

Welcome to the  
**Tokui karate union**  
**(T.K.U.)**

wado ryu karate do



**Welcome booklet**

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## Introduction

Well done for taking the first steps towards considering or taking up karate with the Tokui Karate Union (T.K.U.)

The chief instructor and founder of the T.K.U is Michael J. Sutcliffe who is a black belt 7<sup>th</sup> Dan in wado ryu karate and one of the highest grades in the country today.

Michael Started Karate in 1974 from where he went on to found the T.K.U in 1993.

The T.K.U is a member of the English Karate Federation the only governing body recognised by the Sports Council and Sports England.



The English Karate Federation (E.K.F.) sets stringent guidelines to ensure that it's affiliated organisations (Like the T.K.U.) operate to the highest possible standards in relation to :

- Training
- Grading
- Competitions/Courses
- First Aid
- Child Welfare and Protection
- Insurance
- Accountability



## What to expect

### **Starting At A Class**

The only way to find out if you or your children (**minimum age is 6**) like or can adapt to karate is to attend a few classes. Times of each club and sessions are at the back of this welcome pack.

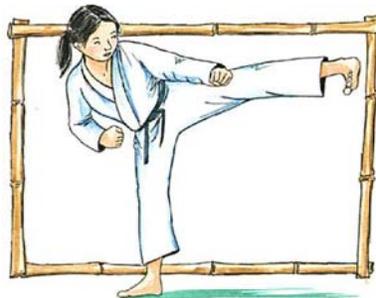
Just turn up at the specific time to a club near you and tell the instructor you would like to attend a couple of classes or that you would like to stay and watch what happens.

If you want to join in you will need to pay the fee usually around £2.00 (Juniors) £3.00 (Adults) for the session. Beginners would usually do a one hour session increasing after the first grade to two hours and so on.

Don't worry or be concerned that you will feel out of place on your own, remember every single one of us started right where you are now. You will be made to feel very welcome and you can be reassured that we understand it may feel a little strange doing unusual moves in a Dojo full of strangers in your bare feet.

At first you will not need a karate suit or any equipment, just loose fitting jogging trousers and a T-Shirt or similar top.

It is important that you bring drinks with you to replace lost fluids whilst training, drinks can be taken at breaks or during class if medical conditions dictate.



## The benefits (how karate can help you)

### **Fitness**

Karate itself is a great fitness aid working your breathing and heart rate along with strengthening muscles and bones.

### **Confidence**

For children and adults, you begin to develop an inner strength and confidence which enables you to be more assertive, unafraid and ultimately able to respect yourself like never before.

### **Discipline**

Self discipline and control develops naturally as you progress through the grades.

### **Self Esteem**

Because you respect yourself, yours or your child's self esteem increases giving you a sense of peace and calmness.

### **The Club Family**

It's so amazing how you quickly make friends, children particularly socialise and mix with other children outside their usual circle of friends. You become part of a caring karate family of friends (you will recognise this if you start being cheeky to the black belts at break times!)

### **Self Defence**

Karate must never be used to attack someone, only as a means of self defence and counter attack. More so than ever before we all need to be able to protect ourselves, children or adults against unwanted advances. Karate will give you the awareness and ability to do just that. The word karate means "empty hand".

### **The Aims Focus – Awareness – Courage**

Once obtained all your karate training will have been worthwhile.

## Welcome aboard

Karate has a very long history during which it has evolved into a number of styles.

The style of karate we practice is called Wado-Ryu, this means "The Way of Peace and Harmony".

Wado Ryu Karate originated from Okinawa and Japan through it's founder and grand master **Hinorori Ohtsuka**

In becoming a member of the T.K.U you can be assured that you will be treated with courtesy, respect and consideration as you progress through the journey of grades to attain a black belt.

An important thing to note with the T.K.U is that grading follows a set down formal procedure which ensures that pupils passing each grade do so by earning each pass to eventually become in every sense.....

**A true black belt.**

Many clubs and organizations give out coloured belts as if they are 'two a penny'. Sadly the quality and capability of their pupils is not as it should be.

