



# Welcome To Seido Karate Bucks

*“Technique before Strength, Spirit before Technique”*



BMABA Membership No : CLU/6457

# WELCOME TO NEW MEMBERS

Welcome to Seido Karate. We hope that you enjoy your time with us.



Seido is a traditional style of karate, formed on 15<sup>th</sup> October 1976 by Kaicho Nakamura 9<sup>th</sup> Dan.

Kaicho began studying karate in 1953 under Kancho Masutatsu Oyama of the Kyokushinkai Kan. Kaicho has distilled his knowledge of the martial arts into the syllabus which you will begin to learn as a student of Seido Karate.

*Kaicho Nakamura Head of the WSKO*

Since then Seido has grown substantially, with clubs in many countries, including the United Kingdom.



*Sei Shihan Brandt Leitch  
Head of Seido in the UK*

Seido Karate has its world headquarters in New York, United States of America. The UK headquarters are in London and is led by Brandt Leitch (Sei Shihan, Senior 6<sup>th</sup> Dan) and has been established for 40 years.

Seido UK is a member of the British Martial Arts & Boxing Association (BMABA)

Seido karate stresses above all the philosophy that karate should teach “Technique before Strength, Spirit before Technique”. If you train with us, you will undoubtedly become stronger and develop sound karate techniques, but most of all, Seido aims to build students with a strong spirit and attitude towards karate, and life.

Best wishes for your future training. Osu!



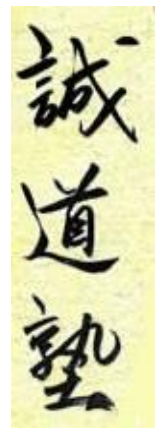
## The Seido Emblem

The symbol we wear on our left sleeve of our *gi* is *Kaicho* Nakamura's family emblem of the plum blossom. The three circles enclosed by the petals stand for LOVE, RESPECT and OBEDIENCE. These are the three underlying principles of SEIDO karate.

## WHAT DOES SEIDO MEAN?

SEI means truth, honesty and sincerity  
DO means the way, road or path to follow  
JUKU means special or unique place

The calligraphy on the front of our *gi* says Seido Juku



## TITLES USED IN SEIDO KARATE

Kaicho	Grandmaster - 9th Dan
Hanshi	Master of Masters - 8th Dan
Shuseki Shihan	Chief Instructor/Master - 7th Dan
Sei/Jun Shihan	Master - 6th Dan
Kyoshi	Advanced Teacher - 5th Dan
Sensei	Teacher - 4th Dan
Senpai	Senior - 1st to 3rd Dan
Kohai	Student - 10th to 1st Kyu (Colour Belts)

## FORMALITIES IN SEIDO KARATE

Seido is a Japanese martial art that was brought to Japan from the islands of Okinawa in about 1920. Most commands are given in Japanese, and all counting is in Japanese.

In Seido Karate we show a lot of respect during our training. At the start and end of a class we bow to the Shinzen to the front of the Dojo and to the founder and teachers of Seido Karate. This bowing shows respect and is an important acknowledgement of showing respect not only to our organisation, the place that you train in but most importantly, each other. If for any religious reason you prefer not to bow, then please discuss this with your instructor.

## IMPORTANT CONCEPTS

**OSU** - The word **OSU** is a shorted form of the Japanese word

***Oshi Shinobu*** which means *Keep Patience*. This is very important for students to understand. To train can at times require a lot of patience as you learn new moves and techniques.

Within Seido Karate, **OSU** is used as a greeting and as a reply to commands from your teacher. When you see a senior student, particularly a black belt.

**KIAI** - A **KIAI** is a loud yell that we make when we do our basic techniques.

In karate, we **KIAI** to show the strength of our karate, to frighten an opponent and at the same time to build our own courage. A KIAI also at the right moment also helps to tense the whole body, thereby adding power to your technique.

## **KIME**

To obtain maximum power, you must focus all one's power at the moment of impact. This is done by first relaxing the body, the only the muscles required to perform the technique are brought into play, so that maximum acceleration can be obtained. If any other muscles are tenses, they will having a braking effect and the power in the technique will be reduced. At the moment of impact, you exhale which tenses the whole body and concentrates the mind so that they are one. The body is then immediately relaxed in preparation for the next technique.

## **RESPECT**

Karate begins and ends with respect. Respect for our teachers is very important. Greet them with the word OSU. When you enter the Dojo, remove your shoes and bow saying OSU. Also bow and OSU when you step onto the Dojo floor. Remember to do the same when you leave the dojo floor and before you step out of the Dojo. Always say OSU when a black belt enters the Dojo. This acknowledges their experience and dedication and the hope that they will pass on their knowledge to you.

You are not allowed to leave a training session any time you feel like it. Once the session starts, you must ask permission if you wish to leave for any reason. You are responsible for keeping the Dojo clean and tidy. After each class, you will clean the Dojo floor with the cloths provided. This simple action controls our ego.

