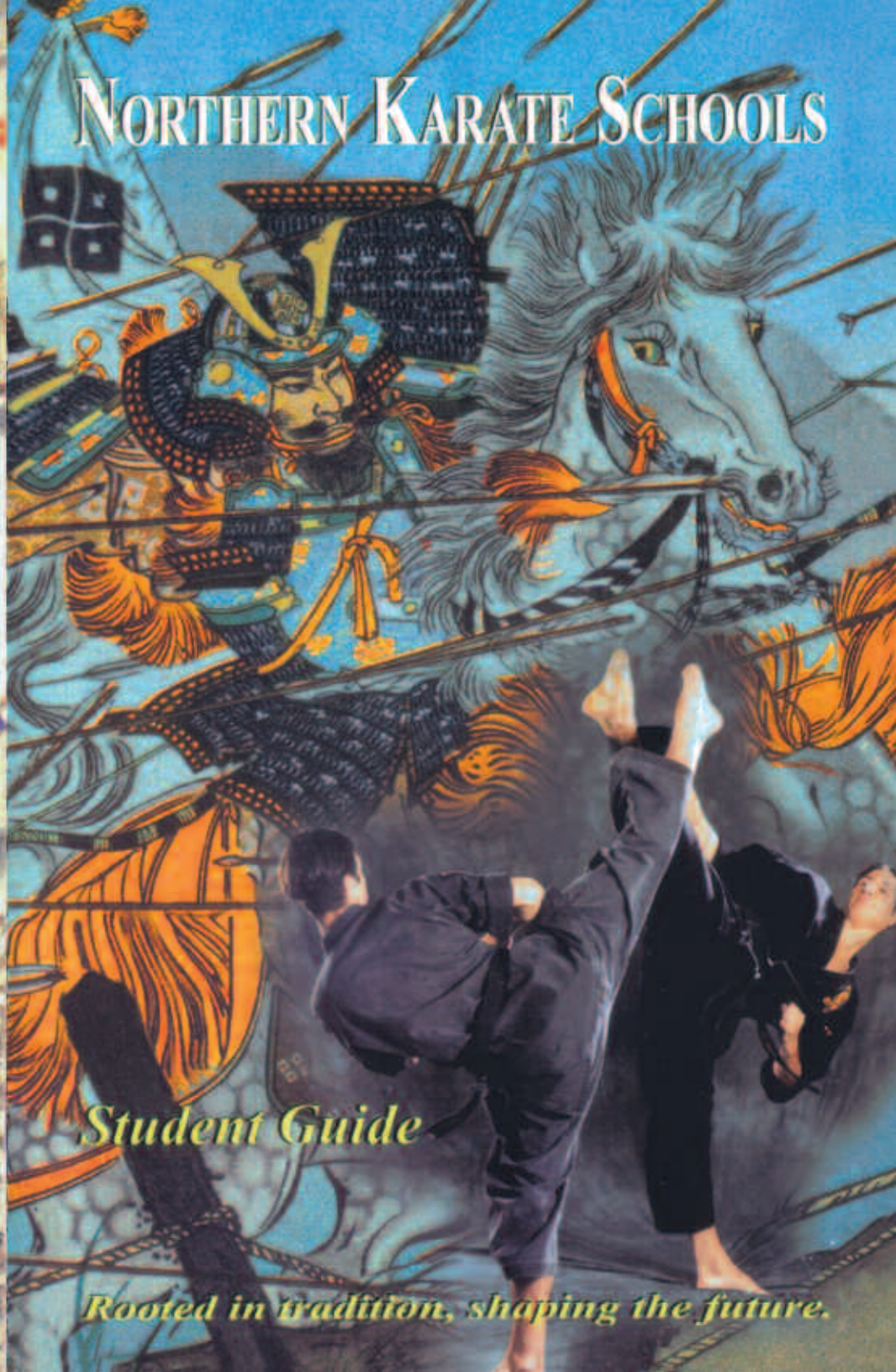




Northern Karate Schools

NORTHERN KARATE SCHOOLS



Student Guide

Rooted in tradition, shaping the future.

唐李道

王朝

NOTES



*With the right attitude and great instruction,
any challenge can be met, any obstacle overcome.*

Northern Karate Schools Student Guide

Welcome

Martial Arts - An Overview

Fundamentals of Training

Northern Karate Schools

- organization History
- Mission Statement
- Student Creed
- Karate Precepts (Master Funakoshi Gichin)
- Orientation and Etiquette
- How to Tie Your Belt
- Locations and Faculty
- Program Descriptions
 - KinderKarate
 - Green Belt Program
 - Black Belt Program
 - Masters Club
- Exam (Advancement) Requirements
- Extra-Curricular Activities

Family & Friends Program



NORTHERN KARATE SCHOOLS' FAMILY & FRIENDS PROGRAM

Thank you for selecting Northern Karate Schools. In addition to the many program benefits detailed in this manual, as an NKS student you are also entitled to share the gift of the total body, mind and spirit workout with your relatives and friends by using the coupons below. As your guest, they'll receive free introductory classes and a substantial discount on tuition.

Furthermore, throughout the year, NKS conduct special Family & Friends Activity Days which offer additional benefits, prizes and gifts. Please consult our staff or monthly calendars for details.

Northern Karate Schools and _____ (name of NKS student) invite
_____ (name of guest) to enjoy the benefits of martial arts training.
Present this coupon at any Northern Karate School and receive **2 FREE PRIVATE
INTRODUCTORY CLASSES.** For information, call your local Northern Karate School.

Northern Karate Schools and _____ (name of NKS student) invite
_____ (name of guest) to enjoy the benefits of martial arts training.
Present this coupon at any Northern Karate School and receive **2 FREE PRIVATE
INTRODUCTORY CLASSES.** For information, call your local Northern Karate School.

