



Keishidojo Martial Arts Unleashed

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Keishidojo Martial Arts Unleashed

Student Success Kit

Version 6.06.18.1

All the information you need to begin training:
Schedules, policies, rules, class descriptions, attire, equipment, theory and more!

Welcome to
Keishidojo Martial Arts Unleashed

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Welcome

Welcome and Thank You for Your Membership and Participation!



We enroll students with the intention of having a long relationship with them and their families, as the most powerful and valuable lessons found in the practice of the martial arts come over time and through constant and never-ending improvement.

My staff and I make ourselves available to assist you in any and all issues relating to our school, your practice, and just about anything else you might need help and/or assistance with.

Here is my personal cell phone number, should you want or need to speak with me about anything: 803-795-8928. My e-mail is keishidojo@gmail.com. Don't hesitate to call, but always text, phone or write me, if possible, when your questions or concerns are fresh, as issues that aren't addressed in a timely fashion can take on a life of their own, yes? No issue is too small. No concern of yours trivial. I am (we are) here to serve you.

Now, on a more somber note: My team and I work as advocates to people who need help with bullying issues, confidence, and issues involving personal safety and well-being. If you ever come across someone, anyone, who needs someone to stand up on their behalf --or who is otherwise in need of help --please contact me immediately.

On your recommendation alone, we will offer anyone the best support and assistance we are capable of.

It is my/our philosophy that the people of this community, especially those who need someone to stand up for them, in any way, come first, before our school, before commerce, and before it's too late.

Again, thank you for allowing us to serve you. It's a responsibility we take seriously.

Respect and Honor,

JD Olsen ("Shidoshi Olsen")

P.S.

To stay in the know please follow our Facebook page and click that alert button. When we have contests, special events and announcements this way you will be sure to get them. We also have an Instagram page and we try to share pictures and videos of you or your kids doing great things. If you take any pictures of the class, please feel free to share them and tag us in them.

Keishidojo

Keishidojo Martial Arts Unleashed is a martial arts school with a proven track record, servicing Shaw AFB & the Sumter Community for over 12 years. Keishidojo has established itself a premier facility for martial arts and self-defense instruction.

Keishidojo is a proud member of the Martial Arts Unlimited Association. Our school offers self-defense training and various Martial Arts styles, including Filipino Kali, Brazilian Jiu-Jitsu, Submission Wrestling, Kickboxing, and Japanese Shori-Te Karate. All classes are taught by certified instructors with credentials recognized by the association.

Goals of Keishidojo Martial Arts Academy are:

- Provide professional self-defense and martial art instruction
- Present quality training at a lower price than the competition
- Provide a productive and safe learning opportunity for children through after-school programs
- Foster an environment to develop both mental and physical enhancement
- Increase activity among the youth as well as adults, leading to longer, healthier and more fulfilling lives

敬
士
道
場

Keishidojo Kanji and what it means.

- ☉ The first kanji (top), means Dedicated (Kei).
- ☉ The second kanji means Warrior (Shi).
- ☉ The third kanji means Way (Do).
- ☉ The fourth kanji means Hall (Jo). Together *dojo* means training hall.

Therefore, Keishidojo means:

“Training Place of the Dedicated Warrior.”

We are proud of our Affiliations, we think you will be too.



Success Manual

~ Please Read ~

Congratulations on making the decision to take control towards personal excellence for yourself or your child! The main purpose of this kit is to make your start with our school as easy and comfortable as possible. Included are class times, information, rules, as well as the structure of the school.



VIEWING CLASSES

Parents are encouraged to watch classes. We want you to see the life skills that we teach in class so that you can reinforce them at home. We only ask that you respect the class by remaining quiet and under control. (Please no cell phone calls while in the training room.)

Please allow the instructors the time to teach your child and refrain from bench coaching.

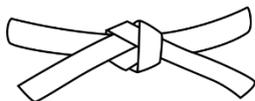
HOW MANY CLASSES TO ATTEND EACH WEEK?

Students are required to attend class at least two times a week. There are four classes offered each week and students are encouraged to attend as many classes as possible. The more classes that are attended the more likely the material will be retained and the faster the student will be eligible for promotion.

VACATION OR EXTENDED ABSENCES

If you will be missing class for a vocation or illness for a period of more than a week, please notify the front desk. Time you miss can then be added to the end of your program or made up on your return.

