



## Sports Karate Australia Beginners Handbook



By Shihan Rene V. Roggeveen  
6<sup>th</sup> Dan Shotokan Karate  
3<sup>rd</sup> Dan Go Rin Pou Jui Jitsu  
National Chief Instructor Sports Karate Australia  
Qualified School Teacher Dip T.  
Member of Australia Karate Federation, Inc (Affiliated to ASC)  
Queensland Karate Association Inc  
National Coach Australian Koshiki Association 2001-2006  
National Coach JKF GK 2007  
National Coach Australian Koshiki Association 2010 -2012  
Life Member International Ryu Kyu, Martial Arts Research Society  
Accredited Provider Australian Sports Commission  
After Schools Active Communities Programme

[www.sportskarateaustralia.com.au](http://www.sportskarateaustralia.com.au)

Please check out our website, testimonials videos and photos.

[sensei@sportskarateaustralia.com.au](mailto:sensei@sportskarateaustralia.com.au)

Phone 07 33960980

Mobile 0412 061 407



**Get the latest SKA News**

# *Sports Karate Australia's Symbol*

*The center is white symbolising purity, the beginning, life and the white belt.*

*The Torii is in red, the colour of blood, to show all men women and children of all races, standing, colour or beliefs are the same, all have red blood, all are welcome.*

*The black circle symbolises the ultimate goal of Black Belt. It is round for closure and finality.*

*The club name written in gold symbolises integrity.*

*The 6 stepping-stones symbolise the 6 different coloured belts before black. In Brown the traditional Kyu belt colour.*



*The kanji symbol is GOSHU which means to excel, to be strong, to stand pre-eminent.*

*This symbol has added significance as it is also used in the Japanese language as goshu, which means Australia.*

*The red Torii is a gateway seen at the entrance to all Shinto shrines. It means all are welcome, please enter and learn. It has added significance because the father of mainland karate, Geichen Funakoshi, first taught karate at Shinto temples. Many Kata are named after Shinto Shrines | Temples. E.g. Heian (Peaceful) Kata's are named after the Heian Temple in Kyoto*

*Sports Karate Australia was founded by Sensei Rene Roggeveen Dan, Dip Teaching with 30 years martial arts experience, 20 years instructing in Brisbane.*

*Sports Karate Australia teaches a combination of traditional Shotokan karate together with its modern sports applications.*

*S.K.A. is a member of the Australian Karate Federation, which is a member of the World Karate Federation. This is the government-recognised body for Karate in Australia and is recognised by the International Olympic Committee as the body for Karate. S.K.A. holds proud the discipline, values and heritage of traditional karate, whilst using the latest in coaching and teaching techniques to provide the best for our students.*

# SPORTS KARATE AUSTRALIA

Karate and Weapons Instruction

## Dojo Etiquette

**Traditionally accepted standards of proper social and professional behaviour.**

As a member (or a parent of a member) you should be aware of the following:

1. A bow is a demonstration of respect.
2. Always bow when entering or leaving the Dojo (training centre)
3. Remove shoes on entering the Dojo
4. Classes always start and finish with a bow to the Instructor. You may not leave or join a class without first bowing to the Instructor.
5. Whenever you work in pairs (with a partner) you start and finish by bowing to each other.  
**Please talk over the expected rules of bowing with your child/ren, it is expected that they show the traditional respect protocol while entering and training inside the Dojo.**
6. Never try to hurt anyone in training. The emphasis is always on "CONTROL". Anyone breaking this rule may be suspended or expelled.
7. In the Dojo you treat people with the respect you would like to receive yourself.
8. The instructor is always referred to as "SENSEI" -- Japanese for Instructor. **You should never disregard a command from the Instructor.**
9. Bullying will not be tolerated at any time.
10. Unruly or rowdy behaviour will not be tolerated. Spare time should be spent practicing Kata or Karate techniques, with help from higher grades.
11. Enrolment sheet should be signed and moneys paid before commencement of classes.
12. Equipment **MUST BE RESPECTED**. The cost of replacing items for all the students to use is borne by every single person who trains. **Please remind your children to be respectful of the equipment.**
13. For the benefit of our families we encourage parents and all caregivers to stay and watch. If you bring other younger children to class **PLEASE DO NOT ALLOW THEM TO RUN ONTO THE MAT**. It is dangerous, distracting and unacceptable.
14. If the watching children are noisy and disruptive we would expect the responsible parent to remove the distraction **without having to be asked**. It is disrespectful to cause interruption and disruption during training sessions when students are trying to concentrate.
15. Please be mindful of the necessity for the instructor to be heard by the students, if chatting to other parents please do so outside of the Dojo. We also expect you to switch off your mobile phones. If you show respect inside the Dojo your children will follow suit. We thank you for your understanding.
16. Parents **MUST NEVER** interrupt the class to speak to either the instructor or students. Any problems or enquiries must be addressed during the breaks, before or after class.