Northern Karate Schools and _____ (name of NKS student) invite
_____ (name of guest) to enjoy the benefits of martial arts training.
Present this coupon at any Northern Karate School and receive **2 FREE PRIVATE
INTRODUCTORY CLASSES.** For information, call your local Northern Karate School.

Northern Karate Schools and _____ (name of NKS student) invite
_____ (name of guest) to enjoy the benefits of martial arts training.
Present this coupon at any Northern Karate School and receive **2 FREE PRIVATE
INTRODUCTORY CLASSES.** For information, call your local Northern Karate School.

Northern Karate Schools and _____ (name of NKS student) invite
_____ (name of guest) to enjoy the benefits of martial arts training.
Present this coupon at any Northern Karate School and receive **2 FREE PRIVATE
INTRODUCTORY CLASSES.** For information, call your local Northern Karate School.

EXTRA-CURRICULAR ACTIVITIES

As leaders in the field of martial arts education and research, Northern Karate Schools are proud to offer our students a broad range of extra-curricular activities featuring international experts who represent numerous disciplines and styles. Workshops, seminars and clinics designed to broaden the horizons of beginner, intermediate and candidates. A partial roster of previous and current guest instructors include:

KARATE & KOBUDO

Hokama, Tetsuhiro (JAPAN)	Hisataka, Masayuki (JAPAN)
Gakiya, Yoshitaki (JAPAN)	Suzuki, Tatsuo (JAPAN-UK)
Yogi, Josei (JAPAN)	Urban, Peter (USA)
Kinjo, Masakasu (JAPAN)	Kai, Kuniyoki (JAPAN)
McCarthy, Patrick (AUSTRALIA)	Uezu, Seikichi (JAPAN)

JIU-JITSU, GOSHINDO & LAW ENFORCEMENT

Jay, Wally (USA)	Ladouceur, Bernard (CANADA)
Morris, Richard (UK)	Torbjorn, Arnsten (NORWAY)
Therien, John (CANADA)	Johannsen, Monika (NORWAY)
Sailly, Alain (FRANCE)	Gracie, Robin (SPAIN)
Costa, Cosimo (ITALY)	Coulon, Pascal (FRANCE)

OLYMPIC TAE KWON DO CHAMPIONS

Limas, Arlene (USA)	Meijer, Heink (NETHERLANDS)
---------------------	-----------------------------

OLYMPIC JUDO / BOXING

Morocco, Walter (ITALY)	O'Sullivan, Sean (CANADA)
-------------------------	---------------------------

WORLD CHAMPIONS

Theriault, Jean-Yves	(CANADA)(Kickboxing)
Machado, John	(BRAZIL)(Grappling)
Anderson, Steve	(USA)(Tournament Sparring)
Chung, John	(KOREA-USA)(Tournament Forms)
Lewis, Joe	(USA)(Full-Contact Karate)
Machado, Jean Jacques	(BRAZIL)(Brazilian Jiu-Jitsu)
Paulson, Eric	(USA)(Shoot)

FILIPINO / INDONESIAN MARTIAL ARTS

Brancaccio, Vito (CANADA)	Evrard, Fred (SINGAPORE)
Villar, Rene (PHILIPPINES - CANADA)	Evrard, Lila (SINGAPORE)
Espinous, Jeff (GERMANY)	

YOGA, MEDITATION, TAI CHI & CHI KUNG

Adams, William (USA)	Savoia, Carmela (CANADA)
Brancaccio, Kim (CANADA)	Wu, Helen (CHINA)

Additionally, Northern Karate School students participate in a variety of martial arts events throughout North America, Europe and Asia.

For information about upcoming extra-curricular activities, consult monthly calendar of events.

WELCOME TO NORTHERN KARATE

Welcome to one of the most respected martial arts educational institutions in the world. Northern Karate Schools have been voted #1 by Eye, Now, City Parent Toronto Life, Toronto Sun & Toronto Star. We congratulate you on your commitment to achieve "personal best" by enrolling in an NKS program.

MARTIAL ARTS - OVERVIEW

The martial arts include a wide range of self-defence and personal development systems, or "disciplines", most of which originated in Asia. Karate, Jiu-jitsu, Judo, Kung-fu and Tae Kwon Do are but a few of the disciplines that offer students important physical, mental and spiritual benefits.

Since time immemorial, every culture has practiced various forms of personal defence, some of which were infused with spiritual philosophies designed to perfect the practitioner's character.

Karate-do, literally translated, means "empty" (kara) "hand" (te) "way" (do). It originated hundreds of years ago when Buddhist priests travelled from India to China to share their spiritual and physical regimens. These teachings were later spread to Okinawa and mainland Japan before introduction to Europe and America. Karate-do offers an effective method of achieving unity of body, mind and spirit.

Karate means different things to many people, and training provides an impressive range of physical, mental and spiritual benefits. Many karate-ka (karate students) practice to improve their physical fitness. Others enjoy cultivating new skills while studying different cultures. Practitioners benefit from the opportunity to develop important self-defence skills and learn effective methods for minimizing and managing daily stress. Some students prefer to focus on the sport aspect of training, while others enjoy the sense of personal development their martial arts education provides. Regardless of the individual student's reasons for martial arts study, children and adults gain in confidence, strength, flexibility and self-discipline as a result of training at Northern Karate Schools.

We look forward to working together with you to achieve "Black Belt Excellence" and to ensuring you develop good training habits that will last a lifetime!

FUNDAMENTALS OF TRAINING

Unlike other fitness activities, an NKS program promotes physical, mental & spiritual health. Your martial arts practice will yield better results if you incorporate a few training fundamentals into your regimen.