## **BEING LATE TO CLASS**

Always try to be at class on time. You disrupt the class when you are late. However there are times when being late is unavoidable for genuine reasons, so being late to class is better than not being there at all.

If you are late, get changed and sit in seiza with your eyes closed (mokuso) at the back of the Dojo floor. You should sit facing the sides of the Dojo and wait to be acknowledged to join the class by the instructor. When the instructor asks you to join the class, answer by saying “OSU Kyoshi/Sensei/Senpai”.

Sometimes, you may be asked to do a few press ups before you join the class. This is not punishment but just a way of showing that you are here to train hard and warming you up in advance of training. When you join in, go to your normal place in the line.

## **LINING UP FOR CLASS**

When going onto the Dojo floor, let your seniors go on before you and say OSU as you step onto the Dojo floor. Always line up in order of grade, according to rank.

If someone is the same grade as you, line up in the order of date graded and then by age (oldest first). When lining up always ensure that your lines are straight.

## **ON THE DOJO FLOOR**

Don't talk in class unless you are spoken to. It makes it difficult to hear what your instructor is saying when lots of people are talking. Answer OSU when your instructor talks to you or gives you instructions. When moving around the Dojo floor always go around the outside of any lines, never through the middle.

If you wish to ask a question during class, wait for an appropriate moment and say OSU to attract attention. Before and after you train with a partner in class, bow to each other and say OSU.

When you are asked to sit down in class, always sit in seiza.

When your instructor talks to you answer by saying OSU Kyoshi/Sensei/Senpai.

When told to line up, do so quickly and in order of grade. Always ensure that your lines are straight

## **ADMINISTRATION**

### **RECORDING YOUR CLASSES**

When you decide to join Seido Karate, you will be allocated a World Seido Karate membership number and BMABA insurance certification. You will be enrolled on our Coacha system that will allow you to book classes and keep a record of your training as well provide secure medical information.

We will monitor and coach your progression through the various gradings.

## **EXTENDED PERIOD OF ABSENCE**

If you are not going to be training for more than three months, please ask for your membership status to be changed to being “on leave”. If you are intending to come back to training at some point, please make a point of speaking to the Instructor. Students may be able to negotiate not to pay fees when they are on long absences. However, if you are only away for a month or so (say on holiday) you should continue to pay your fees.

If you stop training for 3 months or more, it is a sign of courtesy to wear a white belt upon your return. You will still maintain your position in the line-up. By wearing your white belt, you acknowledge your absence from the dojo and at the same time demonstrate your respect to your fellow karateka who have continued to train during your absence. Your instructor will inform you at the appropriate time when to begin wearing your coloured belt again.

## **ARE THESE RULES NECESSARY ?**

YES. Tradition is important to us in Seido karate. We have nearly 30,000 students worldwide and you can train at any of our dojos in the world and not be worried about doing the wrong thing as we ALL train in the same way. In Seido Poland, France and Italy for example we have over 1000 students training and you will be sharing the same experiences. If you do not feel comfortable with our approach which aims to make the dojo a safe place to train, then our style of karate may not be for you.



## COUNTING & GENERAL TERMS

One	-	Ichi	一
Two	-	Ni	二
Three	-	San	三
Four	-	Shi	四
Five	-	Go	五
Six	-	Roku	六
Seven	-	Shichi	七
Eight	-	Hachi	八
Nine	-	Ku	九
Ten	-	Ju	十
Eleven	-	<b>Ju</b> Ichi	十一
Twelve	-	<b>Ju</b> Ni	十二
Thirteen	-	<b>Ju</b> San	十三
Fourteen	-	<b>Ju</b> Shi	十四
Fifteen	-	<b>Ju</b> Go	十五
Sixteen	-	<b>Ju</b> Roku	十六
Seventeen	-	<b>Ju</b> Shichi	十七
Eighteen	-	<b>Ju</b> Hachi	十八
Nineteen	-	<b>Ju</b> Kyu	十九
Twenty	-	<b>Ni</b> Jyu	二十

