

A photograph of several individuals in white karate uniforms (gi) standing on a red mat. One person in the foreground is holding a white certificate or document. The background shows a gymnasium setting with a decorative border at the top.

GISKC SELF DEFENCE KARATE CLUB



Raffani

SENSEI

GHYASUDDIN INTERNATIONAL SCHOOL

2/1/2016

GISKC SELF DEFENCE KARATE CLUB

KARATE STUDENT'S OATH

As a Karate Student, I promise to my teachers, my fellow students, and myself:

I will always practice my hardest in class and not
Disrupt others from their practice.

I will never show off my karate in order to impress others.

I will never use karate to start a fight or to hurt
Someone else when it could have been avoided

I will not brag about my karate.

I will treat my art with respect and pride, and never misuse it.

THE PRINCIPLES OF THE JAPAN SHOTOKAN

Seek perfection character

Be faithful

Endeavour

Respect others

Refrain from violent behaviour

THE FOUR A's OF MARTIAL ARTS

Ability

Attention

Attitude

Accuracy

MY OBI

As I wrap this obi around my waist, I bow my head with no
disgrace. It is a symbol of knowledge which I have learned, its colour shows the degree which I have
earned. I thank my sensei for the knowledge I gain. In my heart where no one can see, I will always
respect and protect my obi.

SELF DEFENDING PROGRAM

"The mastery of karate-do requires dedication and strenuous effort.

To pursue karate means to seek to master one's self"

Although proper technique and intellectual

Understanding are important, we are equally concerned with the student's attitude and dedication.

Students need to demonstrate a willingness to learn and a tenacity to never give up.

"TEN" COMMANDMENTS

I WILL LOVE & RESPECT MYSELF

I WILL LOVE & RESPECT MY FAMILY

I WILL LEND A HELPING HAND WHEN NEEDED

I WILL ALWAYS BE HONEST & TRUTHFUL

I WILL NOT BE A "BULLY" OR MAKE FUN OF OTHERS

I WILL NOT HURT ANYONE INTENTIONALLY

I WILL NOT BE SELFISH

I WILL NOT HATE ANYONE

I WILL BE A LEADER NOT A FOLLOWER

I WILL PRACTICE GOOD CHARACTER AT ALL TIMES

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DOJO RULES

1. Instructors will be addressed as "Sensei".
2. Everyone will be treated with equal respect.
3. Everyone will "Salaam" before entering and leaving the dojo.
4. No shoes will be worn in the dojo.
5. No gum chewing or unethical language in the dojo.
6. No sparring without Sensei's permission, brown belts and above excluded.
7. No student may participate in class if they taking medication, Please inform the instructor prior to class, if the student is on any medication.
8. If you are injured before, during, or after class, inform your Instructor.

RULES FOR STUDENTS

Do

1. Be at the dojo 10 minutes prior to the start of class.
2. Use the restroom prior to coming in the dojo.
3. Inform Sensei of any illness or injury prior to class.
4. Be respectful and courteous to fellow students.
5. Be helpful to other students who may be having difficulties.
6. Leave shoes or sandals outside the dojo or inside the hall and line them up neatly.
7. Show respect to assistant instructors.
8. Have dues turned in by the first of the month.

Don'ts

1. Do not push or shove students when lining up.
3. Do not wear jewellery or watches during class.
4. Do not wear dirty attire to class.
5. Do not forget to thank your parents for allowing you to come to class.
6. Do not misuse or abuse the teachings of the dojo on people outside of the class, as well as family.

GISKC SELF DEFENCE KARATE CLUB

Dear Parents and Students,

Welcome to “Japan Shotokan Karate Association of Maldives” Self Defending, now entering its Third year at Ghiyasuddin International School! Learning “Japan Shotokan” karate is lots of fun. It is also challenging. Learning and enjoying karate works best when everyone agrees to basic karate manners and Self Defence and I request that parents and children discuss this together.

- ✚ Show respect at all times to your teachers, your classmates and yourself
- ✚ Pay close attention to, and follow all, instructions.
- ✚ This is one way to show respect to your teacher and to the art of karate.
- ✚ Try your best at all times. This is called having a strong “fighting spirit,” and is a way to show respect to your teacher and to yourself.
- ✚ Please show respect for your classmates by focusing on your own karate not commenting to and about others during class.
- ✚ Proper clothing is important! The traditional white Gi (training uniform) is required, and should be worn only for karate class, neatly hemmed and kept clean. Until you do get a gi, though, please wear school activity clothing that is moderately loose-fitting and comfortable. Pockets should be emptied, and pants legs rolled up above the ankle. Your hands should be visible. Dresses, skirts, and ultra-baggy pants are not suitable. A student wearing clothing to school that is not suitable for karate should bring a change of clothing. Please be dressed in time for the beginning of class.
- ✚ All jewellery and watches should be removed before class begins, and long hair tied back. Throw away any gum you may be chewing.
- ✚ If you have an injury, please tell me prior to class. I will help you participate without hurting yourself more.
- ✚ Standing just outside the doorway is sometimes distracting to the students. I am available after class to discuss any questions or concerns.
- ✚ Except in emergency situations, parents should inform me beforehand if a student needs to leave early.
- ✚ Probably the most important principle of karate training is keeping harmony and peace in daily living. We are not learning to kick and punch in order to pick fights, or to show off. Any student reported using their karate skills outside of class except in the most extreme circumstances may be dismissed from this class.

