

# Goya-Ra-Ru Martial Arts

## *Junior Class, Quinton*

### Introduction

Welcome to Goya-Ra-Ru Karate lessons. It is hoped that you will enjoy your training and benefit from the variety of positive effects that the martial arts promotes.

### Instructors

Quinton Junior Karate Class Lead Instructors:

Mr James Stockley  
email: james@gokarate.co.uk

Mr Nick Perry  
Email: nick@gokarate.co.uk

**Website:** [www.gokarate.co.uk](http://www.gokarate.co.uk)

To access the *member's section*, go to the homepage and **click on the badge at the top left of the screen**. Please check the members section for details of events and technical guides.

### Junior Members Section

[www.gokarate.co.uk/members/junior.htm](http://www.gokarate.co.uk/members/junior.htm)



### Summary of Training Fees

Rather than a lump sum 'initial joining fee' we have attempted to stagger the financial outlay slightly.

#### Within one week

1. Set up a standing order to cover the weekly lessons from the second lesson onwards. (£12/month)  
*See page 2 of this handout.*

#### Within 1 month

2. Association 'Membership Licence' booklet (£12.50)  
*See page 5 of this handout.*

#### Typically 2 months

3. Karate suit and belt ('gi') – Needed for those wishing to attempt the first 'tag test'. Basically, you need something to hang the tag on! (£28)  
*See page 3 of this handout.*

# Club Information – Lesson Fees

**Lesson fees: £12.00 per calendar month**  
(this works out at roughly £2.80 per week)

Payment is via **standing order** (SO) from a bank/building society account. This should be set up to start on the day from which you wish to begin the lessons and then on the same day of the month from then on.

You will need to **contact your bank** to arrange a monthly transfer into the following account:

**Go-Karate**, Account. No. **40393290**, sort code: **20-07-82**.  
Please reference the SO with your child's name.

There is no minimum 'sign-up' term and you are free to cancel at any time.

## Example standing order confirmation slip:

**Standing order confirmation slip**  
(Once you have set up the standing order, please complete this slip and hand it into one of the class instructors)

Payment reference (Student's Name) ..... *Hannah & John Smith...*

Payments	Student's name	Standing order details
<input checked="" type="checkbox"/> £12 std. 1 lesson per week	... <i>Hannah Smith...</i>	Total amount/month: <i>£24.00</i>
<input checked="" type="checkbox"/> £12 std. 1 lesson per week	... <i>John Smith.....</i>	Day of month of payment: <i>14th</i>
<input type="checkbox"/> £12 std. 1 lesson per week	.....	
<input type="checkbox"/> £12 std. 1 lesson per week	.....	

*Set up the standing order with your bank*

## **Instructions on Setting up the Standing Order (SO)**

Note: this is **NOT A DIRECT DEBIT**. *You* control the amount paid and date of payment

- Step 1.** Work out the training fees. [amount]  
Currently this is: £12.00 per month per person.
- Step 2.** Work out the start date for standing order. This will be the day of the second lesson attended. [date]  
The SO will come out of your account on the same day each month.
- Step 3.** Contact your bank or building society (via telephone, internet banking or dropping in) and instruct them to pay the appropriate [amount] on the same [date] each month. They will also need the following information:  
Pay to **account number 40393290**, at **sort code 20-07-82**. Please **reference** the SO with *your child's name*
- Step 4.** Complete the slip below and hand it into the class instructor.



*Hand this slip into the class instructor*

## **Standing Order Confirmation Slip**

(Once you have set up the standing order, please complete this slip and hand it into one of the class instructors)

Payment **reference** (*student's name(s)*) .....

Payments	Student's Name	Standing order details
<input type="checkbox"/> £12 std. 1 lesson per week	.....	Total amount/month:
<input type="checkbox"/> £12 std. 1 lesson per week	.....	SO set up date:
<input type="checkbox"/> £12 std. 1 lesson per week	.....	
<input type="checkbox"/> £12 std. 1 lesson per week	.....	

Office use:      Received.....

SO verified .....

# Club Etiquette

## Club etiquette

Please help uphold a respectful, courteous and safe training environment for both yourself and fellow students by adhering to the following etiquette:

- Clothing should fit correctly, be clean and in good state of repair.
- The appropriate belt (including tags) should be worn with the gi.
- Nails (fingers and toes) must be kept clean and short.
- Jewellery (including watches) must not be worn.
- Please walk around the edge of the training area when wearing outdoor shoes. Remove footwear when entering the hall during wet weather.
- Please keep all drinks away from the main training area to avoid creating slip hazards.
- Keep all belongings (bags, shoes etc.) away from the main training area.
- Students should make every effort to be on time for lessons, but if late should enter the hall quietly, bow, wait for the instructor's acknowledgement, then join the rest of the class.
- All mobile phones should be turned to 'silent' or turned off.
- Again, for safety reasons, please inform an instructor if you leave the main training room at any time.
- No swearing or anti-social behaviour!
- Students should address the male and female instructors as Sir and Miss respectively.
- Parents staying to watch the class should be mindful of causing distractions whilst the lesson is in progress. We don't expect a monastic silence but please be careful not to talk loudly with each other.