### YOU MUST:

- **Have a membership paid in full, and current.**
- **Pay for each training session\* PLEASE DO NOT ASK FOR CREDIT.**
- **Bring your training card to each lesson\*\***
- **BE** Punctual
- **BE** Clean and well groomed
- **BE** Polite
- **BE** Respectful
- **NOT** Eat food of any description whilst in class
- **NOT** Wear Jewelry (no earrings, watches, necklaces)
- Finger and toenails must not appear over the top of the digits
- Remove footwear
- **WEAR** a clean White Gi and belt at training (at all times) with a S.K.A. badge.
- Inform the instructor of any health problems or injuries that may affect them during the training session before training.
- Keep up to date with club information and activities. You can add your name to our emailed newsletter by sending an email to [roggeveen1@bigpond.com](mailto:roggeveen1@bigpond.com) with the student's name in the subject line.
- If you would like access to the members section of the website, including Kata videos, please email [Sensei@sportskarateaustralia.com.au](mailto:Sensei@sportskarateaustralia.com.au)

### ALL PEOPLE SPARRING MUST:

- WEAR protective equipment
- HAVE current individual sports insurance approved by Sports Karate Australia.

**\*Please note that if you have paid lessons in advance and do not bring your card you MUST pay for that lesson in cash. We do not have the facilities in place to provide credit for any member. PLEASE DO NOT ASK FOR CREDIT.**

**\*\* Your training card is the ONLY way to keep track of your training and development. It is the ONLY copy we have, you are responsible for it.**

# Our Classes Explained

## A General Guide

### Peewee Class:

A Fun Class for young Children

- Teaching Time : 45 to 50 Minutes
- Time slot : 1 Hour
- Age Group: 4 to 7 year olds
- Emphasis Fun and simple, skill development
- Program: Warm up  
Core Skill  
Drink  
Skill Based Game  
General Skill Practice
- Badges are awarded for: Achieving Skills  
Winning games  
General: attitude, concentration, effort, attendance

### Junior Class:

A more serious class for children to 12years, with some fun.

- Teaching Time : 1 Hour (Some classes may be 1 Hour 15min)
- Time slot : 1 Hour
- Age Group: 5 to 12 year olds
- Emphasis A Fun, more advanced skill development, discipline, motivation and working towards more traditional karate.
- Program: Warm up  
Core Skill  
Drink  
Skill Based Game  
General Skill Practice  
Skill Based Game  
Advanced Skills Eg Sparring
- Badges are awarded for: Achieving Skills  
Winning games  
General: attitude, concentration, effort, attendance

### Beginner Class:

A more traditional, serious class for families.

- Teaching Time : 1 Hour
- Time slot : 1 Hour
- Age Group: 5 to 65 year olds
- Emphasis A class for families wanting to train together. Parents and children learning together in a friendly atmosphere.
- Level: Beginner, basic skill development, a lot of personal help disciplined, motivational and more traditional karate.
- Program Varies: (Program below will vary from week to week)  
Warm up  
Core Skill Basics & Kicks Drills  
Drink  
Kata, Traditional patterns of moves usually to blue belt.
- Badges: Can be awarded as above on request but are not the basis of the program

## **Family Class:**

- Teaching Time : 1 Hour (Some Classes 1.5 hours)
- Time slot : 1 Hour
- Age Group: 5 to 65 year olds
- Emphasis A class for families wanting to train together. Parents and children learning together in a friendly atmosphere.
- Level: Beginner, Intermediate to Advanced skill development, disciplined, motivational and more traditional karate.
- Program Varies: (Program below will vary from week to week)  
Warm up  
Core Skill Basics Drills  
Drink  
Kicks  
skill Practice  
Kata, Traditional patterns of moves to Senior Brown Belt Level  
Advanced Skills Eg Self Defence, sparring or sparring Drills
- Badges: Can be awarded as above on request but are not the basis of the program

## **Advanced Class:**

- Teaching Time : 1 Hour
- Time slot : 1 Hour
- Age Group: 10 to 65 year olds
- Emphasis Higher graded Students.
- Level: Advanced skill development, disciplined, Traditional Karate
- Program Varies: Specialised Specific to areas of expertise to be developed.  
Advanced Kata  
Advanced Sparring  
Tournament Kata  
Tournament Sparring

## **Seminars:**

- Teaching Time : 1 hour 30min to 2 hours
- Emphasis Special interest and advanced Skills.
- Instructors **Hanshi Patrick McCarthy 9<sup>th</sup> Dan**, World Re-nowned Author and researcher. Foundations of Karate Principal, Applications of technique and Weapons Master.  
**Shihan Tom Bellamy, 6<sup>th</sup> Dan Jui Jitsu**, Self Defence, Grappling  
**Elwyn Gabuerto 3<sup>rd</sup> Dan** Kali Stick and Knife Defence  
**Sensei Jeff Ivory 3<sup>rd</sup> Dan** International Tournament Champion  
**Sensei Hagen Nueman 4<sup>th</sup> Dan** 2 X JKFGK World Champion.

# Sports Karate Australia Success Coaching

Welcome to one of the most dynamic, exciting and beneficial children's educational programs in Australia today. Sports Karate Australia has been designed and developed over the past 30 years by very experienced Karate Instructors, including National Coaches, who are qualified School Teachers with a wealth of experience.

