

## LIST OF REQUIRED EQUIPMENT

### ALWAYS REQUIRED

Casa De Karate Handbook (3 Ring Binder)

Traditional Uniform-jacket, pants and belt (Females wear T-shirt or leotard under jacket)

Mouth Guard

Groin protector (for males)

### REQUIRED FOR SPARRING

Mouth Guard

Groin protector (for males)

Headgear\*

Sparring Gloves\*

Sparring Boots\*

\*Casa De Karate will provide sparring gear for use during class or you may purchase your own gear through Sensei Goben.

### RECOMMENDED FOR SPARRING

Shin Pads

Knee Pads

Elbow Pads

Rib Guard

### SUGGESTED

Water Bottle

Towel

Deodorant

T-shirt to wear under uniform in winter

## RULES OF CONDUCT

These rules help us maintain the quality instruction and safe environment that facilitates a strong learning atmosphere. Students will be expected to know and abide by these rules at all times.

### KARATE ETIQUETTE

1. Students are to remove their shoes before and/or upon entering the dojo.
2. Bow upon entering and leaving the dojo.
3. Inform the black belt instructors if you are injured or ill before or during class.
4. Utmost respect will be shown to black belt instructors, other black belts and senior belts.
5. A proper (good/positive) attitude is expected from all students at all times.
6. The colored belts are a sign of achievement and respect. Your belt should never be discarded nor should it ever touch the ground.

## SCHOOL RULES

1. **Control your noise and behavior!** If you are not in class being asked to kiai, keep your noise down. This applies to all students, parents, siblings and other spectators.
2. Horseplay **will not** be tolerated at any time.
3. **No** running.
4. Profanity **will not** be tolerated.
5. Smoking **is not** permitted in any part of the building.
6. It is everyone's responsibility to ensure the dojo is clean, tidy and safe at all times.

## CLASS RULES

1. Students' uniforms, equipment and person shall be well-kept and clean, nails trimmed, hair back, etc.
2. Please remove watches, rings, neck chains, earrings, or any type of jewelry that could cause harm during training.
3. All students should arrive for class on time. This includes allocating time for changing into your uniform, using the rest room, etc.
4. If late, a student shall wait until acknowledged by the instructor before entering class. The tardy student shall do 10 push-ups and 20 sit-ups upon entering class. Class is considered to have begun upon the instructor calling class to attention.
5. Gum chewing **is not** permitted during class.
6. Students **shall not** talk while the instructor is talking.
7. Students **shall not** leave the class once class has begun unless the instructor grants permission to do so.
8. Safety gear is mandatory for all students during sparring.

## UNIFORM CODE

### UNIFORMS

1. All students must wear a full, clean uniform in class. This includes pants, jacket and belt.
2. Uniforms are to be blue, white, black or any combination of the 3 colors.
3. Students are required to wear white or blue for promotion examinations.
4. Students who are testing for a black belt are required to wear a traditional white uniform.

### T-SHIRTS

1. A Casa De Karate T-shirt may be worn instead of the uniform jacket in class with Sensei Gobben's approval.
2. Only Casa De Karate T-shirts are acceptable as uniform attire.
3. T-shirts may not replace a jacket during a promotion examination.
4. Any student may wear a T-shirt under the jacket if desired; ladies are encouraged to do so.

### LOGO

1. Any Casa De Karate student may wear a uniform jacket with the school logo silk-screened on the back. If you are interested in purchasing one of these jackets please see Sensei Goben.

#### EMBROIDERED PATCHES

1. A Casa De Karate school patch is to be attached to the uniform jacket in the center of the left front chest of the jacket. This patch is required for all members before their first test.
2. A Zen-Do-Kai Martial Arts Association is to be attached to the uniform jacket on the shoulder of the left sleeve.
3. Academic stars are earned by maintaining an A or B average in school each grading period. They are to be placed vertically up the outside seam of the left pants leg beginning at the bottom hem.
4. Assistant Instructor patches are earned by students, brown belt or higher, who have learned to take extra teaching responsibility. The patch is worn on the hem of the right pant leg.
5. Junior or assistant leader patches are earned by students, green belt or higher, who have learned to take extra teaching responsibility. The patch is worn on the hem of the right pant leg.

#### BLACK BELT (SHODAN) RESEARCH PAPER REQUIREMENT

Any individual training under an instructor teaching in the ZDK “system” and planning to test for Black Belt (Shodan) will be required to submit a research paper to the Director. The topic of the paper must have some bearing on the philosophy, history, benefits, training, or improvements of the martial arts. The topic of the paper must be approved by the Director in advance of its preparation. This paper must be a research paper in that outside sources are required. The following will apply to the research paper.

1. Once submitted the paper becomes the exclusive property of the Director.
2. The student will be required to give one copy each to his instructor and the Director.
3. The paper must be submitted no less than one (1) month prior to the students test for Shodan.
4. The minimum length of the paper will be five (5), double-spaced, typed, 8 ½ x 11-inch pages; not including the Title Page, Table of Contents, and Bibliography page(s).
5. The Title Page must include the students Name, Address, Phone Number, Time in Training, and Instructor’s name.
6. The paper must include:
  - a. Title Page
  - b. Table of Contents (if appropriate)
  - c. Introduction

- d. Body
  - e. Conclusion
  - f. Footnotes and/or Bibliography
7. The paper should be free from grammatical and spelling errors.
  8. The association test fee for Shodan must be submitted with the paper.
  9. The test is contingent upon the acceptance of the paper by the director.
  10. Students under 16 years of age will be required to complete the Research paper before permanent Shodan rank will be awarded. These students will receive a diploma reading “Junior Black Belt” until said completion.

### CASA DE KARATE RESEARCH PAPER REQUIREMENT

Any individual training at Casa De Karate and planning to test for Third Kyu (Brown Belt), Second Kyu (Brown Belt/one stripe) or First Kyu (Brown Belt/two stripes) will be required to submit a research paper to Sensei Goben. The topic of the paper must have some bearing on the philosophy, history, benefits, training, or improvements of the martial arts. This paper must be a research paper, in that outside sources are required. The following will apply to the research paper.

1. Once submitted the paper becomes the exclusive property of Casa De Karate.
2. The paper must be submitted no less than one (1) month prior to the students test date.
3. The paper should be typed and double-spaced on 8 ½ x 11-inch paper.
4. The length of the paper shall be as follows:
  - a. Third Kyu, not less than 2 pages.
  - b. Second Kyu, not less than 3 pages.
  - c. First Kyu, not less than 4 pages.
5. (Not including the Title Page, Table of Contents, and Bibliography page).
6. The paper should be free from grammatical and spelling errors.
7. The Title Page must include the students’ name, rank and test date.
8. The paper must include:
  - a. Title Page
  - b. Table of Contents (if appropriate)
  - c. Introduction
  - d. Body
  - e. Conclusion
  - f. Footnotes and/or Bibliography