

Jersey Wado Ryu Karate Kai



2020 Induction Booklet

Members of the WKU (Western Karate Union)



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CHANNEL ISLANDS

Jersey Wado Ryu Karate – Club Details

Welcome

First of all thank you for looking at Jersey Wado Ryu Karate club. Let's hope this is your first step into learning the fascinating and popular martial art of Wado Ryu Karate.

The purpose of this pack is to give you some new starter information which will help guide you through your first few weeks as you begin your karate study. In here you will find information and details that you might require as you start your training. If you require help with anything, have a question or feel that anything is unclear, then please don't hesitate to ask an instructor or Sensei as they are called (the ones wearing a black belt).

What is karate?

Karate is a Japanese word meaning "empty hands" indicating that karate is a martial art that does not require weapons other than parts of the body, but it, also means that the practitioner of karate should strive to empty his/her mind of aggression.

Originally, karate was a method of unarmed self-defence consisting of punches, kicks, blocks and a small number of throws, these were developed in the Okinawa Islands and feature many techniques introduced from mainland China.

Our style of Karate is called Wado Ryu, and was founded by Hironori Ohtsuka in 1934.

Wa = Peace / Harmony.

Do = Way / Method.

Ryu = Style.

Wado Ryu - The way of peace and harmony.

Club History

We are fortunate to have a long and successful history in Martial Arts and the three primary Instructors, Ryan Lambotte, Steve Ahearne and Martin Rutter have c.120 years of combined knowledge and experience between them, despite their youthful good looks!

Jersey Wado Ryu has been in existence, in one form or another for over 25 years and has thrived in the Channel Islands as published/described in Traditional Karate Magazine article: (https://issuu.com/ma_publications_ltd/docs/karate0108-rgb/29) .

Ryan Lambotte – Ryan is the Chief Instructor and co-founder of JWR and will celebrate his 30th year as a black belt this year. Ryan holds three Black Belts in traditional karate and is a 5th Dan in Wado Ryu. Ryan has trained under well-known Instructors such as Doug Joseph (8th Dan), Liam Ahearne (5th Dan), Peter Spanton (9th Dan) and Alan Flook (8th Dan). Ryan is also an executive board member of the Western Karate Union (WKU). Ryan is known for his deep knowledge, power and dedication to Karate in the Channel Islands. Ryan is often asked to be a guest instructor at other clubs both in the Channel Islands and abroad.

Steven Ahearne – Senior Instructor is head of the technical committee and a co-founder of Jersey Wado Ryu. Steve suffers from severe arthritis which makes his lifetime of dedication to Karate and rank of 5th Dan all that more impressive. Please note that Steve's father, Sensei Liam Ahearne, was one of the greatest instructors to have ever taught in Jersey and JWR would not be in existence without him.

Martin Rutter - Martin is a Senior Instructor with JWR and recognised 4th Dan. However, the reality is that Martin has over 40 years experienced and successfully ran his own club for many years until retiring briefly until he was persuaded to become a member of the senior management

team for Jersey Wado Ryu. Martin is still lightning fast and enjoys passing his knowledge to young student eager to learn.

David Louis – David is about as well known a Karateka as anyone in the Channel Islands. The former President of the Jersey Martial Arts Foundation, David has been involved in Martial Arts Internationally for many years and as a retired former Director of a globally company David is called upon to provide sound advice to up and coming and established Martial Arts clubs.

Types of Activity offered

As mentioned, our style of Traditional Karate is based on Wado Ryu although we practice other styles of kata and techniques as well. Our instruction includes single/multiple step techniques, sparring, and self-defence techniques and pre-set multiple attack defences in set forms. General warm up, strengthening and stamina work are also part of the training schedule. We do not limit ourselves mentally or physically and the Instructors may use elements of other styles and systems as they see fit.

Instructors

The club is run on a voluntary basis. We have male and female instructors whose ongoing training is through courses they attend. Our Instructors carry professional indemnity insurance and CRB clearance. . Senior grades wishing to become involved can help out in the session under the instructor's watchful eye but to become trained instructors they need to go through a similar course structure. No-one is able to become a registered instructor until they attain senior black belt status or age 18+, as approved by the Chief Instructor.

