

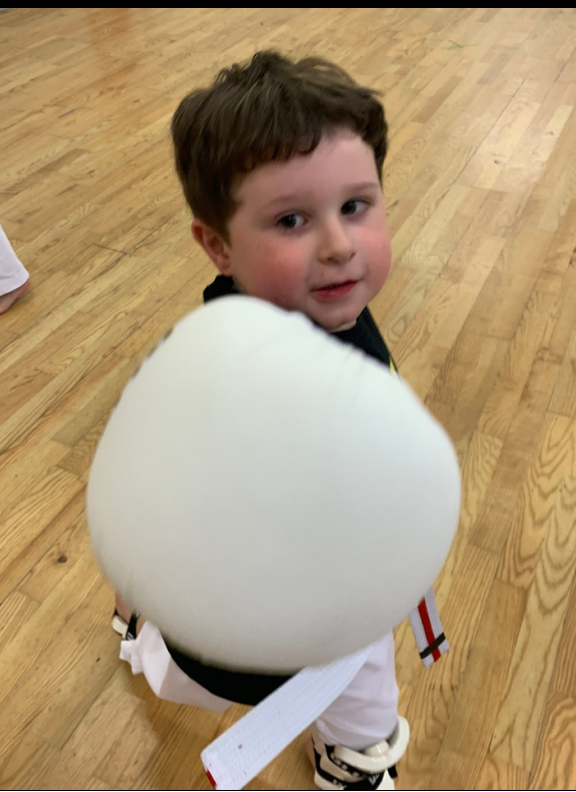
Shukokai Karate

Club

est 1977

Welcome

Pack



Welcome to The Shukokai Karate Club

Dear Parent/Guardian,

The Shukokai Karate Club was founded in 1977 and since then has grown to be a leader in Karate training in Glasgow and it's surrounding areas. The Club is family run with three instructors who are all Level 3 Scottish Karate Governing Body Coaches and certified child protection officers.

The Shukokai Karate Club's objective is to share the highest standards of Karate with our students while developing important life skills, mental discipline and strength of character along the way.

All of our classes are inclusive to everyone no matter what your childs goal is and whether they want to develop confidence, fitness, discipline or learn self defence we are here to help with it all.

We are fully committed to your childs development and strive to deliver the highest quality classes to contribute to your childs continued development whilst also having fun along the way.

Please read the rest of this welcome pack below and become familiar with our values, etiquette, belt system and more.

Yours In Karate

Dusty Miller
8th Dan
Chief Instructor
Shukokai Karate Club

OUR CLUB VALUES

Our club values show our aim in what we expect from each member of the club regardless of being a Junior or an Adult.

These values when used by each member on a regular basis will also be used out with our club in every day life.

Our Club Values are

SHOW LEADERSHIP

Setting an example of effort and training focus is a must to show all other members how things should be done.

SHOW COMMUNITY

All members of the club are your friend. we encourage each member to talk to everyone and which will help each member feel welcomed in our Karate community in turn boosting confidence.

AIM HIGH

For all members following our values aiming high is encouraged, aim high in the dojo and in everything else you do in life.

BE RESPECTFUL

All members must show respect to each member and their families regardless of age, grade or capability by using the values above.

Our Mission Statement

As a family run club we commit ourselves to helping our members benefit from the life changing power of Shukokai Karate.

It is our mission to bring the best out of each of our members and show them that with successful achievement in Karate they can go on to achieve anything in any aspect of their life and grow and thrive in any social, or working enviroment.

We believe that Karate is more than self defence it is also a journey that with commitment can help any individual build confidence, improve communication skills and develop social and emotional resilience throughout their life.

Club Coaches

We are a family run club that has been running since 1977.

All coaches of the Shukokai Karate club have the following credentials

- PVG Checked
- Child Protection Officers
- Level 3 Scottish Karate Governing Body Coaches

Together we all have a combined experience of over 100 years coaching children and adults Karate.



Dusty Miller
8th Dan



Carol Miller
6th Dan



Steven Miller
5th Dan

Policies and Procedures

We are always mindful of the duty of care and the welfare we have to our members and have policies and procedures in place to ensure this.

We'd like to particularly draw your attention to the following.

- All coaches in the Shukokai Karate Club are PVG checked and child protection officers.
- Children under the age of 12 must be dropped off and picked up by a parent. Children are not allowed to leave the hall until parents arrive in the hall to collect them.
- Parents will need to notify us if their child has not to wait in the hall after a class. A text message or e-mail to let us know this will suffice.
- We carry risk assessments out in all of our venues to ensure a safe environment for your child to train.
- Parents do not stay in the hall during class however we will be having open classes as well as bring a parent class at points throughout the year.
- Only Official Shukokai Karate Club Suits and Sparring gear can be worn in class.

Payments and attendance

Training fees at The Shukokai Karate Club are paid monthly by direct debit on the 1st of each month.