- *establish and strive to achieve realistic training goals - be patient
- *attend class 2-3x per week, practice at home & participate in NKS' supplementary events
- *focus on developing proper form, warm-up and cool down safely
- *maintain a healthy lifestyle (proper rest and nutrition)
- *strive to carry-over the benefits of your training into your daily life (school/work)
- *research the many aspects of martial arts training (culture, language, history)
- *have fun - enjoy your martial arts practice and take pride in your progress!

NORTHERN KARATE SCHOOLS' ORGANIZATION HISTORY

Northern Karate Schools were established in 1972 by 9th Degree Black Belt and international martial arts champion, Cezar Borkowski.

Hanshi Borkowski has won countless titles, is Director of Karate for the World Kobudo Federation, and is recognized as a certified instructor by the All Okinawa Karate and Kobudo Federation (Japan).

Since its inception, Northern Karate has expanded to ten locations in the metropolitan Toronto area, as well as two international schools, where more than 8,000 men, women and children, ages 3-70+, enjoy the benefits of an NKS' martial arts education each week.

Our students and instructors have appeared in a variety of local, national and international broadcasts, as well as in numerous newspapers and magazines. Additionally, NKS have received the Ethnic Press Award and been voted #1 by several print media.

Through our association with the World Kobudo Federation (WKF), the largest multi-discipline martial arts organization in the world, Northern Karate Schools have affiliate schools around the globe.

NORTHERN KARATE SCHOOLS' MISSION STATEMENT

To provide men, women and children with the opportunity to realize their maximum potential through martial arts study.

NORTHERN KARATE SCHOOLS' STUDENT CREED

We encourage students to apply the precepts summarized in our Student Creed:

***I promise to become the best possible person I can be.
With honesty in my heart, confidence in my mind and strength in
my body,
I will achieve EXCELLENCE and share it with others.***

***What is your goal: Black Belt Excellence
What is your quest: Personal Best***

BROWN ADVANCED BELT MINIMUM ADVANCEMENT REQUIREMENTS

(1st, 2nd & 3rd Stripes. Approximate time: 6-12 months)

I will practice 2-3 x per week in class (and at home), observe NKS' regulations and demonstrate respect for my family, friends, classmates, teachers and myself.

My target BLACK belt exam date is _____ (please fill-in)

BROWN ADVANCED BELT BASIC TECHNIQUES: ***TO BE PERFORMED LEFT & RIGHT, IN AIR, WITH PARTNER OR PADS***

Dousa: Heian Godan performed to left and right sides (*hidari to migi*)

Goshin-jutsu kihon-waza: all basic self-defence #1 to #10

Goshin-jutsu chukyu-waza: all intermediate self-defence #1 to #10

All Heian kata #1 to #5 - in rapid order

All Chudan kata: (*Bassai, Jion, Empi, Kanku-dai*) - in rapid order

Kumite: *Sparring:* Multiple opponents, continuous sparring

Kobudo Kata: Tokuyama no tonfa

Kobudo Kata: Suishi no kon

Kata: Kanku Sho (*To View the Sky- Lesser*)

ALL TECHNIQUES AS SEEN ON NKS SHODAN SYLLABUS DVD

Recommended Reading: "Classical Bujutsu" (D. Draeger)

Written Exam preparation: Masters students to participate in written exam drills
Masters students to submit thesis draft

Conduct: Regular attendance + at home practice
Observance of school regulations

Other: Students are required to participate in a minimum of 4 extra-curricular activities per year (ex: seminars, workshops, tournaments, camp, etc.)

Study Notes:

***NOTE: Students who qualify, may be invited to graduate to the Masters Club program. See NKS staff for details.
Minimum requirements: (nomination by School Director)
purple belt (or above)
good attendance, conduct
interview with program director
final approval by Masters Club Director***

BROWN BELT MINIMUM ADVANCEMENT REQUIREMENTS

(1st, 2nd & 3rd Stripes. Approximate time: 6-12 months)

I will practice 2-3 x per week in class (and at home), observe NKS' regulations and demonstrate respect for my family, friends, classmates, teachers and myself.

My target BROWN ADVANCED belt exam date is _____(please fill-in)

BROWN BELT BASIC TECHNIQUES:

TO BE PERFORMED LEFT & RIGHT, IN AIR, WITH PARTNER OR PADS

Dousa: Heian Yondan performed to left and right sides (*hidari to migi*)

Reigi: *Etiquette:* how to fold your uniform (dogi) and belt (obi)

Kansetsu suwari-waza: (joint defences from kneeling posture #1, #2, #3, #4)

Ashi Kansetsu-waza: (joint locks on ankle, knee and hip #1, #2, #3)

Tachi ukemi-waza: *Falling to wall:* (protecting yourself against a wall pin)

Kabe goshin-jutsu: (wall defences #1, #2, #3,)

Kobudo Kata: Chibana no sai

Tonfa-jutsu: (basic techniques of the Tonfa, Combinations #1, #2, #3, #4)

Kumite-waza: point sparring (ippon-kumite)

Kata: Kanku Dai (*To View the Sky- Greater*)

ALL TECHNIQUES AS SEEN ON NKS BROWN ADVANCED BELT SYLLABUS DVD

Recommended Reading:

"Classical Budo" (D. Draeger)
TBD (Note: Masters students assigned thesis topic)

Conduct:

Regular attendance + at home practice
Observance of school regulations

Other:

Students are required to participate in a minimum of 4 extra-curricular activities per year (ex: seminars, workshops, tournaments, camp, etc.)

Study Notes:

NOTE: Students who qualify, may be invited to graduate to the Masters Club program. See NKS staff for details.

Minimum requirements: (nomination by School Director)

purple belt (or above)

good attendance, conduct

interview with program director

final approval by Masters Club Director

KARATE PRECEPTS

(by Master Funakoshi Gichin)

The following are 20 precepts (guidelines) developed by renowned martial arts master Funakoshi Gichin. They are intended to help students become well-rounded individuals both inside and outside the dojo.