Instructor Information: Ryan Lambotte (Chief Instructor / Co Founder) - Registered Instructor – 5th Dan

Steven Ahearne (Senior Instructor / Co Founder) - Registered Instructor - 5th Dan

Martin Rutter (Senior Instructor) – Registered Instructor – 4th Dan

Ben Hall (Overseas Instructor) - Registered Instructor - 3rd Dan

Robert Cragg – Registered Instructor - 2nd Dan

David Louis (Retired) – 2nd Dan

Club Officials.

Ryan Lambotte (5th Dan)

Steve Ahearne (5th Dan)

Martin Rutter (4th Dan)

Hans Over de Vest (4th Dan)

David Louis (2nd Dan)

John Gillies (1st Kyu)

Chairman / Chief Instructor

Vice Chairman / Treasury / Health & Safety Officer

Secretary

Special Consultant

Senior Official

Welfare / Child Protection Officer

Accident Recording

Health & Safety Policy

Constitution

Privacy Statement

Code of Conduct

Child Protection Policy

Copy held at www.jerseywadoryu.com

We abide by the Child Protection Policy as laid down by the Governing Body for the English Karate Federation. Copy available on request

Jersey Wado Ryu Karate – Training Details

Training Nights: Monday & Thursday at Bel Royal School.

Juniors 18.30 to 19.30 (or as advised)

Seniors 19.30 to 20.30 (or as advised)

Age Range 6 years + or at the discretion of the Chief Instructor.

Licence Application forms Each student is given leeway of two sessions to try out before licencing with JWR. Supervised contact work is allowed for unlicenced students at the discretion of the Instructor. A licence should be applied for by the **3rd lesson** at the latest and renewed annually.

Costs:

Training £2 Juniors - £3 Seniors per session

Licence £40 Juniors £60 Seniors

Gradings £ TBC (includes new belt & certificate if pass achieved)

You can buy the clothing and equipment from a retail outlet of your choice providing it is suitable for use and follows the guidelines of the club. Alternatively you are able to purchase the required items through the club upon request.

Compulsory for Club Training:

Karate Gi. This must be white and it is advised that girls to wear a plain **white** t-shirt underneath.

Gum Shield. This should fit properly and it is advisable to have one fitted by a dentist if possible.

Hand Mitts. These are used for sparring and some self-defence purposes. They should be of WKF approved style and either red or blue.

Chest Guards. It is advisable for girls to wear a chest guard for sparring and imperative by the time they reach 12 years old. Further advice can be given upon request.

Groin Guards. These are NOT compulsory but advice can be given if required.

Shin and Foot Pads. These are NOT compulsory in the class but may be needed for outside competition.

All equipment should be kept in good condition and replaced as necessary.

Contact details:

Chief Instructor Ryan Lambotte - 07797 849 612 or ryanlambotte@hotmail.com

Senior Instructor Steven Ahearne - 07797 722 102 or steve@jerseywadoryu.com

Senior Instructor Martin Rutter - 07797 812 926 or rutter_martin@hotmail.com

Website: www.jerseywadoryu.com

Facebook Page: Jersey Wado Ryu (closed group)

DOJO RULES AND ETIQUETTE

Members must:

