

LESTER'S KARATE-DO



KARATE HAND BOOK

Revision 1C
Jun 9, 2009

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Greetings;

First, I want to thank you for your interest in the business of Lester's Karate-Do. The purpose of this mission statement is to explain the entire process of RYU KYU KEMPO under the Lester's Karate Do organization. This version will be different from my Masters as well as the students under me will will undoubtedly make modifications of their own .

As you should have already seen the index section I will not go into detail about the contents of this mission statement but I do hope that you will find it informative and easy to navigate through.

As of the printing and date of this Mission statement, My Dojo (Karate School) is located in the town of Coeburn Virginia. To get there just go to Front street just left of Front street fitness. Our number is 276-807-4598. The operating hours are as followed.

Adult Classes

Tuesdays and Thursdays 7:00pm – 8:30pm

&

Little Dragons Classes

Thursdays 6:00pm until 6:45pm

Since this is a class of family more than a job we will have other classes when possible.

Kempo Ryu is a combination of practical self defense techniques fused with the fitness and striking elements of traditional kick boxing.

Kempo Ryu is one of the most realistic martial arts found anywhere in the world today. It is a constantly evolving yet practical way for people of all ages, abilities and learning styles to quickly pick up the skills required to successfully defend themselves in the violent society we live in.

Ken or Kem means 'fist', Po means 'law' and Ryu (pronounced Roo), means 'school' or 'way'.

Kempo, also written as Kenpo can trace its origins back to the Chou Dynasty of China 520 AD. Thus, it is known as the original martial art. A Buddhist monk called Bodhidharma was sent from India to China because it was felt that the principles of Buddhism were in decline.

After an unsuccessful meeting with Emperor Wu of the Liang Dynasty he traveled to the Honan province and entered the Shaolin temple. When he arrived he found that due to the amount of time spent in meditation, the monks were in a ragged and physically poor condition.

Bodhidharma then took retreat to a cave on the outskirts of the temple to meditate and seek a way to renew the feat of Buddha's light, and let the monks regain control of their lives. When he returned he started to instruct the monks in the art of Shih Pa Lo Han Sho or the 18 hands of Lo Han. These techniques which were not intended to be used as a fighting method, were the foundation of nearly all the martial arts today.

Some forty years after the death of Bodhidharma the Shaolin temple was set upon by brigands. The monks attempts to defend the monastery were futile as their skills were not attuned to fighting techniques. During the last siege a monk only known as "Begging monk", attacked several of the brigands with an aggressive array of hand and foot techniques, killing some, and driving the rest away.

Inspired by the single monks action they requested tutelage in this martial style of protection. This fighting art was later recorded as Chuan Fa or fist method.

Over the decades the fighting arts of the Shaolin temple grew. A master of Chuan Fa called Ch'ueh Taun Shang-jen rediscovered the original Shih Pa Lo Han Sho, which had been lost for many years. He then integrated his art with that of Lo Han increasing the number of techniques from eighteen to seventy-two. Ch'ueh then traveled the countryside of China promoting his art in several grueling fights.

In the province of Shensi Li, a man called Li also a master of Chuan Fa as well as other martial styles, traveled with Ch'ueh training and developing the style of Chuan Fa until a total of one-hundred and seventy techniques were formed. These techniques were categorized into five distinctive animal groups. Upon their return to the Shaolin temple they presented to the other monks the five animal form or Wu Xing Quan. Over the next several centuries the art of Chuan Fa found its way to the Okinawian Islands as well as Japan. In both places the art was referred to as Kempo or Law of the fist.

Ryūkyū Kempo (琉球拳法) is a generic term often used to describe all forms of karate from the Ryūkyū Islands, and more specifically to refer to the particular styles associated with Taika Seiyu Oyata and with George Dillman. Oyata is credited with being the originator of the American use of the terms Ryūkyū Kempo, tuite-jitsu and kyusho-jitsu. The name Ryūkyū Kempo was adopted by a prominent martial arts personality, George Dillman, who taught his own version of Oyata's style and promoted it heavily through seminars and publications. This prompted Oyata to change the name of his style to Ryu Te. The Ryu Te organization is international and includes a select cohort of long-time students known as "Oyata Shin Shu Ho," whom he considers the heirs of his art.

More information will be available on George Dillman later because he is the start of our style and is considered one of the head instructors.

As for order of Rank. Master Seiyu Oyata Taught Master Dillman Taught Master Eli McCoy, Master Eli McCoy Taught Master Frankie McCoy, Master Frankie McCoy taught Master Dean Owens, Master Dean Owens Taught Master William Lester who is the head instructor in this school.

