

A7SK DOJO'S  2023

LITTLE DRAGON'S KARATE

Cultivating **A**ttitude

Improving **B**ehavior

Building **C**haracter



American Freestyle Karate Club
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Welcome To The American Freestyle Karate Club, home to Denver since 1976.

We offer a fun and safe environment teaching positive character traits,
proven to last a lifetime.

THANK YOU FOR GIVING US THE OPPORTUNITY TO TEACH YOUR CHILD!

ABOUT THE CLASS

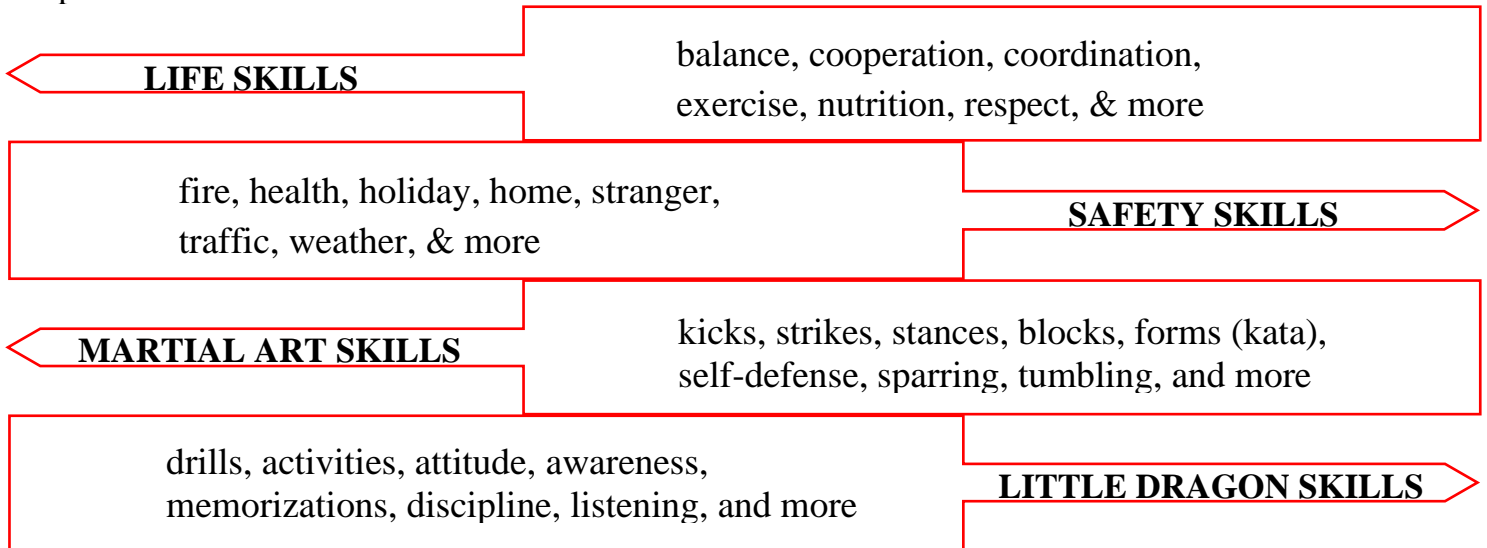
The Little Dragon program is an **ABC** character training, through martial arts.

Cultivating Attitude, Improving Behavior, Building Character

This is learned through teaching character traits (& their understanding) such as honesty, accepting responsibility, respect for their self and others, and more. We instill the importance of practicing these skills every day and, with this mentality, it becomes a lifestyle.

MARTIAL ARTS IS NOT ABOUT FIGHTING; IT'S ABOUT BUILDING CHARACTER

We practice and reward for each of these skills:



Do you know what to do when you are confronted by a BULLY?

USE THE ORDER OF IMPORTANCE!

