空手道

KARATE – DO





Principles of a Martial Artist

- 1. Loyalty Keep your word to others
- 2. Etiquette Be polite to parents, club members and guests
- 3. Truth Don't lie and be honest with others
- 4. Self-Control Don't lose your temper
- Do the right thing because you know it's right 5. Honour
- 6. Benevolence Care for others and yourself
- Follow the rules 7. Justice
- 8. Courage Never give up



I understand and agree to follow these rules

Signed - _____(Student)

Signed - _____(Parent)

DATE -

PREFACE (To the parent)

This book is to accompany a student attending Firestorm Martial Arts in their journey from White Belt to Black Belt (aged between 4 and 15 y.o). After this, their journey will take another course through the challenge of teaching and assisting others in their journey.

We appreciate your choice of Firestorm Martial Arts as the club to commence that journey.

In the following pages it will become clear that development of self is the primary focus of your child's karate training as they venture through the challenges that are put before them. By the completion of their Black Belt they will understand that their journey only just begins.

In training they will –

- Condition their body through exercise and training
- Condition their mind through study and learning new things
- Condition their character by achieving things they thought were not possible

In this freestyle system of B.J.M.A Martial Arts (Bob Jones Martial Arts) the student will learn about the origins of our Martial Arts back through the time of our founders Soke Bob Jones AND Soke Richard Norton to ancient times in Okinawa and beyond. They will develop in ways not expected of others their age. The courses and goals set along the way, the training resources available to you (as a member) will be your guide the correct path. The growth, ethics, discipline, self-development and confidence will be your benefits. The lesson you and they will learn is –

"Limitations you thought you had - Don't exist"

Regards Kyoshi Mike Prob 7th Dan Zen Do Kai

How To Use This Booklet

The function of this booklet is to keep the parents and students appraised with the progression of the child at the different stages of their martial arts journey.

At each belt level, the specific requirements will be readily accessed and when each skill has been performed to required competency, the skill will be appropriately marked on the assessment sheet. This way of marking will enable both the student and parent to monitor the progression of the child.

This easy to use system will benefit the student to set specific goals in their training and to attain satisfaction as they "tick" off the required skill sets for the appropriate belt level.

The booklet is also designed to give the child responsibility for their own training and progress through the ranks but highlighting their triumphs and required work areas to achieve their goals.

Parents can also use this booklet to assist in home practice and to use it as a reference point during discussions with the instructor.

The booklet is a physical reference tool and record keeping book in one. It is a one stop tool to assist both the child and the parent in training with Firestorm Martial Arts.

Martial arts training serves as the abrasive used to polish the rough stone of your personality into a multi-faceted shining diamond. It takes time, training and dedication to the task at hand, but the resultant gem is glorious to behold.

This booklet will assist in that procedure.



ABOUT FIRESTORM

Firestorm Dojos opened its doors back in 1991 with about 10 students at only one training venue (dojo). It has now grown to a complement of well over 160 regular students who train at the Firestorm venues and many hundreds of students have passed through the Firestorm dojos over the years. Many of these students have progressed to the black belt level which has strengthened the whole fabric of the Firestorm family.

The Emblem (badge/mon) of the Firestorm Dojos family includes a fist holding a Japanese archery bow and arrow (Kyudo) which is surrounded by fire. The fist is borrowed from the symbol of the Goju Kai style of Karate. Zen Do Kai's roots are within the Goju Kai Karate style. The bow and arrow are symbols representing the Samurai spirit. Such reminders of the past are a traditional aspect of the design of a "mon" or symbol in Zen Do Kai. The direction of the bow symbolises the direction in which the knowledge of martial arts has travelled. The fire relates to the "Firestorm" intensity of spirit, and training that overcomes all that stands before it. The eight flames of the fire are a metaphor representing the eight qualities of the martial artist as defined in the Zen Do Kai Senjo philosophy.

The name "Firestorm" evolved from the idea that a style being uniquely Australian should be named after a uniquely Australian phenomenon - the 'Firestorm'. Mike Quin, Firestorm Head Instructor, likes to instil in his students the strengths associated with a raging storm that feeds itself and overcomes all obstacles.

Mike, his wife Chris and daughter Roslyn, have been living in the Ringwood area in Melbourne, Victoria since the 80's. Mike has been instructing junior and senior Zen Do Kai freestyle martial arts classes in Ringwood and the surrounding areas for over 35 years.



