



## Toledo School for the Arts Seiwa Kai Goju Ryu Karatedo

### 芸術のためのトレド学校 誠和会剛柔流空手道

**Syllabus:** Karatedo at TSA is taught as a traditional Japanese martial art. Students will be studying Goju Ryu (Hard Soft Style) which is one of several traditional Okinawan/Japanese styles that is practiced around the world. You will be expected to fully participate in all of the following activities:

1. **Conditioning** (Junbiundo, 準備 運動) – Every class we will stretch our muscles and tendons, and we will also strengthen ourselves by doing exercises such as sit-ups, pushups, etc.
2. **Basic Techniques** (Kihon, 基本) – We will also regularly practice the basic techniques of karatedo – blocks (uke 受け), kicks (keri 蹴り), punches (tsuki 突き), strikes (uchi 打ち), and stances (dachi 立ち). Along with the basic techniques, it is also necessary to practice the movement (ido 移動) which is used in traditional karatedo.
3. **Art** (Kata, 型) – Kata is used in many Japanese arts including the Tea Ceremony, Taiko (drums) Kabuki (theater), Iado (sword), Judo, and Karatedo. The word Kata means *form*, and the kata that you will be studying come from Goju Ryu (剛柔流) or Hard-Soft Style which was developed by Chojun Miyagi Sensei. However, it must be noted that whereas kata is an art form, it is not a dance or theatrical performance. It must be performed with a demonstration of an understanding of the principles of the self-defense techniques it contains.
4. **Self-Defense** (Bunkai, 分解) – Karate is a martial art and cannot be separated from its self-defense origins. Bunkai is the analysis and application of the self-defense techniques which are often disguised or hidden within each kata. To some extent, you will practice these Bunkai applications in prearranged scenarios (yakusoku kumite).
5. **Sport** (Jiyu Kumite, 組手) – In order for the student of karatedo to experience the feeling of a self-defense situation in a safe environment, students will engage in free sparring (jiyu kumite).
  - When engaging in Jiyu Kumite (free sparring), the USANKF or the Japan Karatedo Federation (JKF) Goju Kai rules regarding target areas, contact, scoring, etc. will be observed.
  - The USANKF is the US Olympic Committee's National Governing Body for sport karatedo. This organization's web site is [www.usankf.org](http://www.usankf.org)
  - The JKF is the oversight body for all of the styles of Japanese karatedo, and it is part of Japanese government's Ministry of Education, Culture, Sports, Science and Technology. [http://www.karatedo.co.jp/jkf/jkf-eng/e\\_index.htm](http://www.karatedo.co.jp/jkf/jkf-eng/e_index.htm)
  - The aforementioned formats for sparring have been proven to be safe. Target areas are limited to the head, abdomen, and back. Furthermore, only skin-

touch contact is allowed to the face and head. However, we realize that some parents/guardians may not want their child to participate in sport kumite (sparring) due to a medical condition. If your child needs to opt out of this activity, please indicate that when signing the final page.

- **Mouth-guards** (for all participants) and **cups** (for males) are required. It is the responsibility of the student and the parent to purchase this equipment. It is the personal responsibility of the student to use this equipment during kumite. Other safety equipment will be provided by TSA.
- **Required Public Performance** The TSA Martial Arts class will sponsor at least one required public performance of the skills and spirit that the students have learned and sharpened during the school year. In this Shiai 試合 students will match their skills and spirit against others in front of an audience. Failure to participate in this performance will result in a 15 paragraph writing assignment that is offered for partial credit. (There is an old Zen saying: “You can talk about water, but your mouth will never become wet.” Likewise, you can write about Karatedo, but it is not the same as participating in Karatedo.)
- **Additional Tournaments** Additionally, TSA students will be eligible to participate in selected karate tournaments and seminars. At these events, students will be helped and coached by an experienced black belt instructor. However, tournament fees and transportation to and from the event is the responsibility of the student. This activity is not a requirement of the TSA karatedo class. Additional sport competition is offered as an extra benefit for TSA students.

6. **Self-Improvement** – The goal of all education, including an education in the martial arts, should be to improve the character of the participants. Karatedo Master, Gichin Funakoshi, expressed this concept succinctly when he explained “誠の道を守ること： Each person must strive for the perfection of one’s character.” To this end, several things will be expected of you.

