



Pantojas Shotokan Karate Do

P.O. Box 1284, Magalia CA 95954 PH: 530-873-3357 FX: 530-831-5600

www.geocities.com/pskaratedo/ E-mail: pskd@sosinet.net

ENROLLMENT FORM / LIABILITY AGREEMENT

Student:		
Address:		
City	State	Zip
Day Phone	Eve. Phone	
Email Add:		Fax#
Emergency Contact:		
Age	Sex	Birthdate

LIABILITY RELEASE

I, as a participant or legal guardian representing a minor participant, agree to release PANTOJA'S SHOTOKAN KARATE DO, Employees, agents, Landlords from any liability for accidents, loss and/or damage to my/our person or property that may arise out of my /our participation or presence at the above activity. I/we are aware that there are certain risks or possible dangers in participating in this activity. I/We have entered into this agreement of my/or free will.

Signature _____

_____ Participant

_____ Parent

_____ Legal Guardian

For office use only:

Class Name _____

Time _____ Day(s) _____

Payment Plan _____

Pantojas Shotokan Karate Do

DOJO RULES

1. ARRIVE ON-TIME-

If you are late, do not enter the training area. Wait respectfully on the sideline until sensei gives you permission to join your fellow students.

2. WEAR PROPER KARATE ATTIRE-

A Karate Gi (preferred)- (Traditional Karate Uniform): If wearing a Karate Gi it MUST be All white (both pants and top) No writing or patches of any kind are allowed on the Gi unless it's a dojo patch.

Other Clothing- Absolutely NO SHORTS allowed. If students do not have a Karate Gi it is acceptable to wear white sweats and a white shirt or Dojo Shirt. During the first few classes sensei will let a student wear colored sweats.

3. DO NOT WEAR JEWELRY-

Please remove any jewelry prior to training. It presents a safety hazard to fellow students.

4. NEVER QUESTION SENSEI'S DECISIONS/DIRECTIONS DURING TRAINING.

If you need to speak with sensei, patiently wait to do so after training has ended.

5. ALWAYS BOW WHEN ENTERING AND LEAVING THE TRAINING AREA

Not bowing before entering and/or leaving the training area is disrespectful to the sensei.

6. IF YOU ARE GONG TO BE ABSENT FROM CLASS, PHONE SENSEI PRIOR TO CLASS.

If you are going to be absent from class please be respectful and phone Sensei prior to class to let him know of your absence. You can leave him a message at 831-3357.

7. NO "HORSE PLAY" IN THE DOJO

The Dojo is a sacred place of martial arts training. Please do not disrespect the dojo and Sensei by "horse playing" at anytime while in the dojo.

8. PARENTS-

When possible please refrain from staying inside the dojo while class is in session. If you remain in the dojo please remain silent so as not to disturb the students while training.

9. SPARRING-

Male Students MUST wear a cup and ALL students must wear mouth guards to spar on Fridays.

10. REFUNDS

No refunds will be given after 2nd class.

11. PAYMENTS DUE:

On the 1st of each month: Late on the 5th (+\$10 late charge)



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GENERAL INFORMATION

WELCOME TO PANTOJA'S SHOTO-KAN KARATE DO.

Our Dojo (school) is open to men, women and children of all ages with group training available to those 7 years and older.

The atmosphere for our dojo is serious and at the same time happy because we are all striving for a common goal: mastery of karate techniques and development of character and fellowship.

Endure the strenuous training we offer, live by our principles and free yourself from the anxieties of everyday life.

Our aim is to foster the growth of legitimate karate: to foster a sound mind, a proper spirit, a sound philosophy, and to improve the physical well being of our members through the art of karate. Our school practices a traditional Japanese Shotokan style.

The Shotokan system is considered the most modern and scientific method used today. It's founder Master Gichin Funakoshi, utilized university students majoring in physical education and engineering to help him examine karate from an academic standpoint. As a result of that study, they combined the various styles and techniques into a scientific and rational form, which today comprises the Shotokan karate system.

What is Karate? It is an art form. It is a sport. It is a method of self-defense. It is physical exercises to improve coordination and body condition. As you can see, it is many things. Some of Shotokan students go so far as to claim that karate has enhanced their intellectual, emotional and social lives. It will improve your balance, timing, rhythm, self-confidence and overall body condition. *There are limits in the strength of our body and mind but with proper and systematic training, these limitations can be overcome.*

Karate is also a martial art. It was devised to strengthen our weaknesses and limitations. In time, a person can learn to sense danger or attack and use karate as an effective means of self-defense. It is this aspect of karate that puts it apart from all other sports and makes it a martial art.

