



ALL-AMERICAN SOCIETY OF KARATE PARENT HANDBOOK

A Parents Guide to the Junior Program of the Austin Society of Karate

Welcome to the Austin Society of Karate. Your child is now part of the largest karate organization in Austin. In 1983 the All-American Society of Karate (ASK) began teaching American Karate in Austin and continues to offer a quality program at an affordable price. The Austin Society of Karate is associated with the All-American Society of Karate and is affiliated with other karate organizations in many other Texas cities. Greg Beaver is the Director of the All-American Society of Karate.

The ASK offers evening classes for both children and adults and after school classes for children Monday through Friday at different locations throughout the Austin area. If your child has to miss a class for any reason, he or she may make up that class at any of our other locations.

THE UNIFORM

All students need an all black uniform (Gi) to participate in class. You may purchase this from the instructor, from our website or from your own sources. We would ask that all junior students have their first name only put on the back of their uniform top in 2 inch white block letters. This can be done at any T-shirt shop and at many sporting goods stores. Students need to wear their complete uniform (top, pants, and belt) to each class. Please keep you child's uniform clean and neat.

Class begins promptly at the scheduled time and lasts an hour. If you will do your part by having your child ready for class ten minutes before class starts, we will do our best to start each class on time. Children enjoy having their parents watch them train and we welcome and encourage you to stay and observe the class. In this way you can be part of your child's karate program.

Every student is given a Junior Karate Study Sheet (Fly Sheet) upon joining. This contains information that is important to your child. This information sheet contains terms your child will need to know, requirements for belt advancement, and other information. Younger children may need your help in reading or understanding some of the terms.

SPARRING

Karate is a contact sport. At certain times during the course of each session students will be sparring. Unlike boxing, the object of this type of karate is to score points without hurting your opponent. Points are awarded for "tagging" your opponent with karate techniques. When the children spar in class there is no contact allowed to the face or groin area. We do ask that all children wear a karate mouthpiece and that boys wear an athletic cup supporter (your child's instructor will let you know a few weeks before these are needed). This is for safety reasons. All the other equipment they need will be provided.

The rules for sparring are explained to students before any contact begins, and these rules are reviewed from time to time. All matches are supervised by qualified adults. Please impress upon your child that winning is not as important as doing his or her best.

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TOURNAMENTS

The ASK holds tournaments four times a year. Your child may wish to compete in these tournaments. **Participation in a tournament is a requirement for all students wishing to advance in rank (belt color).**

At tournaments children will compete with others of the same age, size, gender, and belt color. The rules for sparring at tournaments are the same as those followed in class. Children are provided with special head gear containing a face shield for competition at the tournament. Contact to the face shield is allowed at the tournament but your child will still need his or her mouthpiece and boys their cup supporter in order to compete. Excessive force, anywhere on the body, will result in automatic disqualification! As in all sports, the decision of the referee is final.

White belt through Red belt competitors always fight for first and second place. We call it a "winner's tournament" because everyone wins. This type of tournament helps build self-confidence and self-esteem.

BELT ADVANCEMENT

Students who have the necessary requirements completed (class hours and tournaments) and display a good class attitude are given a nomination for a rank test. These nominations are handed out the week of each tournament by your child's instructor. Advancement in rank is optional. As a parent, you will decide if you wish to have your child take the rank test. You will need to attest, via a signature on their nomination form, that they have shown a good attitude at home and at school.

The requirements for each belt level are listed on following pages. This issue of rank nomination does not guarantee that the student will automatically pass the rank test. We attempt to teach all students the required techniques. The instructor may wait to issue a nomination or may wish to discuss with you his or her concerns about your child's readiness to test. We would much rather tell a child that they are "not quite ready" to take their test than to have him or her fail. All instructors will be happy, at any time, to discuss your child's progress with you.

Rank tests are designed to challenge students as well as to determine student's knowledge of terms and techniques. Therefore, each rank test is designed to be harder than the prior test. Yellow and Orange belt exams are designed to be easy, building a student's confidence. Tests for Green belt and above are tougher and more difficult. Red belt tests are taken before a board of Black belts on a date to be specified by the instructor.

The rank test will normally occur the week after the tournament as indicated on the nomination form. At times we may test the students as a group or in small groups apart from the other students and parents. If your child is unable to take his or her test at the assigned time, please let the instructor know as soon as possible. They may be able to direct you to another testing site.

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CLASS BEHAVIOR

Discipline is an important part of any martial arts program. In the ASK, children should address all instructors and their assistants by "Sir" or "Ma'am". They should sit upright, with their legs crossed with hands resting on the knees, while in class.