1. Avoid Before Check
2. Check Before Block
3. Block Before Strike
4. Strike and Run to Safety

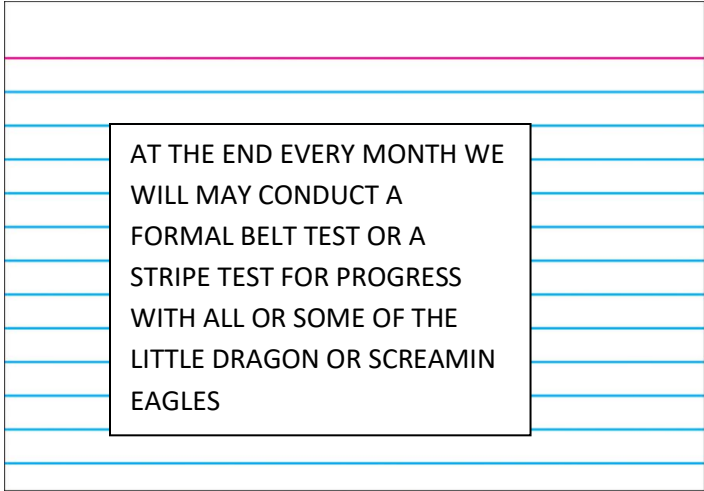


Patch Placement: Each skill has a designated place on your gi (uniform). After receiving a new patch for a skill, sew it on the designated area. Left arm, LIFE SKILLS; Left leg, LITTLE DRAGON SKILLS; Right leg, MARTIAL ART SKILLS, Right arm, SAFETY SKILLS. Use your judgment to decide what skill, the patch you received, fulfills.

What To Do Upon Arrival: Arriving 5 minutes prior to class will allow your child time to prepare for class. They will bow as they enter the dojo. Remove shoes and socks. Change into their gi and tie their obi (belt). Use the bathroom if necessary. Place a initial on their attendance card. Fall into and participate in the current activity.

The Attendance Card: One student initial, per class, is placed on each date, in order left to right & top to bottom. After every initial class date, there will be a Promotional Belt stripe on the last Tuesday of each month. Then they will test for their Belt. Once the dragon has earned 4 stripes, they will test for their next Belt.

What To Do During Class: All students will participate, in a combined class, for the first 15 minutes of class. At 6PM, the Little Dragons will continue their class in the Little Dragon classroom. Parents are welcome follow them to watch quietly.



What To Do After Class: Escort your child to change out of their gi, untie their obi, and put on their shoes and socks. Bow before leaving the dojo. If you do not leave right away, be sure your child is supervised and is not allowed to run, hang on equipment, or treat anything in the dojo without respect for what it was intended for. If you have students in the adult classroom, and there is no class in the Little Dragon's room, your child may use the equipment for its intended purposes and with respect. Please clean up and put away anything used during this time.

Rank Advancement: Moving up in rank is based on attendance and may test to advance on the last tuesday of each month attended. When your attendance card is full, please see the instructor to complete the **Intent to Promote form**, remit your **commitment fee**, and **prepare for the promotion**. You will be given items to review via email. Please feel free to speak with our instructors with any questions/concerns you may have.

Promotion Day Requirements: Promotions will be an informal event held during normal class time. Students **MUST** arrive on time or they may not test. Please ensure proper rest, nutrition, and hydration 24 hours prior to the test. Promotions will review instruction learned during class time. Higher ranking belts will be expected to perform and lower ranking belts will be expected to be familiar with class work.

**AS IN EVERY CLASS,
ALL STUDENTS WILL BE EXPECTED TO GIVE 110% DURING THEIR PROMOTION.**

Belt promotions are a very exciting, and confidence boosting, experience. We lift them up for all of their hard work they invest into their karate and make this a positive experience as they test the inner strength within themselves.

DOJO ETIQUETTE

- Students should arrive 5 minutes before class begins to dress and fill their attendance card.
- The belt (obi) is not to be worn in public outside of the dojo, unless instructed.
- Remove socks and shoes before entering class; no shoes permitted on the dojo floor
- A clean uniform (gi) top, pants, and belt (obi) must be worn to every class, no t-shirts to substitute gi top.

IF YOU LOOK GREAT, YOU WILL PERFORM GREAT!