Master Seiyu Oyata

He is a descendent of Zana Oyakata, a high ranking official of the Shuri Government before the Satsuma invasion of Okinawa in the early 1600's. Due to his heritage, Taika Oyata received instruction from a direct descendent of the Okinawan Warrior class, Uhugushuku No-Tan-Mei. The Uhugushuku family were retainers of the Okinawan Monarchy serving as guardians for the Shuri Kingdom, a relationship dating back before the 14th Century. Uhugushuku was known as a "hidden warrior", meaning he did not teach "public" karate and reserved his teachings to warrior class descendents.

Block and Drill 1 A Closed Hand Drill 1A Open Hand Drill 1A	This is taught at White Belt and is the beginning of kata. These drills teach all basics types of punches kicks blocks and strikes. Ippon Kata was taught but was removed from the curriculum.
Taikyoku Sho Dan Taikyoku Ni Dan Taikyoku San Dan Taikyoku Yon Dan Taikyoku Go Dan	These kata are universal but becoming extinct With the pinans becoming more common. The Taikyoku series is a series of kata in use in several types of karate. "Taikyoku" is translated as "first course" or "basic ultimate." The Taikyoku kata were developed by Gichin Funakoshi as a way to simplify the principles of the already simplified Pinan/Heian series. The embusen, or pattern of the kata's movements, are the same as in Heian shodan. Students of karate systems that use the taikyoku kata series are often introduced to them first, as a preparation for the Pinan/Heian kata. Ryu KYU Kempo & Goju-ryu developed five of its own Taikyoku katas, based on the Shotokan katas and retaining the I-shaped embusen.
Ananku	Developed around 1895 working on special stances such as the cat stance. Ananku is a kata from Okinawan karate. Its composer is unknown, although its history in Okinawan martial arts is relatively short in comparison to other kata. What makes this kata special is its techniques of offense and defense while in zenkutsu dachi (otherwise known as front leg bent stance or bow stance).
Wansu	Wansu comes to us from Tomari, Okinawa. This kata was not taught outside of the Tomari village until some time after 1870. Some masters have claimed that this is one of original kata of the ancient style. There are two main versions of the kata, one coming to us via Bushi Matsumura and the other from Yasutsune (Anko) Itosu The Japanese name of this kata is "Empi".

Seiunchin	Legends tell that Seiunchin Kata is named after a famous Chinese martial artist. The Okinawan master Kanryo Higashionna is said to be responsible for developing Seiunchin Kata after training in Ch'uan fa. It is known as "The War Kata". Seunchin Kata features more wide, deep stances (soto hachiji tachi) than any other kata in Isshin Ryu Karate-do. The original kata featured much deeper stances and because of this there are no kicking techniques.
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Naihanchi	Kata emphasizes a concentration of strength to the inner thighs in order to develop a more powerful stance. It is believed to have come directly from China to Okinawa
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Empi	See Wansu
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Sanchin	Sanchin Kata features ibuki breathing, which tends to sound loud, rasping, and forced. In fact, Sanchin Kata helps to develop the ki (inner force) and strengthens the body physically as well. With enough practice, the body can be made invulnerable to strikes, and in some cases, resistant to bladed weapons as well.
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Seisan	Thirteen Hands, Crescent moon, half moon. Seisan Kata is named after its founder, a famous Chinese martial artist. It is the oldest known kata still being practiced in Okinawa. There are many versions of it; almost every style of karate has a Seisan Kata. The Okinawan master Sokon Matsumura is said to have brought it back from China during his stay there. Another legend states that the Chinese master Seisan taught Matsumura and others the system of Ch'uan fa (way of the fist, a Chinese system) while in Okinawa. Whatever the case may be, Matsumura passed down Seisan Kata. Seisan Kata has no close range elbow or knee strikes.
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Bassai	<p>Passai is the Japanese name of a group of kata practiced in different styles of martial arts, including karate and various Korean martial arts (Taekwondo, Tang Soo Do, Soo Bahk Do). There are several variations of these kata, including Passai sho (minor) and Passai dai (major) . In karate, the kata are known as Passai in Okinawan styles and Bassai in Japanese styles. In Korean, the kata has several names: Bassahee, Bal Se, Pal Che, Palsek, Bal Sae, Ba Sa Hee, and Bal Sak. The kata focus on the idea of changing disadvantage into advantage by strong and courageous response, switching blocks and differing degrees of power. The feeling of kata should be precise, with fast execution of technique and attention given to appropriate balance between speed and power.</p>
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Chinto	<p>Chinto Kata is named after a Chinese sailor and martial artist who was shipwrecked on Okinawa. He taught Sokon Matsumura the Ch'uan Fa system. From there, Matsumura created Chinto Kata and passed it down to Chotoku Kiyon. Chinto Kata teaches stability and balance, countering while grappling, and throws (nage-waza). Chinto Kata is designed for fighting on uneven terrain such as staircases, hills, or boats, and emphasizes situations when the opponent has the higher ground. Chinto Kata is known most for its unusual hand positions (representative of Goshinju Kami). It is considered an advanced kata. Chinto Kata demonstrates a strong influence by the Shaolin kung fu systems, mainly in its use of the butterfly kick (also double feint kick) and its heavy use of throws</p>
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Kusanku	<p>Kusanku Kata was named after a Chinese military attache and public official named Kong Su Kung (translated as Kusanku in Okinawan). Kung was sent to Okinawa in 1750 and taught Ch'uan fa to Tode Sakugawa and Sokon Matsumura. Matsumura passed Kusanku down to Chotoku Kiyon. Kusanku Kata emphasizes changes of motion, position, fighting in the dark, jumping, and leaping. The Isshin Ryu Karate-do version of Kusanku Kata comes from the Shorin Ryu Karate-do kata of the same name.</p> <p>Distinguishing Characteristics: Considered by many to be the most visually appealing of all Isshin Ryu Karate-do kata, Kusanku Kata is the best exemplification of the Shaolin kung fu systems that Isshin Ryu Karate-do has. A number of the techniques from Kusanku Kata can be found in nearly the same form in various styles of kung fu, including the inside crescent kick and the butterfly kick.</p>
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Ippon (Combinations)

