



**BONSAI  
KARATE**

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盆栽 空手

# STUDENT HANDBOOK

LAST UPDATED: 16 NOVEMBER 2017

ASPLEY • BRACKEN RIDGE • BRIGHTON • STAFFORD HEIGHTS • VIRGINIA

[bonsaikarate.com.au](http://bonsaikarate.com.au)

**Dear Student,**

**Congratulations and welcome to Bonsai Karate!**

I would like to personally congratulate you on an excellent decision to become a *karate-ka* (karate student).

Although Bonsai Karate is a relatively new club, we teach a traditional Japanese karate that started hundreds of years ago in Okinawa (small islands under Japan).

My name is Sensei Nick Noordink, I am the Senior Instructor at Bonsai Karate, as such will be one of your instructors. I started Karate when I was eleven years old at Toowoomba PCYC, a style called *Renbukan*. I went on to train under an internationally recognized Budo Karate instructor where I have reached a 3<sup>rd</sup> Dan level.

I can appreciate that you may be a bit nervous to attend your first karate lesson. You may be asking yourself a few questions, Will I be the only beginner? Will I feel welcomed? Will I feel a little silly not knowing anything yet? I can assure you will be welcomed by our professional instructors, and that there will be lots of other beginners there, just like you. Like a lot things in life, taking that first step will be the hardest, after that you will feel great for achieving something new and exciting for your life!

Karate is a very worthwhile art form to learn, and will assist you with your day to day life by building up your self-confidence, giving you great health through fitness and also by teaching you some potentially life-saving skills.

If I haven't met you already, I look forward to meeting you at your 1<sup>st</sup> lesson. Please do not hesitate to ask any questions.

You can contact me on **0447 577 343**

or Sensei Martyn Fleming **0400 000 822**

For more info check out **[www.bonsaikarate.com.au](http://www.bonsaikarate.com.au)**

Kind Regards

**Sensei Nick Noordink**

Senior Instructor

Bonsai Karate

# CLUB MEMBERSHIP FEES

- Unlimited training at any of our dojos
- Discounts for families\*
- All payment options cover the school terms only

	12 MONTHLY PAYMENTS PER YEAR	4 SCHOOL TERM PAYMENTS (5% discount)	1 ANNUAL PAYMENT (10% discount)	FIGHTING FIT CLASSES
1 person	\$65	\$185	\$700	\$10 each /session
2 family members*	\$120	\$340	\$1300	
3+ (whole family')	\$155	\$440	\$1675	

\*Family member discounts are for direct family members only.

All classes attended on school holidays will be free of charge.

Only holidays taken during the school term will be credited.

All Ages and Saturday classes run all year except 3 weeks over Christmas.

Bonsai Ninja's children's classes (after-school) are only held on school days.



We use **Ezidebit** for all training fees, this is a safe and efficient way to make payments

Please complete the form and return to class

These payments can be changed, stopped or refunded if required at any time.

All payments are to set up via direct debit or will attract a 10% handling surcharge.

# CLASSES & TRAINING TIMETABLE

MON	TUE	WED	THU	FRI	SAT
BONSAI NINJAS VIRGINIA 3:15 - 4:00pm 4:15 - 5:00pm	BONSAI NINJAS ASPLEY 3:15 - 4:00pm 4:15 - 5:00pm			BONSAI NINJAS BRIGHTON 3:00 - 3:45pm 4:00 - 4:45pm	BONSAI NINJAS ASPLEY 9:00 - 9:45am  ALL LEVELS ASPLEY 10:00 - 11:00am
FIGHTING FIT* ASPLEY 6:00 - 7:00pm	ALL LEVELS ASPLEY 6:00 - 7:00pm  ADVANCED ASPLEY 7:00 - 7:30pm	ALL LEVELS STAFFORD 6:00 - 7:00pm  ADVANCED STAFFORD 7:00 - 8:30pm	ALL LEVELS ASPLEY 6:00 - 7:00pm  ADVANCED ASPLEY 7:00 - 7:30pm	ALL LEVELS BRACKEN RIDGE 6:00 - 7:00pm  Weapons Training BRACKEN RIDGE 7:00 - 7:30pm	

All Dojo addresses are provided on the back page of this handbook.

## BONSAI NINJAS

Offering students an alternative to after-school care by running classes directly after school.

Sensei Nick Noordink will be at the hall before school finishes ready for the children to arrive. Nick is very experienced with teaching children and has developed many different techniques for addressing confidence & behaviour issues by having a strong focus on discipline and self control.

Suitable for all primary aged students from prep to year 6. Limited places.

## ALL LEVELS

Families can all train side by side!

In this session, parents and siblings can all train at the same time.



## ADVANCED

This class carries on from our All Levels session, and is suitable for adults and experienced students.

## FIGHTING FIT\*

A fighting-themed group fitness class run by a qualified personal trainer. These classes are a fun & active way to improve your fitness with no fighting involved. Ages 12+.

\* Extra cost involved, please see our Membership Structure or contact Bonsai Karate for more information.

# GRADING SYSTEM

The route to black belt in the Bonsai Karate grading system involves ten Gradings under your Senior Instructor. If you pass, you receive your next coloured belt, the belts get progressively darker in colour the more senior you become.

