



Kaizen Dojo Kyokushinkai Membership Registration Form

Students Name:				
Address:				
Phone Home:		Phone Work:		
Phone Mobile:		Email:		
Occupation:		Date of Birth:		
Parent / Guardian:				
Note: if student is a minor (under 18 years of age) then the parent / guardian must complete form				
Person to contact in case of an emergency:				
Name:		Phone No.		

Do you or have you ever suffered from any medical condition or injury that may affect your ability to train? **Yes / No**
 Eg asthma, high blood pressure, insulin dependent diabetes, previous knee or back injuries etc.

If yes, please specify: _____

Are you on any medication/s that my affect your ability to train? **Yes / No**
 Eg; asthma inhaler, blood pressure medication, insulin etc.

If yes, please specify: _____

NB: should any of the information specified in relation to injury or illness listed above change, the onus is on the student to inform the instructor as soon as they become aware of this and prior to taking part in any further training sessions.

To assist the **Kaizen Dojo Kyokushinkai** in its promotion, can you please advise how you came to know about this karate school:

Newspaper advertisement, list paper: _____ School newsletter, list school: _____

Mailbox Leaflet drop? _____ Demonstration where? _____

Recommended by? _____ Internet website, List? _____

Other please specify: _____

Confidence, fitness and the ability to defend yourself are only three of the many benefits of Kyokushin Karate, so we can assist you in achieving your goals can you please specify what other benefits you want to achieve:

Please circle any of the following that apply:

Self confidence
 Fitness
 Self defence
 Weight control
 Social outlet

Other please specify: _____

Have you participated in any form of martial arts before? **Yes / No**

If yes please specify what style, where you trained, when and what level you attained: _____

I, the above named person, do hereby make application to join the **Kaizen Dojo Kyokushinkai** and if accepted agree to abide by the rules of such. In the event of any injury suffered by me while participating in such training / classes or grading events, or while on any **Kaizen Dojo Kyokushinkai** premises, I agree to accept full responsibility.

I acknowledge and understand that my participation in activities associated with my membership of the **Kaizen Dojo Kyokushinkai** may involve a significant degree of physical exertion or physical risk which may cause personal injury or death. By signing this document and participating in the activities associated with the **Kaizen Dojo Kyokushinkai**, I am not aware of any medical or physical condition other than those listed which would lead me to believe there is a risk to my health.

I acknowledge that the **Kaizen Dojo Kyokushinkai** take no responsibility for the loss or damage of my personal belongings other than loss or damaged caused directly by wilful acts or omissions or negligence of the operator.

I acknowledge & agree that any photographs or videos taken of me whilst participating in any class, grading, tournament, demonstration or camp be available to the **Kaizen Dojo Kyokushinkai** to be used on their websites or in any advertising/promotional material as they see fit.

I acknowledge that all information provided by me is true and correct at the time of completion and should this change in the future I will advise the **Kaizen Dojo Kyokushinkai** of any changes immediately I become aware of such changes.

I acknowledge that physical contact will be used by instructors of the **Kaizen Dojo Kyokushinkai**, other students and authorised individuals as part of your karate or self defence instruction and give full consent to any physical contact as may be required or is customary to martial arts and self defence training.

The personal information collected by the **Kaizen Dojo Kyokushinkai** on this form will be held in line with the National Privacy Principles NPP (Privacy Amendment (Private Sector) Act 2000). Personal Information also includes information we collect in the course of providing services to you and communications between you and us. The information collected is necessary to enable us to properly advise you in relation to your martial arts training.

How do we use your Personal and Sensitive Information and who will we give it to? Any Personal or Sensitive Information collected about you will be used and disclosed by us so that we can provide you with the services that you have requested or otherwise to enable us to carry out our functions. For example, we must make all of our instructors aware of information about your health, so that they can safely instruct you in the practise and learning of martial arts, participate in fitness programs and diet and so on.

We will add your name, address, mobile and telephone numbers, facsimile number and e-mail address to our database. The database may be used for ongoing marketing and educative purposes. If we elect to retain such Personal Information, you have our commitment to your privacy.

The type of marketing and educative activities we undertake includes forwarding material to you so that you are kept updated in relation to relevant matters including new training programs or classes, seminars, tournaments, training camps, dietary or other health or fitness related information. If at any time you do not wish to continue receiving this information, you will need to advise us in writing and we will remove your details from the marketing database.

The **Kaizen Dojo Kyokushinkai** does not and will not rent, sell or otherwise disclose your Personal or Sensitive Information to any other company or organization, without your prior consent where that consent is required by law.

Signature: _____ Date: _____

Note: if student is a minor (under 18 years of age) then the parent / guardian must sign this form

Students Height: _____

T-shirt Size: _____

Joining Date: _____

Pack Purchased: _____

General Etiquette (outside the Dojo)

Karate is like no other sport. As members of this club, we all have certain responsibilities. Our **dojo**, our instructors, and our style in particular, are highly regarded and well respected in Martial Arts circles and in the general community. It is our duty to try hard not to do anything that may bring embarrassment, shame, or dishonour to the above. Hence the following guidelines:

1. It is OK to be proud of your karate, and it is OK to discuss karate with your family & friends. It is **NOT OK** to brag about it.
2. Try to resist the temptation to demonstrate your newly acquired skills to everyone in public places, except in a properly organised display.
3. Avoid walking on the street dressed in full karate **gi**. Walking in the full outfit draws unnecessary and, very likely, undesirable attention to you, mostly from “*wanna-be*” martial artists. It could also be seen as a form of bragging. It is however, acceptable to wear **gi** pants with a T-shirt etc... in the car to and from training.
4. If you are witnessing another Martial Art display, avoid passing derogatory comments no matter how "unusual" or "different" it may appear to you. All Martial Arts have something positive to offer and we must show proper respect.
5. The techniques you are being taught can be dangerous, therefore be careful not to hurt your family, friends or yourself if training elsewhere (away from the **dojo**).
6. Karate should only be used as a last resort in legitimate self defence when all else has failed.