Basic combinations are not the same as Tuite (Pressure point fighting) but IS very similar. Pressure point fighting and Ippon can be mixed together. Ippon is defined as an attacker and a defender. The attacker does some type of attack to the defender the defender may or may not know what type of attack is coming but most of the time the defender DOES know, that way the defender will have time to practice a certain move or combination of moves.

The attacker basically has two different ways of attacking the defender

- 1.) Traditional $\frac{3}{4}$ twist punch C-Step and attack.
- 2.) A relaxed fighting position with a basic attack.

The Defender has many ways to defend themselves but must meet one or more of 4 criteria after the end of the scenario.

- 1.) The defender cannot see. If they cannot see you they cannot hurt or follow you if you move away.
- 2.) The Defender cannot Breathe. If they are fighting to breathe they will not be fighting you.
- 3.) The Defender cannot walk. If they cannot walk they will not follow you if you walk away.
- 4.) The defender is on the ground. If they are on the ground incapacitated in some way you will be safe to leave.

Ippon Kumite that is taught to the little dragons are also used as self defense. Even though this can be used as basic defense they can also be used as advanced tuite fighting. All black belts should be taught these kata for using pressure points and to be able to teach the Little Dragons.

Kumite is the sport of fighting. This is used in tournaments and is the most popular with the younger martial artists.

When Doing Kumite (AKA Sparring) you need only one judge but tournaments use three and a more fair bout can be done with three judges. One Head (Center) judge and two side judges. You need 2 judges to agree on which person gets the point (Or points) If two judges agree on the person getting the points but disagree on the amount of points the fighter gets the lower amount of points.

You get one point for a punch, You get two points for a kick, and you get a extra point if you are not touching the ground while the point makes contact with the opponent.

Legal targets on the opponents are anything in the front of the body above the belt including the head.

Most tournaments on on a 5 point win deal and we we at Lester's Karate- Do also does the 5 point system.

Safety equipment is a must when sparring. Males must wear a cup. Everyone must wear Gloves and feet pads. Shin guards and head gear is useful but not required. Mouth guards are also not required but you do so at your own risk.

George Dillman

Dillman's version of the art, which he calls Ryūkyū kempo tomari-te, has a large international following, due in part to aggressive marketing of his books and seminars. The art is known for its emphasis on light-touch pressure-point knock-outs but also emphasizes close-in grappling techniques. It is often practiced by students of other forms of Karate as an add-on system that is said to enhance their understanding of bunkai (applications of the kata). His art has generated a considerable amount of controversy, due in large part to Dillman's reluctance to scientifically prove the validity of his claims. The most contentious claims have been his promotion of alleged no-touch knock-outs, kiai knock-outs, and increasing technique effectiveness based on sound and color.

Eli McCoy

While George Dillman was teaching in California his first black belt ever produced by him was Eli McCoy. Eli McCoy moved back to Virginia and started teaching in the area. Later when George Dillman started teaching pressure points Master Eli McCoy went back to George Dillman to learn the art of Tuite. He mixed the Ryu Kyu Kempo style with the Isshin Ryu style martial arts to bring a different type of martial arts. Unfortunately Master Eli McCoy stopped teaching martial arts publicly in the late 1990's. He is a 9th degree Master.

Frankie McCoy

Master Frankie McCoy was not interested in learning Martial arts. She joined because she was told an exercise program would help her with her bad back. She eventually married her former instructor for a brief period and even keeps in contact with him to this day. Master Frankie McCoy moved around the Southwestern part of Virginia teaching karate after making black belt back in 1974. She continued to teach Karate until December 2007 when she retired from martial arts. Master Frankie McCoy was a 7th degree black belt. One of the black belts is Dean Owens.

