

AINSLIE KARATE SCHOOL – White Belt Course 2017

The **Ainslie Karate School** opened its doors in 2009. It is the only Karate School in Canberra affiliated with the International Kyokushin Organisation with our headquarters located in Tokyo, Japan.

What is Kyokushin Karate? – Karate is an art-form which originated in Japan and is translated as the martial art of the "empty hand". Our style of karate is called Kyokushin, a standup martial art.

Typically, a Kyokushin class will focus on fitness, conditioning, pad & bag work, flexibility, quality technique and partner sparring.

Kyokushin in translation is "the way of the ultimate truth" and is a style famous for its practical self-defense exercised both inside the dojo and its application at competition.

Tell me about the Ainslie Karate School - White Belt Course – This course is suited for people who would like to start Kyokushin Karate or start over as a white belt at an affordable price with or without prior martial arts experience. Over the course of 10 weeks you will have improved of your self-confidence, body awareness, learn basic self defence; and become familiar with techniques from the first level of our syllabus (strikes, kicks, blocks, stance and posture alignment, strength exercises, rolls, break falls, partner stretching and partner drills, introduction to sparring).

Will I receive an opportunity to grade? – If you decide to continue training after the beginners' course, your instructor will offer you the opportunity to grade. Upon a successful grading you will obtain a nationally recognised grading certificate and an International Karate Organisation membership

Who are the instructors? – All of our instructors are accredited through the International Karate Organisation. Senpai Jeff Boreham is the head instructor of Ainslie Karate School with over 15 years Kyokushin experience.

What is the difference between Kyokushin Karate that you teach and other martial arts? – The karate that we teach is not a hybrid. The main difference between kyokushin karate and other martial arts is that kyokushin classes' focuses on meticulous technique and genuine contact self defence. Kyokushin has a global reputation as the strongest style of karate, producing strong, confident, fit and accredited black belts.

How do I join? – To enrol in the trial, simply fill in our enrolment form and return via email. info@canberrakyokushin.com.au.

Course details

Level: Beginners to intermediate experience in martial arts.

If you have prior martial arts experience or you are a Kyokushin colour belt, please come in shorts and a t-shirt and Senpai will assess your level of experience and skill during class.

Days/Times: Tuesday & Thursday, 6.00pm – 7.30pm. (10 week course)

Course Dates:

Term 1:	Tues 31 January — Fri 7 April 2017.
Term 2:	Tues 25 April — Fri 30 June 2017.
Term 3:	Tues 18 July — Fri 22 September 2017.
Term 4:	Tues 10 October — Fri 15 December 2017.

There is no training on public holidays.

Venue: Corroboree Park Hall, Paterson St, Reid A.C.T 2602

Equipment: You will be required to wear your Karate Uniform. As you will be sweating in class, it is compulsory to bring a towel and a drink bottle to training. Towels can be purchased at the dojo. Please do not wear any jewelry (e.g. necklaces, watches)

Costs: \$100.00 per course (includes free uniform)
\$90.00 (student I.D required)

Recommended Please bring any protective equipment you may own, shin guard, hand guard, mouth guard. All equipment is available for purchase at the dojo.

Payment is billed per term and payable by direct deposit or cash at your first training session.

Late enrolments accepted.

More information

If you would like to sign up, our enrolment form is on the next page. 

Before joining you may want to visit one of our regular training sessions – for details go to:

Website www.ainsliekarateschool.com.au

Email info@canberrakyokushin.com.au



STUDENT ENROLMENT FORM

Please fill in all blank spaces.