About Zen Do Kai

Zen Do Kai is a freestyle martial art system which originated in Australia by Bob Jones and Richard Norton when they left the Japanese Gōjū Kai karate dojo of Tino Ceberano in 1970.

Bob Jones describes Zen Do Kai as an "open system", and as such is "open to influences and ideas from all around the world", embracing elements from Boxing, grappling, Brazilian Jiu-Jitsu, Eskrima, Judo, Karate and Muay Thai, Zen Do Kai means, according, "the best of everything in progression", and its elements include self-defence moves, kata, and strike work. It is set apart from many forms of traditional karate because it allows many techniques and practices used by Thai kickboxing. The Zen Do Kai philosophy encompasses the principle of "if it works, use it" and as such contains elements of a variety of other martial arts.

Zen Do Kai uses kata as a form of discipline during training and these kata have been selected for the aid in rudimentary development of stances and techniques. Most of the katas derive from traditional Okinawan styles of karate, reflecting Jones' background in the 1960s.

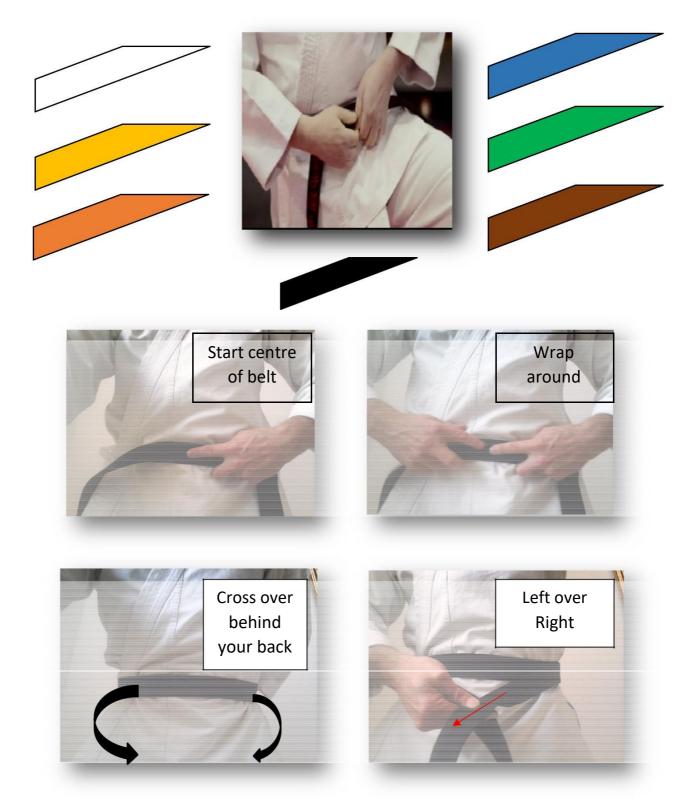
Zen Do Kai also places a large emphasis on grabs and holds and other general close combat and ground fighting techniques, having adapted itself after the emergence in particular of Gracie Jujitsu and other forms of ground fighting largely unknown to the West until the late 1980s.

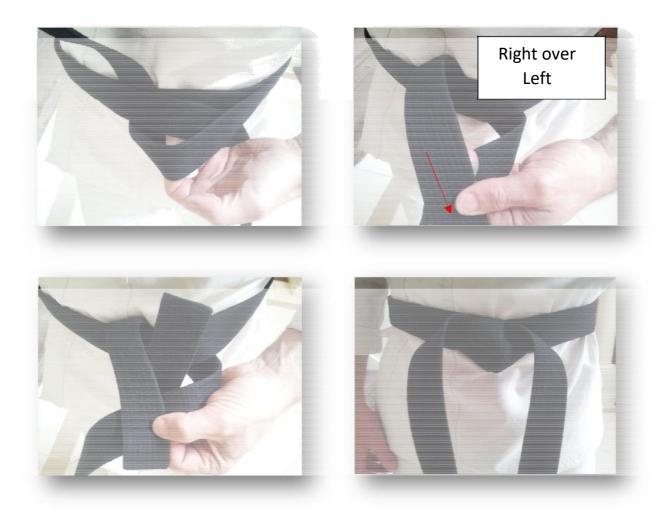
The first Zen Do Kai dojo was opened at Elizabeth Street, Melbourne. Jones states that it was originally intended to cater for those who worked in the security industry. Zen Do Kai follows the classical martial arts model with a distinct hierarchy, a philosophy and the promotion of the ethical code of Bushido. Most Zen Do Kai schools emphasize self-defence applications but do not promote fighting or violence.

