



TRADITIONAL KARATE ATLANTA
P. O. BOX 813124
SMYRNA, GA 30081
(404) 641-2840

Greetings,

As chief instructor of Traditional Karate Atlanta, it is my pleasure to welcome you. I believe you will enjoy our quaint dojo, with its friendly staff and enthusiastic students.

The Introductory Course that you are enrolling is the ultimate way to experience the mind-body integration that you have been looking for. Along with the basic Karate skills, the course covers energy management, core-control, stretching exercises, and breathing techniques. To complete the registration, fill out the attached student information sheet, waiver form and the AAKF card.

For parents who have enrolled your child to the course, I would like to remind you that your child will be integrated with the ongoing youth program, and not with the Adult Introductory Course.

The checklist below will help you facilitate your experience in the course:

- Bring water
- For safety please do not wear any jewelry during class
- Your uniform may need to be hemmed after the first wash for better comfort and safety (see instructor for advice)
- Notify your instructor of your absence via email or phone call

Please feel free to contact us with any questions, concerns or comments.

Sincerely,

Sensei Toru Shimoji

Traditional Karate Atlanta

Student Information

Dojo Etiquette

- While in the dojo, teachers are addressed as “Sensei”, meaning “teacher”
- Bow to enter and exit the dojo (the actual training floor)
- Opening and closing ceremonies consist of kneeling, short meditation and bowing in
- If you are tardy for class, please kneel at the entrance of the floor and proceed with your own opening ceremony

Basic Terminology

- Dojo (doh-jyo): literally “place to learn the way”, or simply Karate school
- Shomen (show-men): meaning “front facing side”
- Gichin Funakoshi (1868-1957): he is credited as the founder of modern-day Karate, and the style Shotokan is named after his pen name
- Hidetaka Nishiyama (1928-2008): a direct student of Funakoshi, founder of AAKF/ITKF, and teacher of Toru Shimoji
- Karate-gi (kah-rha-the-ghi): all white Karate uniform
- Ichi, Ni, San, Shi, Go, Roku, Shichi, Hachi, Ku, Ju: numbers 1-10 in Japanese
- Rei (rhey): bow
- Sensei (sen-say): teacher
- Sempai (sen-pie): senior student
- Kihon (key-hon): Karate basics
- Kata (kah-tah): formal exercise, or forms
- Kumite (koo-me-the): partner sparring drills
- Heian Shodan (hay-ahn-show-dhan): first basic Kata, meaning “peaceful mind first level”
- Hajime (ha-jee-meh): start
- Yame (yah-meh): stop or end

Ranking and Testing

Traditional Karate ranks are divided into Kyu (pronounced “kyu”) and Dan (pronounced “dah-n”) ranks, each with nine levels. Beginning student starts with 9th Kyu and proceeds towards 1st Kyu. The black belt rank starts with 1st Dan. Average student with two classes per week can expect to progress about one or two Kyu ranks a year. This process is based on individual motivation and skill development, so it can vary from student to student.

At TKA, three Kyu examinations are given each year. Students qualify to take the examination by accumulating enough training time and adequate improvements in skill. Students’ training hours and skill are evaluated prior to each testing and the roster of qualified individuals will be posted on the bulletin board.



American Amateur Karate Federation

445 S. Figueroa Street, Suites 2600 & 2700
Los Angeles, CA 90071

Telephone: (888) 939-8882 Fax No. (888) 939-8555 E-Mail Address: Office@AAKF.org

APPLICATION FOR INDIVIDUAL MEMBERSHIP

Name of Club:		
Club Number:	Style System:	
First Name:	Middle Initial:	
Last Name:		
Date of Birth:	Sex: <input type="checkbox"/> M <input type="checkbox"/> F	
Street Address:		
City:	State:	Zip Code:
Telephone No.	E-Mail:	

Fee:

Type of Application

- New Membership
 Renewal
 Re-issue

Term of Membership is 1 Year

Date: _____

I would like to apply for membership in the American Amateur Karate Federation. I hereby affirm that I will adhere to all the rules and regulations of the Federation and promise to conduct myself so that I will not disgrace the honor of the membership. I accept the risk of any injury sustained while training and will not hold the organization liable therefore.