1. Instructors are should be obeyed at all times.
2. Students must not smoke, swear, chew, spit, or commit any other act likely to offend the etiquette of the Dojo.
3. Members must not use their skill outside the Dojo unless in defence of their physical wellbeing. They must always restrain themselves to minimum usage in such situations.
4. Adhere to the policies on equal opportunities, racial, sexual and disability discrimination and Child Protection.
5. Report any accidents immediately to the Chief Instructor or Senior Instructor.
6. Help to keep the Dojo as safe to train in as possible and report any obvious hazards to the Chief Instructor.
7. Make sure you are aware of the Fire Safety precautions and Exits.
8. Bow on entering and leaving the Dojo.
9. Address any instructor or Black belt as 'Sensei' whilst in the Dojo. Senior kyu grades (1st kyu) may be referred to as "Sempei".
10. 'Oss' is a sign of respect and is used generally in Karate especially in the following situations:
 - Upon receiving any advice or command from the instructor, the student must reply by answering 'Oss' or 'Hai'.
 - When bowing at the start and finish of the class.
 - When bowing to your partner during Kumite.
 - In any other appropriate situation, for instance during gradings or competitions.
11. Train at least twice a week whenever possible.
12. No one is to leave the class without first obtaining permission from an instructor.
13. Any member arriving late must take up a kneeling position at the entrance of the Dojo and await permission from the instructor before joining the class.
14. Finger and toe nails must be kept clean and short.
15. Gi's must be kept clean and in good condition.
16. Jewellery (rings, bracelets, neck chains, etc.) must not be worn during training. If you can't get a ring off then tape must be wrapped around it.
17. The sensei has the right to refuse anybody entry to the dojo.
18. If you need to tidy your suit or retie your belt during the class then you should face away from the class and go down onto one knee. When you have finished you should reface the Sensei and bow to re-join.
19. Do not walk through a class, please walk around.
20. All jewellery or watches shall be removed while training. If you can't because of religious or other reasons then you must tape them over for yours and others safety.
21. Glasses and contact lens may be worn at your own risk or discretion.
22. Finger and toe nails to be kept short and clean and long hair should be tied back.
23. Show respect for all grades of students higher or lower than yourself.
24. Concentrate and listen and do not talk or mess around while you are being instructed.
25. Please remove outdoor footwear before walking onto the training floor.
26. Never intentionally try to hurt anyone in training. The emphasis is always on control.
27. If you have any injury or any medical condition or special need then let the Sensei know before the class.
22. Bring a drink with you (not fizzy) as you will get warm. Do not eat or chewing gum in the class.
23. Only use what you are taught if you are threatened or attacked.
24. Bullying or abusive behaviour inside or out of the Dojo will not be tolerated at any time and students are asked to report any issues immediately to the sensei teaching the class or Welfare Officer.

25. Parents of students are responsible for their children's behaviour before and after the designated class start and finish times and are encouraged NOT to interfere during the class.
26. Any student or students that are persistent in disobeying the rules or are causing a disturbance during a lesson will in the first instance be given one warning and after that they may be asked to leave the class. In extreme cases they will have their licence terminated and their membership revoked with no refund of monies paid.
27. Please note: - While we encourage all students to practice out-side of the club, we would advise younger students not to "show off" what they have learnt at school or on brothers or sisters, as this some-times can lead to unwanted confrontations or injures.
28. This list is not exhaustive and common sense must be used by all students at all times. You will always be held accountable for your own actions.

Jersey Wado Ryu Licence Form

Senior Licence (16+)		Junior Licence (-16)	
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New Member	Yes / No	Club Name	Jersey Wado Ryu Karate Kai
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Previous Licence Number	Expiry Date of Previous Licen
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Current Grade & Pass		Date of Last Grading	
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Name of Examiner for Last Grade	
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Do you suffer from any medical ailments or have in the past?

Yes / No	
If Yes please give details	

Describe any medication being taken

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Have You Ever Been Convicted of a Crime of Violence?	Yes / No
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If Yes Please Give Details

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Title	First Name	Surname

Address		
Post Code		Date of Birth	
Telephone		Mobile Number	
E-Mail		Occupation	
Member or Guardian Signature			
Opt out for photographs to be used publicly and stored.		<input type="checkbox"/>	

Secretary/Instructor's Signature		Dated	
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MEDICAL QUESTIONNAIRE

FOR KARATE ACTIVITIES WITH THE JERSEY WADO RYU KARATE KAI

Student Name: _____

Address: _____

Emergency Contact No. _____

Date of Birth: _____

- 1. Have you ever suffered from any of the following?
 - Asthma..... Yes / No
 - Diabetes..... Yes / No
 - Epilepsy..... Yes / No
 - Heart Complaints Yes / No
 - Allergies (Please specify)..... Yes / No
 - Head Injuries..... Yes / No
 - How long ago?.....
 - Were you unconscious?..... Yes / No
 - For how long? Hours.....Days.....

Any other conditions which may affect training.