- 1) Karate-do begins and ends with courtesy (rei).
- 2) There is no first attack in Karate-do.
- 3) Karate-do is an aid to justice.
- 4) Know yourself and then others.
- 5) Techniques are inferior to intuition/spirit.
- 6) Keep an open mind (kokoro).
- 7) Accidents are the result of negligence - take care of yourself and others.
- 8) Karate-do extends beyond the dojo.
- 9) Karate-do is a lifelong commitment.
- 10) Confront your problems with Karate-do spirit.
- 11) Karate-do is like warm water - it must be constantly heated or it will cool.
- 12) Don't focus on winning or losing - focus on the action itself.
- 13) Victory depends on accurate assessment of the situation at hand.
- 14) In Karate-do and in life it's important to have a winning strategy.
- 15) Think of your hands and feet as swords.
- 16) When you leave your home, maintain an alert attitude.
- 17) Beginners should practice low stances - advanced students should be natural and mobile.
- 18) While striving for perfect form (kata), recognise that real combat is different.
- 19) Develop both hard and soft skills.
- 20) Always study and improve yourself every day.



ORIENTATION AND ETIQUETTE

Please take a few moments to review this information - it will help make your practice at Northern Karate Schools a more enjoyable and productive experience.

Uniforms & Crest Students are required to wear a clean uniform (dogi or gi) & NKS Crest.

Safety Gear*

Kinderkarate & Novice Members	(novice)	white uniform
Black Belt Members	(intermediate)	red uniform
Masters Club Members	(advanced)	black uniform

*Students who participate in exchange drills must wear safety gear.

Belts: Students are required to wear a belt that corresponds to their rank.

Students: Students are expected to demonstrate appropriate NKS' behaviour inside & outside the school. All students are asked to:

- Arrive (and depart) promptly and prepare for class quietly. (If you are late, please ask permission before entering the class)
- Ensure your attendance is recorded.
- Bow (rei) before entering the dojo. This is a time-honoured, Japanese manner of greeting the school, instructors and students.
- Sit & stand in a polite manner.
- Address instructors by their appropriate teaching titles.
- Store your clothing/bags & shoes in areas provided.
- Request permission before using any equipment.
- Abstain from wearing jewellery when training (please leave valuables at home or ask NKS staff to store them in the office).
- Please notify staff of changes in address & telephone numbers.

Guests: All guests are asked:

- To remain in viewing/reception areas (*guests are not permitted in the classroom) and to leave offices and doorways unobstructed.
- To refrain from disturbing classes in progress - i.e. talking loudly, or interrupting students and instructors who are training.
- Not to enter offices without permission.

General:

- No food is permitted in the school. Please do not chew gum in class.
- Beverages are permitted in designated areas only.
- Guests/students are to remove and store their shoes when entering.
- Please keep reception and viewing areas, as well as washrooms and dressing rooms clean and well-organised.



PURPLE ADVANCED BELT MINIMUM ADVANCEMENT REQUIREMENTS

(1st, 2nd & 3rd Stripes. Approximate time: 4-9 months)

I will practice 2-3 x per week in class (and at home), observe NKS' regulations and demonstrate respect for my family, friends, classmates, teachers and myself.

My target BROWN belt exam date is _____ (please fill-in)

PURPLE ADVANCED BELT BASIC TECHNIQUES:

TO BE PERFORMED LEFT & RIGHT, IN AIR, WITH PARTNER OR PADS

Dousa: Heian Sandan performed to left and right sides (*hidari to migi*)

Nage-waza: *Take-downs:* hip throw (koshi-garuma), shoulder throw (ippon-seionage), kneeling scoop throw (suwari kata-garuma)

Kenka no geri-waza: (methods of exchanging kicks on pads)

Ne-waza: *Ground Skills:* (the mount)

Kenka no ne-waza: (clinch control from top and bottom)

Kumite-waza: jyu-kumite (Free sparring)

Tanto-waza: ways of using a knife (stances, grips, cutting angles)

Tanto goshin-jutsu: (knife-defence #1, #2, #3, #4, #5)

Kata: Empi (*Flying Swallow*)

ALL TECHNIQUES AS SEEN ON NKS BROWN BELT SYLLABUS DVD

Recommended Reading:

"Okinawan Karate" (M. Bishop)

"Complete Idiots Guide to Martial Arts" (Borkowski/Manzo)

Conduct:

Regular attendance + at home practice
Observance of school regulations

Other:

Students are required to participate in a minimum of 3 extra-curricular activities per year (ex: seminars, workshops, tournaments, camp, etc.)

Study Notes:

NOTE: Students who qualify, may be invited to graduate to the Masters Club program. See NKS staff for details.

Minimum requirements: (nomination by School Director)

purple belt (or above)

good attendance, conduct

interview with program director

final approval by Masters Club Director

PURPLE BELT MINIMUM ADVANCEMENT REQUIREMENTS

(1st, 2nd & 3rd Stripes. Approximate time: 4-9 months)

I will practice 2-3 x per week in class (and at home), observe NKS' regulations and demonstrate respect for my family, friends, classmates, teachers and myself.

My target PURPLE ADVANCED belt exam date is _____ (please fill-in)

PURPLE BELT BASIC TECHNIQUES:

TO BE PERFORMED LEFT & RIGHT, IN AIR, WITH PARTNER OR PADS

Dousa: Heian Nidan performed to left and right sides (*hidari to migi*)

Shime waza no hangeki: (Choke escapes #1, #2, #3)

Kenka-waza: (Choke escape control methods)

Tokubetsuna atama-nage: (*Special neck circle take-downs #1, #2, #3*)

Ne-waza: *Ground Skills:* (side control, chest to chest (yoko gatame) with 3 types of arm submissions)

Tameshiwari: *Pad Drills:* (combination of advanced offensive and defensive skills)

Kumite-waza: (purple belt level *sparring combination*)

Goshin-jutsu: (four corner defence)

Sai-jutsu: (fundamental sai movements #1, #2, #3, #4, #5, #6, #7)

Kata: Jion (*Temple Bell Sound*)

ALL TECHNIQUES AS SEEN ON NKS PURPLE ADVANCED BELT SYLLABUS DVD

Recommended Reading: "Karate Do My Way of Life" (G. Funakoshi)
"Modern Shotokan Karate" (C. Borkowski)

Conduct: Regular attendance + at home practice
Observance of school regulations

Other: Students are required to participate in a minimum of 3 extra-curricular activities per year (ex: seminars, workshops, tournaments, camp, etc.)