Sports Karate Australia has created the ACTIVE AUSTRALIA KIDS PROGRAM designed to teach:

- Goal setting
- Achievement
- Self defence

AND develop:

- Concentration,
- Self confidence
- Self discipline,
- Physical fitness,
- And to promote success through positive attitudes and a healthy lifestyle.

## SUCCESS

"I will succeed if I consistently try" is one of the most powerful and educationally valuable attitudes any child can develop. Children will develop this attitude when they are provided the opportunity to set achievement goals and train consistently in order to become successful.

Please don't punish your child by not allowing him/her to attend Karate. Would you keep your child home from school if he/she misbehaved? Karate classes are of great educational value and benefit to your child. When the routine of training consistently is broken this often leads to a loss of commitment and enthusiasm in children. When this happens the next step is for the child to want to stop training permanently. Please consider the following alternatives to stopping children training as punishment.

If you wish you can talk to an instructor and he/she will also talk to your child about the problem. Your instructor will talk to them in the context of Karate Honour, about the meaning of honesty, reliability, responsibility and integrity and have them relate their understanding of these concepts to what they did wrong.

## COMMITMENT

It is very important for parents to be perceived by their children as supporting and encouraging them to set goals and keep trying. Learning about commitment is a valuable lesson.

The easiest way for you to do this is with PRAISE. Praise from parents builds a protective case around what your child has already achieved. It makes it clear in your child's mind that you are proud of them and you believe what they are achieving is as important as they do.

Positive reinforcement helps children to maintain a high level of motivation. High motivation is the most important factor in any learning situation. This helps children to continue to strive when the going gets a little tough or if they experience disappointment or an upset. Training in Karate is similar to learning gymnastics or ballet. It involves repetition to develop skills and commitment and dedication in order to succeed.

The more children succeed and are rewarded the more they expect to be successful. The more they experience success feelings the greater the growth and development of their self esteem and confidence. **Effort and achievement lead to greater effort and achievement.**

Unfortunately this same repetitive process works just as effectively for failure and giving up. Children who experience failure and don't have parents and teachers to help them put it in proper perspective as part of learning to succeed lose their confidence and stop wanting to try.

The following tips for parents to help their children feel and act like winners.

1. Make a conscious decision to praise your child for their effort and achievements at least once every day.
2. Don't stop your child from training as a punishment for bad behaviour or because it is convenient to miss class. Children won't always do as their parents say but they will always do as their parents do.
3. Please try to bring your child to class consistently.
4. Make an effort for at least one parent to watch your child train occasionally. Turn up early to pick them up instead of when the class is over.
5. Be there when they are awarded achievement badges, trophies or belts. Being a part of their times of glory makes the experience more enjoyable. Bring a camera, video and their grandparents, anything to make the occasion more enjoyable and special. Be involved in the guard of Honour.
6. Prompt children to be responsible for their own learning by;
  - Practicing on their own
  - Not skipping classes
7. Encourage children **not to give up**. Many children stop training because they are in a lazy mood one day and just never bother to go back to class. Remember giving up and losing are just as habit forming as consistent effort, goal achievement and success.
8. Be a part of your child's learning process. Help them to set goals, help them to train at home by using the kata books. Tell them that they are the best instructor they have and give them heaps and heaps of encouragement and praise.
9. Ask your child to teach you some of the skills they have learned in class. This is a great motivator for children to train.
10. Watch the training DVD with them to help them to follow the instructions correctly.

I have explained the club philosophy and attitudes to you because our aims are to help children be the best they can be and feel fantastic about themselves.

We can only achieve this goal in partnership and with the support of parents.

Thank you for having the interest and taking the time to read this information. If you need to speak to an instructor about your children please do not hesitate to phone Shihan Rene Roggeveen on (07) 3396 0980 or mobile 0412 061 407.

Looking forward to seeing you at training,



# Guidelines for Parents

*It is important to remember that one of the key aspects of Karate is teaching the student about discipline and respect.*

**Children learn this best from observing how their parents behave.**

The vast majority of parents are wonderful and supportive of both the club and their children's experiences, both good and bad.

Unfortunately, in recent times in all sports, most coaches and athletes have had to contend with an ever-increasing problem of aggressive parents in sport. Karate is no exception.

Please follow the following guidelines and rules.

## 1. DOJO ETIQUETTE

It helps our children if parent lead by example and follow the rules of Dojo Etiquette.

- When entering the Dojo please bow.
- Turn your phone to silent and answer it outside
- Address instructors appropriately
- Please don't talk loud enough to disrupt the class
- Please don't interrupt the class.
- Keep smaller children and off the floor.
- Keep visiting children, especially smaller ones from disrupting the class keep them.
  - under control,
  - quiet
  - off the floor,
  - off the stage and
  - away from the equipment

## 2. Avoid coaching children from the sidelines.

We understand you get excited about your child's performance, (even frustrated when they have difficulty).

- We do love for parents to be actively involved in a healthy way.
- The children's main focus should be enjoyment and achievement of personal goals.
- We are letting them try for a reason. **Continual** correction discourages.
- Please do not walk on to the mat or training area or call out to correct your child, this disrupts the class and embarrasses your child.
- Best results are achieved by compliments and praise followed by quiet, private, constructive criticism. This is the best and easiest way to ensure the child has a good time free from pressure.