Children should bow when entering or leaving karate class. This is the traditional way of showing respect for the place where you train. Please remind your child to sign in upon entering the training area. This will ensure that there is an accurate record of the student's class hours. The proper way to sign in is to give one's first and last name to the person taking roll, and say "Sir" or "Ma'am" and then bow.

There is no talking during class. Students with questions must raise their hand. There is no horseplay allowed before, during, or after class. No jewelry (earrings, watches, rings, necklaces, etc.) is to be worn during class. Please remind your child that karate is to be practiced only in class or at home with your permission.

If siblings are watching class please keep them as quiet as possible and away from the training areas. This will enable all karate students to focus their attention on the instructors.

UNIFORM PATCHES

Only All-American Society of Karate patches are to be worn on the uniform. Two of these patches, The Austin Society of Karate patch (right side) and the American Society of Karate (left side) are awarded to the karate student upon earning the Yellow belt and Orange belt. There are two other patches that your child may be eligible for and wish to purchase:

- **A Team.** This patch is available to any student who earns 'A's and 'B's (or equivalent) in scholastics and straight E's (or their equivalent) in conduct, for one semester. Students should show their instructor a copy of their current report card. This patch is sewn on the left sleeve of the uniform, one inch below the shoulder seam. There are four levels of A Team patch.
- **Black Ace.** This patch is available to any student who wins first place in an ASK tournament. This patch is sewn on the right sleeve of the uniform, one inch below the shoulder seam. There are four levels of Black Ace patch.

Instructors may have additional patches that they may award to certain students. They will provide you with the details.

OPTIONAL ACTIVITIES

Several times a year ASK holds special events in which your child may wish to participate. None of these activities are required but students have enjoyed and benefited from them.

- **Junior Karate Ninja Camp:** sometimes called Junior Ninja Camp: A day camp designed to provide junior students with a chance to experience some of the other fun aspects of the martial arts. This camp is 2 hours in length and held on Saturdays. It allows children to learn and practice things we do not have the time to do in a regular class. Students are instructed in the martial arts weapons such as Nunchuks, Sai, and the Bo Staff, as well as some self-defense techniques. Much of the equipment is the

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practice type (rubber) and its use is closely supervised by adults. This is by far the most popular function we offer for children.

- **Best of the Best Tournament:** This is an elimination tournament. Competitors will be lined up according to gender, height and belt color. There are four divisions, with up to 8 children each; yellow/orange, green/blue, all purple, all red. Each division will spar down to a first and second place. Large Trophies are presented to first and second place winners. There are 3rd place awards given to all participating, eliminated, students. This tournament an exciting event to watch and a fun one in which to compete. Participation in a Best of the Best tournament also fulfills the tournament requirements for a rank test.
- **Seminars:** From time to time the ASK will bring to Austin someone well known in the martial arts field for a seminar. Bill "Superfoot" Wallace (former undefeated, full-contact world champion) and others have provided optional training seminars that are an excellent supplement to your child's karate program.
- **Black Belt Ceremony and Martial Arts Show:** Adult karate students who have earned their Black belts are presented their Black belts at a special ceremony. A martial arts show always precedes this and offers entertainment for young and old alike. Junior karate students take an active role in both the ceremony and the martial arts show. In addition, many children receive special recognition (Outstanding Student, Most Outstanding Student, and Student of the Year) or special awards (Academic Merit and Academic Excellence) at these ceremonies.

Your child's instructor will inform you of these upcoming events.

STUDY TERMS

The founder of modern day karate was a man named **FUNAKOSHI**. Karate began in the country of **INDIA** in the year **500 A.D.** Karate is a Japanese word that means **EMPTY HANDS**. The most important part of karate is **CONDITIONING**. Karate is divided into 3 groups: **ART**, **SPORT**, and **SELF DEFENSE**. The art part of karate is made of **FORMAL EXERCISES** called **KATA**. The most important part of kata is **BREATHING** and **TENSION**. The goals of karate are to train your **MIND**, **BODY**, and **SPIRIT**. There are **7 LEVELS** of **BLACK BELT**. It takes the average adult 3 to 5 years to obtain a Black belt. Karate is made up of different types of **KICKS**, **PUNCHES**, and **STRIKES**. **JUDO** is made up of different **THROWING TECHNIQUES**. The style of karate that you will be studying is **AMERICAN KARATE**. The father of karate in the United States is a man named **ED PARKER**. The most important aspect of your training is having a **GOOD ATTITUDE**. The most important parts of sparring are **TIMING** and **DISTANCE**.

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