Study Notes:

NOTE: Students who qualify, may be invited to graduate to the Masters Club program. See NKS staff for details.

Minimum requirements: (nomination by School Director)

purple belt (or above)

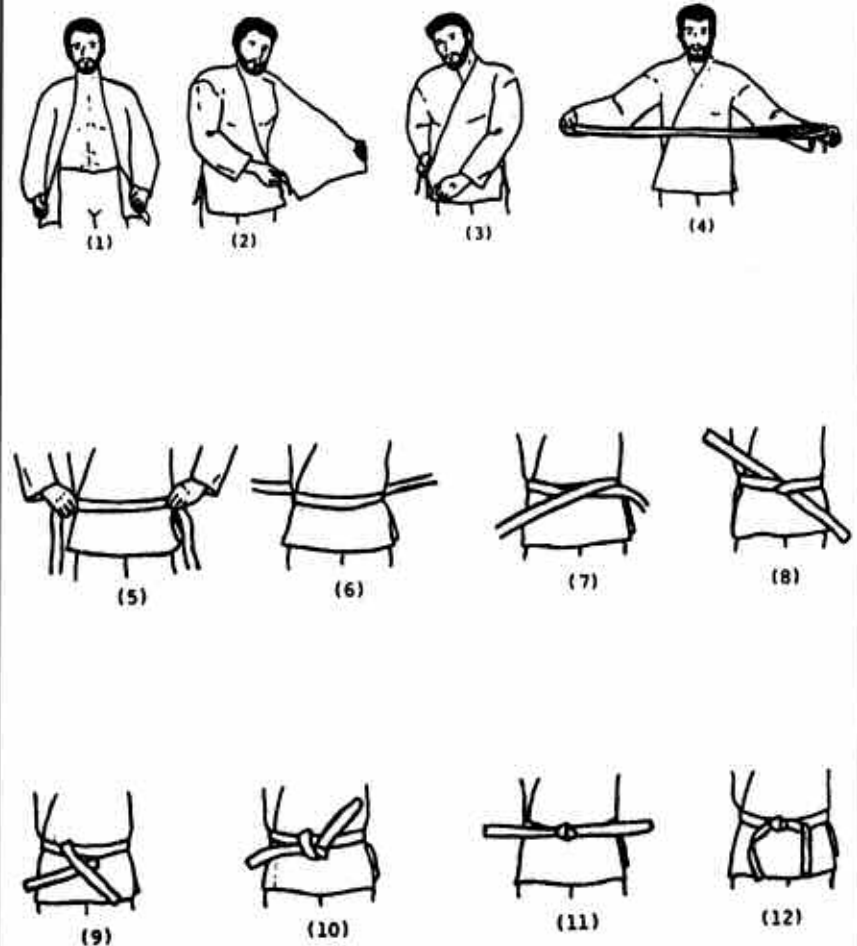
good attendance, conduct

interview with program director

final approval by Masters Club Director

HOW TO TIE YOUR BELT

TRY IT!



LOCATIONS AND FACULTY

Hanshi Cezar Borkowski, 9th Degree Black Belt, International Director, Northern Karate Schools. Hanshi Borkowski has more than forty years experience in a variety of martial arts. He is a former internationally-ranked champion, author and researcher, (Modern Shotokan Karate, History and Traditions of Okinawan Karate, Complete Idiots' Guide to Martial Arts), popular columnist and featured lecturer. He has served as technical advisor for television and radio broadcasts and videotapes and has directed the largest martial arts event in North America. Hanshi Borkowski has been named Coach and Instructor of the Year by the National Black Belt League.

Northern Karate Midtown

756 St. Clair Ave. W. Toronto, Ontario M6C 1B5 416-651-6000
Director: Kyoshi Marion Manzo, 7th Degree Black Belt, **Associate Director:** Shihan Vince Servello, 5th Degree Black Belt

Northern Karate Aurora

14800 Yonge St. Unit 135, Aurora, Ontario L4G 1N3 905-726-8886
Assistant Director: Sensei Bruce Toupin, 3rd Degree Black Belt

Northern Karate Don Mills

55 Barber Greene Rd. Unit 1 & 2 Don Mills, Ontario M3C 2A1 416-441-3648
Director: Kyoshi Michael Walsh, 7th Degree Black Belt

Northern Karate Steeles

4350 Steeles Ave. W. Woodbridge, Ontario L4L 4Y3 905-856-4047
Director: Kyoshi Steve Ouslis, 7th Degree Black Belt

Northern Karate Richmond Hill

11160 Yonge St. Richmond Hill, Ontario L4S 1H5 905-508-5811
Director: Shihan Tony LaSelva, 6th Degree Black Belt

Northern Karate Rutherford

3883 Rutherford Rd. Unit 8 & 9 Woodbridge, Ontario L4L 9R8 905-265-7777
Director: Shihan Cos Vona, 6th Degree Black Belt

Northern Karate Thornhill

130 Racco Pkwy. Thornhill, Ontario L4J 8X9 416-999-9345
Director: Shihan Dominic Moscone, 5th Degree Black Belt

Northern Karate Markham

4560 Hwy#7 East, Markham, Ontario L3R 1M5 905-475-0044
Director: Shihan Eric Vinagreiro, 5th Degree Black Belt

Northern Karate Willowdale

1515 Steeles Ave. E, Toronto, Ontario M2M 3Y7 416-499-5555
Co-Directors: Renshi Rene Villar, 4th Degree Black Belt & Renshi Mark Manalo, 4th Degree Black Belt