If you feel there is a need for some extra help:

Our instructors will be more than happy to give some extra help privately at the conclusion of the class, for those with a particular need. This avoids embarrassment for your child and helps them feel special with some extra attention from their instructor.

## 3. Accept the Referees and or Sensei's decision.

We understand the excitement of your child performing. But it is important to set a good example please accept the referees decision. Remember Karate is also about humility and good sportsmanship. In life decisions don't always go our way.

Please always remember Karate is a not just a sport but a discipline teaching respectful behaviour, humility and good sportsmanship.

If you still feel you have a legitimate grievance. We all do from time to time, please.

### **We will listen if you:**

- a. Calm down and put the situation in perspective.
- b. Take your grievance to the senior instructor present.
- c. Wait for an opportunity and speak to the instructor privately
- d. At no time confront a junior instructor or assistant.
- e. Approach your instructor calmly and explain the problem as you see it.
- f. Accept the resolution.
- g. Don't discuss the issue with other parents first.

Our instructor/coach will then approach the instructor, referee or tournament convener on your and Sports Karate Australia's behalf. (if appropriate).



This is the only acceptable way of handling these types of problems.

#### **4. Expressing Concerns.**

We want to encourage communication particularly with parents, we often learn valuable things about members needs in this way.

We expect that most people will like to discuss something from time to time, It is only natural in an organization the size of Sports Karate Australia that there will be differing opinions and valuable ideas.

If you have a concern, or you would like to communicate your feelings on any issue, it is best to air it straight away\_ have a chat with your child's instructor after class.

#### **Approaching your instructor**

- Please be sensitive to our Junior Instructors and
- Direct issues to the senior instructor available.
- Choose an appropriate time and place
- Discuss things privately
- Respect instructors privacy,
- If telephoning please only ring at an appropriate time.
- Be calm and reasonable
- Be ready to listen and to compromise if necessary.

**Compliments are always welcome, we too thrive on positive feedback.**

**We are all on the same side, working as a team for you and your children.  
We all work together and take care of each other.**

With this in mind, here are some guidelines about what would be seen as positive involvement.

1. Parents obeying the Dojo etiquette.
2. Parents addressing the instructors as Shihan Chief Instructor, Sensei (Black Belts including Juniors) and Senpai (Black and White Belts and Brown belt assistant Instructor)
3. Parents being seen to show respect to instructors, other parents and all students.
4. Parents getting in and helping to lay out the mats, unpacking etc.
5. Parents showing self-control and pursuing the correct procedure when and if any difficulties arise.
6. Parents refraining from forming cliques to disrupt and undermine the hierarchy of Karate.
7. Parents refraining from gossiping about instructors, other parents, or any student.
8. Parents showing a positive attitude.
9. Parents volunteering to help out - there are many opportunities for parents to be involved.
10. Become involved in the competitors club.

In conclusion, we look forward to maintaining a positive experience for both you and your children.

We strive to maintain a relationship with your family which is mutually respectful, with positive and beneficial communication for all concerned.

We thank you for your understanding and cooperation.



Shihan Rene Roggeveen

# **THE ACADEMY**

## TRAINING LEARNING GRADING COMPETING

This is the professional side of your Karate.

One of the really positive ways you can be involved is by supporting our Academy.

**How to Help:** Be involved, offer to assist

- Put the mats down and away,
- In canteens,
- At tournaments and camps.
- By helping other parents with transport

**Equipment Fundraisers:** Be involved with fundraising for equipment, we have such great facilities and equipment, and such cheap training fees because we run an occasional chocolate drive and raffle.

**Sponsors:** If you have a business and would like to sponsor our Academy. There are several ways to do this, make a financial contribution, buy an advertising spot on the trailer or newsletter. donate some equipment or a raffle prize, Sponsor a tournament for trophies, help organize a function or event eg Barbeque at your business.

## **THE COMPETITORS CLUB**

FUNDRAISING, SPONSORSHIP, REDLAND SPORTING CLUB

This is like the P&C at a School.

Another really positive way you can be involved is by supporting our competitors club.

**Committee:** We have a committee made up of Parents, Students and Instructors. It's goal is to support the students and families of Sports Karate Australia both practically and financially. We have a separate account of funds managed by this committee for the benefit of SKA students and athletes. Funds are raised by raffles, sausage sizzles, and events

This committee: hires buses to go away, sponsors athletes, and helps families in need.

How to Help: Be involved, join the committee, assist with barbeques, sell raffle tickets etc. If everyone does a little it goes a long way.

**Wynnum Manly Trailer Boat Club:** Help us by running raffles and functions monthly. By Joining their club you help support them in return and show your appreciation.

**Redland Sporting Club:** A major sponsor for over 10 years. They have sponsorship account for our athletes and members. By simply joining the club as a member you let them know we appreciate their support and confirm our association with them.

**Sponsors:** If you have a business and would like to sponsor our Athletes. There are several ways to do this, make a financial contribution, donate a raffle prize, help organize a function or event eg Barbeque at your business.