Fees are calculated over 40 weeks a year. We usually close in July, Christmas, October week and a week at easter. These dates change each year so you will be notified in advance before these dates arrive.

Members are welcome to make back any classes they miss due to illness or holidays or any other reason within a 3 month period of that particular class.

This also applies to any classes that ever get cancelled due to severe weather conditions or any other emergencies at that particular time.

License and membership renewals

Each year your S.K.A license must be renewed as well as your yearly membership. This is to keep all of our details and consent from everyone up to date. Both fees for your license and membership renewal can be paid for on the club website shop.

Your membership and license is required to be up to date as it registers your child with our governing body and keeps our system up to date with any medical conditions or contact details that are needed. For your child to train in class and sit gradings along with any other event that takes place in the club a valid license and membership is mandatory.

Cancellation of membership

If you require to cancel your membership we require one months notice.. Once the notice period has ended we will cancel your direct debit and your membership immediately.

We reserve the rights to cancel a membership at any time. Members who pay but do not attend for a period of 3 months without contacting the club will have their membership cancelled. No refunds will be authorised and a rejoining fee may apply for you to start training again.

For insurance purposes it's important we know how many active current members we have so it's important that you let us know if you want to cncel your membership.

Club Workshops

We run workshops throughout the year for you to attend. These are an important part of your child's development while enhancing their skills and knowledge to make them the very best they can be.

Some of our Workshops are

- Wood Breaking
- Sparring
- Kata

All workshop dates are announced 2-3 months in advance.



Life Skills Programme

Our Life Skills programme is designed to get the very best out of your child at home, school and anywhere else outside of their class.

Our life skills programme covers subjects such as confidence, anti-bullying, goal setting and much more. These subjects come in the form of video modules through a login to our members site. The amount of video modules varies on each subject.

For more information on this simply get in touch.

Belt Grading System

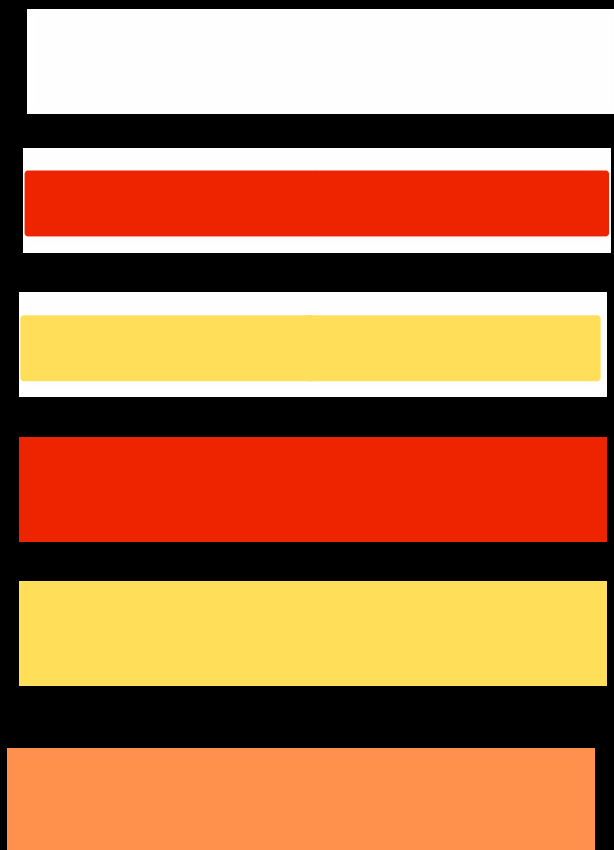
We have 3 gradings every year which take place every November, March and June. Our usual timetable doesn't run on grading days but any missed classes can be made up if missed.

Students are assessed in the weeks leading up to gradings and are assessed on what is required for their specific grade.

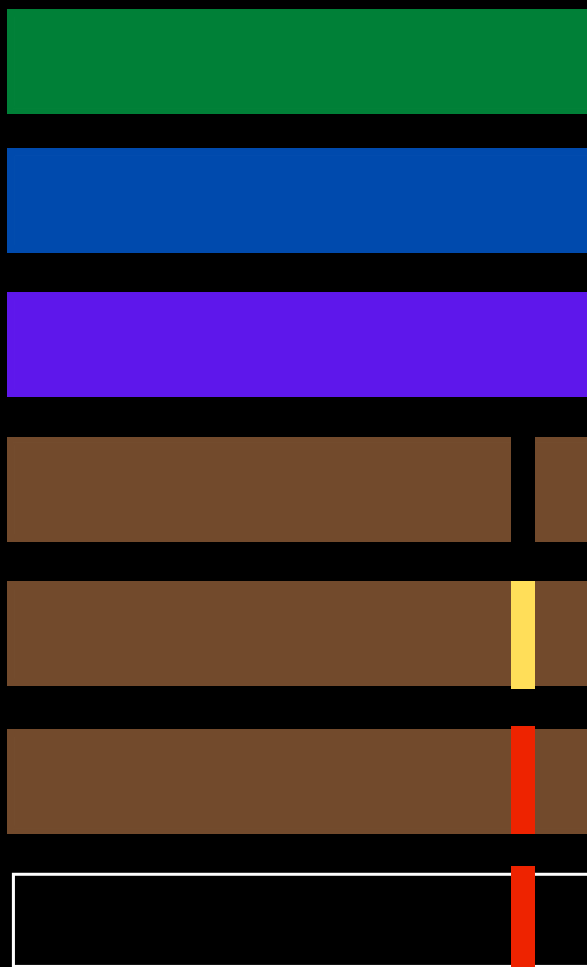
Each programme and its features are below.

