process prior to testing for solid yellow.

-White belts of age (10+) testing for solid yellow. (not participating in the junior belt system) must complete the Yellow Belt modules (pretests) AND allowed a minimum of 3 months with 24 lessons, from the time they started practicing with Boynton Karate, before taking the Yellow Belt exam.

-All solid Yellow through Blue belts, going for their next rank, must complete their next belt modules (pretests) AND allowed a minimum of 3 months with 24 lessons, from the time they received their last belt, before taking the next Belt exam.

-All Solid Purple through 2nd Kyu Brown belts, going for their next rank, must complete their next belt modules (pretests) AND allowed a minimum of 4 months with 32 lessons, from the time they received their last belt, before taking the next Belt exam.

-All 1st Kyu Brown Belts, going for Black, must allow a minimum of 6 months with 48 lessons, from the time they received their 1st Kyu belt, before taking the Black Belt exam; must attend Saturday Senior Belt classes regularly & must have 10 Competition Stamps as well as 10 Course Stamps in their Black Passport Books.



Black Passport Books; signed and dated with the date of you last passing exam & Student Handbooks; with signed and completed pretests & required attendance stamps, are required at all final exams. (no pretests for junior belt exams) If you do not bring your books, you may not take your exam.

Please also remember, annual license fees must be paid in order to take any final exams for the next year.

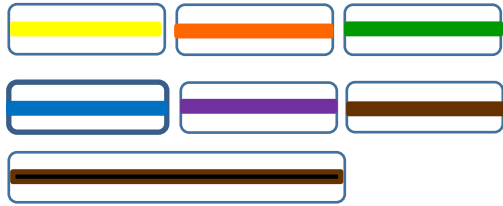
Please attend classes for lessons & practice at home, prior to taking pretests. There's no need to rush!

Students testing for Blue Belt & Higher must show exemplary behavior & skill level IN CLASS in order to be allowed to take exam.





Belt Ranks and Testing Schedule



Junior Belts- under 10 years old.
May test every month. No pretesting required.

Junior Black- Under 10 years old.
Testing- Minimum 3 months with 24 lessons.
Completed pretests required. Students will remain at junior black until 10 years old.



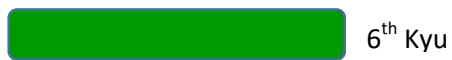
8th Kyu

Testing- Minimum 3 months with 24 lessons. Completed pretests required



7th Kyu

Testing- Minimum 3 months with 24 lessons. Completed pretests required



6th Kyu

Testing- Minimum 3 months with 24 lessons. Completed pretests required



5th Kyu

Testing- Minimum 3 months with 24 lessons. Completed pretests required



4th Kyu

Testing- Minimum 3 months with 24 lessons. Completed pretests required. Students must show exemplary behavior



3rd Kyu

Testing- Minimum 4 months with 32 lessons. Completed pretests required. Students must show exemplary behavior



2nd Kyu

Testing- Minimum 4 months with 32 lessons. Completed pretests required. Students must show exemplary behavior



1st Kyu

Testing- Minimum 4 months with 32 lessons. Completed pretests required. Students must show exemplary behavior



1st Dan

Testing- Minimum 6 months with 48 lessons. Saturday training required. Age 13



2nd Dan

Testing- Minimum 2 Years. Saturday training required



3rd Dan

Testing- Minimum 5 Yrs. Saturday training. Age 21

Dojo Kun

The Dojo is a special place, where we forget about our lives, and give all of our attention to practicing karate.

When we enter the dojo, we always bow, to show respect for all our teachers, and other students who are also trying to learn. Bowing is saying "I respect you".

There are 5 Dojo Kun, or main rules for all karate classes everywhere. When we follow them, we all learn faster, and no one gets hurt, or has their feelings hurt.

1) Seek Perfection of Character

Try to always become a better person. Be the kind of person you look up to.
Always act in a way that makes you look like a good person.