The web site of Bob Jones Corporation Pty Ltd claims that Zen Do Kai has clubs located in Australia, New Zealand and Israel.

Born of Welsh ancestry and in the Chinese year of the dragon, Bob Jones incorporates this personal iconography intimately into the style of Zen Do Kai, with the use of the dragon in the emblematic black karate Gi.

HOW TO TIE YOUR BELT





Remember! Left over Right - Right over Left

(Even lengths left and right)

YELLOW BELT

Theme of the level –

The theme for this level of training is Focus.

<u>Aim of the level –</u>

In this level of training we concentrate on the student's ability to deliver the required technique with a developing degree of concentration (focus) and determination.

The training for yellow belt provides the opportunity to create a strong base for further training and thus provide the stability for future levels of progression.

This level of training also concentrates on the upper body and involves basic strikes with the hands and elbows with a defence against hand strikes.

Being the first grading a student participates in, it is a very exciting time and one that sets him/her up for future development within the club and the Martial Arts.

Yellow Belt Achieved

Firestorm \	Firestorm Yellow Belt Assessment Sheet	ssessment 5	Sheet										
Name:		Ą	Age:										
	Exercise	D H	0.1 T		Τ	Fighting Stance	1	stances			Chandador		
	warm up			Star Jumps	squats	Left		Preparation	Bowing		shoulder	-	
Achieved													
Comment				-									
	Punches			Footwark				Deflections					
	Jab	Cross		Stamp	Step Through	Turn Around		Centre					
Achieved													
Comment													
	Elbow			Drills									
	Straight			Punch			Sparring					 	No.
Achieved													
Comment												- [J-	Z
										Junio	Junior Punch Drill		
										-			
					1					ing Stance,	Fighting Stance, Jab & Cross punch	unch	
										p (Left Foot	Stamp (Left Foot) Jab punch	_	
									 Step : 	p (Lett Fool through (Ri	stamp (Lett Foot) uross punch Step through (Right Foot to front.	n ont.	
					1					site Fightin	Opposite Fighting stance) Right hand Jab,	ht hand Jab,	
										Left hand cross punch	unch		
									6. Back facine	(Left foot) a s the wav th	Back (Left foot) across and turn around facing the wav thev had come in a normal	rn around : in a normal	
									fighti	fighting stance.	•		
													1

ORANGE BELT

Theme of the level - The theme for this level of training is Balance.

Aim of the level - In this level of training we concentrate on the student's ability to deliver the required technique with a stable and strong stature. The training for orange belt provides the opportunity to continue to create a strong base for further levels of training.

This level of training concentrates on the lower body and involves basic strikes with the feet and legs with defence against leg strikes. It also improves the upper body skills by reinforcing and repeating skills and lessons from the yellow belt level.

Orange Belt Achieved.....

irestorm Junio	r Orange	e Belt Asse	ssment She	tt		Asse	Assessment Sheet	heet						\prod
Name:		A	Age:											
													T	
Exer		Duck Line	Cit-Line	Counte		Fighting Stance	tab t	Stances		Attornations	chaildor	Loreo	action of	
Achieved		sdo usn		sibupe			KI KI	Preparation	29 Million	ALLENUOLI				
	1]]]]]]]]]]]]	
Comment														
Punc	Punches													
	Jab	Cross		Footwork								O		
Achieved				Stamp	Cross	Turning							105	
Comment														
Kick	والمراجع													
F	Front	Round	Deflections	71-			Ę							
Achieved			Centre	Non		3		2		7				
Comment							Z				Junio	Junior Kick Drill		
Elbow	M				_	Ì	K			1.Cover	1.Cover 2.Left Lee Front Kick			
Str	Straight	Left Round	Right Round			E>	XW			3. Right I	eg Front Kid	ck (land with	3. Right Leg Front Kick (land with right foot in front)	
Achieved						रे	H			4.Left Le you are f	 Left Leg Round Kick (Turn through kick so you are facing the opposite direction - Left 	k (Turn thro pposite dire	ough kick so ection - Left	
Comment										leg foot behind.) 5.Right Leg Front 6. Left Leg Front	leg foot behind.) 5. Right Leg Front Kick 6. Left Leg Front Kick (land with leftfoot in	k K (land with	leftfoot in	
Drills	s				Self Defence		Kata (comp	Kata (compulsory for grading)	ading)	front)	2			
PL	Punch	Kick			Self Defence 1		Iron Horse 5			7.Right Leg Roun you are facing th leg foot behind.)	eg Round Ki acing the o oehind.)	ck (Turn thr pposite dire	7.Right Leg Round Kick (Turn through kick so you are facing the opposite direction - right leg foot behind.)	
Achieved														
Comment														

Firestorm Junior Grading Requirement Assessment Shapt

BLUE BELT

Theme of the level - The theme for this level of training is Coordination.

