



*“More than just karate...”*

**SUPERKIDS™ KARATE BEGINNER MANUAL  
AND TRAINING GUIDE**

# *Student Creed*

MY GOAL IS TO BECOME  
THE BEST PERSON I CAN BE.  
I WILL ACHIEVE THIS OBJECTIVE  
BY DISCIPLINING MY BODY AND MY MIND;  
WORKING TO OVERCOME OBSTACLES  
THAT HINDER MY POSITIVE GROWTH.  
I KNOW THIS WILL TAKE DISCIPLINE.  
I AM READY TO MAKE THIS COMMITMENT  
TO MYSELF IN ORDER TO BECOME  
THE BEST PERSON I CAN BE  
AND TO SHARE THIS PROGRESS WITH OTHERS

## **WELCOME!**

You and your family are now part of the very special Superkids™ Karate system. We thank you for choosing our school.

Our systematic approach to teaching martial arts motivates all of our students, regardless of age or gender, to develop confidence, both physically and mentally. We know that you will enjoy your Martial Arts training. The classes are focused on fun, learning and basic life skills. You will achieve improved health, fitness, self-esteem, confidence and discipline.

Karate is a fast and powerful form of the Martial Arts. To become the best that you can be in Karate takes hard work. You will find that the more you practice, the better you will become. Karate is a commitment. It is not learned in one month or even one year. It takes time, patience, desire and effort to progress. Your Superkids™ Karate instructor is always there to help you along the way. Karate is a very individual endeavour so it is your decision as to how much you wish to learn and excel.

During your training there will be times when your technique, power and coordination are very good, but there will also be times when you will struggle. It is normal in karate to have these peaks and valleys. Be patient and be confident.

## **YOU WILL SUCCEED.**

This manual is your reference to the techniques and skills being taught by our highly qualified instructors. This manual is not a substitute for your martial arts training. It is a reference guide to help you along the way.

At Superkids™ Karate, everyone is given the same chance to find their way to Martial Arts success. Remember, karate is an individual endeavour, always seek "to be the best person you can be because you deserve the best!"

## **HISTORY of THE SLOCKI-RYU SYSTEM**

The Superkids system of Karate was developed by Sensei Wally Slocki. It is a movement education designed to develop an understanding of how certain body actions or movements are performed and the results they can produce. The study is not confined to technique only. Students also develop a deepening understanding of the history and philosophy of the Martial Arts, both of which are inseparable components of this highly scientific and traditional art form.

The Slocki-Ryu System promotes purposeful physical education, where the individual learns about the human body and its ability or potential to perform physical actions, and positive social behavior because movement education requires a special quality of human interaction in order to achieve its goals. It fosters an appreciation for others and serves as a deterrent to involvement in those forms of activity which are detrimental to the individual and society. In short, the Slocki-Ryu Karate System exposes students (and the general public) to an Oriental tradition steeped in core values of self-discipline, honesty and respect.

The Martial Arts are a process which saw the evolution of self-defense systems and the formation and practice of a philosophy that has motivated the general consciousness of Oriental peoples.

The monks of the Shaolin Temple developed physical routines around the final quarter of the sixth century. These movements were based on the actions of five animals: Dragon, Snake, Crane, Tiger and Leopard. While the motions were intended to assist in the process of meditation, they became useful tactics in defending themselves against the roaming bandits of their era. Around the twelfth century in Japan, Bushido or Code of Honor evolved at a time when it was necessary to inculcate in the Japanese military with a need to be committed to the causes of justice and fairness. By the early seventeenth century, the Okinawans developed a system of unarmed combat (karate) to defend themselves against Japanese invaders.

Over time, there has been an exchange and intermingling of ideas and approaches resulting in the development of different systems in the Martial Arts. In all cases, however, there is the element of tradition which solidifies the Martial Arts as one of the most remarkable human institutions ever created.

The Slocki-Ryu System is an extract from a synthesis of thought and action molded over time, a synthesis which promotes the development of mind, body and spirit. That development is emphasized in the ritual of kicking, punching and performing other specific movements that lead the practitioner to discover the potential within, so as to go beyond the limits of casual existence. Given the necessary support both in terms of human and physical resources, the Slocki-Ryu System will produce disciplined, self-confident and well-motivated people.

## **PARENT INVOLVEMENT**

### **The Student Home Report Card**

The aim of the Home Progress Report Card is to foster better communication between parents and instructors, while providing a way for parents to instill a positive self-image in their children through increased responsibility for their own behavior.

### **E-MAILS**

As a full time student, you have agreed to receive e-mails from Superkids™ Karate; these e-mails typically, include monthly calendars, grading information, tournaments, day camps, special notice and any other information we deem necessary.