- Care for your belt (obi): never to be washed, never on the ground, tied when not in use, & always treated with respect.
- Always address instructors and staff members with respect - Yes (Sir/Ma'am); No (Sir/Ma'am); Excuse me (Sir/Ma'am). When greeting instructors & staff members -Mr./Ms./Mrs. (First/Last name)
- Never interrupt when anyone is speaking and always raise your hand and wait to be acknowledged.
- If late for class, please enter quietly without interruption, and fall into class quietly and ready to participate in the current activity.
- Students may not eat, drink (other than water), or chew gum.
- Always show speed when instructed to do something, no strolling.
- Wait times in class will be kept to a minimum but during those times there is no leaning against walls and equipment, sitting in chairs, talking excessively. Instead pay attention to the activity in a KIME stance (on one knee, with hand resting on that knee) & wait until the Instructor directs you to perform.
- Do not use or teach martial arts outside of class unless necessary or instructed to do so.
- No laughing, giggling, or making fun of any student.
- Any manner of disruptive behavior in the dojo is considered an act of disrespect toward the teacher and classmates and will not be tolerated
- Keep fingernails and toenails short & clean.
- Visitors are welcome to watch but please keep the area clean and quiet during class times.
- No profanity, no smoking, no alcohol, no drugs, and no weapons in the dojo or any other sponsored event.
- All directions by the instructor should be obeyed 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.
- No jewelry or watches.
- Students should show a high level of character and treat each other with respect, kindness, and compassion.
- No horseplay, running, or rough play during or between training classes.
- If your student is waiting for their class to begin, please do so in the viewing areas of the dojo. It is disrespectful and disruptive to mingle in the classroom area during class instruction. When the prior class is closing, they may fall-in and sit in meditation stance.

MEMORIZATIONS

Dragon Character Commitment

1. Speak the truth
2. Ask for what you want.
3. Always keep your agreements
4. Be responsible for your actions and experiences
5. Raise your standards and pray for guidance

McCalls Character Code

I am what I am because I choose to be.

It is my choice to decide the direction of my life.

To hold any other person, or thing, responsible for who, and what, I am is to cloud the truth.

Knowing this to be true, I have the ability to change my life. **“IT IS POSSIBLE!” MARK 9:23!**

Gichin Funikoshi’s 20 Guiding Principles of Karate

1. Karate-do begins and ends with bowing (*‘rei’ in Japanese*)
2. There is no first strike in karate
3. Karate stands on the side of justice
4. First know yourself and then know others
5. Mentality over technique
6. The heart must be set free
7. Calamity springs from carelessness
8. Karate goes beyond the dojo
9. Karate is a life-long pursuit
10. Apply the way of karate to all things. Therein lies its beauty
11. Karate is like boiling water, without heat it returns to its tepid state
12. Do not think about winning; think rather of not losing
13. Make adjustments according to your opponent
14. The outcome of a battle depends on how one handles emptiness and fullness (weakness and strength)
15. Think of hands and feet as swords
16. When you step beyond your own gate, you face a million enemies
17. Formal stances are for beginners; later one stands naturally
18. Perform prescribed sets of techniques exactly; actual combat is another matter
19. Do not forget the employment of withdrawal of power, the extension or contraction of the body, the swift or leisurely application of technique
20. Be constantly mindful, diligent, and resourceful, in your pursuit of the Way

Four Elements of Karate

Speed Power Technique Breathing

5 Animal Strengths

- Dragon – Body strength
- Tiger – Bone strength
- Leopard – Inner & Outer strength
- Crane – Hidden or Spiritual strength
- Snake – Breath strength or Power of the Saika Tandan



Dojo: In Japanese, “Do” refers to the way, road, or path and “Jo” is place. Therefore “DoJo” means the place of the way and refers to the physical building only.

Bow:

- what: the bow is a mark for respect (‘rei’ in Japanese) for the dojo and the people in it.
- when: upon entering the dojo, leaving the dojo, entering the sparring ring, exiting the sparring ring, receiving anything, giving anything, being called upon, returning to your place, etc.

Osu: In Japanese, “Osu” is a phonetic expression formed of two characters. The first means push and the second means to endure. Created by the Japanese Naval School, it is not to be said loosely as it signifies patience, respect and appreciation and is spoken deep from within the abdomen.

In order to develop a strong body and strong spirit it is necessary to undergo rigorous training. This training is very demanding where you push yourself until you think you've reached your limit. First your body wants to stop, to give up, but your mind keeps pushing you. Then your mind wants to stop, but your spirit keeps you going. When you reach this point you must fight yourself and your weakness and you must win. To do this you must endure the pain, you must learn to persevere, but above all you must learn to be patient. That is Osu.

It's easy to get frustrated by doing the same thing over and over again, especially when progress seems to be slow. To overcome that frustration and continue training takes patience and determination. That is Osu.