2) Be Faithful

Accept that your sensei wants to teach you karate, but only if you show that you want to learn.
Listen and follow what the sensei is telling you
Always follow the rules of the Dojo

3) Endeavour to excel

Try hard to succeed, in all things. This may be as simple as doing a correct push-up (straight back, all the way up and down).
Practice, practice, practice

4) Respect others

Bowing means "I respect you". Before we spar (fight) each other, we always bow. It means that "I will not try to hurt you", or hit you in anger. We also bow after sparring, meaning "thank you for sparing with me"

Before we speak to a sensei, we bow, as a sign of respect. We patiently listen when a sensei is telling us something. If sensei is teaching others, we wait until he is not teaching. This may not be until the end of class. Never tell sensei he is wrong (although you may ask respectfully), and say "Thank You Sensei" when corrected.

Bow when entering and leaving the Dojo

5) Refrain from Violent Behavior

Because we respect each other, we will only spar during karate class, and we never try to hurt others. If they are smaller or weaker, we must try even harder to keep our partners safe from harm.

Even if we become angry, we must never hit another person in anger.

Wado Kai has other rules that are important:

1. Come to class ready. This means:

- a. Go to the bathroom before class (not during)
- b. Make sure you are clean, and that your fingernails and toenails are clipped
- c. Bring your sparring equipment to every class, such as head guards and hand mitts
- d. No candy, chewing gum, drugs or alcohol before class
- e. No eating, drinking, chewing gum, no rough-housing
- f. Try to be on-time. If you are late, do 20 push-ups and 20 sit-ups, then join at the class
- g. Bring your handbook to every class.

2. All black belts are addressed as "Sensei", all brown belts or other assistant instructors are "Senpai"

3. Never teach karate to non-students of the school.



Gi (Uniform) Order Form

Name _____

Phone # _____

Payment Check \$ _____

Please make checks payable to **Boynton Karate**

Cash \$ _____

Credit Card \$ _____

Please circle weight and height on table below

Height	Weight lbs	Size	Price
36"	30	0000	\$40.00
48"	50	000	\$40.00
52"	65	00	\$40.00
54"	80	0	\$40.00
57"	95	1	\$40.00
62"	115	2	\$40.00
65"	125	3	\$40.00
67"	150	4	\$40.00
69"	175	5	\$40.00
72"	195	6	\$50.00
74"	225	7	\$50.00
77"	260	8	\$50.00



American Karate-Do Federation

First License Application to Practice Karate

Instructor : _____ Club : _____

If you do not have a license you are NOT a member of the American Karate-Do Federation and therefore cannot participate in any of the Federation's activities as you will not have insurance cover. *N.B. If you are aged 16 or over, or will attain the age of sixteen during the period (one year) covered by this application, you should apply for an adult license.* When you receive your license you will be issued a unique registration number. You should keep a copy of this number separately and always quote it in any correspondence with the Licensing Officer

Type of license applied for: (Please tick one box)

Adult	Fee	Junior	Fee
<input type="checkbox"/>	\$25	<input type="checkbox"/>	\$20

Male First Name: _____
Female Surname _____

Address: _____ City: _____
Zip: _____ State: _____ Telephone #: _____
Email: _____

Do you suffer from any medical condition or take any medication that your Instructor should know about?
Yes No If Yes, please specify _____

Date of Birth: mm/dd/yy _____ / _____ / _____

I declare that the information given here is correct and that I will comply with the Constitution and Rules of the American Karate-Do Federation.

Signed: Date:
(Parent or Guardian's signature if under 18)

This form, together with the appropriate fee, should be sent to -
AKF Licensing Officer, 63836 Coolidge Court, BOYNTON BEACH, Florida 33437.
Checks should be made payable to – **Boynton Karate.**
Please include a stamped, self-addressed envelope for the return of your license. This should be a minimum 7" by 4" to accommodate the license Record Book.
Please allow 21 days for the return of your license.