<b>SHINZEN</b>	-	“shrine” the focal point of a Dojo
<b>SEIDO</b>	-	“sincere way” or “calm way” the way of truth, honesty and sincerity
<b>SEIDO JUKU</b>	-	“juku” is “special place” to train and learn
<b>DOJO</b>	-	place to train or “place of the way”
<b>OSU</b>	-	greeting, I understand, patience
<b>SEIZA</b>	-	go into kneeling position
<b>MOKUSO</b>	-	close your eyes
<b>REI</b>	-	bow (respect)
<b>NI REI</b>	-	show respect to
<b>KAICHO NI REI</b>	-	bow to Grandmaster
<b>NIDAMIE NI REI</b>	-	bow to Second senior (Kaicho’s son)
<b>SHIHAN NI REI</b>	-	bow to Master
<b>KYOSHI NI REI</b>	-	bow to Kyoshi
<b>SENSEI NI REI</b>	-	bow to Senior Teacher
<b>SENPAI NI REI</b>	-	bow to Senior
<b>OTAGAI NI REI</b>	-	bow to each other
<b>YOI</b>	-	get ready
<b>KAMETAE</b>	-	move to stance
<b>HAJIME</b>	-	begin
<b>YAME</b>	-	stop
<b>NAAORE</b>	-	finish (application – at the end of Kata)
<b>KATA</b>	-	“form and movement”
<b>MAWATTE</b>	-	turn around
<b>MIGI</b>	-	turn right
<b>HIDARI</b>	-	turn left
<b>GI</b>	-	uniform
<b>OBI</b>	-	Belt – this is never washed
<b>ZU</b>	-	punch
<b>UCHI</b>	-	strike/inside
<b>SOTO</b>	-	outside
<b>UKE</b>	-	block
<b>GYAKU</b>	-	reverse
<b>OI</b>	-	lunge (lead hand)
<b>GERI</b>	-	kick
<b>DACHI</b>	-	stance
<b>MOROTE</b>	-	double
<b>SANBON</b>	-	three levels
<b>TATTE</b>	-	stand up

## **BASIC COMMANDS**

Kiai-te	Do techniques with a shout
Naore	Return to ready position

## **BASIC STANCES**

Fudo dachi	Ready stance
Zenkutsu dachi	Forward leaning stance
Kiba dachi	Straddle stance
Sanchin dachi	Pidgeon-toe stance
Kokutsu dachi	Back leaning stance

## **BASIC STRIKES AND PUNCHES**

Chudan tsuki	Forefist chest punch
Gedan tsuki	Forefist groin punch
Jodan tsuki	Forefist upper punch

## **BASIC BLOCKS**

Uchi Uke	Inside block
Jodan Uke	Upper block
Soto Uke	Outside block
Gedan Barai	Groin block

## **BASIC KICKS**

Mae geri	Front snap kick
Hiza geri	Knee kick
Kensetsu geri	Side kick to the knee
Mawashi geri	Roundhouse kick
Kin geri	Groin kick
Yoko geri	Side kick above the waist

## **WHAT TO WEAR when you START.**

Wear comfortable clothes to train in so that you can kick and punch easily. Clothes could be long training trousers, and a tee shirt. We do train in bare feet. No jewellery of ANY description may be worn during training. If a ring cannot be removed, it must be covered with tape.

If you decide you really like karate then you should buy a karate uniform called a *Gi*. New *Gi*'s are available through any Martial Arts shop, or through Seido Karate - see below:

## **TRAINING FEES & EQUIPMENT**

Initial membership includes 3 years WSKO and 1 year's BMABA insurance: £40

*Note: Your insurance and membership of the World Seido Karate Organisation will be automatically renewed for you and these fees are covered by your Standing Order payments each month.*

Training Fees (per month, 12 monthly payments by standing order) :

Child Single £30.00, two children £50.00

Adult Single £50.00

Family £65.00 plus £2.00 for each family member (e.g Family of Four, 2 adults and 2 children £73.00)

## **Karate Uniforms**

Children Gi (white training uniform and belt)

Adult Gi (white training uniform and belt)

(new coloured belts are provided after each grading)

Size by Height in cm.

## **Prices**

Gi prices vary ranging from £20.00-£25.00 for children and £25-£65 for adults depending on size and weight (please ask reception to confirm the size and prices before ordering).

Seido Badge sets (a sleeve badge and a chest badge) are available at reception and are £15.00 per set.

# Seido Karate Bucks Club Charter

*At Seido Karate High Wycombe we have a clear vision on what we want to achieve and the legacy we'd like to create. We welcome any further feedback on our current club charter.*

1. To create a legacy of martial arts proficiency within the local community that will enable people to feel safe, be confident and improve their levels of fitness.
2. To work with the local community to create a club that is fully inclusive and representative of those within the community it supports.
3. To offer support and guidance to students on all matters self-protection to enable more people to make sensible and smart decisions on staying safe.
4. To create a culture of care, discipline and respect that will enable the club's members to enjoy the benefits martial arts bring in and out of the dojo.
5. To work hard as a club to continue monitoring and improving our internal standards to continue offering the very best levels of care and training for our students.

We have several policy and procedure documents which are available on request which cover the following subjects, please do not hesitate to contact us by e-mail if you would like a copy of these or any of our professional certificates, or DBS records.

- Liability and Professional Indemnity Insurance
- Safeguarding and contact details of our DSL
- Welfare and contact details of our welfare officer
- First Aid
- Code of Conduct
- Risk Assessment
- Concussion Policy
- Data Protection
- Health & Safety
- Parent Charter
- Photograph & Video Policy
- Social Media Policy
- Complaints Policy & Procedure