Master Dean Owens

Master Dean Owens made black belt in late 1985 and began teaching karate in Early 1986 in Hurley Virginia. He stayed with Master Frankie McCoy until 1989 when he began learning pressure point fighting under Master George Dillman. He did not start teaching this style of martial arts until after 1993. By 2008 he has made 5th Degree master and a member of the DKI (Dillman Karate International). His first black belts were Brook Owens, Otis Endicott, Bradly Owens and then William Lester. William Lester and Bradly Owens are currently the only active student black belt from this list still practicing from Master Dean Owens.

Master William Lester

William Lester started martial arts on Thursday, April 24, 1986 at the age of 11 years old. He made black belt in June 1992. William Lester left for the military in September of 1992 and began taking any and all martial arts he could just to keep up with what he had. Some of the styles include but are not limited to Isshin Ryu, Shoto Kahn, Cho Kwang Do, Gojo Ryu, ATA, Korean TKD and Tang Soo Do. They were other styles but were more of a mixed style than anything normally taught. As of 2008 William Lester has been promoted and lost belts (Losing a belt happens when the teacher is no longer alive and there is no proof of the rank.) But the ranks he does hold and claim is 4th degree Ryu Kyu Kempo under the United States Martial arts Association and SMAA, 3rd degree under Master Frankie McCoy 2nd, Degree black belt in Shotokahn under Brian Sheets and 1st Degree Black belt under Randy Riggs ATA. The only style he teaches now is Ryu Kyu Kempo but this does not mean that he does not implement other styles of thinking in the Kempo Kata's. He uses anything that works by finding how it works in Kempo. By adding the other schools way of thinking AND not modifying the traditional katas you will open up a whole new way of thinking in martial arts as well as improve your own style in the process.

Tuite (Bunkai)

Tuite is the art of pressure point grappling. Bunkai is the practical application of kata. Bunkai is a mixture of Ippon and Tuite. You could even add Kyusho Jitsu (Pressure point fighting) in this chapter because of the similar techniques. Ippon was separated in this organizational report because of the little dragons club and the 5 ippon kata.

Pressure points is any place a nerve ending stops / branches off into a Y or crosses over another nerve. These are the most sensitive nerve points in the body and also the most effective when used in fighting. Although many claims exist in pressure points (such as no touch and Kiai Knock outs) Lester's Karate-Do goes only under these assumption. Some of these theories are not completely proven scientifically, but is under the range of scientifically accurate.

- 1.) Hitting a nerve point causes pain.
- 2.) Hitting two nerve points can cause pain between the two points (A nerve line of pain)
- 3.) Hitting three nerve points can cause a stunned effect, We also call that a knock out.
- 4.) Hitting more then three points at once could cause the body to go into sever shock causing possible death or other sever medical problems.
- 5.) Crossing the body of nerve points can possible cause death.

A knock out is not simply a person laying on the floor unconscious. A knocked out victim of pressure points is anyone unable to fight because of a nerve system failure. So if a person locks up standing still and is unresponsive then that person is unable to fight and the defender can get away safely the attacker was knocked out.

Rank Belt Color

Rank is separated into three different types of ranking The special Little dragons, and Junior black belt rankings, The Kyu Rank, also known as the color belt ranks and last the Dan ranks also known as the Black belt ranks. Remember that no matter what color your Dan rank is you are still considered a black belt. They are 20 belts in both Kyu and Dan Ranks. You start at -10 Kyu getting promoted all the way to +10 Red with gold belt Grand Master.

Below is a list of the Kyu and Dan Ranks and the kata they must know to be able to have that rank in Lester's karate- Do. Little Dragons and Junior black belts are a special design of belts and will be described in detailed in chapter 9 – Clubs section.

Kyu	Belt	Kata Learned
10 Kyu	White	Block and Drill, Taikyoku Shodan
09 Kyu	Orange	Closed Hand Drill, Open Hand Drill Taikyoku Nidan, Taikyoku Sandan, Taikyoku Yondan, Taikyoku Godan
08 Kyu	Orange/Yellow Stripe	Ananku
07 Kyu	Yellow	Wansu
06 Kyu	Blue	Naihanchi, Seiuchan
05 Kyu	Green	Empi, Sanchin
04 Kyu	Purple	Seisan
03 Kyu	Brown	Bassai
02 Kyu	Brown/ Black Stripe	Chinto
01 Kyu	Brown / 2 black stripes	Kusanku

Below is the Dan Ranking. When it talks about Writing on the belt it means in Japanese OR English you must have your name on one end of the belt and the Style on the other side. They are no Kata **REQUIRED** for the ranks just time in grade but that does not mean that most people do not continue learning Kata. The Time in grade for belts is your level in years before you are eligible for the next rank. Example if you just made 3rd degree it will take you 3 years before you are eligible for 4th. And you cannot be a 1st degree Dan until you are 18 that would make you 24 years old before you can become a 4th degree from the example above.

