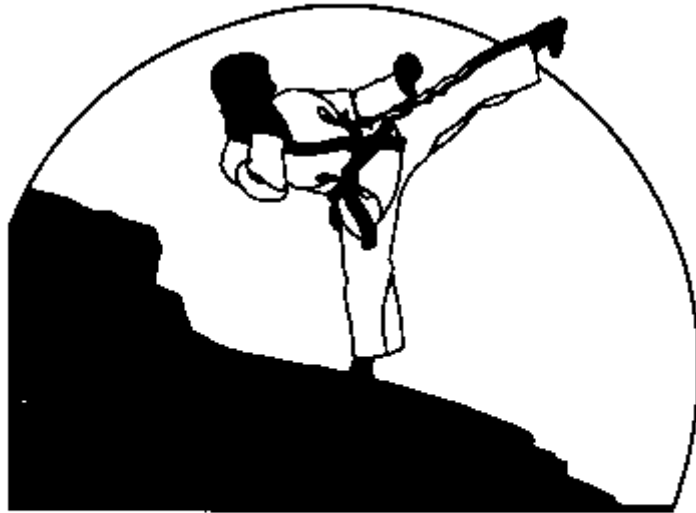


LARAMIE KEMPO KARATE CLUB



L A R A M I E
K E M P O K A R A T E
C L U B

Beginner's Manual

SCHOOL MOTTO

Above all else, to seek to
control my mind and my body
to obey my will quietly.

To seek to adjust to every
situation, good or bad, which I
may meet in my daily life.

Don't permit yourself to show temper,
and always remember that when you
are in the right, you can afford to keep
your temper, and when you are in the
wrong, you cannot afford to lose it.

COUNTING:

English	Korean	Japanese
One	HaNa (hah-nah)	Ichi (eechee)
Two	Dool (dool)	Ni (nee)
Three	Set (set)	San (san)
Four	Net (net)	Shi (shee)
Five	Taset (taw-set)	Go (go)
Six	Yoset (yaah-set)	Roku (row-koo)
Seven	Il Gop (ill-goop)	Sichi (see-chee)
Eight	Yo Dul (yahl-dool)	Hachi (haw-chee)
Nine	Ah Hope (ahh-oop)	Ko (coo)
Ten	Yohl (yaah-ool)	Ju (jew)

BELT RANKING

There are Junior and Senior rankings. The belt colors are the same, as listed below but Junior belts have a black stripe running the length of them. Yellow stripes are earned only in the junior ranks.

Rank	Belt Color
9 th Kyu	White
8 th Kyu	Yellow
7 th Kyu	Orange
6 th Kyu	Blue
5 th Kyu	Purple
4 th Kyu	Green
3 rd Kyu	High Green
2 nd Kyu	Brown
1 st Kyu	High Brown

Black Belt Ranks:

1 st Dan	Shodan
2 nd Dan	Nidan
3 rd Dan	Sandan
4 th Dan	Yodan
5 th Dan	Godan
6 th Dan	Rokudan
7 th Dan	Shichidan
8 th Dan	Hachidan
9 th Dan	Kudan
10 th Dan	Judan

JUNIOR AND SENIOR BELT SYSTEMS

The Laramie Kempo Karate club recognizes both Junior and Senior ranks. All students under the age of 15 will test as Juniors. Junior belts are the same color as the Senior system except that a black stripe runs the length of the belt. Students over the age of 15 who choose to stay in the kids' classes, will continue to be ranked as juniors. Senior, or adult ranks, must attend the adult classes.

The reason for having two systems of ranking is to be fair to the Junior students. It is not fair to expect a 5-year-old and a 25-year-old to perform the same. That doesn't mean that one will try harder than the other will. Effort has nothing to do with age. But there are physical differences that, if there were only one system, could prevent a Junior student from progressing through the ranks. *The test requirements are the same for Junior and Senior ranks.* When a Junior student reaches the age of 15, he or she must retest into the Senior ranking system. Their rank in the Senior system will be based on the test and their class performance. It is possible that belt color will change when a student passes from the Junior to the Senior systems.

JUNIOR STRIPES

Tests for stripes will be held periodically. Any junior student may test. Remember your effort and attention during regular class is also important for testing. If you don't pay attention or try hard during regular class, it is likely that Shihan Travsky will not allow you to test until your effort improves. A student cannot test for more than one stripe at a time.

REMEMBER: You can't pass a test if you don't try to test! Even if you aren't sure if you can pass a test, at least try. We will help you correct what isn't ready and, if you practice, you will pass eventually. **DON'T TEST UNLESS YOU HAVE PRACTICED. IF YOU DO NOT PASS ONE TIME, PRACTICE TO IMPROVE. DON'T JUST RETAKE THE TEST WITHOUT PRACTICING.**

RANK TESTING

Rank Testing - Use Only For Testing for a Different Belt Color and Not For Stripes

Testing Fee: None

Testing Dates: Testing will occur approximately every three months with special testing dates arranged by the head instructor when needed.

Who may test: All students, both youth and adults, must be approved for testing by Shihan Amber Travsky. To test, youth students must have four stripes.