These major sponsors provide funding for our athletes attending tournaments and representing the Region, State and Nation through the running of meat tray raffles. We encourage our members to use the facilities at these venues, they have great entertainment, meals and functions.

# Frequently asked Questions

- Q.** I want my child to have more lessons to try before committing. Can I just pay for lessons rather than making a commitment?
- A.** No. Each new member has **one** no charge, **obligation free** lesson to try before they need to buy insurance. We have had to negotiate with our insurance company to have even that small assistance for parents. It is irresponsible to knowingly train without insurance. To do so without the approval of our insurance company is can cause legal problems. You must at least come prepared to pay the insurance portion (\$90) on your second visit.
- Q.** I don't want to get a Sports Karate Australia T-shirt, can my child train in any T-shirt?
- A.** No, Students must wear the appropriate uniform and show respect by being clean, neat and properly attired.
- Q.** Can I bring my other children to Karate to watch?
- A.** Yes, but you must be responsible for them at all times. Children in attendance who are not training must be kept off the mat at all times. Only people who have up-to-date insurance are permitted on the mat. This includes parents. Furthermore, non-participating children must not cause disruption to the class. If they become noisy they should be taken outside until they can control themselves.
- Q.** Do you have books and other training items for sale?
- A.** Yes. We have Kata books which detail each move of the Kata'a for White through to Brown belt for students to work on at home.  
We also stock a self defence training DVD hosted by Shihan Tom Bellamy.
- Q.** I am not a student, do I still have to bow as I enter and leave the Dojo (training centre)?
- A.** Yes, it is expected that once any person is familiar with the protocols that they follow them. The rule is for everyone, not just students and instructors.
- Q.** Am I permitted to drop my child off at the beginning of class and return at the end to collect them?
- A.** Yes, we understand that some parents are busy with many children, and have many after-school activities. But we do hope you will occasionally stay and watch or come early to watch when you are collecting them.  
Please make sure the children have their training cards and fees with them for the duration of their lesson.
- Q.** When joining may I mix and match Gi tops and pants for different sizes?
- A.** No, Gi's must be sold as the sets they are packed in. No mix and match allowed.
- Q.** Can I buy a pair of Gi pants or a Gi top separately?
- A.** Unfortunately, No. Gi's are sold only in full sets.
- Q.** Can I put my older and younger children in the same class for my convenience?
- A.** Yes, we are flexible when it comes to which class students attend. It is acceptable for children of any age to train even at the 6:30pm family class with their parent.
- Q.** My child has a learning/ physical disability, will that be a problem?
- A.** Firstly, thank you for making us aware of your circumstances. In these situations we advise for the child to have a free lesson, for the parent to watch and then to make a decision on how the child is coping. After the lesson, it is advisable to chat to the instructor about what he/she thinks also.  
Most students with minor disabilities do very well in Karate, and we are happy to have them.
- Q.** Can I pay with credit card?
- A.** Yes we have facilities for Mastercard, Visa and Bankcard as well as Bartercard. Unfortunately, we are not able to process EFTPOS.
- Q.** What is Redlands Sporting Club?
- A.** Redlands Sporting Club (RSC) is a club within the Redlands Shire that our club (SKA) affiliates with. We often hold gradings there as well as our **Competitors Club** meetings. RSC often supports our members by funding athletes (who are also members of RSC) in Tournaments.  
We also offer discounts on sparring gear and various other items for members of RSC.  
We can arrange for you to become a member of RSC at any time.

# OUR SPONSORS

**Redland Sporting Club**  
Wellington Point

## Major Sponsors

### **Redland Sporting Club.**

Our Competitors and Supporters club is affiliated to Redland Sporting Club. R.S.C. sponsors our elite athletes and our junior competitors.

Each year they provide our members with one thousand dollar.

Members of our Karate Academy benefit greatly from their support. They are of course encouraged to support us more if we have our members make Redland Sporting Club their local club.

Sports Karate Australia offers great discounts on memberships and equipment if you are also member of R.S.C.

We also have some functions and dinners at the club and it's easier if you are a member. They have great facilities.

***Many other local businesses and clubs support our organisation.***

**Pat Barrett Realty**, 380 Main Rd Wellington Pt. 3207 2322. Peter is one of our Black Belts and is forever supporting our events physically and financially. He has a great reputation as a Real Estate Agent having been in the area 37 Years.

**Bengal Curry House**, 17 Fox St Wynnum Next door to our Dojo, We have had many a fine meal there and are always supported with raffle donations.

If you would like to be a sponsor please contact Shihan Rene 0412 061 407



## SPORTS KARATE AUSTRALIA

### Class List

Australia's Leader

Learn Karate, Self Defence from Australia's Best.