Aim of the level - In this level of training we concentrate on the student's ability to deliver the required techniques with upper and lower body weapons with a stable and strong stature.

The training for blue belt provides the opportunity to combine both high and low defences within a coordinated defence system on a basic level and further enhance the students confidence in this matter.

This level of training concentrates on the integration of both levels of defence and attack by incorporating more angles of influence to the students defence skills. It also improves the upper and lower body skills by reinforcing and repeating skills and lessons from the yellow and orange belt levels

Blue Belt Achieved

Assessment Sheet	Age:	Exercise Fighting Stances	Jp Push Ups Sit Ups Left Right			Punches	Jab Cross Hook Uppercut Stamp Blitz			Kick Deflections	Front Round Side Centre Low High		Junior Elbow Drill		Elbow 2.Fight Hock Round Elbow, Right Straight Hock Round Elbow, Right			Knees Drills Self Defence Kata (compulsory for grading) and do a Straight Elbow behind with the le	Left Round Self Wrist Elbow Defence 1 attacks Right Right		
Firestorm lunior Blu	Name:	Exercise	Warm	Achieved	Comment	Punches	Jab	Achieved	Comment	Kick	Front	Achieved		comment	Elbow	Achieved Achieved	Comment	Knees	Front Le and Rig	Achieved	

Firestorm Junior Grading Requirement Assessment Sheet

GREEN BELT

Theme of the level - The theme for this level of training is Angles.

Aim of the level - In this level of training we concentrate on the student's ability to deliver the required techniques in both an angular and linear direction. The training for Green belt is considered a turning point in a students experience. They start to see real benefits in the training and start to get stronger in the execution of their techniques.

Green Belt Achieved.....

The set sets	Indian Croop Balt	~				Asse	Assessment Sheet	heet						
Name:		¥.	Age:											
	Eventeen			Cick tion 2 (to		Church								
	Warm Up	Push Ups	Sit Ups	Left R	ight	Preparation	Bowing	Attention	Shoulder	Horse	Dragon	½ Dragon	Bear	Cat
Achieved														
Comment														
	Punches						Footwork						Ę	
	Jab	Cross	Hook	Uppercut	Overhand	Overhand Blade/Ridge	Stamp	Switch	Blîtz	-	6			
Achieved												5		
Comment														•
	Kick						Deflections							_
	Front	Round	Side	Crescent	Back	Spinning	Centre	Low	High					
Achieved												M		
Comment						2								
												Junior K	Junior Knee Drill	
	<u>Elbow</u>					Checks		-	Kata					
	Straight	Hook	Round	Upper Left	Over Right	Left Roll	Right High		Iron Horse 18		1.Cover 2.Left Leg	1.Cover 2.Left Leg Stop Knee		
Achieved											3. Right Leg S foot in front)	Right Leg Straight Knee (land with right foot in front)	nee (land wit	h right
Comment											4.Left Leg Round and turn around left foot behind.	4.Left Leg Round Knee { Right foot behind and turn around.} Left straight Knee place left foot behind.	(Right foot t straight Kne	behind e place
	Knees			Drills			Self Defence	e			5.Right Le	5.Right Leg stop Knee	100 - 10 - 10	
	Front Left and Right	Round Left and Right	Turning	Punch & Kick	Elbow	Knee	Self Defence 1 & 2	Self Defence 3	Wrist attacks	Front Attacks	6. Left Leg in front) 7.Right Le	 Left Leg Straight knee (land with left root in front) Right Leg Round Knee (Left foot behind and turn around) Right straight Knee and 	ee (land with ee (Left foot bt straight Kr	lert root behind
Achieved											place Righ	place Right foot behind.	d.	
Comment														

Firestorm Junior Grading Requirement

BROWN BELT

Theme of the level - The theme for this level of training is Strength.