Northern Karate Maple

1801 Rutherford Rd. Unit. 1&2, Maple, ON L4K 5R7 905-303-5202
Associate Director: Sensei Lesley Kerr, 4th Degree Black Belt

International Locations*:

NKS India - Director: Shihan Sanjay Sharma

NKS Costa Rica - Director: Sensei Roy Munoz

(*Northern Karate has affiliate schools worldwide through the World Kobudo Federation)

Each of the above noted directors has been studying martial arts for more than twenty years and several hold advanced academic degrees in Teaching, Physical Education and Sports Therapy. They have been personally trained and certified by Hanshi Borkowski, the World Kobudo Federation and the All Okinawa Karate & Kobudo Federation (Japan).

Additionally, NKS' teaching staff includes more than one hundred certified black belts and assistant instructors.

Northern Karate programs have also been included in the curriculum of such prestigious educational establishments as the Mabin School, Upper Canada College, Branksome Hall and the York School, as well as public academic institutions.

NKS' directors and instructors, students and staff have contributed to numerous charitable organizations including: interval house shelters, White Ribbon Campaign, Kids Help Phone, Canadian Cancer Society, Starlight Foundation, Heart and Stroke Foundation, Special Olympics, Sick Kids Hospital, Daily Bread and local food banks.

BLUE ADVANCED BELT MINIMUM ADVANCEMENT REQUIREMENTS

(1st, 2nd & 3rd Stripes. Approximate time: 4-9 months)

I will practice 2-3 x per week in class (and at home), observe NKS' regulations and demonstrate respect for my family, friends, classmates, teachers and myself.

My target PURPLE belt exam date is _____ (please fill-in)

BLUE ADVANCED BELT BASIC TECHNIQUES:

TO BE PERFORMED LEFT & RIGHT, IN AIR, WITH PARTNER OR PADS

Dousa: Heian Shodan performed to left and right sides (*hidari & migi*)

Kenka-waza: X-blocks (*juji-uke*) high, mid and low level defences

Tokubetsuna ashi-uke: *Special foot blocking methods:* Crescent leg block (*nami ashi-uke*) and axe kick block (*kakoto ashi-uke*)

Tameshiwari: *Pad Drills:* (combination of offensive and defensive skills)

Kumite-waza: (blue advanced belt level *sparring combination*)

Goshin-jutsu (self-defence intermediate #9, and #10)

Bo no kumi-waza (bo to bo, block and counters #1, #2, #3, #4, #5)

Kata - Bassai Dai (*To Penetrate a Fortress - Greater*)

ALL TECHNIQUES AS SEEN ON NKS PURPLE BELT SYLLABUS DVD

Terminology:

Seiza	<i>Relaxation/Reflection</i> Seated Meditation	Mokuso	Clear the mind
Hansei	Review	Mushin	State of no thought

Conduct:

Regular attendance + at home practice
Observance of school regulations

Other:

Students are required to participate in a minimum of 2 extra-curricular activities per year (ex: seminars, workshops, tournaments, camp, etc.)

Study Notes:

BLUE BELT MINIMUM ADVANCEMENT REQUIREMENTS

(1st, 2nd & 3rd Stripes. Approximate time: 4-9 months)

I will practice 2-3 x per week in class (and at home), observe NKS' regulations and demonstrate respect for my family, friends, classmates, teachers and myself.

My target BLUE ADVANCED belt exam date is _____ (please fill-in)

BLUE BELT BASIC TECHNIQUES:

TO BE PERFORMED LEFT & RIGHT, IN AIR, WITH PARTNER OR PADS

Buki-no rei: How to bow with long and short weapons

Dousa: (blue belt combination movements with blocks and strikes)

Mawari-waza: (blue belt combination turning movements with blocks and strikes)

Kenka-waza: (Partner block and counter power techniques)

Tokubetsuna Geri-waza: *Special Kicking methods:* skip front kick, skip side kick, jump front kick, jump round kick, run/jump side kick, spinning back kick, jump spin hook kick, jump spin round-house kick

Tameshiwari: *Pad Drills:* (combination of offensive and defensive skills)

Kumite-waza: (blue belt level *sparring combination*)

Goshin-jutsu (self-defence intermediate #7, and #8)

Ne-waza (Skills of *ground control* #5, #6, #7, #8)

Bo kihon-waza (bo parry and strike combinations #1, #2, #3, #4, #5)

Kata - Heian Godan (*Peaceful Mind - Level 5*)

ALL TECHNIQUES AS SEEN ON NKS BLUE ADVANCED BELT SYLLABUS DVD

Terminology:

Waza = Drills

Tsuki-waza Punching drills

Blocking drills

Uke-waza Blocking drills

Kicking drills

Geri-waza Kicking drills

Ne-waza

ground-hold drills

Randori

moving practice

Renshu

practice

Conduct:

Regular attendance + at home practice

Observance of school regulations

Other:

Students are required to participate in a minimum of 2 extra-curricular activities per year (ex: seminars, workshops, tournaments, camp, etc.)