**World Champions**

Gov't Accredited, Kid's Programmes,

Sensei R.V.Roggeveen Dan, Dip.T

**Wynnum:** Has a fulltime centre "Honbu Dojo" on the corner of Fox and Wilde St's Wynnum North, On the water Front.

<b>Wynnum Mon</b>	<b>Kids: Traditional</b>	Honbu Dojo, 19 Fox St Wynnum, Mon, 4.00pm,
	<b>Intermediate Sparring</b>	Honbu Dojo, 19 Fox St Wynnum, Mon, 6.00pm,
	<b>Advanced Sparring</b>	Honbu Dojo, 19 Fox St Wynnum, Mon, 7.00pm
<b>Tues</b>	<b>Kids: Peewee 4 to 7yrs</b>	Honbu Dojo, 19 Fox St Wynnum, Tues, 4.00pm
	<b>Kids: Junior 5 to 12yrs</b>	Honbu Dojo, 19 Fox St Wynnum, Tues, 5.00pm,
	<b>Intermediate Kyu:</b>	Honbu Dojo, 19 Fox St Wynnum, Tues 6.00pm
	<b>Advanced Kyu &amp; BB</b>	Honbu Dojo, 19 Fox St Wynnum, Tues 7.00pm
<b>Wed</b>	<b>Teens 12 to 18yrs</b>	Honbu Dojo, 19 Fox St Wynnum, Wed 5.00pm
	<b>Beginners</b>	Honbu Dojo, 19 Fox St Wynnum, Wed, 6.00pm
	<b>Goju Karate Family</b>	Honbu Dojo, 19 Fox St Wynnum, Wed, 7.00pm
<b>Thurs</b>	<b>Kids: Peewee 4 to 7yrs</b>	Honbu Dojo, 19 Fox St Wynnum, Tues, 4.00pm
	<b>Kids: Junior 5 to 12yrs</b>	Honbu Dojo, 19 Fox St Wynnum, Thurs, 5.00pm
	<b>Adults Advanced Kyu:</b>	Honbu Dojo, 19 Fox St Wynnum, Thurs 6.00pm,
	<b>Black Belt &amp; BB Graders</b>	Honbu Dojo, 19 Fox St Wynnum, Thurs 7.00pm,
<b>Fri</b>	<b>Kids:</b>	Honbu Dojo, 19 Fox St Wynnum, Fri, 5.00pm
	<b>General Class</b>	Honbu Dojo, 19 Fox St Wynnum, Fri 6.00pm,
<b>Sat</b>	<b>Tournament Kumite</b>	Honbu Dojo, 19 Fox St Wynnum, Sat 8.00am,
	<b>Tournament Kata</b>	Honbu Dojo, 19 Fox St Wynnum, Sat 9.00am
	<b>Family</b>	Honbu Dojo, 19 Fox St Wynnum, Sat, 10.00am
<b>Sun</b>	<b>Black Belt Boot Camp</b>	Honbu Dojo, 19 Fox St Wynnum, Sat, 6.30am
	<b>Beginners</b>	Honbu Dojo, 19 Fox St Wynnum, Sun, 5.00pm
<b>Gumdale</b>	<b>Family</b>	Gumdale State School Hall, New Cleveland Rd Gumdale, 6.30pm
<b>Alexandra Hills</b>	<b>Kids: Junior 4 to 12Yrs</b>	Hilliard State School Hall, Hanover Crt, Mon, 5.00pm
	<b>Family / Adults:</b>	Hilliard State School Hall, Hanover Crt, Mon, 6.30pm
<b>Wellington Point,</b>	<b>Kids: Junior 5 to 12Yrs</b>	Wellington Pt Rec. Hall Birkdale Rd: Tues, 5.00pm
	<b>Family:</b>	Wellington Pt Rec. Hall Birkdale Rd: Tues, 6.30pm
<b>Birkdale</b>	<b>Kids</b>	Mary MacKillop Parish Centre, Hardy Rd Mon, 4.30pm
	<b>Kids</b>	Birkdale South School Hall, Old Cleveland Rd East, Wed 4.00pm
<b>Ormiston</b>	<b>Kids: Junior 5 to 12Yrs</b>	<b>Ormiston</b> School Hall, Gordon St Ormiston, Wed 4.00pm
<b>Victoria Point</b>	<b>Kids:</b>	
	<b>Kids: Peewee 4 to 7yrs</b>	Community Hall, Link Rd/Colburn Ave Wed, 4.00pm
	<b>Kids: Junior 5 to 12yrs</b>	Community Hall, Link Rd/Colburn Ave Wed, 5.00pm
	<b>Adults:</b>	Community Hall, Link Rd/Colburn Ave Wed, 6.30pm
	<b>Family</b>	Community Hall, Link Rd/Colburn Ave Sat, 8.30am
<b>Gradings</b>	<b>4 Annually</b>	Redlands Sporting Club, Ansen St Wellington Pt
<b>Camps</b>	<b>1 Annually</b>	Noosa North Shore Resort, Tewantin Noosa. December

**PH: 3396 0980**

**0412 061 407**

Please note, the actual teaching times for classes.  
PEEWEE 45 MINS, JUNIORS 55 MINS, SENIORS 55 MINS  
Some Classes may be longer if time and venue allows.