The reason you subject yourself to hard training is because you care about yourself, and to care about yourself is to respect yourself. This self-respect evolves and expands to become respect for your instructor and fellow students. When you enter the dojo you bow and say "Osu" . This means you respect your dojo and the time you spend training there. This feeling of respect is OSU!

SPECIAL EVENTS

Tournaments: Tournaments are exciting, fun, and are meant to be a positive experience. Our school hosts a local tournament, in the spring of each year, and we encourage your participation. There will also be a few tournaments hosted by our sister school throughout the year as well. Little Dragons may participate in the Flag sparring, Contact sparring, and Ninja Survival courses. Contact sparring will require gear and can be ordered through the school ONLY.

Birthday Parties: Have your birthday party for **FREE** at the dojo! You may invite up to 15 participants. Each will receive a voucher for 2 free karate classes and a **FREE** party for their next birthday. Ask us how the birthday person can cut their cake with a real Samurai sword!

MORE INFORMATION

Hours of Operation:

- Little Dragon Class Times: **TUESDAY & THURSDAY:** *White through Advanced* **6:00pm -6:30pm**
- American Freestyle Class Times:
- Every **TUESDAY & THURSDAY:** All Ranks **4:30pm - 5:25pm / 5:30pm - 6:25pm / Adult & JR's 6:30pm - 7:25pm** & **SATURDAY 9:00am – 10:00am (NO little Dragons)**

Health Guidelines: Please do not come to class if...

- have had a fever within the past 24 hours
- severe phlem-producing cough
- thick colored nasal discharge
- sore throat with fever
- within 24 hours of antibiotic treatment
- 3 or more watery stools within the past 24 hours
- vomiting 2 or more times within the past 24 hours
- body rash, especially with a fever
- infectious period of chicken pox
- thick mucus or puss draining from eye
- any evidence of lice

If unsure, just ask yourself “Would I like my child exposed to this?”

School Closings & Cancellations: The school will be closed for major holidays. In the case of an emergency, we will contact you via email or phone so please let us know the best way to contact you. For cancellations, if Lincoln County schools are closed or dismissed due to weather, we will not have class unless contacted otherwise.

Little Dragon Families and Dojo Communications: Please be sure the instructor has your contact information (email and phone number) and the best way to reach you.

WE WELCOME YOUR COMMENTS, SUGGESTIONS, AND CONCERNS!

AMERICAN FREESTYLE KARATE DOJO ACTIVE INSTRUCTORS

- **Danny McCall** *Hanshi*
704-579-7034 - hanshimccall@gmail.com
- **Joseph McClellan** *Kyoshi, Little Dragon's Lead Sensei & Dragon Dojo Director*
704-483-9471- joseph.mcclellan@duke-energy.com
- **Ronnie Ward** *Sensei (Saturdays)*
704-483-2658 - rcward61@charter.net
- **Mike Keever** *Sensei (Saturdays)*
704-451-7773-keeverm@bellsouth.net
- **David Washco** *Sensei*
828-234-8378-dlwashco@att.net
- **Stacy Simpson** *Little Dragon's Sensei & Program Coordinator-RN*
704-616-3114-stacy.wright5069@gmail.com

**“TRAIN UP A CHILD IN THE WAY HE
SHOULD GO:
AND WHEN HE IS OLD,
HE WILL NOT DEPART FROM IT.”**

-PROVERBS 22:6

AMERICAN FREESTYLE KARATEDO

NOTHING MORE IMPORTANT THAN GOOD MANNERS

1. YES SIR
2. NO SIR
3. YES MAM
4. NO MAM
5. PLEASE & THANK YOU
6. IF YOU HAVE NOTHING GOOD TO SAY-SAY NOTHING AT ALL
7. YOU are WELCOME
8. ALWAYS SHARE
9. RESPECT PEOPLE'S BOUNDARIES (no touching without Permission)
(NEVER rummage through other people's personal property without permission.)
10. DON'T TALK WHILE THE OTHER PERSON IS TALKING!!

"BLACK BELTS HAVE GOOD MANNERS AND ARE GOOD LISTENER"

1. BODY LANGUAGE
2. EYE CONTACT
3. ASK QUESTIONS

4. NEVER SPEAK WHEN THE OTHER PERSON IS SPEAKING



*The only way we respond to our parents or seniors with YES SIR or YES MA'AM/NO SIR or
NO MA'AM or NO EXCUSES SIR or NO EXCUSES MA'AM*



ON A QUEST TO BE THE BEST!