

NAME: ALAN SADLER

GRADE: BLACK BELT 4TH DAN

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MARTIAL ART: TRADITIONAL KARATE DO

CLUB ADDRESS: WEDNESDAY

ST ANTONYS CHURCH HALL
WENTWORTH WAY
SANDERSTEAD

MONDAY

ST ANTONYS CHURCH HALL
WENTWORTH WAY
SANDERSTEAD

TRAINING TIMES:

WEDNESDAY : 7.30pm-9.00pm
(Juniors 7.30-8.30)
MONDAY : 6.30pm – 8.00pm
(Juniors 6.30-7.30)

AGE RANGE: 5Years and above

AFFILIATED TO THE: -



TOKON DO KARATE UNION

CHAIRMAN: LEN NORMAN 5TH DAN

BU-JUTSU RYU KARATE DO



INFORMATION PACK

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Introduction To Bu-Jutsu Ryu Karate-Do

Bu-Jutsu Ryu Karate-Do was founded in 1993 training in Kenley. We moved to Hamsey Green, Sanderstead in 1995.

Chief instructor is Sensei Alan Sadler 4th Dan who has been training in karate since 1984. Has won various medals in both Kumite and Kata in regional and national competitions. In 1995 represented England in an international team Kumite competition in Manchester winning the bronze medal.

At Bu-Jutsu Ryu Karate Kai our aim is to teach people of all ages and abilities self defence, self confidence, self discipline and respect for themselves and others.

Our methods of training are based on the old traditional way of Karate as well as implementing some of the more modern aspects of the martial arts, which provides both mental and physical conditioning.

In July 2008 Sensei and 4 members of the club embarked on a trip to Okinawa, Japan, the home of traditional karate, where they underwent 10 days of training under the tuition of Master Meitatsu Yagi 10th Dan Gojo Ryu Karate. During the trip they learnt many new and old training techniques and katas which have since been included in our weekly training sessions.

The symbol of Bu Jutsu Ryu Karate-Do represents three "tadpoles" moving in harmony around one another, creating a complete circular unit. The three separate parts of the whole represent the three parts of the complete person; mind, body and spirit. When we train in Karate we try to develop all three aspects equally and together in unison, bringing them all into play with every movement.

The objective of Bu-Jutsu Ryu Karate-Do is to transform the body, the mind, and the spirit, through prolonged intensive training, designed to develop an improved state of physical, mental, spiritual unity and harmony that will lead to the attainment of Superior ability, awareness, and understanding.

Those who train in Bu Jutsu Ryu Karate-Do should help others, never seek trouble, refrain from arguments, and refrain from senseless fighting."

13. Your karate-gi must be neat and washed clean at all times. Your belt should NEVER be washed, only aired dry. It symbolically contains the spirit of your hard training, and under no circumstances are male karatekas allowed to wear t-shirts or other clothing underneath their karate-gi.

14. Don't wear jewellery or watches during training.

The meaning of " OSU! "

Osu means patience, respect and appreciation. In order to develop a strong body and strong spirit it is necessary to undergo rigorous training.

This is very demanding, because you must push yourself to what you believe to be your limit, and you want to stop; to give up. When you reach this point you must fight yourself and your weakness and you must win. To do this you must learn to persevere, but above all you must learn to be patient. This is OSU!

The reason you subject yourself to hard training is because you care about yourself, and to care about yourself is to respect yourself. This self-respect evolves and expands to become respect for your instructor and fellow students. When you enter the dojo you bow and say "Osu". This means you respect your dojo and the time you spend training there. This feeling of respect is OSU!

During training you push yourself as hard as possible because you respect yourself. When you finish you bow to your instructor and fellow students and say "Osu" once more. You do this out of appreciation. This feeling of appreciation is OSU.

Thus OSU is a very important word in Karate because it signifies patience, respect and appreciation. That is why we always use the word OSU; to remind ourselves of these indispensable qualities.

WHAT IS KARATE

Martial Arts are a means of self-defence that requires concentration, effort and positive attitude. It is also a method of physical and mental conditioning and by nature is a very goal oriented activity. Martial Arts training will teach physical skills which you can retain for a lifetime, as well as ways of thinking and dealing with everyday problems.