Please do not hesitate to speak with me if you have any questions or concerns.

Sincerely,

Pakkir Raffani,
Sensei

GISKC SELF DEFENCE KARATE CLUB

Fees Remuneration

(MVR 400/- P.M) payable to GISKC Sensei, covering trimester tuition, annual Membership and Coaching fee, karate uniform [MVR 400/-] _____

Are you requesting full or partial financial assistance (please check one)?

YES or NO

If yes, amount requested: \$ _____ (MVR 400/- P.M); please note that you are responsible for payment of MVR 400/- for the uniform fee)

GIS KARATE CLUB INDEMNIFICATION AND HOLD HARMLESS AGREEMENT

This agreement entered into this Student and the GIS Karate Club [GISKC], is for the purposes of relieving from liability the following individuals and entities: GISKC, its instructors, students and Board of Directors; and all owners of the premises or facilities used by GISKC.

WHEREAS, GISKC has agreed to teach classes in the martial arts and physical self-defence, and has provided equipment and/or facilities for the same, and WHEREAS, Student acknowledges full awareness of the risk of harm involved in learning a martial art, self defence and physical conditioning, STUDENT THEREFORE AGREES that she/he will accept full responsibility for her/himself during her/his affiliation with GISKC as a student or as an instructor or in any other capacity, and will indemnify and hold GISKC; the Ghiyasuddin International school Karate Club; its instructors, students and Board of Directors; and all owners of the premises or facilities used by GISKC harmless from any cause of action or claim arising out of Student's participation in any activity of GISKC or any activity GISKC participates

PARENTAL CONSENT (if student is under 18 years of age)

I, _____ (Parent's name), the undersigned, am a parent or legal guardian of _____ (Child's name) and have read and endorsed the "Indemnification and Hold Harmless Agreement" between my child and GISKC, and approving of said agreement and release and my child's participation, further agree to indemnify and hold harmless GISKC; its instructors, students and Board of Directors; and all owners of the premises or facilities Used by GISKC from any cause of action or claim I might have arising out of my child's participation in the activities of GISKC.

_____, Parent's Signature _____ (date)

GISKC SELF DEFENCE KARATE CLUB

Medical Release Form

Name: _____

Date of birth: _____ Class: _____

Address: _____

Phone(s): _____

Email: _____

Emergency Contact #1:

Name: _____

Relation: _____

Phone(s): _____

Emergency Contact #2:

Name: _____

Relation: _____

Phone(s): _____

Do you have a private physician? If yes,

Name: _____

Hospital: _____ Phone: _____ Do you take any medications? If so, please list: _____

Please let your instructor know if you begin taking medications that could affect alertness, cardiovascular capacity, vision, balance or anything else related to your training.

Do you have a history of any of the following (check all that apply):

- | | | | |
|----------------------------|--------------------------|--------------------------|----------------------|
| Diabetes | <input type="checkbox"/> | <input type="checkbox"/> | Asthma |
| Heart disease | <input type="checkbox"/> | <input type="checkbox"/> | Epilepsy or seizures |
| Allergies (please specify) | <input type="checkbox"/> | | |

Do you have any weakness, pain or limited movement in any joints or bones? If yes, please describe.

Have you ever had any injury to any bones, joints, muscles, tendons or ligaments? If yes, please describe.

Do you have any other medical conditions we should know about that might affect your training? If yes, please describe and be specific.

I, _____ (name), hereby certify that the above form describes my physical condition to the fullest extent possible. I understand that this form does not in any way limit or invalidate the indemnity and Hold harmless I have signed.

Student's Signature: _____ Date: _____

Parental Signature (if under 18 years old)

Student Name: _____ Class: _____

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Interest Survey Form

My primary reason(s) for enrolling my child in karate is/are
(Check all that applies):

- Fitness and skill development
- Developing mind/body connections
- Fun activity
- Conveniently located at school
- Self-discipline
- Focus and concentration
- Learn life-long exercise
- Self defence
- Other:

Does your child enjoy participating in competitive sports?

If yes, would your child want to participate in karate tournaments?

Is bullying in school a concern? Bullying outside of school?

If yes, by significantly older children, or by peers?

Are you concerned that your child may be bullying others?

Is media violence a concern? How do you monitor and contain your child's exposure?

What kinds of safety issues do you discuss with your child?

Is violence/abuse a concern?

Please list some of your child's media heroes (for example, Harry Potter or Spiderman)

Photo Release Form

I, _____, the undersigned, consent to the use of any photographs, furnished by me or taken of me/my child, by GISKC for publicity, promotion or other use, and waive any and all claims for compensation for said use.

We use photos on our webpage and sometimes for publicity. You do NOT have to consent to letting us use your picture! Please sign the form if it is OK to use your picture, or write your name and a big NO if not. Either way, I'd like to know so I can appropriately direct photographers.