

How to contact us:

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Please fill out an email address form at the front desk to be added to our mailing list. We use email, our website and FB to notify students of upcoming events, activities, announcements, unforeseen closings and schedule changes.

Shinsei Martial Arts & Fitness Center

Purpose of the Family Information Packet

This Family Information Packet is designed to offer you a complete information source to begin martial arts training at Shinsei Martial Arts & Fitness Center.

Martial Arts training is a new, exciting, challenging, and sometimes intimidating experience. This packet will give you the information needed to feel comfortable and to reach your goals of White Belt and beyond.

If you have further needs or questions, contact any of the Shinsei Martial Arts staff.

We, the staff of Shinsei Martial Arts & Fitness Center, look forward to helping you reach your goal of Black Belt!

Good luck, and welcome to the Shinsei Martial Arts & Fitness Center Family.



My name is Sensei Allie Bordley, and I am the founder of our 501c3 non-profit martial arts organization. This packet should help answer some common questions and help both parents and students understand my expectations. Please call or write me an email anytime – I would love to have your feedback. I would especially like to know anything I can do to make your experience in my school even better. (904) 392-9005, allie@shinseikarate.org.

Shinsei Martial Arts & Fitness Center

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www.shinseikarate.org

WELCOME TO OUR SCHOOL!

Background and Purpose of Shinsei Martial Arts & Fitness Center

Welcome to Shinsei Martial Arts & Fitness Center! We are an exciting Christian alternative teaching traditional Karate in St. Augustine, FL, and offering the amazing physical and character-building benefits of martial arts instruction in a safe, dynamic learning environment centered on the Truths from God's Word in the Bible. Using the Fruit of the Spirit and traditional Japanese martial arts styles we help students realize the value in becoming a stand up citizen for God and our society.

So how can the Bible be the center of a martial arts program? Well, as a martial arts program, we spend a significant amount of time training in the physical skills for a self-defense scenario that we hope we will never face. But more importantly, as a Christian martial arts program we train using God's Word to prepare for the spiritual battles that we know we're going to face every single day. Sounds great doesn't it? (Well it really is!)

At Shinsei Martial Arts we practice Karate-do, an effective and traditional martial arts style. Our goal is to help our students become Christian Black Belts who will be outstanding members and leaders in their families, their local church, and the community. And it's a real blessing to say that we've seen that happen in lots of lives across a lot of years!

Mission

The Mission of Shinsei Martial Arts Ministries is to provide a quality Martial Arts program that teaches students of all ages to discover their power, harden their discipline and honor all of their commitments in life through the positive benefits of martial arts from a Christian perspective.

Statement of Faith

While we do not promote any one Christian denomination over another, we do in our practice and actions try to exemplify the principles of the Christian faith.

"Love the Lord thy God with all your heart, all your soul, and all your mind and love your neighbor as yourself."

Matthew 22:37,39b

Information Sheet for Parents

At Shinsei Martial Arts & Fitness Center, our instructors are professional martial arts instructors who are experienced, mature and dedicated to instructional excellence at all levels. Our instructors are personally selected not only for their skills and achievements in martial arts, but also for their ability to effectively relay that knowledge and understanding to students of all levels and backgrounds.

Shinsei offers parents an outside influence in the development of their children. Shinsei Martial Arts & Fitness Center is an extra-curricular activity for adult students that will assist in developing and reinforcing healthy habits. Our program stresses positive self-esteem, self-control, self-discipline, self-motivation, self-projection, self-expectancy, self-direction and a healthy self-image. These traits, when taught and reinforced through Shinsei Martial Arts & Fitness Center training methods, will produce a total development that students would not be able to receive from any other source.

Shinsei Martial Arts offers self-defense skills through martial arts training, as well as specific self-defense courses for businesses and individuals. Martial Arts training enables everyone to possess an effective method of self-defense together with the confidence to handle any situation.

Some of the benefits of martial arts include:

- Control anger
- Develop consideration for others
- Keep a cheerful attitude even under disappointment
- Increase in bone density
- Reduction of anxiety
- Improvement in body image and mood
- Development of physical fitness
- Weight control (this is especially important for children, as they experience the same epidemic of overweight as adults)

The central principle that students learn is self-confidence; as they learn to respect themselves, respect and consideration for others come naturally.

The five oaths in my school are:

I will respect myself

I will respect others

I will do my best

I will never give up

I will always remember: Martial Arts are for defense only.

Self-defense is an important part of the martial arts, but realize that the larger part of real self-defense is having courage and confidence, and the wisdom to for see and avoid bad situations.