In choosing the T.K.U you will become over time a 'Black Belt' in the time honoured tradition of the founding master of Wado-Ryu karate, **Hironori Ohstuka** (1892-1982). Every journey starts with a first step which you have now taken by enquiring about the T.K.U.....**Welcome Aboard!**

## Dojo etiquette

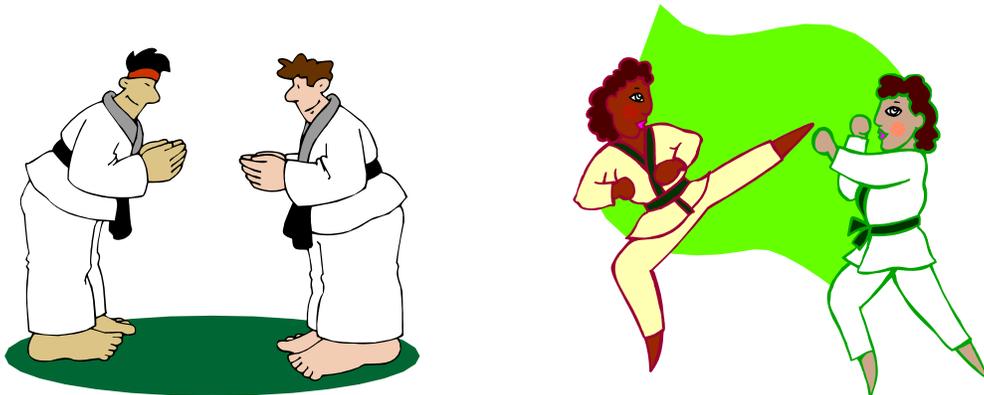
### Dojo Etiquette

The DOJO is the room where we do the training. Karate is a disciplined martial art and as such there are certain rules to follow.

Once you decide to continue along your chosen path of karate you will need a license and grading book. Detailed DOJO etiquette rules will be contained in your grading book, but for now here are the basics.

- On entering or leaving the main Dojo you need to bow as a mark of respect to the spirit of karate.
- Bare feet only (unless medical conditions dictate otherwise).
- No Chewing Gum.
- Jewellery removed or taped up.
- Hair Beads or similar tied securely back.
- Join the line at the white belt end (far right as you stand in it, higher grades are to the left end).
- On command 'NORAI' stand with feet together with hands by your side.
- On command 'REI' bow to the instructor.
- On command 'YOI' stand with feet apart and fists ready.
- Always call your instructor '**Sensei**' when speaking to him in class.

All moves will be demonstrated first by your **Sensei**, feel free to ask if there is anything you are uncertain about.



## Training seminars

### **Training Seminars**

Firstly and importantly instructors like to go through gentle warm up and stretching exercises.

You must always show senior grades respect and lower grades consideration.

Then you will do any of the following.....

### **Basic Line Moves**

This is where you take a step forward with say any punch, a kick or both, this will be repeated until you have to turn and go in the opposite direction back to where you started.

### **Combinations**

As above but with maybe a punch, a kick and a different punch or move all joined together.

### **Katas**

This is where you will learn a number of moves. Kicks, punches and blocks whilst turning in different directions as if defending and attacking against invisible assailants.

### **Sparring**

This is where we lightly and with control learn to defend or attack an opponent. This is great fun and enjoyed by everybody as it develops you speed and reflexes.

## Kihons and Ohyos

### **Kihons and Ohyos**

These are pre arranged attacks and defense moves. As you begin to piece all this together you will work slowly towards co-coordinating an incredible range of different moves, blocks etc with your mind and body working together.

The learning and building up of all the various moves takes time and patience but the rewards of being able to do them sharply without thinking about them is enormous and great fun.

### **IMPORTANT MESSAGE**

All moves, attacks and defences and sparring are none or very light contact at all times. Do not worry that you will be kicked or punched as you might be in say boxing or kick boxing. It is with this in mind that karate is such great fun and safe for children and adults alike.

### **Things to consider.**

In building up your skills and knowledge of karate sometimes you will find the work occasionally repetitive but this is necessary to keep developing and building it into your progress.

### **Gradings (the feeling when you pass is great)**

Gradings are carried out every 6 months or so with back up gradings for those who may not be able to make the main gradings. Each time you attend and pass you are moving along to the next coloured belt starting at white through to black. When you pass you will receive an embossed grading certificate with your pass level which is signed into your license. There is no pressure to take grades, you take them when you think you are ready.