- 2. If you have answered yes to any question, is the condition under medical control?..... Yes / No

- 3. Do you need to have medication with you during activity?..... Yes / No
 If the answer is yes, how is the form of medication taken?.....

- 4. Have you had the following inoculations:
 - Tetanus Yes / No Date:.....
 - Hepatitis Yes / No Date:.....

- 5. Other problems which may affect training:
 - Dyslexia Yes / No Slight / Severe
 - Dyspraxia Yes / No Slight / Severe
 - Learning Difficulties..... Yes / No Slight / Severe
 - Co-ordination Problems Yes / No Slight / Severe

- 6. Any other comments you may like to make to assist us:

- 7. Is there anything contained in a normal first aid box which is unsuitable for use on you?..... Yes / No
 If yes, please specify.....

- 8. Name of your GP and address of the Surgery

It would be a great help if you could keep us updated on any bad injuries or illnesses sustained since any of those previously mentioned.
 This club offers equal opportunities training. Thank you for your co-operation. This questionnaire will be held securely and kept in the strictest confidence.

What can you expect?

Training Induction

During the first few sessions the training is kept to a very basic format with little contact work. After licensing with the club light sparring and some self-defence will be included. Each colour belt defines a furtherance of knowledge and technical ability.

Gradings

Students grade when they are considered ready and this decision is solely at the discretion of the instructors. Please do not put undue pressure on yourself as everyone develops at their own speed.

Safety Issues

Whilst every endeavour is made to keep students as safe as possible, it must be remembered that Karate is a martial art and effective form of self-defence. Although our style is only light contact, and for juniors no head contact, accidents can happen and this must be borne in mind before deciding to train with us.

Photographic and Video Control

We are unable to control, and therefore cannot accept responsibility, for the use of photographic/video equipment by members of the public at competitions and other events. It is advisable for parents/guardians to accompany their children during such times.

Equipment

Mats used occasionally for Kumite sessions are checked thoroughly each time they are used, we also have target pads. All are in good condition. Other items used are the students' own personal protective equipment which they are expected to look after themselves and replace as necessary.

Premises are hired and thus maintained by the landlord in each case. Risk assessments are carried out before each session commences and it is the responsibility of everyone taking part in the training to ensure good standards are maintained. Please report any possible hazards to an instructor immediately.

I have read the club induction document and confirm I understand its content and will abide by its rules.

.....
Signed by Student/Parent/Guardian

.....Date.....
Student Name in block capitals

Some Common Questions & Answers

Who takes up Karate?

You hopefully!

Lots of different types of people train at our clubs. They all have different reasons for joining. The minimum age of the club is six years old but we have no upper limit.

How long does it take the average person to get a Black Belt?

The average person does not get a Black Belt 

How do I start to train?

The best way is to turn up to a class and introduce yourself. There is no pressure and we're happy if you just want to watch before having a go. We'll always see that you are well looked after and remember we're all very friendly and always welcome new members.

What should I wear or bring with me?

It's best to do 3 to 4 weeks before buying a suit just to make sure this is for you. In the meantime its best to wear loose sports clothing like a tracksuit or jogging bottoms and a tee shirt, and bring a bottle of water or still drink (not fizzy). We also train with bare feet.

I'm really unfit - does this matter?

No. Training is geared towards what you personally can do so you don't need to be fit to start with. You will though certainly get fitter and more flexible through regular training.

Does it hurt, will I get hurt?

Bumps and bruises are inevitable in any form of semi contact sport or martial art but more serious injuries are extremely rare. We have strict rules and conduct while training and this is there to minimize any injures and to promote respect and safety for each other.

Many people do find they ache a day or two after their first few sessions, but this is only because we are using different muscle groups to everyday use, but this will become familiar as you continue to train.

Are training sessions hard?

Sessions are tailored to your grade experience and age. As you progress they will become tougher as this is part of the character building and physical and mental stamina that will be required at a higher level. We do expect everyone to try hard and we will give plenty of encouragement along the way.

Can I stay and watch while my child trains?