01 Dan	Black Belt 1 red tape or belt with red writing at each end of belt tips
02 Dan	Black Belt 2 red tapes at each end of belt tips or a red stripe all through the belt
03 Dan	Black Belt with a red stripe throughout the belt or 2 red stripes all through the belt
04 Dan	Black on the outer belt Red on the inside
05 Dan	Black on the outer belt Red on the inside with Red Japanese writing on belt.
06 Dan	Red on the outer belt Black on the inside
07 Dan	Red on the outer belt Black on the inside with Black Japanese writing on belt.
08 Dan	Red Belt
09 Dan	Red Belt with Black Writing on the belt.
10 Dan	Red Belt with Gold Writing on the belt.

01st dan black belt 02nd dan black belt 03rd dan black belt 04th dan red & black belt 05th dan red & black belt 06th dan red & white belt 07th dan red & white belt 08th dan red & white belt 09th dan red belt 10th dan red belt	Note – You can use the SMAA (Schucker Martial Arts Association) ranking black belts. These should be used as dress belt IF you are unable to find the black belt necessary. These belts are far easier to find and are recognized in the SMAA
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Just because the minimum requirements are up there does not mean you will be promoted at that time. In fact if we were to use this example of minimum time in belt rank I would be a 6th degree black belt right now. The minimum time is just that, the minimum.

As a White, Orange, Yellow Stripe or Yellow belt you may only wear a black uniform.

As a Blue, Green or Purple belt you can wear any SOLID color (no black top white bottoms)

As a Brown belt you may wear Black and white mixed or any other solid color uniform.

Black Belt can wear any uniform.

Little Dragons – Little Dragons are for children 3 to 6 years old (Originally we were accepting two year old but we found that to be too young. So we stopped taking two year olds but keep all the ones we have under the grandfather clause.)

Note – You can be in the Little Dragons Program until age 8 and they MUST go to the adult class. At age 7 they can go either way but if they are mature enough I highly recommend going to the adult class.

It is designed for children to have a chance to experience martial arts in a setting designed for them.

This is a karate school your child must be watched after class is over. After Little dragons Class there is the adult class, please do not leave children unattended.

<u>Okinawan name</u>		<u>American Belt</u>	<u>Requirements For next belt</u>
Ju-kyu	10th level	White belt	Ippon Kata 1
Ju-kyu	10th level	Blue stripe	Ippon Kata 2
Ju-kyu	10th level	Green stripe	Ippon Kata 3
Ju-kyu	10th level	Black stripe	Ippon Kata 4
Ju-kyu	10th level	Red stripe	Ippon Kata 5
Ku-kyu	09th level	Gold stripe	Concludes the Little Dragon Program

Minimum 1 month each belt, But this is not the norm. With children of this age a white belt is possibly the only rank they will receive. A gold dragon can join the adult class IF they wish, No matter the age.

Junior Black Belts

Sho Dan (1st Degree) Black belts can only be age 18 or older. But some children can learn all the kata and prerequisites for black belt at a younger age. With these exceptional children we have Junior Black belt.

When the student receives a 1st degree Junior Black belt (It is a black belt with one white stripe) they know everything to make A regular black belt with the exception of age.

A junior black belt is not a probationary black belt but also not a adult black belt. So a junior black belt who has everything BUT the heart and soul of a black belt can be denied for adult black belt even after they make Junior black belt.

This rule was made for a child who has learned everything necessary for black belt but has not matured enough to be considered a black belt adult. This rule will allow a child to make Junior black belt and still learn maturity that comes with age.

They are 3 Junior black belts.

1st Degree Junior Black belt – The prerequisites for Junior black belts is the same as a regular black belt minus the age and Maturity. You wear a Black belt with 1 white stripe.

2nd Degree Junior Black belt – You are eligible for 2nd after being a 1st Degree Junior Black belt for one year and have shown improvement in maturity.

3rd Degree Junior Black belt – You are eligible for 3rd after being a 2nd Degree Junior Black belt for two years and have shown improvement in maturity.

There are no 4th Degree Junior Black Belt Masters. Period Don't ask.

Once a Junior black belt turns 18 years old they will be re-evaluated for adult black belt. If the Junior black belt is not mature enough to be an adult black belt then they will remain Junior black belt. They will be re-evaluated every six months until they mature for adult black belt. There time as an adult black belt will begin at that time.

If a person makes any level of Junior black belt then they may wear the white stripes WITH the red stripes they earn as an adult black belt. This signifies the achievement they have made since a child. They may NOT however wear the stripes on there dress belt.