We do NOT sell or give our e-mail list to any other organization for any reason.

## **CLASSES: WHAT TO EXPECT**

Different classes will focus on teaching students different aspects of karate. The main classes are Kihon or Basics, Streetsmarts™ or Self-Defence, Kumite or Sparring, and Kata or Routines.

### **Kihon: The Basics (White Stripe)**

The basics are the first techniques that you will learn. They are the building-blocks for everything else you will learn at Superkids™ Karate.

The basics include how to stand, block and counter with your hands/arms or feet/legs. You will learn how to KIAI (key-eye); a loud yell that projects spirit and energy. It is a proven fact that the KIAI not only increases your power while performing techniques, but also creates a distraction to an opponent, possibly frightening them.

### **Streetsmarts™: Pre-planned Self Defense Techniques (Gold Stripe)**

By learning about your body, you will understand why you need to protect it. You will also learn how to use your body to minimize the impact on yourself, while maximizing the impact on your attacker. You will also learn how the parts of the body work together as a "team." REMEMBER: Your best self-defence is to RUN!

Our program uses simple, yet effective self-defence techniques. These increase in complexity as you advance to higher belts. These hand and leg techniques are practiced between 2 people. You will learn WHEN to use a technique (timing), and understand when you are CLOSE ENOUGH to a person to use a technique (distance). Focus is on "escapes" from common grabs/holds that a bully or an attacker may use, and how to use your body effectively against larger/stronger people.

You will learn to combine many of the techniques and use both sides of your body, building your coordination and speed. It is good to learn to surprise and overwhelm your opponent by using many techniques not just one or two. Remember -just enough to get away and RUN!

There are many areas of the body that are breakable or sensitive and can be damaged easily. You will become familiar with the human anatomy and the various vital points of the body, for offensive and defensive strategies. To prevent injuries, control must be exercised to protect your partner. Through the use of respect for your training partners, you will develop this self-control. Remember, "Knowledge is Power" and "With great power, there is great responsibility".

## Kata: Routines

Kata is a choreographed series of the blocking and striking techniques required for your belt level. Practicing kata simulates fighting multiple opponents. The katas allow you to practice the techniques and skills that you know by combining them into a training routine. Kata improves the following:

- Balance
- Memory
- Breathing
- Cardiovascular Endurance
- Concentration
- Speed
- Muscle Control
- Technique Co-ordination

## Kumite: Sparring (Red Stripe)

Sparring is the sport of karate, and involves the exchange of techniques between two partners. It allows the practicing of all techniques under an ever-changing set of circumstances. **All partners MUST show respect and control.** Respect is shown by bowing before and after working with a partner, and by the level of control shown when using karate techniques. Control is the ability to use attacking techniques without making contact with your partner. Please note, blocks will require contact with an attacker's techniques. Students will learn that they can use their knowledge to protect themselves.

After training for a long period of time, students begin to realize they can protect themselves, both mentally and physically. They also develop control over their emotions, as well as control over natural body reactions.

Kumite will improve the following:

- Distance and Timing
- Speed and Reflexes
- Fluidity of Movement
- Concentration and Focus
- Cardiovascular Endurance
- Creativity

Safety equipment is required to participate in a Kumite class, no exceptions. The safety equipment is not required until you have achieved your Gold Belt. Superkids™ Karate has carefully chosen the brands for all safety equipment with the highest standards for quality. Students may not use equipment that was not purchased from Superkids™ Karate.

The following equipment is necessary:

- Mouth Guard (formed to fit)
- Safety Gloves
- Groin Protection, Cup and Support
- Safety Head Protector
- Safety Boots
- (males only).

## Rules of Kumite:

- The instructor must always be present
- Students must show respect to their partner by bowing before and after the match
- Full control and balance must be shown when executing a technique to acquire a point
- No contact to the head and only touch contact to the body are allowed
- No contact is allowed to any joints; elbow and knee strikes are not allowed
- Intent to injure is not acceptable and can result in expulsion from the dojo
- Complete safety equipment must be worn

Remember: your partner is your friend and assistant in your training; not your enemy. If you are accidentally hit by your partner; do not get upset or lose your temper – keep your self-control. Be understanding and patient and you will both learn the art of sparring together.



## Open Classes: Tutorials

Saturday classes are open classes. Classes can be a mix of any of the other four classes.

## BLACK BELT MEMBERS

The Black Belt Members or BBM's are a special part of the Superkids™ Karate system. Students can become a BBM at any time, and with the approval of the Chief Instructor.

Please note that being a BBM is NOT a requirement to achieving your Black Belt. You will see BBM students in blue uniforms. They also receive a special class once a month.