Dojo Etiquette and Procedures

Kyokushin karate, the art we study, is a classical (traditional) martial art. The behaviour and interaction of students and instructors, inside the **dojo**, is modelled on traditions of Japan, the home of modern karate.

We believe that our **dojo** is more than just any old gym or training centre. It is a place where you will learn something useful, that may some day save your life, a place where you will expand your horizons, physically and spiritually, and above all a place where you will become part of a large group and quite possibly make some lifelong friendships.

Without a doubt, it is a place of importance. The code of conduct was primarily designed to facilitate the smooth running and operation of the **dojo**, where everyone knows their rank, place, duties, and responsibilities within the group. We also take into account the fact that we are not all Japanese, and where possible a compromise is made to accommodate our own Western values and characteristics. But for the most part, as you will realise, these rules are based on common sense, good manners, and common courtesy. These requirements of etiquette must be adhered to inside the **dojo** by everyone, regardless of age, grade, or status.

The following are only the main points of **dojo** etiquette. The finer aspects should be picked up during training.

1. Bow, and say **osu**, when entering or leaving the training area of the **dojo from** any exit. This is a mark of respect for your instructor and your place of training.
2. Be ready for your training sessions in good time. If you are waiting, practise techniques or **kata** rather than talk.
3. When called by your instructor, move quickly into line in order of grade and seniority. Stand without talking, in the **fudo-dachi** (ready) stance. At the command "**seiza**", kneel in the formal position with fists on hips. At the command "**mokuso**", close your eyes and clear your mind of outside thoughts, while regulating your breathing. At the command "**mokuso yame**", open your eyes.
4. Acknowledge all commands and directions, given by your senior grades, with **osu**. To attract the attention of the person in charge, bow and **osu**.
5. During a training session, do not leave the **dojo** except for urgent personal reasons. Always ask the person in charge of the session. Unless students are instructed otherwise, the only person to speak in the training area is the instructor.
6. When leaving or taking your place among the rows of students, never walk in front of your senior grades, instructor included - choose a path that takes you behind them.
7. When late for a training session, kneel in **seiza** to the right of the entrance inside the training area until the instructor gives permission for you to join the class with the command **ayo**. Unless instructed otherwise, you should take your place at the very back, after the lowest grade regardless of your own grade, until instructed to take your correct place. If you are not wearing your **gi**, your place is also at the end, again regardless of grade. **TRY NOT TO BE LATE.**
8. Do not remove any part of your **dogi** without being told to do so.
9. Do not eat, drink, smoke or chew gum in the **dojo**. NOTE: It is acceptable to have a drink during the break in training.
10. Always move quickly in class when instructed to do something. **DO NOT STROLL.**

11. Do not practise **kumite** (sparring) unless the instructor is present. Do not ask senior grades to do **kumite**, but do not refuse if asked by a senior, unless you are injured.
 - a. Practise **kumite** as instructed to do, i.e. if told non-contact, then practise noncontact.
 - b. If your partner hits you accidentally, keep your cool and try not to pay back.
12. Do not intentionally hurt people of smaller stature and/or strength than yourself, e.g. women, children, and people smaller than you.
13. Always address the instructor by their proper title (**Senpai, Sensei, Shihan**), inside the dojo. Acknowledge them with a loud **osu** when they speak to you.
14. Your training should be a serious matter. Do not laugh, giggle, talk or cause disruption during the class. You should always stand in **fudo dachi** (stable stance), when awaiting the next command.
 - a. NOTE: It is considered bad manners to fold your arms on your chest or to put your hands on your hips.
15. Turn to your right, away from the front of the class or your partner, when readjusting your **gi**.
16. Your **gi** must be neat & washed clean at all times. Your belt should NEVER be washed, only aired dry. It symbolically contains the spirit of your hard training.
17. All directions by instructor should be obeyed in the dojo, without question. You will not be asked to do anything that your instructor has not done him/herself already. If you cannot keep up, do the best you can. **DON'T GIVE UP.**
18. Don't wear jewellery or watches during training.

Internal use only:

MONTHLY FEES													
YR	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC	YR Joined
1													
2													
3													
4													
5													
Annual membership due February of each year								Y1	Y2	Y3	Y4	Y5	
Membership No.													

Grading Results			
Grade	Date	Examiner/s	Result / Comments
10 th Kyu			
9 th Kyu			
8 th Kyu			
7 th Kyu			
6 th Kyu			
5 th Kyu			
4 th Kyu			
3 rd Kyu			
2 nd Kyu			
1 st Kyu			
Shodan - Ho			
Shodan			
Nidan			
Sandan			
Yondan			