WHAT DOES KARATE OFFER

The main reason many people start at Bu Jutsu Ryu Karate Do is for its self-defence value. This will in turn build confidence in yourself and help you stand up to certain intimidating situations. Learning and practicing Karate is relaxing and a very enjoyable fitness exercise. The training begins simply with learning to loosen up by stretching properly. It progresses at the level you feel comfortable with.

Karate practice is superb for body conditioning. You don't need any special or expensive equipment; you can practice Karate at your convenience, in your home or at our Club. Unlike most sports it can be practiced throughout the year, without the need for a constant partner. Students find that Karate movements develop coordination, increased strength, and flexibility.

As with most arts, there is a wealth of knowledge that can be mastered, but it is easy to start learning and the benefits become apparent immediately. We try to make the learning experience both pleasant and fun and you should enjoy coming to the Dojo, whether to work with the instructors or to combine exercise with socializing



CHILDREN'S TRAINING PROGRAMMES

We find that as the children train in this disciplined Martial Art, where Dojo Courtesy is very high on our priorities, their Self Confidence and Self Discipline rapidly improves.

The movements in Karate develop co-ordination and timing while increasing strength and flexibility. At the BJRKD we strive to make our children's classes fun and exciting, while teaching respect and self discipline to our young students.

Our philosophy is to teach youngsters basic values, such as respect for themselves and others, through Karate training, goal setting, and goal achievement. Children gain self-confidence from learning different skills and from positive reinforcement from Bu Jutsu Ryu Karate Do instructors



WILL MARTIAL ARTS MAKE MY CHILD AGGRESSIVE

Many parents worry that Martial Arts training will make their children overly aggressive. The foundation of Karate is its self defence value. Students learn to respect the ability that they have, to know that the only appropriate place for their karate skills is at the Karate Club, practising at home or in a self-defence situation. Our students also develop a sense of respect for themselves and their own health, which will aid them in the future if they are confronted with peer pressure in relation to gangs and drugs.



DOJO ETIQUETTE

1. When entering or leaving the Dojo, stand in the doorway, face the front, bow and say "**OSU**". This represents a mark of respect for the Dojo and the people in it.
2. If late for training, kneel at the side of the class towards the back, facing away in **SEIZA** (formal kneeling position). When the instructor acknowledges you, stand up, turn to the front, bow and say "**OSU**" then quickly join the back of the class.
3. Do not eat, drink, smoke or chew gum in the Dojo.
4. Always move quickly in class when instructed to do something. **DO NOT STROLL.**
5. Do not practise **KUMITE** unless instructed to do so.
6. Do not break rank for any reason, without asking permission from the instructor. If you must leave your position, do not walk between the instructor and the class. Walk behind the row you are in to either side and proceed from there.
7. Always address the instructor and seniors by their proper title (**SEMPAI**, **SENSEI**, and **SHIHAN**) inside the Dojo. Acknowledge them with a loud "**OSU**" when they speak to you.
8. Your training should be a serious matter. Do not laugh, giggle, talk or cause disruption during the class. You should always stand in **FUDO DACHI** when awaiting the next command.
9. All directions, by instructor, should be obeyed in the Dojo, without question. You will not be asked to do anything that your instructor has not done himself already. If you cannot keep up, do the best you can.
10. Keep fingernails and toenails short and clean.
11. During the break: No sitting on chairs, leaning against the wall or lying down. Do some training rather than waste time.
12. It is *everyone's* responsibility to ensure the Dojo is clean, tidy and safe at all times.

CLUB FEES

	<u>JUNIORS</u>	<u>SENIORS</u> (18 AND OVER)
FEES PER LESSON	£4.00	£5.00
ANNUAL CLUB MEMBERSHIP	} £23.00	} £25.00 (Price includes club syllabus)
ANNUAL LICENCE/INSURANCE		
GRADING 9 TH KYU- 5 TH KYU	£14.00	£16.00
4 TH KYU - 1 ST KYU	£17.00	£19.00

(PRICE OF GRADING INCLUDES BELT AND CERTIFICATE)