## GRADINGS

This is about achieving your goals. To be promoted to the next belt level, you must know all the techniques and understand all the information you have been taught, and be comfortable and confident when practicing the basic techniques, self-defence routines, sparring concepts and katas for each of belt level achieved so far.

To be eligible to participate in a belt grading, you must earn your belt stripes. Each belt level includes a written assignment and a performance physical examination. The written assignment is handed in with your grading application. The performance test is a demonstration of your abilities at the grading.

The belt stripes are as follows:

- White –Kihon/Basics
- Gold -Streetsmarts™/Self-Defence
- Orange -Parts of the Body
- Red -Kumite/Sparring
- Green -Kata/Routines
- Blue -School Report Card
- Black -Passing the Performance Test

The instructors will be using class attitude, class count, effort and performance to determine when to test you for a particular stripe. It is at the discretion of the Superkids™ Karate instructors when stripe testing will occur.

Please check the monthly calendar for the specific dates each month to hand in your paperwork and attend the belt grading.

New belts are presented at the monthly belt ceremony (check the calendar for dates). You can show your family and friends your accomplishments. Come early so your family and friends can get a good seat. Regular classes are cancelled on the day of a belt ceremony.

## USING THE SCHEDULE

Each night has a lesson topic. Each week, all topics are covered, with Saturdays being a mix of any of the 4 possible topics. The topics are:

- Kihon (Basics)
- Kata (Routines)
- Kumite (Sparring)
- Streetsmarts™
- Open or Tutorials
- Kaerobics (Fitness)

Special Dates - Look for the following dates on the calendar or on our website [www.superkidskarate.com](http://www.superkidskarate.com):

- Bring a Friend/Parent Night -students may bring a friend or parent(s) to try a class
- Grading Day -formal testing for the next belt level for qualified students
- Belt Ceremony -follows the Grading Day, passing students present to family
- BBM Classes - classes are once a month
- Holiday Closings - we are closed on all long weekends/Christmas season
- Other Special Events - such as day camps, tournaments

## BELT TYING PROCEDURE

The trick to tie a belt correctly is to know where the Belt Logo is! The knot being tied is, in essence, a reef knot, with a slight change.

Step 1: **FOLD IN HALF!** Fold belt in half, ends down. Ensure Belt Logo is on the left. Place middle, where fold is, at the belly button.



Step 2: **WRAP AROUND!** Switch hands as you bring belt around; ensure belt is tight or snug to the body. Tuck belt in left hand under existing belt.



Step 3: **RIGHT OVER LEFT!** Bring the left, still being tucked under, to the middle. Bring right hand towards the left, and grasp all three layers with right hand. Belt Logo should now be back on the left.



Step 4: **WRAP AROUND!** Left hand should grab the Belt Logo, and tuck the end under all layers; bring Belt Logo up towards the heart and/or left shoulder.



Step 5: **LEFT OVER RIGHT!** We now complete the reef knot. Flip the end on the right side, and then place the Belt Logo on top.



Step 6: **WRAP AROUND!** Right hand slips through hole, created between the two ends of the belt, grabbing the Belt Logo. Pull the Belt Logo through, and pull to the right.



Step 7: **TWIST!** Twist bottom edges away from the body to complete the knot.



Step 8: **VOILA** - a properly tied belt!



# CODE OF CONDUCT - RULES OF THE DOJO

Your Superkids™ Karate Learning Centre is a special place. The centre provides a forum to learn respect for you and for others. You will learn about life and the martial arts. As with all special places there are rules and guidelines that help you learn with discipline and safety. These regulations are designed to make Superkids™ Karate a fun and safe place to attend.

## Discipline

**Be Prompt** - Students should arrive and be dressed in their uniform at least 10 minutes before class starts. Call the office if you are going to be late.

**Be Prepared** - Get your attendance cards. The students should do this, not the parents. It is your responsibility. Use the washroom facilities at home before you come to class or in the reception area prior to class. For Gold Belts and higher: it is recommended students; bring their safety equipment to all classes. Without your safety equipment, you are not allowed to participate in kumite classes. Without your "groin cup," boys will not be permitted to participate in any of the other classes.

**Dress Code** - All uniforms must be clean, pressed and without rips or tears. They must also bear the proper Superkids™ Karate crests. Pant legs and arms must be either rolled up or sewn to an 'appropriate length. White Uniform/White Shirt; Blue Uniform/Blue Shirt; Black Uniform/Black Shirt. Only plain t-shirts or Superkids™ Karate t-shirts are allowed under the karate uniforms.