See also: [www.gokarate.co.uk/goyararuetiq.htm](http://www.gokarate.co.uk/goyararuetiq.htm)

## Illnesses and injuries

Members currently suffering from any injuries or illnesses, are encouraged to consult a medical practitioner for advice before continuing / starting training.

Please bring any relevant conditions to the attention of the class instructor (in writing) along with any special instructions relating to what to do in case of an emergency.



## Karate Suit (gi) order form

Name .....

Size: .....

Belt: Yes / No

Total amount £.....

Office use:- Paid:

Date:

### Gi size (person's height) and price guide.

Size 00 (3'6" to 3'9")	£25.00
Size 0 (4'0" to 4'2")	£25.00
Size 1 (4'3" to 4'7")	£25.00
Size 2 (4'8" to 5'0")	£25.00
Size 3 (5'1" to 5'4")	£29.00
Size 4 (5'5" to 5'8")	£29.00
Size 5 (5'9" to 6'0")	£29.00
Size 6 (6'0" to 6'3")	£29.00
Size 7 (6'3" + )	£29.00
<b>Belts (white)</b>	<b>£3.00</b>

# Syllabus for the first grade (yellow/white stripe belt)

## **White belt with First Tag**

- 1 Horse Stance  
Ready Position  
Freestyle Fighting Stance  
Front Stance
- 2) Upper open hand X block  
middle and lower parry blocks
- 3) Front Jab  
Cross  
Reverse Punch
- 4) Attended a minimum of 4 lessons.

## **Second Tag**

- 1) Front Kick (4 stages)  
Freestyle Round Kick (4 stages)  
Forward Knee-Strike  
Jump Knee-Strike
- 2) Stepping forward in fighting stance  
Jump Turns
- 3) Attended a minimum of 4 lessons.

## **yellow stripe belt**

- 1) Yellow Stripe COMBINATION
  1. Step back - middle parry
  2. Freestyle reverse punch
  3. Freestyle boxing jab
  4. Step up into ready position
- 2) Knee COMBINATION
  1. Step back, guard
  2. Knee strike with rear leg,
  3. Knee strike with rear leg,
  4. Step up into ready position

## **Grading and progression**

Coloured belts and 'tags' provide a series of defined goals to aim for. Members progress to the next belt by passing a short test during which they will demonstrate a level of competence with regards to the techniques listed in the syllabus.

## **Grades**

The grade structure is as follows:

White belt      1<sup>st</sup> Tag   2<sup>nd</sup> Tag

Yellow stripe   1<sup>st</sup> Tag   2<sup>nd</sup> Tag

Yellow belt      1<sup>st</sup> Tag   2<sup>nd</sup> Tag

Orange belt      1<sup>st</sup> Tag   2<sup>nd</sup> Tag

Green belt       1st Tag   2<sup>nd</sup> Tag

Blue belt

Purple belt

Brown belt

Senr Brown belt

Black belt

Full syllabus for all grades available to download from the internet:

[www.gokarate.co.uk/members/syl2.pdf](http://www.gokarate.co.uk/members/syl2.pdf)

## **Progression to the senior class**

If they wish, students may join the senior (adults) class at age 12 or when they have obtained the grade of blue-belt.

However, please be aware that the format of this class is slightly different. The techniques will be the same but classes typically last for 1.5 hours and can be more physically and mentally demanding. Contact is still light however, and the same levels of safety are of course maintained.



Bushi Goya-Ra-Ru Association

## Goya-Ra-Ru Martial Arts

### Application for Membership Licence

Licence holders have the status of full members of the Bushi Goya-Ra-Ru Association, and are eligible to advance through the recognised grades. Please complete your details below in BLOCK CAPITALS.

Club\*: Quinton Junior Class, (Held at: Parish Hall, Quinton, Birmingham).

Name:

Address:

Post Code:  Contact No.

Email:

Date of Birth:

Signed \*

Date:

\* (this form should be signed by a parent or guardian, contact details should also refer to the parent/guardian)

***NB: All application forms should be accompanied with a passport size photograph and fee.  
Please return completed forms to your club secretary or instructor.***

#### **Current Licence Fees:**

Initial licence: £12.50

Annual renewal: £10.00

---

#### **Office use:**

Date

licence No.