



GKR KARATE

WELCOME TO GKR KARATE

Dear student,

Congratulations on taking the first step towards creating a healthier, stronger and more confident version of you! The magnificent Martial Art of karate is well-renowned for transforming the bodies and minds of its practitioners, irrespective of their starting age, gender, or level of fitness.

Whilst karate is a dynamic physical activity, it also develops valuable life skills that can produce significant flow-on benefits in many areas of life. Our goal at GKR Karate is to build strong individuals and provide a positive and inclusive training environment for all students.

Outlined below are a few tips to help enhance your membership experience, both within the classes, and throughout the greater GKR Karate community. Enjoy your training!

Karate etiquette

Karate training would not be complete without the practice of etiquette, as it helps to establish the right way of doing things and develops discipline and respect, particularly in younger students.

Firstly, it is considered correct protocol to bow as you walk into the training hall (dojo), and also whenever you leave the dojo. This is meant to be a symbolic gesture of humility that shows respect for the Instructor and the learning environment in general.

Food should not be eaten in the dojo. There should also be no running or uncontrolled behaviour before, or after the class. Students should spend time before class warming up.

For safety reasons, all jewellery is to be removed before training e.g. watches, rings, chains, earrings, facial piercings. Finger and toe nails are to be kept clean and well manicured. Out of respect for fellow students, a high level of personal hygiene should be adhered to by all members.

At all times, display a courteous manner towards other students and respect the teachings of your Instructor (Sensei).

GKR Karate website

Visit gkrkarate.com and view the extensive range of articles, stories and videos that can help accelerate your training and inspire you to achieve great things. Click on ABOUT GKR and you'll see the GKR KARATE BELT JOURNEY section. This contains a vast library of educational material relevant to each grade level, including training tips and terminology, strengthening your mindset, and even tips on nutrition and improving your general health.

GKR Karate Facebook

We invite you to become a part of our massive online community at facebook.com/GKRKarate. Make new friends and be inspired by the many incredible training stories of other GKR Karate students from around the world. Apart from our international club page, both your region and your individual dojo will also have their own Facebook page, so please speak with your Instructor to find out more about joining the local online community.

Bring a friend

When it comes to the ongoing development of our membership base, it is our overwhelming preference to attract new students via word of mouth. Training with friends or family members not only provides extra motivation to keep your training consistent, but it also makes your karate journey more enjoyable. Please speak with your Instructor if you would like to invite a friend for a trial class.

Dojo Kun

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Pursue the highest standards of personal character

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Cultivate a spirit of effort and perseverance

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Exercise courtesy and respect towards others

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Refrain from reckless or violent behaviour

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Be faithful and sincere in everything you do

PURSUE THE HIGHEST STANDARDS OF PERSONAL CHARACTER

The art of karate is more than just physical. A true karate-ka should aim to act with integrity both in and out of their gi. For such a person, speaking and doing are the same action. Within the dojo, character is built through strong discipline, rigorous training and repetition. The courage to stand up for oneself will be achieved through the gradual development of stronger techniques and enhanced physical strength. This fighting spirit can also equip us with the fortitude to overcome personal challenges, sickness, loss, or other 'life-related' setbacks.

CULTIVATE A SPIRIT OF EFFORT AND PERSEVERANCE

This involves exercising the dedication and commitment necessary to achieve mastery of the martial art. This spirit should also be applied to matters outside the dojo including ones schooling, career, pursuit of good health, and personal relationships. It should be recognized that mastery cannot be achieved in any endeavor without strenuous effort and sacrifice on the part of the practitioner. This rule also reminds the student to 'never give up', and to treat failure as the feedback needed to improve future performance.

EXERCISE COURTESY AND RESPECT TOWARDS OTHERS

Gichin Funakoshi stressed that karate begins and ends with etiquette. He stated that without courtesy there is no dojo. Showing respect is a sign of humility, which enhances the student's ability to learn, and prohibits behaviours that seek to put others down. In essence, we should treat parents, teachers, work colleagues, the law, and the wider community with the same level of respect that we would pay our instructor or fellow student.

REFRAIN FROM RECKLESS OR VIOLENT BEHAVIOUR

This is a reminder to control your behavior and endeavor to remain calm at all times. A confident person of sound character can walk away from conflict because they are in control of their emotions, and at peace with their abilities. They do not have to test their skills to prove a point. They win without fighting and have no regrets because nobody will be injured. If circumstances force you to defend yourself, then know that you have taken these actions as a last resort and for the purpose of personal protection only.

BE FAITHFUL AND SINCERE IN EVERYTHING YOU DO

To be faithful is a strong samurai tradition that requires you to be true to your obligations, to other people, and also to yourself. This requires the karate-ka to exercise loyalty, and do their very best in everything that they undertake. When you are faithful and sincere to others, others will be faithful and sincere to you.



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