Other Schools

Any person from from another school (no matter from another style or another kempo instructor) may keep there belt color if under black belt **IF** they so choose. If from a different style Sensei Lester (or leading Sensei) must evaluate or see some proof of knowledge if they wish to wear there rank. They cannot say they are a belt color and not be able to do anything.

If they claim black belt, proof **MUST** be shown with certificate and / or knowledge. A black belt should be able to recognize another black belt quickly no matter how long they have been out.

When a person makes a black belt in our and begins teaching at his / her own school they are highly recommended to follow the standards of the McCoy's Karate Studio and Lester's Karate-Do and **must** abide by the rules of the SMAA if they are a member.

Lester's Karate-Do automatically recognizes the belt rank from other Kempo schools (such as Deans karate USA and McCoy's Karate studio) as well as recognizes the belt rank from future black belts teaching future students.

If students leave one school to another (because of moving or other reasons) they are allowed to keep the highest rank they have achieved even if the school teaches other things. (Example Dean's Karate USA have students know All Drills, all Tayukas & Sason at Orange belt. This is a not taught at orange in our school but they may keep the belt they have earned and will be taught Aunkyu before there test to yellow (NOT yellow Stripe) All students will be taught to there rank before allowed to test.

All future schools of Lester's karate-do are **HIGHLY** encouraged to accepted the rank of other schools if they can be validated by there instructor. This is acceptance of rank is **MANDATORY** in the SMAA.

This brings up another question in Martial arts in schools. If the skill of a martial artist surpasses the belt rank **AND** they are soon to leave the school (Because of moving or leaving for a long period of time of six months or more.) They can be promoted one belt or more on the final day of there class. The belt and certificate will be given but they cannot wear the belt at the class until they come back. (not on the same day given.) This must be at least 90 days for a one time visit or 180 days for more then one class visit or they can lose the belt. This is a promotion for exceptional skill without time in grade in the style.

Fee's and testing

Fee's are per month and there are no contracts at this time (Nor do I wish to have them). The preference is to pay at the first of the month but arrangements can be made.

It is \$35 dollars a month for the student. Or \$15 a month for Little Dragons

It is \$30 dollars a month for any student that is immediate relation to another student IE Sibling, Mother, Father, Grandparent. Not cousin or greater. (Remember when paying this special you must pay all at once or you will be considered the regular student \$35) For Example you and your brother are paying \$35 & \$30 each and the sister is paying the \$30 regularly but they have always paid together. The Brother did not pay at the next pay period and the sister wants to pay \$30. She will have to pay \$35 or wait for her brother to pay at the same time. This does not mean they can be late for dues just they cannot get the deal paying separate times.

If a person can only show up for once a week they can subtract \$10 from the class, but they can only show up once per week as decided by the Teacher and Student.

The \$35 is for twice a week for one month but If a person wants to they can pay for 1 class at a time for \$5. This is for people who have a hard time showing up regularly for class.

The little dragons class is \$15 a month but class is only held once a week (Thursdays)

Other deals can be made for people who cannot make those payments or have other money problems please contact the head instructor for more information.

Testing

Testing is a unusual way of testing but seems to be the most fair in my opinion.

For Color belts testing other Color Belts under black. You must have permission from your instructor .

Some restrictions include you (and others helping with the test) must be at least 2 belts higher then the belt the student is going to become. For example with the teachers permission a purple belt is allowed to promote a Yellow belt to blue (2 belts below purple)

Another restriction is not to promote family without another person to test the student. (Remember the 2 belts higher rule and permission from the teacher.)

Now these rules are if you do not have a instructor (For what ever reason.)

If you have at least one is a black belt with examiner certification you can promote up to one level lower then black belt (BUT the other tester must be of one rank lower by the end of the promotion)

If you have 3 people you can promote up to one level lower (BUT the other tester must be of equal rank or higher by the end of the promotion)

If you have a 2nd degree black belt with examiner certification you can (By yourself) promote any person up to 1st Degree black. Because you have your examiner license now.

If you have 3 or more of any black belts above 2nd degree with examiner certification you can promote any person to that SAME rank. Example if you have three 3rd Degree black belts you can promote a second degree to a 3rd if all agree.










Remember they are three types of black belts and must have certification for each.

Black belt – This is a person who knows everything needed to be a black belt.

Instructor – This person can teach without another instructor assisting.

Examiner – This person can promote without another examiner assisting.