How to tie your belt



Place the belt on your waist with the label side on your right



Wrap the other end of your belt (the non-label side) around your waist



Wrap that same end around your waist a second time



Tuck the non-label side of your belt under the rest of your belt that's on your waist from the bottom



Place the non label side of your belt over the label side to make a loop



Push the end of the non-label side through the loop



Pull both ends to form a neat knot. When done correctly, knot should resemble a fortune cookie

Bowing The formality of bowing was adopted from traditional martial arts. While in the dojo, it is traditional to bow when entering the dojo door, when stepping on or off the mat, when beginning or ending work with a partner, and when you have finished receiving one-on-one instruction.



Seiza Students are expected to line up and sit in a kneeling position called seiza (say-zah) when class is beginning or ending. If physical limitations (bad knees, prior knee surgery, etc.) prevent this motion, it is acceptable to sit in less formal position. If you are late to class, it is appropriate to sit in seiza at the edge of the mat, and wait for the instructor to bow to and invite you onto the mat. This ensures that the instructor is aware you have joined class, and you are able to enter the mat with safety in mind.

Attire Clean, loose-fitting clothes are recommended. They should be appropriate to show respect to the instructor and the class. A void clothing such as cut-off shorts or sweatshirts with torn sleeves. A gi or martial arts uniform is optional, but recommended.

Hygiene Students should attend to their hygiene through standard accepted practices such as bathing and washing training clothing regularly. Feet are almost always bare on the mat, so students should regularly attend to foot hygiene. Keep toenails and fingernails reasonably short and manicured for the safety of your partners.

Accessories Any type of earrings, watches, rings, necklaces, or other adornments should be removed. This will prevent injury to yourself and to others.

Communication Asking questions is encouraged. If you are in need of guidance or clarification, ask your instructor, or another student if the instructor is unavailable. When speaking with others in the class, remain focused and keep distracting conversation to a minimum.

Karate Belt Ranking System

Hashi Kyu	White Belt	Parent & Me Karate (Parent & Me is a fun class for very young kids with a parent!) TBA Colored Belts with White Stripe (these belts are for younger children)
Shichi Kyu	Yellow Belt	
Ro Kyu	1 st Level Green Belt	
Go Kyu	2 nd Level Green Belt	
Yon Kyu	Purple Belt	
San Kyu	1 st Level Brown Belt	
Ni Kyu	2 nd Level Brown Belt	
I Kyu	3 rd Level Brown Belt	
Dan	Black Belt	

Information Sheet for Parents

At Shinsei Martial Arts we have created a fabulous Martial Arts program for children and adults. Shinsei's program works hand-in-hand with your child's school work to improve self-discipline, self-confidence, mental alertness, and goal-setting abilities. Young people are taught that through dedicated and intense work, all worthwhile goals in life are attainable. Parents have attributed our program with improved grades. We believe this is a direct result of the increased achievement, motivation, self-direction, and self-confidence provided by our program.

PROGRAM STRUCTURE: At Shinsei Martial Arts your child will set short-term achievement goals every belt and will graduate to a new skill level, when ready, in order to improve self-confidence as well as ability. In the beginning your child will not be required to participate in any formal exams. This time allows children to become more comfortable in the program, as well as in their skills, before being required to formally test.

BLACK BELT AS A GOAL: It is important for each child to learn to set short-term, intermediate, and long-term goals. At Shinsei every child's long-term goal is Black Belt. Black Belt is the symbol of excellence in martial arts and an important tool for instructors and parents to use in the development of desire, tenacity, and for teaching the importance of follow-through in all activities.

EXAM EMPHASIS ON SCHOOL WORK: All young people in the program are required to bring copies of their grades from school and complete parent/teacher intent to promote forms prior to testing. Shinsei works hand-in-hand with school teachers and parents to insure a well-balanced and focused development process for each child.

PROPER USE OF SKILLS: It is constantly stressed to all students that Martial Arts skills require them never to be abusive or offensive and are only for self-defense only.

Making every dollar count!

Stretching every dollar. If you have done the research, you will discover that most martial art schools tuition costs range from \$90 to \$120 per month per child. Usually there are lots of little additional costs along the way as well. For-profit organizations keep their tuition in those ranges in order to care for all the expenses necessary to run a business. These expenses are the same expenses that non-profit organizations incur however, our main goal at Shinsei is to make martial arts affordable for all families. Sharing this art and its principles will help strengthen our families, with the hope of strengthening our communities. Without raising prices, it will take many hands to help Shinsei Martial Arts grow to a healthy organization where everyone benefits. Looking at ways to keep tuition at a minimum and expand we need to find ways of cutting costs all while growing at the same time. The following will take place starting January 2019.

Payment by Credit Cards

We are looking to cut our merchant fees in order to use every dollar Shinsei receives either by tuition or donation. Starting February 2019, there will be a \$2.50 Credit Card convenience fee when not paying with cash or check. We always accept checks and cash on the first of the month, however, this new policy will help Shinsei stretch their dollars further. The goal is to build our organization at the same time keeping expenses to a minimum. All checks and cash can be placed in the drop box at the studio.