Study Notes:

PROGRAM DESCRIPTIONS

Northern Karate Schools offer beginner, intermediate and advanced programs:

KinderKarate

(pre-schoolers 2-5 years)

Entrance evaluation/assessment

3 months of classes

Stripe evaluations

Graduation - entrance into novice program

Selection Criteria:

Entrance evaluation, Interview with Program Director

Novice Program:

(all belt fees included)

6 months of novice classes or to Green Belt or conversion

Monthly stripe evaluations

Yellow Belt and stripe exam fee included

Orange Belt and stripe exam fee included

Green Belt and stripe exam fee included

Student manual

NKS crest

Program suspension privileges (one month per year)

Private supplementary classes (one per year)

Special events - by invitation only

Opportunity for advancement into intermediate program

Selection Criteria:

NKS Introductory program, Interview with Program Director

Black Belt Program:

12 months of intermediate classes (auto renewal)

Exclusive Black Belt Club events with international experts

Special training (ex: grappling, Aikido, Yoga, relaxation)

Orange Belt and stripe exam fees included

Green Belt and stripe exam fees included

Blue Belt and stripe exam fees included

Blue Advanced Belt and stripe exam fees included

Purple Belt and stripe exam fees included

Purple Advanced Belt and stripe exam fees included

Brown Belt and stripe exam fees included

Brown Advanced Belt and stripe exam fees included

First Degree Black Belt (Shodan) exam fee included

Official NKS Black Belt Member crest

Official NKS Red Heavyweight uniform & gym bag

Safety equipment (head, hand, foot gear & mouth guard)

Private supplementary classes (four per year)

Increased suspension privileges (one month per year)

10 % discount on merchandise and event fees

First right of acceptance into advanced programs

Selection Criteria:

Minimum Yellow Belt, recommendation by Senior Instructor

Regular attendance, Good conduct, Interview with Program

Director

PROGRAM DESCRIPTIONS

The various levels of NKS' Masters Club offer our broadest range of program benefits, and are available only to select candidates who have been nominated by the School Director.

12 months of advanced classes (auto renewal)

Exclusive Masters Club events with international experts

Special training (ex: grappling, various martial arts/disciplines, Yoga, relaxation, weapons)

*Purple Advanced Belt and stripe exam fees included

*Brown Belt and stripe exam fees included

*Brown Advanced Belt and stripe exam fees included

*First Degree Black Belt (Shodan) exam fee included

Second (or higher) Degree Black Belt exam fee included

Official NKS Masters Club crest

Official NKS Black Heavyweight uniform

NKS' Masters Club study guide

Personal Training Package (bo, sai, tonfa or other items)

Private supplementary classes (eight per year)

Increased suspension privileges (two months per year)

20% (or greater) discount on merchandise and event fees

First right of acceptance into advanced programs

Selection criteria:

Minimum Purple Belt, Approval by School Director

Regular attendance, Good conduct

Interview with the Masters Club Program Director



GREEN BELT MINIMUM ADVANCEMENT REQUIREMENTS

(1st, 2nd & 3rd Stripes. Approximate time: 3-6 months)

I will practice 2-3 x per week in class (and at home), observe NKS' regulations and demonstrate respect for my family, friends, classmates, teachers and myself.

My target BLUE belt exam date is _____ (please fill-in)

GREEN BELT BASIC TECHNIQUES:

TO BE PERFORMED LEFT & RIGHT, IN AIR, WITH PARTNER OR PADS

Kumite-no rei: How to bow to the judge and opponent

Dousa: (green belt combination movements with blocks and strikes)

Mawari-waza: (green belt combination turning movements with blocks and strikes)

Kenka-waza: (partner block and counter power techniques)

Tameshiwari: *Pad Drills:* (combination of offensive and defensive skills)

Kumite-waza: (green belt level *sparring combination*)

Ukemi-waza: (green belt break-falls #1, #2, #3)

Goshin-jutsu: (self-defence intermediate #5, and #6)

Ne-waza: (skills of *ground control* #1, #2, #3, #4)

Kata: Heian Yondan (*Peaceful Mind - Level 4*)

ALL TECHNIQUES AS SEEN ON NKS BLUE BELT SYLLABUS DVD

Terminology:

Sei Shin Kan steel discipline, unbreakable mind (spiritual name of NKS dojo)

Goju hard-soft (style of karate founded by Chojun Miyagi)

Aikido energy-harmony-way (martial art created by Ueshiba Morihei)

Judo pliable-way (grappling discipline founded by Kano Jigoro, Olympic sport)

Jiu-Jitsu pliable-light-skill (ancient samurai combative system)

Kobudo ancient-martial-way (popular name for Okinawan weapons art)

Conduct:

Regular attendance + at home practice

Observance of school regulations

Other:

Students are required to participate in a minimum of 2 extra-curricular activities per year (ex: seminars, workshops, tournaments, camp, etc.)

Study Notes:

NOTE: Students who qualify, may be invited to graduate to the Black Belt program. See NKS staff for details.

Minimum requirements: (recommendation by senior instructor)

yellow belt (or above)

good attendance, conduct

interview with program director

ORANGE BELT MINIMUM ADVANCEMENT REQUIREMENTS

(1st, 2nd & 3rd Stripes. Approximate time: 3-6 months)

I will practice 2-3 x per week in class (and at home), observe NKS' regulations and demonstrate respect for my family, friends, classmates, teachers and myself.

My target GREEN belt exam date is _____ (please fill-in)

ORANGE BELT BASIC TECHNIQUES:

TO BE PERFORMED LEFT & RIGHT, IN AIR, WITH PARTNER OR PADS

Rei: Beginning of class bowing procedure, tachi-rei (standing bow), seiza-rei (seated bow)

Otagaini-rei: Bow to partner

Shi-ho tsuki-waza: (four corner punching)

Dousa: (movement and turning drills, with front, back, cat and hour-glass (sanchin-dachi) stance)

Chukyu yakusoku-waza: (kumite) - orange belt block, strike and kick combinations.