**Class Attendance** - To ensure a consistent pace of learning and practice time, students are expected to train at least twice per week. We understand that on occasion this is not possible. If you are going to be away from classes for more than 2 weeks, please let us know so that we don't worry.

**Leadership** - Experienced students are expected to help new students. Advanced belt students will be expected to assist lower belt students. Older students are expected to assist younger students. Beginners/younger/newer students should look to the higher belts, older or more experienced belt ranks for direction and assistance. Don't be afraid to ask for help.

## Taking Care of Yourself

**Personal Hygiene** - Hands and feet must be clean. Finger and toe nails must always be kept short and clean. This is a safety issue, for yourself and others. Older students should be using a deodorant. Uniforms should be CLEAN!

**Washroom Hygiene/Etiquette** - The washrooms are available for all to use. It is expected

each student (and family members) will maintain the facilities in a clean and pleasant state. Leave the washrooms in the same condition that you want for yourself. Please remember to turn off the light, and close the door.

## Etiquette

**Be Respectful** - All are expected to display courteous behavior. This includes the use of PLEASE, THANK-YOU, EXCUSE ME, as well as bowing. All students will bow before entering and leaving the dojo. When training, students will bow to each other to acknowledge their mutual agreement to train with attention and respect and not to injure each other or themselves.

**Honour Your Sensei** - Sensei means teacher in Japanese. Students must always show respect for the instructor by addressing him or her as “Sensei” or “Sir”. Senior students who have been designated as assistant instructors in a class should be addressed as “Senpai”.

**Be Responsible** - Boots, shoes, coats and sweaters go, "JUST SO". Boots and shoes go in the cubby holes in the reception area. These are not for coats or other outerwear. Coats and sweaters are to be hung up in the change-rooms on the coat hooks.

**Profanity, Horseplay or Loss of Temper** - These will not be tolerated at Superkids™ Karate. The Sensei has the option to remove the student from class immediately, and parents will be contacted for any students involved. An interview with the Sensei will be required prior to re-admittance.

**Attending Other Martial Arts Schools and/or Tournaments** - Students may not train at any other martial arts schools or attend any seminars while enrolled at Superkids™ Karate, unless approved by your Chief Instructor. If you are invited by a friend to attend their school, please obtain written permission. Participation is not allowed at any martial arts tournaments NOT sponsored by Superkids™ Karate unless written permission is received from your Chief Instructor.

**Students Only** - No person is allowed in the learning area unless he/she is taking part in a class or is a parent/guardian who has arrived to meet/drop off their child. Exceptions are made for guests invited to attend classes, ceremonies or tournaments.

## Safety

**Be Safe** - Remove all jewelry; this includes bracelets, earrings, necklaces, finger & toe rings, as well as watches. These items may cause injury to you or someone else. Medic Alert is the exception. For studs or earrings that do not come out, cover these with Band-Aids or first aid tape.

**NO PEANUTS!** - Several students are severely allergic to nuts, especially peanuts. As a result, foods with peanuts or peanut based products are not to be brought inside our facilities. Be sure the staff is aware of any allergies you have.

**Smoking** -Smoking is not allowed on the premises per Mississauga by-laws. Smoking is okay outside, **HOWEVER** the landlord **INSISTS** "BUTTS" be put out in your own vehicles. Please do not smoke within 10 feet of the door, second hand smoke will get to the children.

**Alcohol & Drugs** - Do not use alcohol or drugs prior to coming to class. This can impede your sense of balance. It is a safety hazard to you and the other students. If you are taking prescription drugs, please notify the instructor of any potential side effects.

**Safety Equipment** - All students must wear the appropriate safety equipment for all classes. A groin cup for males is mandatory for all classes, except for beginners. Seniors must have this for all classes. Mouth guards are required for kumite and recommended for Streetsmarts™ classes. Talk to your dental professional about special mouth guards for braces or other orthodontic appliances. Only equipment that has met Superkids™ Karate quality and safety standards will be allowed.

**No Eating in the Dojo** - Please do not eat or chew gum while in the dojo for classes, tournaments or ceremonies. Juice is available for diabetic students upon request.

**Parking Lot Safety** - A Special Note to Parents! Parents and/or guardians must escort their children into the learning centre. Please park your car; watching out for pedestrians and other cars within the parking lot. Do Not Block the roadway. Students 12 and under are not allowed to leave the reception area after class is over until their parents/guardians come in. This is especially true for the Supertots™ students. It is the safety of the children that matters most. Keep your full attention on driving. Then focus on walking. It is better to be late than not arrive safely.

The Chief Instructor has the **OPTION** to expel any student, without refund of any money paid, or any other form of compensation, if any of the codes of conduct is not adhered to.