## PRICE LIST FOR ITEMS

### SPORTS KARATE AUSTRALIA

**ABN 88 126 617 794**

Discounted Price for Redland Sporting Club Membership (R.S.C.)\*

Price Includes G.S.T 10%

Standard

R.S.C.Members Discount \*

#### Memberships

Membership New 12 Month, (Inc.Insurance)	\$100.00	\$90.00
Membership Renew (Inc.Insurance)	\$100.00	\$90.00
Casual Lessons	\$12.00	

#### Gis

Gi Kit light weight with badge and Belt	\$82.50	\$75.00
Gi's light weight without badge	\$60.00	\$55.00
Club Badge	\$22.50	\$16.50
14oz Heavy (no badge or belt)	\$110.00	\$90.00
Belts any colour	\$12.00	\$11.00
Velcro Belts	\$22.00	\$16.50

#### Sparring Gear Superior :

##### **\*Male Kits (Red or Blue) Gloves, Shin Guard, Groin Guard, Mouth Guard**

Superior: gloves & Superior Groin	\$120.00	\$110.00
-----------------------------------	----------	----------

##### **Kit Female Kits Include Gloves, Shin Guard, Chest Guard, Mouth Guard**

Superior, One set Red or Blue Gloves	\$140.00	\$130.00
--------------------------------------	----------	----------

#### Individual Items

Chest Guard Females	\$44.00	\$40.00
Gloves WKF Red or Blue**	\$35.00	
Gloves Red or Blue Generic	\$25.00	\$20.00
Gloves Cotton White, Red or Blue	\$15.00	\$12.00
Shin Insteps WKF Red or Blue**	\$66.00	
Shin Insteps Red or Blue Generic	\$35.00	\$32.00
Shin Insteps Cotton White, Red or Blue	\$25.00	\$22.00
Mouth Guard	\$ 8.80	\$ 5.00
Superior Groin Guard Red or Blue Generic	\$25.00	\$22.00
Groin Guard Cotton White,	\$15.00	
Wetsuit Gloves	\$25.00	\$22.00

#### Weapons

Pole (Bow)	\$44.00	\$40.00
Sai	\$55.00	\$50.00
Nunchuku Wooden	\$75.00	\$70.00
Nunchuku Rubber Large	\$22.00	\$19.00
Nunchuku Rubber Small	\$15.00	\$19.00
Rubber Knives	\$12.00	\$10.00

#### Extras

Replacement Training Cards	\$ 1.00	
Polo Shirt	\$25.00	
Dress T'Shirt	\$25.00	
T' Shirt White Standard printed	\$22.00	\$20.00
T'Shirt Embroidered Black	\$22.00	\$20.00
Caps	\$8.00	\$ 5.00
Tracksuits	\$55.00	\$45.00
Bags	\$45.00	\$39.00
Kids Games helmets	\$55.00	
Kids game chest pads	\$45.00	
Kids game focus pads (round )	\$25.00	
Kick Shield Large	\$75.00	

#### **MEMBERSHIP SPECIALS**

##### Casual

##### **Beginners Super Saver**

**For \$150.00 includes...**

- **Membership Registration**
- **Karate Suit (Gi)**
- **Badge**
- **Belt**
- **Personal Insurance**
- **T'Shirt And two free lessons Or 1<sup>st</sup> Month of lessons**

Then

Choose your plan

Or Casual..... \$12 per Class

\*Set prices are based on WKF Branded gear **you can mix and match.**

\*\* WKF Prices may vary depending on Brand.

Prices Valid Until 30<sup>th</sup> December 2014



# SPORTS KARATE AUSTRALIA Pty Ltd

ABN 88 126 617 794

## Direct Debit Monthly Plan Agreement

I ..... the undersigned, agree to the following monthly plan (contract) for training with Sports Karate Australia. The contract is for ..... myself /my son /daughter/my family.

Name

I agree to pay the agreed amount for the plan for a minimum of 12 months.

### BENEFITS

#### BRONZE

- Up to 15 lessons in any School Term
- Free renewal next year saving \$90. (this is in lieu of classes missed in the year.)
- Classes can be made up with evening classes or classes at other venues to take full advantage, (including Tom Bellamy seminars.)
- At the end of the term you may use and unused lessons as follows: 2 lessons for a pregrading, or 1 lesson for a badge or at senior classes during school holidays
- Accounts will be debited \$48.00 on the first of every month
- Savings are around \$240.00 per year, (Next Membership Renewal \$90, 60 classes x \$2.50.)

#### SILVER

- Up to 30 lessons in any School Term.
- Free renewal saving \$90. (this is in lieu of classes missed in the year.)
- Classes can be made up with evening classes or classes at other venues to take full advantage (including Tom Bellamy seminars.)
- At the end of the term you may use and unused lessons as follows: At senior classes during school holidays, or 1 lesson for a badge.
- Accounts will be debited on the first of every month \$88.00
- Pre-gradings will be free.
- Savings are around \$564.00 per year, (Next Membership Renewal \$90, 120 classes x \$3.20, 4 X Pregradings @ \$15)

#### GOLD

- Unlimited lessons including Tom Bellamy Seminars. (Not including special seminars, Eg Patrick Mc Carthy)
- Free renewal saving \$90 next year. (this is in lieu of classes missed in the year.)
- Classes can be made up with evening classes or classes at other venues to take full advantage.
- Accounts will be debited \$144.00 on the first of every month.
- Free Gradings and Pre-gradings (not Including Black Belt Gradings)
- Savings are around \$980.00 per year, (Next Membership Renewal \$90, 200 classes x \$3.00. 4 X Pre-gradings @ \$15. 4 X Gradings @ \$50)