Aim of the level - In this level of training we concentrate on the student's ability to deliver he required techniques in a strong manner both physically and mentally. The training for Brown belt is considered a nurturing point of a students training. The last step before Black belt.

It should be viewed as a strengthening experience for the whole body.They are also introduced to the concept of open hand and spinning techniques in the level.

Brown Belt Achieved.....

BLACK BELT (JUNIOR)

Theme of the level - The theme for this level of training is Honour.

Aim of the level - In this level of training we concentrate on the student as a whole. Not only physically but also on their overall attitude. In training for Black belt, the student has undergone various changes in the lifestyle and this is taken into account in this final stage of the coloured belt training.

In regards to the defensive training, we now start to teach the student that his whole body positioning is his best defensive weapon. We target the way to move around the attacker while defending in the most appropriate manner.

We also inform the student that Black Belt is not the final step but just the beginning of their advanced learning.

Black Belt Achieved.....



Firestorm Junior Grading Requirement Assessment Sheet		Fighting Stance Stances			Footwork	Hook Uppercut Overhand Blade/Ridge Palm Heel Back Fist			126flertions	Sound Side Crescent Back Spinning Jumping Centre Low Mawashi			Checks	Hook Round upper Left Over Right Spinning Left Roll Right High Cross, Jam		A A	Drills Self Defence Self Defence Kata (compulsory for grading)	Turning Punch Kick Elbow Knee Defence 1 Defence 3 Writt Front and Rear 8.2 8.4 attacks Attacks		
Firesto	nt Sheet	Fighting Stance				Uppercut	_			crescent Back				Upper Left Over Right			Drills	Turning Punch		2
	Firestorm Sho Dan Ho Assessment Sheet Name: Acce		Achieved Achieved	Comment	Punches	Jab Cross	Achieved Achieved	Comment	Kirk	Front Round	Achieved	Comment	L	Thrusting Hock	Achieved	Com ment	Knees	Front Left Round and Right Right	Achieved	Comment

MARKING SYSTEM

(AM I READY FOR GRADING?)



FIRESTORM MARTIAL ARTS

Tip and Grading Requirements

Rank	Total	1 st Tip	2 nd Tip	Ready for
				Grading
Junior Yellow	21	16	N/A	19
Junior Orange	29	22	N/A	26
Junior Blue	38	28	N/A	35
Junior Green	50	25	38	45
Junior Brown	57	30	42	52
Junior Black	59	30	45	54

NB: These numbers are a recommendation. May be overruled by a senior instructor.

Calculations:

1st Tip= 50% of Total unless only tip for belt then 75%

2nd Tip= 75% of Total

Ready for grading= 90% of Total

MESSAGE TO THE INTERMEDIATE STUDENT

The challenges facing an intermediate aged student are unique in the sense that reasoning has started to develop. The conscious mindset of an adolescent shifts into a more complex view of the world as experiences and experiments take effect.

The syllabus expects more from an adolescent and so do our instructors. Leading the way and setting examples become the mainstay of our message. As an adolescent we will introduce you to more of the physical and mental side of Martial Arts training.

We will introduce you to much more responsibility. That includes responsibility for yourself and others as we move from inward thinking to outward.

Now the focus on physical rewards for good performance moves to benefiting from broadening your character. Self-esteem, pushing physical and mental limits, and defining values become the fabric of a well-balanced young Martial Artist who will transcend into adulthood soon enough. This step must be completed with more focus on knowledge and the need to remain safe.

Learning about the balance of need and want, power vs. tactics, and over enthusiasm vs. thought will help you. Time to move on from childhood but not forget your lessons.



WE TRAIN FOR STRENGTH TOGETHER



The last thing you **need to take on board is that we will** connect you with others who are on the same journey as you. Your experiences will be the same things as others and you will then gain strength to do things you may not have tried by yourself. The students above all started at different times but ended up training together to aim to achieve their Black Belt Grading. They started like you. Some were teenagers, some were parents, all are on the path of warriors willing to challenge themselves. Nobody starts perfect, nobody is perfect, and all start at the bottom. Even the teachers at the club were beginners when they started, and each of them has made more than their fair share of mistakes. The point is they made them together and had a great time doing it, and yes laughed heaps along the way.



"A true Black **Belt following the path of the warrior unwittingly** changes their way of life... for they can never be the same person again"