Uniform Patch Locations

	Goes on the Left shoulder. On top of everything. Can wear at any rank.
	Goes on the Right shoulder. On top of everything. Can wear at any rank.
	Goes over your heart (left chest). Can wear at any rank.
	Goes over your right chest (only one type of patch can go here) Can wear at Brown belt.
	Goes on the Right shoulder. Under Okinawan Flag. Can wear after being tested for a weapons test and only the weapon you were tested for.
	Goes over your right chest (only one type of patch can go here) This is for little dragons but instructors can wear the also under the chevrons / stars.
	Color belts only. This patch goes under the Chevron Patch. Can wear only if you were in a special event such as a car wash to generate money for the school.
	Black belts only. This patch goes under the USA patch one for every 5 years in active Martial arts.
	Color belts only. This patch goes under the USA patch. Only if you have missed 0 classes from one belt test to the next. (They are usually one make up class per time periods)

Dojo Rules

1. Gi must be clean at all times.
2. No jewelry worn while working out.
3. No candy or gum while working out.
4. Gi must be worn in the dojo, except for valid reasons.
5. Never show anyone what you learned in the dojo.
6. Never attempt to teach anyone unless instructed to do so by your Sensei.
7. Always be respectful in and out of the dojo.
8. Don't brag that your studying karate — let people find out on their own. They will respect you more.
9. Respect other person's rank, especially if higher than yours.
10. Always rei (bow) when entering or leaving the workout area.
11. Pay strict attention to what you are taught.
12. Be humble and courteous, but be confident.
13. Never ask a higher rank to kumite. If they want to, they will ask you.
14. No conversation on workout area, especially during class.
15. Act properly at all times in and around dojo, no goofing off.
16. Always keep busy practicing while in workout area, unless instructed otherwise.
17. During formal class get permission of high rank before leaving the floor.
18. Never take advantage of a lower rank.
19. If any student has a problem of some sort in regard to the Martial Arts, speak with Sensei Lester.
20. Karate is only to be used for self defense. Don't try techniques on family or school classmates.

Dojo Etiquette

Formal Bows are the traditional way of displaying respect and humility. Za-rei, or Formal bows, are executed by kneeling with hands open and feet crossed.

Informal bows Tachi-rei are executed by standing with heels together, feet together, hands at the sides with palms turned toward the thighs, bowing from the waist. They are used to begin and end an informal class, Entering or leaving the Dojo, Addressing another student (especially higher ranking students), Addressing the Sensei and when in doubt.

When class begins and at any time "Ki-O-Tsuke" or "line up" is called, the students should form lines according to rank, or stand at attention if class is in progress with hands at sides with heels together. This position should be maintained until the instructor gives the command "Rei." (bow) At this point the students should rei (bow) appropriately. The Sensei will rei (bow) in return showing respect for the student's desire to learn.

When in the Dojo, all students should treat higher ranking students and Black Belts with the respect attributed to their rank. If you want to talk to an instructor or senior student stand silently until you are asked to speak; execute a Tachi-rei, ask your question, addressing him or her as Sensei, sir or use their last name appended with the suffix 'san (honorable). When the Sensei has completed his answer, bow again before walking away.

Before leaving class early, the student should ask the Sensei or the highest-ranking instructor that has been designated for permission to leave class early.

Once you have entered the Dojo there is to be no horseplay. If class has not yet begun, you may begin stretching or do some warm up on your own by practicing your stretching, Kata or Bag work. Kumite is not permitted without the permission of Sensei.

You are here to work out and learn. Maintain your respect for each other, in and out of the Dojo and Sensei at all times and get the most out of the time you spend here. Students are to come to class and be ready to learn, not to disturb others.

Shoes shall not be worn on the Dojo floor without the permission of Sensei. Remove your shoes before taking your place in class.

Late entrance: Students should stand at the door and wait to be acknowledged by Sensei. Once acknowledged, rei and enter the dojo, take your respected place in class. Late entrance should not become a habit, Sensei would rather have you come late than choose not to come at all. This is a disruption to the entire class in progress. Be quick and quiet and take your place as soon as possible.

Parents conduct should not at any time be distracting. Conversation and unrelated activity should be taken outside the dojo or you will be asked to leave and return when class is over. This includes small children.

If unsure what to do, you should watch the higher-ranking student, or black belts, and follow their example.

Any time the Sensei is speaking, all students should listen attentively. Stand with feet shoulder width apart, hands together behind the body (Kiba-Dachi). No slouching, or crossed legs or arms. You should look at the Sensei or sempai and pay attention when class is being taught.

"Do not ever!" ask when you will be promoted to a higher (belt) level. This shows great disrespect and can only add time to the length of your next promotion.

If at any time you are disciplined for an error, quickly follow through with the assignment (usually pushups or leg kicks), do it correctly and without argument. If you feel you have been accused unfairly be respectful to the higher rank and never argue. Ask to see Sensei after class or at an appropriate time.