Kenka-waza: Partner block and counter exchange drills

Kihon yakusoku waza: (basic partner block and counter drills)

Tameshiwari: (power pad drills)

Shime-waza: (neck controls #1, #2, #3)

Goshin-jutsu: (self-defence intermediate #2, #3, #4)

Ukemi-waza: (orange belt break-falls #1, #2, #3)

Kata: Heian Sandan (*Peaceful Mind - Level 3*)

ALL TECHNIQUES AS SEEN ON NKS GREEN BELT SYLLABUS DVD

Terminology:

Kata	Formal exercise	Kumite	Sparring
Jiyu kumite	Free sparring	Ippon kumite	One-point sparring
Seishin Kumite	Controlled contact sparring	Hajime	Start
Mawate	Turn	Yame	Stop

Conduct: Regular attendance + at home practice
Observance of school regulations
Complete safety equipment is required for all sparring drills

Other: Students are required to participate in a minimum of 1 extra-curricular activity per year (ex: seminars, workshops, tournaments, camp, etc.)

Study Notes:

NOTE: Students who qualify, may be invited to graduate to the Black Belt program. See NKS staff for details.

***Minimum requirements: (recommendation by senior instructor)
yellow belt (or above)
good attendance, conduct
interview with program director***

NORTHERN KARATE SCHOOLS

STRIPE AND BELT ADVANCEMENT REQUIREMENTS



WHITE BELT MINIMUM ADVANCEMENT REQUIREMENTS

(1st, 2nd & 3rd Stripes. Approximate time: 3-6 months)

I will practice 2-3 x per week in class (and at home), observe NKS' regulations and demonstrate respect for my family, friends, classmates, teachers and myself.

My target YELLOW belt exam date is _____ (please fill-in)

WHITE BELT BASIC TECHNIQUES:

TO BE PERFORMED LEFT & RIGHT, IN AIR, WITH PARTNER OR PADS

- Tachi-rei:** *Standing bow:* dogi and obi reigi (correct uniform and belt wear)
- Dachi:** *Stances:* yoi-dachi (ready stance) kiba-dachi (horse stance), zenkutsu-dachi (front stance)
- Uchi-waza:** *Strikes:* seiken-zuki (basic fist punch), teisho-uchi (palm heel), oi-zuki (lunge punch, gyaku-zuki (reverse punch)
- Uke-waza:** *Blocks:* jodan-uke (high block), soto-uke (outside block), uchi-uke (inside block), gedan-barai (low parry block)
- Geri-waza:** *Kicks:* hiza-ate (knee strike), mae-geri (front kick), yoko-geri (side kick)
- Kihon yakusoku waza:** (basic partner block and counter drills)
- Tameshiwari:** (power pad drills)
- Goshin-jutsu:** (basic self-defence #1, #2, #3)
- Ukemi-waza:** (white belt break-falls #1 and #2)
- Kata:** Heian Shodan (*Peaceful Mind - Level 1*)

ALL TECHNIQUES AS SEEN ON NKS YELLOW BELT SYLLABUS DVD

Terminology:	(also refer to "basic techniques" noted above)		
Osu	to push	Sempai	senior Student
Kiai	energy + harmony	Kohai	junior student
Sensei	(teacher) one who has gone before	Hai	yes
Gi	Uniform	Obi	belt
Karate-do	Empty hand way	Dojo (classroom)	place of the way
Shotokan	Pine trees waving in the wind (pen name of founder, Funakoshi, Gichin)		

Conduct: Regular attendance + at home practice
Observance of school regulations

Other: Memorize Northern Karate Schools' Student Creed

Study Notes:

***NOTE: Students who qualify, may be invited to graduate to the Black Belt program. See NKS staff for details.
Minimum requirements: (recommendation by senior instructor)
yellow belt (or above)
good attendance, conduct
interview with program director***

YELLOW BELT MINIMUM ADVANCEMENT REQUIREMENTS

(1st, 2nd & 3rd Stripes. Approximate time: 3-6 months)

I will practice 2-3 x per week in class (and at home), observe NKS' regulations and demonstrate respect for my family, friends, classmates, teachers and myself.

My target ORANGE belt exam date is _____ (please fill-in)

YELLOW BELT BASIC TECHNIQUES:

TO BE PERFORMED LEFT & RIGHT, IN AIR, WITH PARTNER OR PADS

- Seiza-rei:** (bow from kneeling posture)
- Dachi:** *Stances:* kokutsu-dachi (back leaning stance)
- Uchi-waza:** *Strikes:* enpi-uchi (elbow strike), heito-uchi (ridge hand strikes), shuto-uchi (knife hand strike), sanbon-tsiki (three level punching)
- Uke-waza:** *Blocks:* shuto-uke (knife hand blocks)
- Geri-waza:** *Kicks:* mawashi-geri (round kick) ushiro-geri (rear and front leg, back kick), Hansoku-geri (stationary and turning)
- Kihon yakusoku waza:** (basic partner block and counter drills)
- Tameshiwari:** (power pad drills)
- Hanasu-waza:** (grab releases)
- Goshin-jutsu:** (basic self-defence #4, #5, and intermediate #1)
- Ukemi-waza:** (yellow belt break-falls #1, #2, #3)
- Kata:** Heian Nidan (*Peaceful Mind - Level 2*)

ALL TECHNIQUES AS SEEN ON NKS ORANGE BELT SYLLABUS DVD

Terminology:				
1=Ichi	5=Go	9=Ku	10=Ju	60=Rokuju
2=Ni	6=Roku	10=Ju	20=Niju	70=Shichiju
3=San	7=Shichi		30=Sanju	80=Hachiju
4=Shi	8=Hachi		40=Shiju	90=Kuju
Hidari=Left	Migi=Right		50=Goju	100=Hyaku

Conduct: Regular attendance + at home practice
Observance of school regulations

Other: Apply NKS' Student Creed to training and daily life

Study Notes:

***NOTE: Students who qualify, may be invited to graduate to the Black Belt program. See NKS staff for details.
Minimum requirements: (recommendation by senior instructor)
yellow belt (or above)
good attendance, conduct
interview with program director***