Please return enrolment form to:

Email: info@canberrakyokushin.com.au

Dojo Address: Corroboree Park Hall,
Paterson Street, Ainslie
(non postal address)

Enrolling student information

First Name: _____ Surname: _____ Date of Birth: _____

Address: _____ Suburb: _____ State: _____ Postcode: _____

Email: _____ Secondary Email: _____

Home: _____ Work: _____ Mobile: _____ Secondary Mobile: _____

Spouse/Parent Information/Emergency Contact

First Name: _____ Surname: _____ Relationship to you: _____

Home: _____ Work: _____ Mobile: _____ Secondary Mobile: _____

Pre-exercise Questionnaire

How did you hear about us? _____

Do you suffer from or have suffered from any of the following conditions:

Diabetes Y N Epilepsy Y N Asthma Y N Arthritis Y N

Any heart, liver or kidney conditions Y N Are you pregnant? Y N

Any severe or ongoing injuries to the knees, back or neck? Y N

If yes, please give details: _____

Do you suffer from any other physical or mental disability, condition or injury? Y N

If yes, please give details: _____

Do you have prior martial arts or Kyokushin experience Y N Kyokushin students, what belt Kyu/Dan are you? _____

If yes, please give details: (instructor, years of training) _____

Please read all terms and conditions relating to this agreement prior to signing. By signing this agreement you understand that you have entered in a legally binding obligation between yourself and Ainslie Karate School (ABN 79 045 460 512). All terms and conditions will be deemed in force from the date of signature.

Terms and Conditions.

- You acknowledge and agree that you will at all times whilst on the premises comply with our rules and safety regulations.
- You acknowledge and agree that: **a)** there is a risk in using our services, as with any physical activity. **b)** your use of our services, facility and activities is solely at your risk. **c)** It is your responsibility to obtain independent medical advice before commencing any exercise program. **d)** that we do not represent our services to be compliant with or hold the approval of any medical authority. **e)** loss and damage to personal property is your responsibility.
- You warrant and represent to us that you are: **a)** medically fit to participate in the activities run by Ainslie Karate School. **b)** not aware of any physical or mental disability or condition that might worsen by participating in the activities run by Ainslie Karate School.
- You indemnify us against, and release us from, all damages, losses and costs (including legal costs) suffered or incurred from: **a)** any claim by you that we are liable in negligence. **b)** any claim whatsoever arising out of your participation in our services. **c)** any injury or illness which you suffer or cause to another person whilst on our premises.
- You acknowledge and agree that we may, at our discretion and without notice to you, change our opening hours and vary the number, time and frequency of our services.
- You acknowledge and agree that: **a)** All memberships are non transferable **b)** Memberships may be suspended for a minimum of 2 months and a maximum of 6 months **c)** following the end of a requested suspension period your membership and all associated charges will automatically reactivate **d)** you may cancel your membership at any time by providing written notice at least 14 days prior to your next billing date.
- We may terminate your use of Ainslie Karate School facilities if you are in breach of this contract.
- Ainslie Karate School reserves the right to amend Terms and Conditions at any time. You will be notified of any changes via the email address you have provided to us. (Please keep us continually updated with your current email address to receive all notices and newsletters from Ainslie Karate School)
- You acknowledge and agree that: **a)** you have been provided with sufficient information about our services and activities in order for you to make an informed decision about whether to join Ainslie Karate School. **b)** You acknowledge that this agreement binds both you and us from the signed date below.
- You acknowledge that you have read and understand the conditions of this agreement.

Name: _____

Signed: _____

Date: / /

White Belt Course
(Includes free uniform)

\$100.00 / course

\$90.00 / course
(student ID required)

- courses comply with the 10 week A.C.T School term.

- no training on public holidays.

Karate Lessons

\$225.00 / course

\$200.00 / course
(student ID required)

Strength & Conditioning

+\$50.00 / course

* a minimum student number is required for this course.

Class Schedule

Tuesday 6:00 – 7:30pm Karate Lessons
7:45 – 8:30pm *Strength & Conditioning

Wednesday 7:45 – 8:30pm *Strength & Conditioning

Thursday 6:00 – 7:30pm Karate Lessons
7:45 – 8:30pm *Strength & Conditioning

Fee Schedule:

- Late payment: a \$10 fee will apply for each billing period the account remains unpaid.
- Insurance: \$15 per student per term.
- Mid-term enrolment: \$35 per student.