There are no secrets or magic to karate. It is an individual experience. You simply get in return what you put into it. It is something anyone can learn with organized and systematic training of one's mind and body. Karate is based on various techniques of blocking, punching, sticking, and kicking, done singularly or in combination. Our techniques make use of almost every part of your body and enables you to develop incredible power.

Although karate is a contact sport, contact leading to possible injury is kept to a minimum in student training. Competent instructors supervise classes, and students are required to abide by the rules and principals of Shotokan karate.

Amount these principles are five that Master Fuakoski requested to be recited by his students following each workout. These are:

WE SHALL SEE PERFECTION OF CHARACTER:

WE SHALL BE FAITHFUL IN OUR STUDY:

WE SHALL ENDEAVOR TO CULTIVATE COURAGE AND TENACITY:

WE SHALL RESPECT OTHERS: AND

WE SHALL REFRAIN FROM VIOLENT BEHAVIOR.

Remember that karate can be enjoyed by all, so invite your family, friends and neighbors to investigate this exciting opportunity. **Visitors are always welcome**

-RESPECT-BUT-FEAR NO MAN

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DOJO KUN DEFINITIONS

Dojo Kun #1 **Seek Perfection of Character (Character)**

This means that the art of karate is more than just physical. All beginners, especially the young, should be taught the importance of character building through discipline and rigorous training. For the beginner, the character building process begins with perfecting techniques through repetition. The spirit to fight will be achieved as one gains more confidence through development of stronger techniques. Train to bring out the spirit, not only to fight but also to overcome personal problems especially in times of sickness, domestic crisis or business problems. It is a long path to develop these spiritual values but once the concept is understood and experienced it will provide a lifetime benefit of inner strength and peace.

Dojo Kun #2 **Be Faithful (loyalty)**

To be faithful is a strong samurai tradition and an extension of the Confucius influence on the family and martial arts. The faith to be shown is in your sensei and dojo. The student must always be faithful to his sensei and follow in much the same way as a medieval samurai was bound to follow his feudal lord to the death without hesitation. While this may seem unusual in the present day, it is unreasonable to expect a sensei to teach all he knows to a student who is likely to leave for the slightest reason. The student must prove his loyalty over the years. The faith and loyalty extended to the sensei will be regarded, in that a greater amount of knowledge and wisdom will be passed on to the student and this bond between sensei and student is extremely valuable and is the basis of the learning relationship.

Dojo Kun #3 **Endeavor (Effort)**

To endeavor means complete dedication and commitment necessary to achieve mastery of the art. In no case is mastery possible without strenuous effort and sacrifice on the part of the practitioner. The endeavor must be of a sincere nature and not just superficial. Serious effort on the part of the student will be reorganized by the sensei that will in turn spend more time with him or her.

Dojo Kun #4 **Respect Others (Etiquette)**

Respect for others is an important part of the Japanese and Okinawan culture therefore common to the martial arts. Gichin Funakoshi stressed that karate begins and ends with etiquette. He also stated that without courtesy there is no dojo. Dojo etiquette is will defined. You bow correctly and show respect in everything you do and everywhere you go. Respect is extended to all senseis, parents, educators, law, deceased, nature, etc.

Dojo Kun #5 **Refrain From Violent Behavior (Control)**

A trained fighter is a person with a fierce competitive spirit and great strength so it is unfair to use it against an untrained person. The karate-ka spirit is unbeatable and must use his knowledge only for the sake of justice. A person of character can walk away from a fight because he is in control of his emotions and is at peace with himself. He does not have to test his abilities on the street. He wins without fighting and he will have no regrets because no one will be injured. Refraining from violent behavior is hard to explain to many westerners because of their environment, or the attitude of winning tournaments and they want to do it as quickly as possible which is against the principles of karate-do and dojo kun. It is therefore necessary for instructors to constantly remind the students of the importance of the dojo Kun.



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Student Contract

I _____ promise to...

1. Never miss a class unless I am ill or have a legitimate excuse.
2. Always arrive on time for class. And if I arrive late, I will wait until Sensei bows me into class.
3. To always train hard to the best of my ability.
4. To never disrespect Sensei, a fellow student, an adult or any other assistant of the dojo.
5. To keep my grades at school at a satisfactory level.
6. To always complete my homework (both school & dojo) and not fall behind and have it interfere with my karate training.
7. To never engage in illegal activity.
8. To never fight unless it's for self defense.
9. To always read all material that Sensei gives me and to study the information carefully to help me become a better student.
10. If I have a disagreement with Sensei or any other assistant in the dojo, I will either use the suggestion box, or address the disagreement after the class.