Applicant's Signature

Guardian's Signature (if applicant is 17 years old or younger)

Traditional Karate Atlanta

LIABILITY WAIVER AND RELEASE, ASSUMPTION OF RISK

Name: _____ phone: _____
Parent/Guardian: _____ email: _____
Address: _____
City: _____ State: _____ Zip: _____
Emergency Contact: _____ phone: _____

In consideration of being permitted to participate in the activities conducted by Traditional Karate Atlanta ("TKA"), I agree as follows on behalf of myself, my personal representatives, heirs, beneficiaries and assigns.

I ACKNOWLEDGE AND AGREE that my participation with TKA is for the purpose of practicing Karate; the practice of Karate is the physically strenuous, dynamic, and challenging practice of self defense which includes, but is not limited to, punching, kicking, striking and grappling, both individually and with partners. I further understand that such activity includes inherent dangers including serious bodily injury, permanent disability, paralysis or death which may be caused from my actions or inactions, the actions or inactions of others or the conditions of the facility in which the activity is conducted; I understand there may be other risks or other social or economic losses either not known to me or readily foreseeable at this time; and I FULLY ACCEPT ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES incurred as a result of my participation in the activity. I have consulted with my physician prior to engaging in the practice of Karate with TKA and I am qualified, in good health and proper physical condition to participate in such activity. I am responsible for monitoring my own activity level and maintaining awareness of my own physical limitations. I further agree that I will immediately discontinue participation in any activity which I perceive to be unsafe for any reason.

I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE AND AGREE TO HOLD HARMLESS TKA, its administrators, members, directors, agents, officers, volunteers, employees and other participants, owners and lessors of the premises on which the activity takes place (each considered a "Releasee") from all liability, claims, demands, losses or damages on account caused or alleged in whole or in part by any act or omission of the Releasees in connection with the activities described above, whether or not caused in whole or in part by the negligence of any Releasee, including rescue operations, and further agree that if, despite this release, I or anyone on my behalf makes a claim against any Releasee, I will indemnify, save and hold harmless each of the Releasees from any litigation expenses, attorneys fees, loss liability, damage or cost as may occur as the result of such claim.

I agree to abide by all rules and regulations of the American Amateur Karate Federation, TKA, and to exercise caution and restraint when practicing Karate individually and with other students. I agree to immediately report any unsafe conditions which come to my attention, including but not limited to the floor or any equipment. Any intentional act to injure another participant is expressly prohibited. TKA reserves the right to dismiss any participant at any time for any reason

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY; I INTEND IT TO BE A COMPLETE RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE SHALL CONTINUE IN FULL FORCE AND EFFECT.

Traditional Karate Atlanta

LIABILITY WAIVER AND RELEASE, ASSUMPTION OF RISK

Method of Payment:	PayPal: <input type="checkbox"/>	Credit/Debit Card: <input type="checkbox"/>	Cash: <input type="checkbox"/>	Check: <input type="checkbox"/>	N/A: <input type="checkbox"/>
	Amount: _____				
	Check Number: _____				
	Credit/Debit Card Number: _____				
	Expiration Date (MM/YY): _____ / _____		CVV (last 3 digits on back of card): _____		
Traditional Karate Atlanta accepts MasterCard, VISA, and Debit Cards. Address & Zip also required.					

I, the undersigned, agree to pay the above amount according to the Card Issuer Agreement.

I, the undersigned, grant permission for my/our name(s), photographic image, and/or quotations to be published in print (including, but not limited to newsletters, brochures, newspapers, etc.), on the internet, shown on television, or used in videos, in conjunction with TKA events, DVD sales, promotional material, and/or other marketing media.

Name of Participant (if over 18)

Signature of Participant (if over 18)

Date

MINOR RELEASE

I AM THE MINOR'S PARENT AND/OR LEGAL GUARDIAN AND HAVE THE AUTHORITY TO EXECUTE THIS WAS WAIVER ON HIS/HER BEHALF. I UNDERSTAND THE NATURE OF KARATE AND ITS PRACTICE AS DESCRIBED ABOVE AND THE MINOR'S EXPERIENCE AND CAPABILITIES; I BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I hereby adopt and fully incorporate the entirety of the above WAIVER OF LIABILITY AND RELEASE, ASSUMPTION OF RISK on the minor's account and behalf, releasing all Releasees in the manner and upon the terms described above on behalf of the minor, his/her parents/guardians, personal representatives, heirs, beneficiaries, and assigns.

Name of Parent/Guardian

Signature of Parent/Guardian

Date

For Official Use Only			
AAKF/SAR:	New/Renewal		Notes:
Year:			
Payment Plan:	ap, cc, ck, cash		