

Dr's & Adults



"WE BUILD BLACK BELT LEADERS"

Timothy 1:7 & Proverbs 22:6

**American Freestyle Karate Club
4060B Hwy 16th N, Denver N.C. 28037**

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Welcome ToThe American Freestyle Karate Club,
Family Dojo to Denver since 1977.

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 FAMILY!

ABOUT THE CLASS

The Martial Arts program is an **ABC** character training, through martial arts.

Cultivating **Attitude, Improving **B**ehavior, Building **C**haracter**

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 ALL ABOUT FIGHTING; IT'S ALSO ABOUT BUILDING CHARACTER

We practice and reward for each of these skills:

LIFE SKILLS

balance, cooperation, coordination,
exercise, nutrition, respect, & more

fire, health, holiday, home, stranger,
traffic, weather, & more

SAFETY SKILLS

MARTIAL ART SKILLS

kicks, strikes, stances, blocks, forms (kata),
self-defense, sparring, Jui-Jitsu, and more

drills, activities, attitude, awareness, memorizations,
discipline, Good Manners ,listening, and more

McCall's KARATE 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 (SEE HANSHI FOR ADULT VERSION)
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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 10 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 (only karate bootie-purchased from dojo can be worn)
- A clean uniform (gi) top, pants, and belt (obi) must be worn to every class, no t-shirts to substitute gi top, unless it's a school Tee shirt.

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

Dojo 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 Warrior Code(LOOK IN THE MIRROR)

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

GichinFunikoshi's 20 Guiding Principles of Karate

1. Karate-do begins and ends with RESPECT
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 SaikaTandan



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 require 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, point & Contact sparring, and Ninja Survival

courses. Contact sparring will require gear and must be ordered through the school. **ALL SAFETY**

EQUIPMENT & UNIFORMS MUST BE PURCHASED FROM OUR DOJO AS WELL AS WEAPONS. (NO EXCEPTIONS)

Birthday Parties: Have your birthday party for **FREE** at the dojo! You may invite up to 25+ participants. Each visitor will receive a voucher for 16 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:

- **Jr/ADULT/ Eagles Karate Class Times:** TUESDAY & THURSDAY:4:00pm–7:30pm-DOJO A & B
 - **All PRIVATE LESSONS:** TUESDAY & THURSDAY-SETUP ANY TIME MON-FRIDAY DOJO A & B
 - **ALL LITTLE DRAGONS:**TUESDAY & THURSDAY:6:00PM-6:30PM -DOJO A & B
- SATURDAY CLASSES ARE BY APPOINTMENT ONLY OR STUDENT MAKE UP CLASSES
SEE DOJO CLASS SCHEDULE FOR YOUR CLASS & RANK APPROPRIATE CLASS.
STUDENTS MAY ATTEND MORE THAN ONE CLASS. NO ADDITIONAL FEE.**

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

- have had a fever within the past 24 hours
- severe phlegm-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.

Karate 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 & Chief Little Dragons Sensei*-GM-INSTRUCTOR
704-579-7034- hanshimccall@gmail.com
- **Joseph McClellan** *Kyoshi, Little Dragon's* MASTER INSTRUCTOR
704-483-9471- Shihanmac@hotmail.com
- **David Washco** *Sensei*-SENIOR INSTRUCTOR
[828-234-8378](tel:828-234-8378)--dlwashco@att.net
- **Ronnie Ward** *Sensei (Saturdays)*-MASTER- INSTRUCTOR
704-483-2658 --rcward61@charter.net
- **Mike Kever** *Sensei (Friday/Saturdays)*-MASTER- INSTRUCTOR
704-451-7773--keeverm@bellsouth.net
- **Stacy Simpson** *Little Dragon's* Instructor & Program Coordinator-RN
[704-616-3114](tel: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

ALL STUDENTS MUST KEEP THE DOJO DUES COMMITMENT WITH A CREDIT CARD ON FILE

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 OR HITTING)
(NEVER rummage through other people's personal property without permission.)
10. DON'T TALK WHILE THE OTHER PERSON IS TALKING!!
11. 1-RULE-DO IT NOW! (MEANS NOW!!)

GOOD LISTENER

1. BODY LANGUAGE
2. EYE CONTACT
3. ASK QUESTIONS
3. NEVER SPEAK WHEN THEY ARE SPEAKING

BLACK BELTS HAVE GOOD MANNERS & ARE GOOD LISTENER

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AFKD Locations of all Patches and Awards



ALL AKANA AWARDED PATCHES WILL GO ON THE LEFT SIDE OF GI.

ALL DOJO AWARDED PATCHES WILL GO ON THE RIGHT SIDE OF THE GI.

REV.2 8-9-23