Donating

- Shinsei Martial Arts is a registered 501(c)(3) nonprofit in the State of Florida, and we thrive on the generosity of people like you. All donations are tax-deductible. Shinsei's tax ID number is 27-3322579. No donation is too small, or too large. Whether it's \$20 or \$20,000, every cent will be hugely appreciated and put to good use.
- We love to donate free classes, workshops, and lectures to all sorts of organizations. If you are part of any organizations, let's talk about it.

We have big goals for the future. Fundraising is necessary and important for us to achieve our future goals – Please let me know if you are interested in learning more, and especially if you are interested in helping.

Vacation and Break Policy

We are a month to month school, so we do not focus on CONTRACTS, as we do not want anyone to feel they are here because of a contract. Your commitment to the martial arts should stem from your personal commitment, not a contractual one. However, we do offer discounts for those that make either a 6- or 12-month commitment.

Consistent training is key to the martial arts. Our students get stronger physically and mentally, learning valuable skills and concepts that must be constantly reinforced in order to be used effectively. For this reason, we do not recommend students taking "breaks" in their training. "Breaks" in training adversely affect not only the student, but the whole school as well. Students who take breaks from training, regardless of their good intentions, generally have a difficult time getting started again after the break. The longer the break, the more difficult it becomes to get back in the groove of training. Students returning from "breaks" require more instructor time which is taken away from other students. Additionally, "breaks" cause increased paperwork and billing issues for the school.

For these reasons, a re-registration fee of \$40.00 will be applied when a student takes 2 months or more off from his/her training. The re-registration fee will be charged in addition to the student's tuition for his/her first month back. Obviously, there are exceptions to this policy such as legitimate medical leaves. This will be considered by and left to the discretion of Sensei. Before taking a break, be sure it is necessary. Remember, your tuition pays for up to 8 classes of training per month.

PARENT/STUDENTS VOLUNTEER HOURS REQUIRED

We need your help. It takes many hands and hearts to bring the programs and events of the school to life. Many hands make light work, and we are asking you to lend a hand.

Starting in 2019, Shinsei Martial Arts will have a mandatory Parent/Student Involvement Program.

The Parent/Student Involvement Program offers a unique approach to the cooperative effort of parents, students, faculty and administrators as a way of building community in fellowship with the Holy Spirit. It is also a promotion requirement for students for them to be promoted. Parents are encouraged to become involved according to their talents and interests.

Each student/family at Shinsei is required to complete 3 hours of service each quarter of the year. Opportunities for involvement are available in many areas of school life, including social activities, fund raisers, clerical help, to-dos at the dojo and special events including our Spaghetti Dinner/Auction held every year. This service may also be fulfilled through a monetary or in-kind donation of \$20.00 per hour. Hours MUST be documented by either a qualified staff member or volunteer in the Shinsei PTO. Students must have hours completed for the quarter as part of their promotion requirements. Please use the volunteer sheet included in the welcome packet or download one from the website when needed.

SHINSEI MARTIAL ARTS – VOLUNTEER HOUR LOG

Parent/Guardian Name(s) _____

Child(ren)'s Name _____ Grade _____

Date	Description	Hours	Fundraising	Other

Total hours _____

Print log sheet as needed.

School Functions

Shinsei Martial Arts will sponsor or support several functions throughout your training. Such functions include training camps, seminars, tournaments and different community events. We recommend attending as many special functions as possible, especially functions that are hosted by Shinsei Martial Arts. All activities are important. We will do our best to advertise all functions well in advance so that all families can make the necessary arrangements to attend. Your support helps to ensure the success of all functions and it allows Shinsei Martial Arts to continually grow. Though you may not be able to attend every school function, you will directly and indirectly benefit from them. Some of the school functions include:

SHINSEI Awards Join us for an exciting evening including dinner, awards, Banquet demos, raffle prizes, and more! Don't miss this event!

CAREFEST An Alpha-Omega event to support homeless single moms.

ANCIENT CITY KIDS DAY - A community event

SHINSEI Picnic We usually hold our annual picnic at a local park and have lots of fun which includes, games, food, and prizes. Bring the family!

Holiday parties SHINSEI often celebrates holidays with class parties. Check the school newsletter for announcements.

Movie Night - A fun Night including a movie, popcorn, and juice. Family and friends are invited.

Buddy Day - Students invite friends to join a karate class free for the day.

Birthday Parties - Karate birthday parties are available including games, a mini- karate class, and lots of fun at an affordable price.

Parents Day - Students invite parents to take a free class with them this day.

Seminars In-house and external instructors periodically conduct special seminars and workshops.

Tournaments - Some class time will be set aside to learn how to compete in tournaments. Tournaments are open to our students or by special invitation. Learning how to compete is part of our curriculum. Tournaments are exciting and fun. Good sportsmanship is a must!

Additional events and opportunities will be added throughout the year.