



USA
Karate Clubs

Club Policies 2010-2011

Club Policies

Enrollment

- USA Karate Clubs DOES NOT use service contracts
 - Monthly payment in full is expected on the first of each month
 - USA Karate Clubs reserves the right to refuse service at its sole discretion

Attendance

- You are responsible to attend one class from list A, and one from list B
 - A) Monday, Tuesday, or Saturday (Academic material)
 - B) Wednesday or Thursday, (Practical applications)
- Friday evenings are reserved for members of the Black Belt Club:
 - Must be a green belt or above and have coach approval
 - Team Training (January-July)

Schedule Changes

- From time to time you may need to change your original attendance schedule
- Changes can easily be made by contacting the USA Karate office, or by speaking to your child's coach
- USA Karate reserves the right to add, change or cancel class options at its sole discretion

Missed Classes

- Students are responsible for making up missed classes
- For absences of longer than two weeks, please inform the USA Karate Club office.

Black Belts

- All black belts are expected to assist in class once per week in addition to attendance of a black belt practice session.

Belt Advancement

- Every karate student's progress will be evaluated during class
- Ongoing progress will result in a black stripe on the students' belt
- Students receiving 3 black stripes may test for a new belt rank
- Belt promotions will be offered periodically throughout the year for students ready to test
- Exams are held in the main gym
- Missed exams are to be made up by scheduling an appointment with the USA Karate office

Reporting

- Students must sign in for EVERY class and event attended
- Unsatisfactory progress will be reported as needed
- Remedies will be suggested

Insurance

- USA Karate Clubs **DOES NOT** provide supplemental athlete insurance for participating members.
- Individual members are responsible for all costs associated with any and all injuries, and subsequent medical treatment including emergency medical transport and care



Club Policies

Minor Injuries

- Minor injuries such as sprains, strains, jammed fingers or toes will result in the athlete being restrained from further class participation at the time of injury.
- Staff members will provide care of a first aid nature only.
- Parents/guardians of minor athletes will be contacted to report the incident.

Serious Injuries

- Suspected broken bones, dislocations, concussions, cuts, contusions, and the like will also receive care of the first aid nature only.
- Parents/guardians will be contacted immediately to report the incident.
 - a) Club coaches will report the incident to emergency personnel (911) and summon medical assistance.
 - b) If deemed necessary by emergency personnel, athletes will be sent via ambulance to:
St. Elizabeth's
address

Required Equipment & Attire

- A white karate uniform and belt
 - a. USA Shitokai patch on left breast
 - b. USA Karate logo on back of uniform top
 - c. American flag on right arm
- Hand & foot pads, mouth-guard, and cup with support (males).

Brown and Black Belts

Heavy weight karate uniform with surname at shoulder blades

Guests

- Introductory classes are offered to potential members and friends of current members
- Guests may be excluded from certain activities (i.e. sparring or other activities that require foundation skills) during their visit. This is done for their safety as well as the safety of current club members
- Minors must be accompanied by a parent or guardian
- A daily fee may be assessed for out of town guests who would like to train several sessions during their stay

Non Affiliated Members

- Unaffiliated athletes and clubs may participate in seminars, clinics, and tournaments hosted by USA Karate Clubs, the USA Shito-Kai, and the WSKF provided they adhere to established guidelines and protocols
- Unaffiliated athletes may not represent USA Karate Clubs, the USA Shito-Kai, or the WSKF on national teams, at Pan-American or World WSKF tournaments



USA Karate Club Competition Team

Team Selection Process: All candidates must first:

- Be 10 years old, or hold a minimum rank of green belt.
- Be in good financial standing with USA Karate and the USA Shitokai
- Pass a skills/fitness evaluation

Club Team members will be selected on a performance basis by a board of three coaches.

Members of the board must meet the following requirements:

- Minimum three years training in a karate style recognized by the WKF
- Have medaled at a national event (i.e. US Open, National Championship)
- Posses a referee license from the USA-NKF

If selected, team members will be required to:

- Attend all scheduled practices
- Compete at all scheduled meets (Exceptions for injury or illness)
- Compete in both individual and team events as directed by the coaches.
- Travel with the team delegation
- Cost (\$250.00 per athlete will be charged for the coaches time and travel accommodations)
- Failure to meet these requirements will result in expulsion from the team.

Team members and one parent will be required to attend a pre-season meeting to outline:

- Seasonal objectives
- The role of the sport parent
- Travel arrangements

Required Equipment

- A competition karate uniform with red/blue belt
- USA-NKF patch
- USA Karate team jacket
- Two sets of WKF approved hand and foot pads (one red and one blue)
- Chest protector (12-17yr old advanced only)
- Face protector (12-17yr old advanced only)

Delegation representing USA Karate's team will consist of the following:

- 1 Head coach
- 1 Team captain (Selected from among the athletes-by the athletes)
- Chaperones
 - a) 1 adult for every three juniors
 - b) Each chaperone will serve as an assistant coach
- Official team members (staff and athletes) will adhere to an event itinerary established by the head coach
- Athletes will travel and be housed according to assignments of the coaching staff

Non team members (parents) attending, but not part of the official delegation, will travel and be housed separately and are free of team itinerary restrictions



Club Rules

1. Pay monthly dues on time
2. Arrive for class well groomed and in proper attire
3. Arrive for class for class on time
4. Remove all jewelry before training
5. Tie back long hair
6. Address seniors by their surnames
7. Wear protective gear when sparring
8. No food (including gum) or drink on the mats or in dressing rooms
9. No shoes on the mats-injuries excepted
10. Report all injuries to your coach immediately
11. Clean up after yourself

Student Rules

1. Apply yourself in and out of class
2. Mark your daily attendance
3. Write your name on your equipment
4. Do not enter or leave class without permission
5. Seniors- help the junior members
6. Juniors-respect the senior members
7. Do not abuse others with your abilities

Parent Rules

1. Discipline begins by attending class
2. Your child's discipline is your responsibility
3. Learning is your child's responsibility
4. Do not attempt to correct your child from afar. It is embarrassing to everyone
5. Do not use sensei's name, or participation in karate to threaten your child when he/she misbehave
6. Your child's actions will have consequences
7. Do not make excuses for your child
8. Do not feel embarrassed by your child
9. Encourage your child rather than chastise
10. Read the newsletter with your child
11. Be proud of your child's accomplishments both great and small