Remember that you are constantly being tested. When you are ready you will receive your reward and be advanced forward only by your individual efforts and merit when your Sensei sees you are ready. No one takes greater pleasure in presenting you with your deserved promotion to a higher level than that of your Sensei. This also assures that you are ready to grow into this rank and obtain additional knowledge that goes with the level of achievement. Remember always that you are here to learn and perfect your skills, not to hurt a fellow student. Those that deliberately try to hurt another student will be dealt with directly by Sensei. Respect is a two-way street. Unless a true emergency you should go to the restroom before class or after class. Remember class is only 90 mins.

Conclusions

I hope you received enough information about Lester's Karate-Do. Although information such as basic punches, Kicks, Blocks and strike were not described in this report they are taught in the Kata as well as self defense.

I hope this information was helpful. I wrote this information down so that people can know what I want for this martial arts style and Lester's karate-do.

They will always be upgrading, tweaking or changing of this organization. It is after all a business.

When someone leaves this school as a black belt (hopefully at least second degree black) they will be able to do what they want to teach. I hope this report will assist them in how I run the school and they can make any changes they feel necessary.

Again thank you and I hope you find the information useful.

William J. Lester

Yudansha

SMAA Code of Conduct & Ethics

Introduction

Written standards for the SMAA Code of Conduct & Ethics are necessary to clearly articulate what is expected of our members. Furthermore, the SMAA Code of Conduct & Ethics should be a source of inspiration for all martial artists with regard to maintaining an elevated sense of morality and ethical behavior.

Philosophical Influence

Philosophically, the martial arts have always had lofty goals and teach that all practitioners shall adhere to the following:

- Demonstrate courtesy and respect in all personal encounters.
- Develop proper attitude in your daily life. Remain positive in thought and personal interaction.
- Be mindful of everything around you.
- Carefully consider the consequences (intended or otherwise) of your actions.
- Develop the courage necessary to face daily challenges.
- Create good will by providing the influence that creates camaraderie.
- Demonstrate the highest level of morality and personal values. Be humble, respectful, trustworthy, loyal, honest, tolerant, and patient.
- Keep balance in your life. Do not sacrifice excessively in one area to gain in another.
- Honor your personal obligations.

Code of Conduct & Ethics for martial artists

Martial artists are traditionally leaders and figureheads serving as an example for others to follow. As a result, the worth of the martial arts as a whole is often judged by the actions of its practitioners, underscoring the importance of being ever mindful of the image we project. For this reason, all SMAA members shall adhere to the following:

- Appropriate martial courtesy must be observed at all times.
 - Proper verbal responses are to be observed (yes sir, thank you sir, etc.)
 - Proper etiquette is to be observed (bowing, salutations, etc.)
 - Proper attitude is to be displayed toward others (seniors, juniors, peers)
- Appropriate behavior must be observed at all times.
 - No cursing, offensive language, gestures, etc.
 - Avoid drinking excessively.
 - Avoid promiscuity.
 - Remain respectful.
 - Avoid fighting and other conflicts.
 - Do not allow yourself to become involved in illegal or unethical activities.
 - Remain positive and professional.

- Be willing to cooperate and help others learn.
- Follow your seniors and guide your juniors.
- Respond to official correspondence in a timely manner.
- Complete official duties as assigned in a timely manner.
- Avoid any actions or affiliations that could have a negative impact on your reputation or might bring embarrassment to you, your family, your school, teacher, association or the martial arts.
- Maintain a safe and clean environment for practice/training.
- Avoid affiliations with any person, service or organization that is of questionable integrity, or is deemed to be illicit, immoral, or illegal.
- When speaking of others maintain a high level of civility.
- Do not accept gifts or gratuities, as this may give the appearance of fostering favoritism.
- Do not share confidential information.
- Honor the martial arts hierarchy In your training hall As a guest in someone else's training hall In the SMAA
- Endeavor to live up to the recognition you receive with regard to rank and other certifications.
- Do not make claims of rank, certifications, awards, accomplishments, etc. that are false or cannot be verified.
- Honor SMAA standards and policies:
Honor and utilize SMAA time in grade standards
Honor and utilize SMAA evaluation requirements and procedures
Honor the SMAA Code of Conduct & Ethics
Honor the teacher/student relationship.
- Appearance
 - Clothing must be neat and clean in appearance.
 - Honor the uniform requirements of your style and training hall.
 - Personal appearance must be neat and clean.
 - Good personal hygiene should be observed at all times.

Summary

Any profession, organization, or group of people who fail to establish and abide by a coherent and reasonable set of standards is destined to eventually descend into chaos. The SMAA Code of Conduct & Ethics is necessary to establish the highest level of integrity, honor, courtesy, civility, ethical behavior, and professionalism in the martial arts. Indeed these standards are equally suitable for use in everyday life and are therefore universal in application. The SMAA Code of Conduct & Ethics is to be adhered to by all SMAA members.