I have read and fully understand the contents of this student contract and by signing this contract I agree to the terms of this contract.

If I repeatedly break the agreement of this contract I understand that Sensei may ask me to leave the school.

Signed by _____

On: _____



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1/16/02

Dear Student and Family Members;

It has recently been brought to our attention by several parents of students that there is a growing concern of lack of respect and following the rules of the dojo. We are also concerned with this issue and wish to thank those parents for voicing their concern.

While the majority of our students are respectful and dedicated to their training, there are a few who make training with very difficult. We will not tolerate this any longer.

With all your help, We WILL maintain a traditional style Shotokan karate dojo that teaches, respect, dedication, and improvement of one's character.

We have also decided to discontinue providing a water cooler at our dojo as MANY students take multiple breaks during training to get water, which is disruptful to the class. And students have repeatedly let water drip onto the floor causing a liability for our dojo. We will have water available in bottles that will be available on breaks and after class for only .50. You are also welcome to send a water bottle with your child.

We have also asked by Paradise Video to have our children refrain from visiting their business unless accompanied by an adult. (Our own daughter is guilty of this one)

Please read the following Rules and discipline guidelines with your children, sign and return to the dojo as soon as possible.

If you have any questions we will be more than happy to discuss them with you.

Regards,

Sensei & Tamela Pantoja

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If you are going to be absent from class please be respectful and phone Sensei prior to class to let him know of your absence. You can leave him a message at 873-3357.

15. NO "HORSE PLAY" IN THE DOJO

The Dojo is a sacred place of martial arts training. Please do not disrespect the dojo and Sensei by "horse playing" at anytime while in or outside the dojo. (THIS INCLUDES CLIMBING ON PUNCHING BAGS!)

16. PARENTS-

When possible please refrain from staying inside the dojo while class is in session. If you remain in the dojo please remain silent so as not to disturb the students while training. If you have other children with you, YOU are responsible for supervising them so that they are NOT disturbing to the class.

9. SPARRING-

Male Students MUST wear a cup and ALL students must wear mouth guards to spar on Fridays. Any student who has missed a regular training class during the week is NOT eligible to spar on that Friday.

12. REFUNDS

No refunds will be given after 2nd class.

13. TUITION DUE DATE:

Tuition due date is the 1st of the month, considered late on the 5th of the month. ANY payments made after the 5th of the month will be accessed a \$10 late fee. If I have made prior arrangements with you to pay on a different date, Tuition will be considered late 5 days after that date.

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DOJO DISCIPLINE

The following applies to any/all students within a **3-month** period.

First warning: Student will be asked to sit out of class

Second warning: Student will be asked to sit out of class and the parents notified

Third warning: Student will be asked to sit out of class and be asked to leave the dojo permanently (Via 3 day notice to parents).

The majority of our students are with us to train and learn our Shotokan way of karate. Some students, for whatever reason, go to our classes to play around and disrupt the class. This will not be tolerated. There is no way we can achieve success with our students if we allow such disrespect to be present in our classes. We feel it's better to ask a student who is continually disruptive to leave our dojo, than to lose a serious student who can't train to their full potential because of a disruptive student. We hope you agree and discuss this method of discipline very seriously with your child. It is our goal to help your children reach their full potential in martial arts and hopefully will be a positive experience for them.

Some examples of serious discipline measures are:

- Student goofing off in class
- Student talking negatively about another student
- Student hitting, kicking, another student (outside of supervised sparring)
- Student using karate as a fighting method outside of class (other than self defense)
- Student leaving class without permission
- Vandalism
- Student "mocking" the instructor, kata, or any karate activity (i.e., doing his kata while laughing or exaggerating the kata in a negative way...)
- Student interrupting the instructor during class (inappropriate questions that disrupt the class)
- Student refusing to participate in class.
- Horse playing before, during or after class (i.e., climbing on equipment, using weapons etc)

I _____ (student) have read, understood and agree to abide by the rules and discipline code of the dojo.

I _____ (parent) have read, understood and agree to abide by the rules and discipline code of the dojo.

Signed on _____ of _____, 2001

Do not write below line

Received on _____ of _____, 2001

Infraction # 1 on _____ Infraction # 2 on _____ Parents notified on _____

Infraction #3 on _____ Letter of dismissal sent on _____