Bonsai Karate holds 3 - 4 gradings each year. Students will receive an invitation once all criteria is met.

The ten levels before black belt are called **kyu grades**. Each examination tests your knowledge and technique of Basics, Kata, Partner & Bag Drills and also fitness. The club Katas, along with other training resources, are available to view on our website under **student portal**.

Each grading will be progressively longer and more physically demanding.

GRADE	BELT	SELF DEFENSE	KATA	MINIMUM CLASSES	MINIMUM TIME
10th - 9th kyu	Yellow	Beginner 1	Taigyoku Shodan	20	2 months
9th - 8th kyu	Orange	Beginner 2	Taigyoku Nidan	20	2 months
8th - 7th kyu	Green	Novice 1	Pinan Shodan	24	3 months
7th - 6th kyu	Blue	Novice 2	Saifa / Shiro obi no	32	4 months
6th - 5th kyu	Purple	Intermediate 1	Pinan Nidan / Pinan Sandan	40	5 months
5th - 4th kyu	Red	Intermediate 2	Bassai - Dai	40	5 months
4th - 3rd kyu	Brown	Advanced 1	Empi	50	6 months
3rd - 2nd kyu	Brown - 1 black tip	Advanced 2	Sanseru	50	6 months
2nd - 1st kyu	Brown - 2 black tips	Advanced 3	Sepai	50	6 months
1st Dan	Black	Black Belt 1	Seiunchin & Hungetsu	50	6-12 months
2nd Dan	Black	Black Belt 2	Kanku dai / Kururnfa	120	24 months
3rd Dan	Black	Black Belt 3	Kanku Sho & Sochin	180	36 months
4th Dan	Black	Black Belt 4	Unsu	320	48 months
5th Dan	Black	Black Belt 5	Tensho	320	48 months

# TRADITIONAL KARATE ETIQUETTE

1. When entering or leaving the Dojo, stand in the doorway, face the front, bow and say "**OSU**". This represents a mark or respect for the Dojo and the people in it. Also bow and say "**OSU**" to the senior instructor in the Dojo.
2. If late for training, Stand at the side of the class towards the back, facing the sensei in Haiku Dachi (formal ready position). When the instructor acknowledges you, bow and say "**OSU**" then "**Shitsurei Shimasu**" (excuse me for disturbing), then quickly join the back of the class.
3. Do not eat, drink, smoke or chew gum in the Dojo.
4. Always move quickly in class when instructed to do something. **DO NOT STROLL.**
5. Do not practice **KUMITE** unless instructed to do so.
6. Do not break rank for any reason, without asking permission from the instructor. If you must leave your position, do not walk between the instructor and the class. Walk behind the row you are in to either side and proceed from there.
7. Always address the instructor and seniors by their proper title (**SEMPAI, SENSEI, SHIHAN**) inside the Dojo. Acknowledge them with a loud "**OSU**" when they speak to you.
8. Your training should be a serious matter. Do not laugh, giggle, talk or cause disruption during the class. You should always stand in **HAIKU DACHI** when awaiting the next command.
9. 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. Always respond to the instructor with a loud "**OSU**".
10. Keep fingernails and toenails short and clean.
11. During the break: No sitting on chairs, leaning against the wall or lying down.
12. Do not spar (**KUMITE**) without an instructor present, and do not ask a higher grade to spar.
13. It is EVERYONE'S responsibility to ensure the Dojo is clean, tidy and safe at all times.
14. Your **karate-gi** must be neat and washed clean at all times. Your belt should NEVER be washed, only aired dry. It symbolically contains the spirit of your hard training, and under no circumstances are male karatekas allowed to wear T-shirts or other clothing underneath their karate-gi.
15. Don't wear jewellery or watches during training.
16. Probably the most important aspect is that you maintain respect and loyalty to your instructor, and show your willingness to cooperate. Arrive 15 minutes prior to class and stretch your legs and arms before training, then begin to practice your Kata

# TECHNIQUES & TERMINOLOGY

	JAPANESE	PRONUNCIATION
<b>KICK</b>	<b>GERI</b>	<b>GEH-RHEE</b>
1 Front	Mae Geri	<i>may geh-rhee</i>
2 Side	Yoko Geri	<i>yoh-ko geh-rhee</i>
3 Roundhouse	Mawashi Geri	<i>ma-wha-she geh-rhee</i>
4 Back	Ushiro Geri	<i>oo-she-row geh-rhee</i>
5 Crescent	soto Mawashi geri	
6 Jumping front kick	Tobi Mae Geri	
7 Spinning Back	mawashi ushiro Geri	

	ZUKI	ZOO-KEY
<b>PUNCH</b>		
1 Stomach Level	Chudan Zuki	<i>chudan zoo-key</i>
2 Head Level	Jodan Zuki	<i>Jodan zoo-key</i>
3 Short punch	Shita Zuki	<i>shita zoo-key</i>
4 Lunge Punch	Oi Zuki	<i>oi zoo-key</i>
5 Reverse punch	Cyaky Zuki	<i>gya-koo zoo-key</i>
6 Leading	Kizami Zuki	<i>kiz army zoo-key</i>
7 Groin	Gedan Zuki	<i>geh-dahn zoo-key</i>