We have two programmes through your child's Karate journey Junior Beginners and Junior Elite. When your child graduates to our Junior Elite programme two classes per week is required in order to continue to sit gradings regular and progress through the programme in the correct time frame.

JUNIORS BEGINNERS BELTS



JUNIORS ELITE BELTS



Each coloured belt is called a KYU grade in Karate unless it is a Black belt which is called a DAN grade.

Each Belt except white belt has 3 tabs within the belt so grades in each belt are as follows i.e red belt straight (no tabs) Red 1 tab, 2 tab and 3 tabs then the next step up is the next belt.

**A BLACK BELT
IS A WHITE BELT
WHO NEVER GAVE UP**

Rewarding Members

We are passionate about recognising progress, commitment and effort and regularly award students with our Warrior of The Week certificates.



We also present a Warrior of the Year each June as well.

Referral Scheme

Our Referral scheme gives our members the opportunity earn **prizes** for themselves when they refer someone who then joins the club.

Think about children you know who need

Confidence
Discipline
Respect
Structure

And what about the adults who also need

Get Fit
Gain Confidence
Improve Self Discipline

You can refer a friend by sending the below link to anyone you think the club would benefit.

WWW.SHUKOKAIKARATECLUB.COM/REFERAFRIEND

CLUB ONLINE SHOP

You can buy club t-shirts, hoodies, Karate suits, sparring kits, punch pads and much more in our online store.

You can also renew your license, membership and make payments for gradings via our club website shop too.



WWW.SHUKOKAIKARATECLUB.COM/SHOP

Keep your eye out for our black friday and Christmas sales.

Please note when anything is purchased from the shop it will say to collect at the cambuslang institute this is not the case however as we will bring your item to your next class.

OUR CULTURE

Everyone interacting with the club is expected to follow the clubs values and be positive, enthusiastic and conscious of their role to create an atmosphere of fun and excitement, encouraging a can do spirit in all.

All courtesies expressed below in this are expected from every member of the club regardless of grade, age or experience.

- All club members must have a valid S.K.A License
- All Fees for each membership are paid by direct debit on the 1st of each month.
- Belts are treated with respect and worn with uniform at all times.
- All Instructors at the club are referred to as Sensei.
- Only Official Shukokai Karate Club Suits and Sparring gear can be worn in class.
- Cleanliness is essential for training. Personal Hygiene standards are expected to be high and uniforms clean at the start of each session
- No football colours are permitted to be worn during class at any time.
- All students are expected to keep their toe and finger nails short for the safety of other students when sparring.
- All students mobile phones must be switched off during class.
- No food is permitted to be consumed before during or after class.
- On warm days students are allowed to wear Shukokai Karate Club t-shirts instead of their Karate jackets. No other t-shirts are permitted.
- In Sparring control must be used at all times, all kicks at minimum must be kept at belt level and students are not allowed to hit the face or throat area.
- Long hair should always be tied back when training in the dojo.

Connecting and Communicating

Our main channel of communication to all members is via text message and the SKC HUB parents group on Facebook.

If you haven't already then please join our parents group to receive regular updates on classes, gradings, woodbreaking and much more. Just search on facebook for SKC HUB or copy the link below and request to join for access.

Don't forget to also like and engage with our Shukokai Karate Club social media pages.



Phone - 07775 946 146



Wewww.shukokaikarateclub.com



www.facebook.com/shukokaikarateclub



Instagram, TikTok and twitter SKCstevie

Private Parents Facebook Group -
www.facebook.com/groups/skchub

If required we may contact you by phone or e-mail. Please make sure your contact details are up to date and let us know of any changes you may have throughout the year.

You are always welcome to contact us with any queries, change of details or absences.

Shukokai Karate Club

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Cathcart Baptist Church
96 Merrylee Road
Cathcart
G42 3RA

Cambuslang Institute
Greenlees Road
Cambuslang
G72 8JE

Netherlee Pavilion
Netherlee
East Renfrewshire
G44 3PL

Jenniburn Centre
370 Tormusk Road
Castlemilk
Glasgow
G45 OHE

Pearce Institute
840-860 Govan Road
Govan
Glasgow
G51 3UU