Some clubs do not allow this but that rule doesn't apply at our club. We actively encourage parents, especially those of beginners, to stay and watch. It's important you understand how the club works and that you're comfortable with their training. You never know you might want to have a go yourself. Once your child is comfortable with the club and if you're happy with us, then by all means give yourself an hour off, we are the cheapest babysitting service in the Island.

How often do I have to train?

We like students to train regularly as it is much easier to follow their progress, but how often you train is completely down to you. Lower grades only train once a week, higher grades usually do two sessions, and the die-hards practice every day and train as often as possible. All you need to remember is that karate, like any other skill, requires practice and the more you train the quicker you'll learn, progress and improve.

What sort of stuff will I learn?

You'll start with the simplest techniques e.g. basic kicks, punches and blocks, along with a few combination moves, basic self-defence and kata (set sequence of moves). As your training progresses you will learn more advanced techniques and defences against someone attacking or punching you (we try to cover the most common attacks seen on the street). Later on you'll also start to learn defences against weapons and knives (not live blades) and multiple attackers and how to protect yourself if you fall to the ground.

Most of all your skill set, confidence, respect and self-discipline will increase.

Why do you have coloured belts?

We have coloured belts to denote a student's progress these go from white to black.

Gradings are held regularly and if you are ready you will be invited to grade. There is a minimum time period between each grade. Karate is not a race and no pressure will be put on students to grade. Everyone will work and develop at their own pace. (Beginners all start with a white belt)

The belts grades are as follows. (Note Kyu means grades to black)

8th Kyu (Red/White with Red stripe Belt) – 6 months from starting.

7th Kyu (Yellow Belt) – 6 months from 8th Kyu.

6th Kyu (Orange Belt) – 6 months from 7th Kyu.

5th Kyu (Green Belt) – 9 months from 6th Kyu.

4th Kyu (Purple Belt) – 9 months from 5th Kyu.

3rd Kyu (Brown Belt with 1 black tip) – 1 year from 4th Kyu.

2nd Kyu (Brown Belt with 2 black tips) – 1 year from 3rd Kyu.

1st Kyu (Brown Belt with white stripe) –1 year from 2nd Kyu.

Shodan (Black Belt – 1st Dan) –1 year from 1st Kyu.

N.B. The ability to grade and timing is subject to approval by the Chief Instructor.



PRIVACY STATEMENT

Your privacy is important to us. This privacy statement explains the personal data Jersey Wado Ryu processes and for what purposes.

What personal data do we collect, hold and share?

As we need to enrol you as a member and to contact you, we collect and hold the following personal data on you.

- Date of birth
- Address
- E-mail address
- Telephone/mobile

In addition, we collect and hold personal data about

- Any medical conditions and medications that you disclose to us
- Training Courses members have attended
- Records of grading

The data subject must give clear consent to process the personal data. Consent must be freely given, specific, informed and unambiguous. In order to obtain freely given consent, it must be given on a voluntary basis.

The data subject has the right to withdraw his or her consent at any time.

We pass the following data to our association, the Western Karate Union (WKU)

- Name
- Date of birth
- Address
- E-mail address
- Telephone/mobile

The data is securely shared (encrypted/passwords) with the WKU.

How will we store your data?

Your data will only be held on password protected and encrypted devices.

How long will we keep your data for?

Data is held for a year after ending membership.

Photos taken during karate events, training sessions, etc. will be held longer with permission.

Rights of data subjects (individuals)

The GDPR provides the following rights for data subjects

- The right to be informed.
- The right of access.
- The right to rectification.
- The right to erasure.
- The right to restrict processing.
- The right to data portability.

- The right to object.

Cookies

As most of the online services, our website uses cookies first-party and third-party cookies for a number of purposes. The first-party cookies are mostly necessary for the website to function the right way, and they do not collect any of your personally identifiable data.

The third-party cookies used on our websites are used mainly for understanding how the website performs, how you interact with our website, keeping our services secure, providing advertisements that are relevant to you, and all in all providing you with a better and improved user experience and help speed up your future interactions with our website.

Contact

If you have any questions about our privacy policy, the data we hold on you, or would you like to exercise one of your data protection rights, please do not hesitate to contact the Chief Instructor of Jersey Wado Ryu.