- **Show Respect:** 空手道は礼に始まり礼に終る事を忘るな “Karatedo begins and ends with respect.” This is a belief that permeates throughout the entire traditional martial arts community. Respect is demonstrated by a bow (礼). We will bow three times at the beginning and the end of each class, and you will be expected to participate in this practice. Moreover, you will be expected to demonstrate respect to all of the people in your karatedo class.
- **Give Your Best Effort:** 礼儀を重んずること “Each person must foster the spirit of effort.” You will be expected to arrive to class on time, dress for class every day, and participate to the best of your ability.
- **Change out of school clothes, put on your karate gi, and remove all jewelry.** A traditional **all white** karate gi (uniform, 着) is required for class. This can be borrowed from TSA or purchased by the student at a reduced cost. (A separate order form has been given to each student.) Additionally, your obi (belt) must be properly tied.
- If you are ill or injured, you will be expected to participate in class to the degree to which your illness or injury permits. Only a **doctor’s note** or a note

from the school medical authority can excuse you from participation. **Failure to participate in class three times in a grading period may result in a failure for that grading period.**

- **When walking between the classroom, dressing rooms, restroom or drinking fountain you must wear shoes, sandals or flip-flops.** This is a specific directive from the Toledo-Lucas County Health Department. Failure to comply with this directive will result in a reduction in your daily grade.
- **Take Responsibility:** Each person is responsible for his or her behavior. Each student is responsible for ensuring that their gi is properly laundered and clean. Students must ensure that fingernails and toenails are properly clipped. Moreover, each student will be expected to be responsible for certain classroom activities such as bowing in and bowing out of class or leading the class in junbiundo. Since you have 3 extra minutes to change your clothing, it is your responsibility to use the water closet before or after class.
- **Make Academic Connections:** (“Karatedo and academics are one.” 空手道とアカデミー会員は1歳です) You will be expected to participate in activities which relate to your academic classes such as learning the Japanese terminology that is used in class and analyzing and writing about the of karatedo. These activities and much more information is located at our Goju Ryu Karatedo Seiwa Kai website. [www.greatlakesseiwakai.com](http://www.greatlakesseiwakai.com) Your I-pad will be needed to complete them.
- **Failure to adhere to the aforementioned points will result in a significant reduction in your daily grade.**

Your grade in karatedo class will be determined by the degree to which you participate in and show competency with the six aforementioned activities. The TSA grade scale is as follows:

|              |            |             |            |
|--------------|------------|-------------|------------|
| A+ 100 – 98% | B+ 91 -89% | C+ 82 – 80% | D+ 73 -71% |
| A 97 – 95%   | B 88 – 86% | C 79 -77%   | D 70 -68%  |
| A- 94 – 92%  | B- 85 83%  | C- 76 -74%  | D- 67 -65% |

### **TSA Late Work Policy**

#### **High School Homework Policy**

1 Day Late = 50% Credit

2 Or More Days Late 0% Credit

**Projects:** 10% reduction in grade per day late up to 50% off

#### **Middle School Homework Policy**

1 Day Late = 75% Credit

2 Days Late = 50% Credit

3 Or More Days Late 0% Credit

**Projects:** 10% reduction in grade per day late up to 50% off

### **Snow Day/Calamity Day Homework**

In the event of a snow day (calamity day), work will be assigned on the Great Lakes Seiwa Kai website on the TSA Great Lakes Seiwa Kai tab on the left side of the homepage.

<http://www.greatlakesseiwakai.com/tsa-great-lakes-seiwa-kai.html>

**TO BE SIGNED AND RETURNED TO MR. CRAMER**

**I have read the TSA Karatedo Syllabus and agree to abide by its terms.**

Printed name of student \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Student signature \_\_\_\_\_

Printed name of parent/guardian \_\_\_\_\_

Signature of parent/guardian \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

**My child cannot participate in jiyu kumite (sport free sparing) due to a medical condition.**

Name of student \_\_\_\_\_

Please provide a brief description of the medical condition **and** a note from the student's doctor, if it is not on file with the nurse.

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\_\_\_\_\_  
\_\_\_\_\_

Signature of the parent or the guardian \_\_\_\_\_