### **Competitions**

We run our own children's competitions which involves katas and competition fighting, you can also go to other club competitions representing our club once you gain confidence with the aim of winning trophies and certificates.

## Fun time

### **Fun Time**

At random intervals instructors will play games, tig, catch, relay races or similar to vary the fun and exercise. Kids and adults love it. At Christmas it's all fun and games, karate goes out of the window with Father Christmas.

### **Aches and Pains**

Sometimes you will feel aches and pains where you didn't know you had muscles, this is perfectly normal as you will be using and developing different muscles of your body, the aches and pains will soon pass.

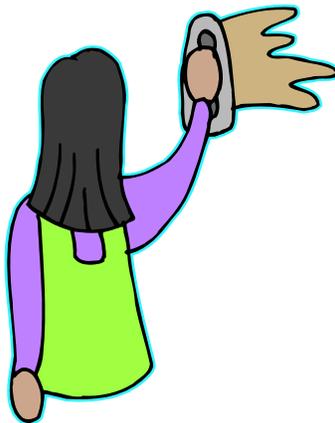
### **Worries and Concerns.**

Will I fit in? What if I don't know anyone? Will I look silly? What if I do something wrong?

No need to worry – everyone is really friendly and higher grades along with instructors are always happy to keep you on the right track.

Once you decide to continue you can consider purchasing the necessary equipment, details of which are contained in the next section.

wax on wax off wax on wax off



## Equipment

### Things that you may need

- |                                |             |
|--------------------------------|-------------|
| • Karate Suit                  | Must Have   |
| • Sparring Gloves              | Must Have   |
| • Protective Shin Guards       | Optional    |
| • Groin Guard                  | Optional    |
| • Karate and Kata Book         | Optional    |
| • License (Includes Insurance) | Compulsory  |
| • Grading Book                 | Recommended |
| • Suit Badges                  | Optional    |



All of the above can be obtained from you Sensei, or you can buy your own. By buying bulk and operating at minimum mark up levels the T.K.U. stores are good value for money. See you instructor for more details.

### Summary

So there it is, a quick overview of who we are and what we can do working with you. If you require any further details or would like to sample or watch our classes you are more than welcome to contact us by calling in or telephoning 01482 898095 or you can visit our website....

[www.tokuikarateunion.co.uk](http://www.tokuikarateunion.co.uk)

Thank you for your interest in karate  
Good luck!

Tokui means pupils choice – the choice is now yours!

Please feel free to pass on this booklet to anyone you think may be interested in starting karate.

## Clubs and times

### **Monday**

Ennerdale Leisure Centre  
Sutton Road  
Hull

Inst. Mike Sutcliffe  
Mixed Class  
(All Grades) 6:30-7:30pm

### **Tuesday**

Alexandra Hall  
St Augustine's Gate  
Hedon

Inst. Mike Sutcliffe  
Mixed Class  
Novices 6.30-7.30pm  
Intermediate & Advanced 7:30-8:30pm

### **Friday**

Ennerdale Leisure Centre  
Sutton Road  
Hull

Inst. Mike Sutcliffe  
Mixed Class  
Juniors 6:30-7:30pm  
Adults & Advanced Juniors 7:30-8:30pm

### **Saturday**

Alexandra Hall  
St Augustine's Gate  
Hedon

Inst. Mike Sutcliffe  
Mixed Class  
Novices 10:00-11:00am  
Intermediate & Advanced 11:00-12:00pm

### **Sunday**

Mitchell Community Centre  
Goodrich Close  
Fountain Road  
Hull

Inst. Mike Sutcliffe  
Mixed Class  
Novices 10:00-11:00am  
Intermediate & Advanced 11:00-12:00pm

### **Definitions :**

Mixed Class  
Juniors  
Adults

Junior and Adults training together (All Grades)  
Ages 6 to 15  
Ages 16+

Grading Ranks

Novices (White Belts)  
Intermediate – 9<sup>th</sup> – 4<sup>th</sup> Kyu  
Advanced – 3<sup>rd</sup> Kyu and above

## TKU contacts details

Tel : 01482 898095      Mob : 07865054787

[www.tokuikarateunion.co.uk](http://www.tokuikarateunion.co.uk)