	UCHI	OO-CHEE
<b>STRIKE</b>		
1 Back fist	Uraken Uchi	<i>oo-rah-ken oo-chee</i>
2 Palm Heel	Teisho Uchi	<i>tay-show oo-chee</i>
3 Outside Knife Hand	Outside Shuto	<i>shoe - toe</i>
4 Inside Knife Hand	Inside Shuto	<i>shoe - toe</i>
5 Round Elbow	Mawashi Empi	<i>mah-wha-she en-pee</i>
6 Rising Elbow	Hijate	<i>hidge e artey</i>
7 Knife hand	Nukate	<i>noo-ka-tay</i>

	UKE	OO-KAY
<b>BLOCK</b>		
1 Rising	Jodan Age Uke	<i>jo-dan ah-geh oo-kay</i>
2 Inside	Uchi Uke	<i>oo-chee oo-key</i>
3 Outside	Soto Uke	<i>so-toe oo-kay</i>
4 Downward	Gedan Barai	<i>geh-dahn bar-i</i>
5 Sweeping	Gedan Uke	<i>geh-dahn oo-key</i>
6 Open Hand	Shuto Uke	<i>shoe-toe oo-key</i>
7 Knife Hand	Kaka Uke	<i>ka-ka oo-key</i>
8 Double Handed	Chuga Uke	<i>choo-ga oo-key</i>
9 Double / Round	Mawashi Uke	<i>ma-wha-she oo-key</i>

	DACHI	DUTCH
<b>STANCE</b>		
1 Short Fighting	Han Zen Kutsa Dachii	<i>haan zen-koo-tsu dutch</i>
2 Long Forward	Zenkutsu Dachii	<i>zen-koo-tsu dutch</i>
3 Horse-riding	Kiba Dachii	<i>key-bah dutch</i>
4 Sumo	Shiku Dachii	<i>shick-o dutch</i>
5 Cat	Neiko ashi Dachii	<i>neck-o- atchi dutch</i>
6 Pigeon Toed	San Shin Dachii	<i>san-chin dutch</i>
7 Back Leaning	Kokutsu Dachii	<i>koh-koo-tsu dutch</i>
8 Right foot forward	Migi ashi mae	

	JAPANESE	PRONUNCIATION
1	Ichi	<i>itchi</i>
2	Ni	<i>knee</i>
3	San	<i>sun</i>
4	Shi	<i>she</i>
5	Go	<i>go</i>
6	Roku	<i>rook</i>
7	Shichi	<i>sitchi</i>
8	Hachi	<i>hatchi</i>
9	Ku	<i>que</i>
10	Du	<i>due</i>

## GENERAL

Yes	Hai	<i>hi</i>
Training hall	Dojo	<i>dough-joe</i>
Instructor	Sensei	<i>sen-say</i>
Begin	Haijime	<i>hudge-ee-may</i>
Stop	Yame	<i>ya-may</i>
Sparring	Kumite	<i>koo-me-teh</i>
Respect	osu	<i>oss</i>
Uniform	DoGi	<i>doe ghee</i>
Bow	Rei	<i>ray</i>
Everyone	Autogani	<i>auto-ga-nee</i>
Turn	Mawatte	<i>ma-wa-tey</i>
Go	Kame	<i>kah-may</i>
Karate Basics	Kihon	<i>Key - hon</i>
Application	Bunkai	
Ready	Yoi	

## BODY PARTS

knife Hand	shuto	<i>shoo - toe</i>
Shin	sune	
Hand	te	<i>tea</i>
Fist	kobushi	<i>ko Bu she</i>
Head	atama	<i>at-A-ma</i>
Knee	hiza	<i>he-za</i>
Neck	kubi	<i>cu-bee</i>
Leg / foot	ashi	<i>a- she</i>
Arm	ude	<i>oodeh</i>
Fore knuckles	Seiken	<i>say - kan</i>

## HEIGHT OF STRIKE

Head level	Jodan
Stomach level	Chudan
Groin level	Gedan
Right	Migi
Left	Hidari
Side	Yoko
Round	Mawashi

## REIGI O OMONZURU KOTO!

To honour the principles of etiquette!

# DOJO KUN

- I will strive for the perfection of character
- I will defend the paths of truth
- I will put maximum effort into everything
- I will honour the principles of etiquette
- I will develop self control
- I will refrain from violent behaviour
- I will be loyal to my sensei & Bonsai Karate

先生と盆裁空手へ忠誠の心を持って  
血気の勇を戒しむること  
自制心を養う事  
礼儀を重んずること  
努力の精神を養うこと  
誠の道を守ること  
人格完成に努むること



## ASPLEY EAST

Aspley East State School  
Clorane Street

## BRACKEN RIDGE

Norris Road State School  
Norris Road (TAFE Entrance)

## BRIGHTON

Brighton State School  
North Road

## STAFFORD HEIGHTS

Somerset Hills State School  
Kitchener Road

## VIRGINIA

Virginia State School  
1678 Sandgate Road