# MARTIAL ARTS FOR PEACE™

To complement the physical martial art and self-defence skills, Superkids™ Karate has included in its Streetsmarts™ component, Martial Arts for Peace™. Martial Arts for Peace™ introduces students to mental and verbal skills that they use.

## 12 Ways to Walk Away With Confidence

There are three acronyms to help you remember the 12 Ways to Walk Away with Confidence:

- S.A.D.      See, Act, Do.
- A.R.M.      Avoid, Resolve, Manage.
- 3 P's        Prevent, Prepare, Protect

### See to Avoid and to Prevent

1. Make Friends - Treat the bully as a FRIEND instead of an enemy.
2. Use Humour - Turn a tense or threatening situation into a funny one.
3. Walk Away - Do NOT get into it, just walk away.
4. Ignore the Bully - Be like bamboo, bend in the wind.

### Act to Resolve and Prepare

5. Agree with the Bully - Let the insults go, do NOT fight back.
6. Use Creative Imagination - Use your imagination to resolve the conflict.
7. Refuse to Fight - The winner of a fight is the one who prevents it.
8. Use Reason - Use your brain/mind, the most powerful tool you have.

### Do to Manage and Protect

9. Scream or Yell- A powerful shout or scream can end conflict or attract attention.
10. Use Authority - Call a proper authority to help you defeat a bully.
11. Stand Up to the Bully - Stick up for yourself, just say NO!
12. Take a Stance - Show that you know how to protect yourself

**"Be a Peaceful Victor -Not a Victim of Violence."**

# WAYS TO BE POSITIVE

## **You can choose to be optimistic!**

A pessimist sees a glass of water half empty; while an optimist sees a glass of water half full. The pessimist focuses on the negative (the missing water) while the optimist sees the positive (the water that is there). Be optimistic and positive. Choose to see the water.

## **You can choose to accept things as they are!**

This means that you do not wilt and give up. It means that you do not struggle, whine or "bang your head" against a brick wall when things do not go right. These behaviours are very likely to make you a helpless victim. It means, do not dwell on the past. Instead, get on with your life and move forward; for the past is history, the future is unknown, and the present is now. Live now, and for the future, however use your experiences to gain wisdom; for those who forget the past are doomed to repeat the past.

## **You can choose to be resilient!**

Be like a tree, with your "deep roots" to support you, withstand your storms by bending or swaying life batters and blows at you. Your "deep roots" will allow you to bounce back. When resilient, you can survive almost anything; such as being hurt, frustrated and making mistakes.

## **You can choose to be cheerful!**

Cheerful people tend to energize others, almost like human batteries; be one too. Stop saying gloomy or negative things, bite your tongue and count to 10; and always smile. Send out positive vibes with your words, thoughts and feelings; positive people and things will be attracted to you.

## **You can choose to be enthusiastic!**

Greet each new day with excitement, and approach tasks and chores with zest and zeal; for enthusiasm is contagious. The more upbeat you are, the more the people around you will feel and act the same.

## **You can choose to be more alert!**

Be more alert to potential problems, so that you can be better prepared. You can also be more alert to potential positive experiences; write down times and places that could be good for you, and go. You will not regret the effort.

## **You can choose to have a sense of humour**

Do not miss out on the opportunities to laugh at yourself; it is one of life's great joys. Only laugh at others if they make jokes about themselves. Laugh with others. If you laugh a lot, you will be healthier. Laughter releases good chemicals in your body that stimulate you and can help you grow.

### **You can choose to be a good sport!**

This attitude will win you friends even if you do not win the "game" or competition; for being a good sport, means losing with grace. Smile and shake hands with the winner. Do not blame other people or circumstances for your loss. Never forget that being a good sport also means you do not gloat when you are victorious.

### **You can choose to be humble!**

People who brag or show off seldom attract the right audience. If you are genuinely interested in others, they will see your good qualities even if you do not advertise them. They will be more relaxed around you and more themselves. Do not "one-up" others, it is never appreciated. No matter where you go, no matter what you do, there is always someone who is better. No one can be the best at everything.

### **You can choose to be grateful!**

You need to have, "An attitude of gratitude." You most likely will have a lot to be thankful for. Gratitude puts a smile on your face, helps you feel good about your life. Others will feel good about being around you.

### **You can choose to have goals!**

Without goals, life has no purpose. We will expect nothing and plan nothing. What are your hopes, dreams and ambitions? What is your purpose in life? Think about your hopes and dreams and write them down. Create goals and plans for your dreams. With goals, there is a path, growth for you as a person.

**To have a positive impact on yourself and others, start today, be more positive!**

**See the Water!**