Preparing for a test: It is up to each individual student to be certain of the testing requirements for their rank. Requirement lists are available from the black belts. It is also the student's responsibility to discuss with a black belt any test requirement they do not understand or if there is something they have not been taught.

Test Grading: Each rank test has specific requirements, as described elsewhere in this manual.

Each black belt will score the different skills using the following scoring guidelines:

100 = Maximum, well above level of test - passing

75 = Above what is expected for the rank being tested - passing

50 = What is expected for the rank being tested - passing

49 and below = Below what is expected for the rank - not passing

To Pass a Test: To pass a test, a majority of black belts must give a passing score on each of the skills. If that doesn't occur the student will have a two-week period after the test to practice and to retest on the skill they didn't pass. If they don't pass more than one skill they must retake the test at another testing period.

Testing for a colored belt is done at a special testing period and is done in front of the class and the black belts. The stripe tests are done during class and are done in front of either a black belt or a designated instructor.

TEST REQUIREMENTS FOR YELLOW STRIPES

1st Yellow Stripe

1. First 8 movements of Taikyoku I kata.

2nd Yellow Stripe

1. Entire Taikyoku I kata.
2. Tie your belt.

3rd Yellow Stripe

1. Taikyoku I kata. Your stance must be **WIDE** - A GOOD FRONT STANCE!!
2. First 3 one-steps:
 - (1) Step with right leg at 45-degree angle into shallow horse stance while blocking with left hand. Punch with right hand and back knuckle.
 - (2) Step with right leg to side. Sidekick with left leg. Knife hand with left hand to collarbone.
 - (3) Step right leg back into an "L" stance while doing an inside-out block with left hand. Step right leg toward partner and elbow strike to the sternum. Back knuckle to nose.

4th Yellow Stripe

1. Taikyoku I kata. You need a good stance, hand placement, and punches. **WITH POWER!**
2. Taikyoku II kata.
3. Last two one-steps:
 - (4) Step right leg back into a FRONT stance while doing an upper block with the left arm. Left-hand grabs partner's arm and pulls in. Ridgehand with right arm to the side of the head.
 - (5) Outside-in block with left arm while stepping in "toe-to-toe" with partner with left foot. Spin while moving right foot in a circle to outside of partner. Elbow strike

to partner's head or side. Back-knuckle to head.

TEST REQUIREMENTS FOR 8TH KYU, JUNIOR YELLOW BELT

For learning new kata, only the black belts or someone they assign can teach new kata. New kata is not something to teach your friends and it is not something to learn just by watching another student. Learning new data is an honor that is earned following promotion to the next rank.

I. Basic Techniques

1. Hand techniques in a horse stance:

- a. Front punch
- b. Upper block
- c. Lower block
- d. Cross block
- e. Outside-in block

2. Kicks (from a relaxed fighting stance, stationary)

- a. Front kick
- b. Side kick
- c. Round kick

II. Kumite

Perform the following 5 one-steps. Focus on distance control.

1. Step with right leg at 45-degree angle into shallow horse stance while blocking with left hand. Punch with right hand and follow with a back knuckle.
2. Step with right leg to side. Sidekick with left leg. Knife hand with left hand to the collarbone.
3. Step right leg back into an "L" stance while doing an inside-out block with left hand. Step right leg toward partner and elbow strike to the mid-section. Add a back knuckle to the nose.
4. Step right leg back into a front stance while doing an upper block with the left arm. Left hand grabs partner's arm and pulls off balance. Follow with ridgehand with the right arm to the side of the head.
5. Outside-in block with left arm while stepping in "toe-to-toe" with partner with left foot. Spin while moving right foot in a circle to outside of partner. Elbow strike to partner's head or side. Back-knuckle to the head.

III. Kata

1. Taikyoku I (Shodan)
2. Taikyoku II (Nidan)

IV. Free sparring

Spar against at least 2 different opponents without sparring gear. Focus on control and light contact.

WORDS WE USE

Karate (kah-rah-tay)	"Empty hand"
Kempo	"Way of the fist"
Training hall	Dojo
Training uniform	Gi (pronounced gee)
Instructor	Sensei
Master Instructor	Shihan
Forms	Kata
Attention	Cha Ryut
Bow	Kung Ret
Ready Stance	Choon Bee
Begin	Seeja (Korean) or Hajime' (Japanese)
Yell	Kiai

DOJO (TRAINING HALL) RULES

DO'S	DON'TS
1. Bow at the dojo entrance prior to coming into the room. Take shoes off before entering.	1. Don't enter dojo unless an adult is present.
2. Before and after class, stay within the entryway next to the dojo.	2. Don't wander around the building before or after class.
3. Come to class with a clean and neat gi. Have t-shirts tucked in and belt tied correctly.	3. Don't wear jewelry including watches, earrings, or rings.
4. Treat other students and instructors with respect. Stop whatever you are doing when a black belt enters the room and bow to them.	4. Don't kick, punch, or harass other students. No sparring in the dojo without the permission of a black belt.
5. Do spit out gum before starting class.	5. Don't lean against the wall during class.
6. If late for class, do wait in choon-be.	6. Don't use any profanity or mean language during class.

Any person using excessive force against another student or instructor may not be allowed to return to the club if the actions persist. We are all here to learn the martial arts - not to hurt our

fellow students.

