

# Karyukai Karate Information 2025

**Training Hours** (NB : JUNIOR-between 6-12yo, SENIOR 13+ or nominated high ranks)

*NB-please check the website for January Timetable.*

Monday JUNIOR : 5:30-6:45pm\* (All ranks) - pls arrive at 5pm

SENIOR : 7-8:30pm\* (All ranks)

Wednesday SENIOR : 7-9pm\* (All ranks)

Thursday JUNIOR : 4:30-5:15pm (Absolute beginners) 5:30-6:30pm (Mixed ranks)

Saturday

JUNIOR : 2:30-4:00pm (All ranks) 4pm onwards - Self practice

SENIOR : 2:30-4:30pm\* (All ranks) 4:30pm onwards - Self practice

Sunday outdoor is occasionally scheduled to dedicated students. Information is circulated via club Messenger. NB-subject to the weather conditions (no uniform needed. Byo water)

Every Sunday Evening online stretching zoom class 8:30-9pm\*

\*zoom broadcasted Meeting ID: 755 802 5212 Passcode: 1234

**Schedule of Fees** (Please fill in the direct debit payment form)

Joining fee \$65. For family, \$50 each (including annual AKF registration)

Monthly Training Fee \$145/month (Adults) \$120 (Students) \$105 (Junior 12-) \$60 (KIDS Thur Absolute Beginners Class only). *Please note - if you use credit card payment, \$5 card fee incurs.*

*Important: **one month notification is required to waive fees for long absences and termination.***

## Compulsory Items

Dogi (uniform), Starter Package: \$170 Uniform, Mouth Guard, Gloves and Shin-Instep. (Without Shin-instep \$130) (KARYUKAI UNIFORM only \$85.)

## Merchandise

Club jacket \$200, Club T-shirt \$45, Groin Guard \$30, WKF Shin-Instep \$60, Gloves \$45 Mouth Guard \$10 TOKAIDO Uniform \$115 (Kumite master) \$165 (Kata master /Kumite master pro)

## Etiquette

It is a part of Karate practice to demonstrate proper etiquette. Please arrive on time for the classes. If you are late, kneel down in seiza position, bow and then say "Oss, Onegaishimass." Then wait for the sensei to grant permission to join the class. Regular attendance is vital to ensure steady progress. When you have to miss a class, please inform sensei via SMS or email.

- Natsuko 0404900489, Chiyuki 0412620612, Arlo 0414664108, Serhan 0406366287

## Conditions

- To ensure everyone's safety and as a manner of respect, please cut your nails short and remove all accessories. If you are unable to remove them, please cover them with band aids at every session. Please tie your hair with elastic bands and avoid metallic materials on the hair. This includes wedding rings.

- Inform your Sensei if there is any change of your health condition.

- Bring your protective gear and karate passport to every training session.

- Payment for the training is to be paid BEFORE the class. Monthly fee is paid in the previous month. If you fall under exceptional circumstance, please discuss financial matters before attending classes. IF you fall behind in payments without consultation, your club membership becomes invalid immediately.
- One month written notice is necessary prior to any cancellation of membership. 2 weeks notification is required to hold monthly deduction of training fees.

## **Grading**

Karyukai Grading is based on nomination by Sensei. Regular attendance is a must to be taking any grading. Nominations are not only based on technical and physical development but also individual progress of character maturity. Further information of grading is available via Member's page from our website. The password is "isit".

## **Facebook**

We have closed Facebook group page. The pictures of club activities are uploaded to this page and only club members are invited to join the group. We also offer messenger group chat where you can exchange information and ask questions to each other. This is very convenient for getting together outside of the dojo hours and prepare for grading. Please send a messenger message to Natsuko Mineghishi upon becoming a club member.