### UNDERSTANDINGS

- Card must be presented or the casual rate paid.
- The lessons must be used in the allocated Term.
- There are no refunds or credits carried over term to term.
- Some classes do not run during school holidays and public holidays. Please use them at other venues or times.
- Membership agreement is binding for a minimum of 12 months.
- After 12 months I must give at least 1 months notice for cancellation (This includes the one payment next due).
- Benefits are based on the maximum achievable.
- Benefits are non transferable.
- Default payment Fees: SKA Fee \$10 per default, any bank fees, all debt recovery fees, any legal fees.
- Initial default , Debt Service fee is \$50, + Outstanding

	<u>Bronze</u>	<input type="radio"/>	<u>Silver</u>	<input type="radio"/>	<u>Gold</u>	<input type="radio"/>
Individual	\$48.00 per month	<input type="radio"/>	\$88.00 per month	<input type="radio"/>	\$144.00 per month	<input type="radio"/>
Family of Two	+\$48.00 per month	<input type="radio"/>	+\$88.00 per month	<input type="radio"/>	+\$144.00 per month	<input type="radio"/>
Family of Three	+\$40.00 per month	<input type="radio"/>	+\$75.00 per month	<input type="radio"/>	+\$90.00 per month	<input type="radio"/>
Family of Four	+\$35.00 per month	<input type="radio"/>	+\$70.00 per month	<input type="radio"/>	+\$90.00 per month	<input type="radio"/>
Family of Five	+\$35.00 per month	<input type="radio"/>	+\$70.00 per month	<input type="radio"/>	+\$90.00 per month	<input type="radio"/>

I have read the terms and conditions below, regarding the relevant selected plan and agree to same.  
I have filled in the appropriate Direct Debit Form.

Signed ..... Date...../...../..... Accepted..... Date...../...../.....  
Applicant SKA Representative



# MEMBERSHIP APPLICATION

## SPORTS KARATE AUSTRALIA

Sports Karate Australia  
Shihan Rene Roggeveen 6th Dan  
P.O. Box 219  
Wynnum Q4178  
Ph 07 3396 0980  
Mobile 0412 061 407  
ABN 88 126 617 794

### APPLICATION AND AGREEMENT FOR REGISTRATION AS TRAINEE

**Students Name**..... **Date of birth:** / /

I ..... **aged over 18**  
(Parent)

**Address:** ..... **Ph:** .....  
**in the state of Queensland.**

Wish to enrol myself / son / daughter with the Sports Karate Australia (hereinafter called "**S.K.A.**") for a course in karate training and I apply for registration for myself / son / daughter as a trainee with S.K.A. and enclose an application fee of \$ ..... herewith in consideration of the S.K.A. to the best of the ability of its authorised instructors. Training and instructing myself / son / daughter in the art of Karate I hereby agree to as follows:-

1. **To guarantee myself / son / daughter to abide with the conditions of training set down from time to time by S.K.A. and in particular but without limiting the foregoing I hereby acknowledge:-**

- (a) Karate students should develop good manners and show respect for their elders and instructors.
- (b) Persons who use Karate to bully or in brawls or do not conduct themselves properly in public will be expelled without prior notice from S.K.A.
- (c) All persons who join in the training sessions must be members of S.K.A. before commencement of training.
- (d) Persons found to have a criminal record or to be of bad character will not be permitted to continue training with S.K.A.
- (e) That S.K.A. shall set a training session fee which S.K.A. may vary from time to time and that such training fee shall be payable by trainees before commencement of each training session which such trainees attend.
- (f) Fees paid are non refundable.

2. **That I enrol myself / son / daughter to join and train with S.K.A at my own risk and that S.K.A. it's servants, agents, instructors and other trainees will not accept any responsibility whatsoever for accidental death, personal injury or loss or damage to property which may arise directly or indirectly from Karate before, during or after training or competition with or for S.K.A. and I hereby indemnify and save harmless the said S.K.A. (including S.K.A. in it's capacity as owner, occupant or lessee of any training premises), it's servants, agents, instructors and other trainees against and from all or any actions, suits or claims and demands whatsoever which I / my son / daughter may but for these presents otherwise have had.**

Signed, sealed and delivered the ..... day of ..... 20....

*Signed by the Applicant in the presence of witness*

X .....  
Signature of Applicant

X .....  
Accepted SKA Representative

Signed by parent (If applicant under 18) X .....

I the said X ..... hereby acknowledge communication of S.K.A.'s acceptance of my within application.

Dated the ..... day of ..... 20....

X .....  
Accepted SKA Representative

X .....  
Signature of Parent / Applicant

**REDLAND SPORTING CLUB MEMBERSHIP NUMBER** .....

**Source of inquiry** ..... **Occupation** ..... **E-mail**.....

<b>Date:</b> / /	<b>Redland Sporting Club</b>	<b>Yes / No</b>	<b>Class:</b> .....
<b>Paid. \$</b> .....	<b>Receipt No.</b> .....		<b>Instructors Initials</b> .....