****We can do a once a year 1 month pause on memberships, we must be notified 2 weeks in advanced.**



TESTING

From White Belt to Black Belt



Each month our students take a progress check (Stripe Test.) The purpose of the progress check is to make sure each student is progressing on schedule. Your progress starts with your white belt. Each progress check you will receive a black stripe on your belt. After your child has received their 3rd Stripe they are eligible to test for their next belt.

Zero Tolerance Policy

Our most important duty as your martial arts home is to protect you while you are training. All students should be very clear of the following policy. If you have any questions, ask BEFORE you begin class:



- 🐻 **A student MUST NEVER intentionally injure his or her classmates (to be determined by the instructor.)**
- 🐻 **Students MUST follow safety instructions as directed, without exception.**
- 🐻 **Students unable to comply with these policies will be asked to leave class IMMEDIATELY and may have his/her membership permanently revoked without refund.**

Benefits of Martial Arts Training



There are many different benefits to martial arts training some are; increased self confidence and self-esteem, improved flexibility, longer concentration, better cardiovascular endurance, increased self-discipline, sharper reflexes, and improved coordination. In developing all these different skills, you will also learn how to defend yourself or your family.

Benefits of being a member of the Martial Arts Unlimited Association

The Martial Arts Unlimited Association offers an online video training database with hundreds of videos of the testable material and other techniques. This is a great way to enhance you or your child's martial arts training. The membership is broken up into two different categories.



Beginners can just register for the Gold Membership for only \$20 a month. This level of access covers beginner level techniques. Use the videos to assist in note taking, or to help when unable to attend class.

Membership includes discounts for seminars, MAUA merchandise as well as the membership certificate and patches for the uniform. Go to themaau.com to find out more, or please feel free to ask your instructor.

Your Notebook

(You DID bring your notebook, didn't you?)

The single most valuable and highly recommended piece of equipment in your training is **your notebook**. This will help you record techniques, theory, feedback, testing dates, event flyers, and much more. Detailed notes are a great help outside of class, both to remind you of the detailed instruction you have already received, and to help you see the connections between different areas of material.



Suggested notebook contents:

 This Guide book, Your Curriculums, and Blank paper for your own notes.

Attitude

(Attitude determines your Aptitude!)

I pride myself on the positive attitude and welcoming atmosphere in the classes at **Keishidojo**. This is a school without egos and rivalries. Everyone is equal. We grow the most as martial artists and as people when we put our pride away and help one another. Whether your goal is competition, self-defense or becoming an instructor yourself, we all need to help each other grow.

It is also important that Keishidojo is appropriately represented outside of class. It goes without saying that this includes competitions, workshops, seminars, as well as in public. Remember everyone, you are ambassadors of the school and a representation of your instructor.

Most people who do not train martial arts have little understanding of what we do and why. It is important that they understand that we are not a group of bullies, or people who just beat each other up. Rather we should represent ourselves accurately – as a group of healthy people engaged in an athletic activity that also develops important lifesaving skills.

Martial Arts Ethics

- ☉ **Discipline** – The training of the mind and character. Control, order, and obedience to rules.
- ☉ **Integrity** – Moral soundness, wholeness, completeness, the quality of being unimpaired.
- ☉ **Loyalty** – The quality or state of being Loyal (being faithful.)
- ☉ **Respect** – The special esteem or consideration in which one holds another person or thing.

The “H.E.A.R.T” of Keishidojo

- ☉ **Honor** – a symbol of distinction in the legacy of the bushido.
- ☉ **Excellence** – practicing your craft to 110% always until it has become second nature.
- ☉ **Aspiration** – The desire to obtain more in all aspects of your totality, mental, physical, spiritual.
- ☉ **Respect** – Having high regard for yourself, Keishidojo as well as the history of the style.
- ☉ **Trust** – A deep faith for the relationship between yourself and your peers and mainly, the instructor.

Authorized Rank Structure

Our martial arts school follows the belt and rank structure of the Martial Arts Unlimited Association for Filipino Martial Arts (FMA), Karate and All Japan Submission Fighting. For the Jiu-Jitsu programs we follow the IBJJF rank structure. Always remember that your rank is determined by four key attributes:

Your Attitude – Your Attendance – Your Performance – Your Knowledge

AJSF, FMA, Karate, Minimum Rank Requirements			
ELIGIBLE TESTING RANKS	AVG # MONTHS	TOTAL CLASSES OFFERED	MINIMUM CLASS ATTANDANCE
10th - 9th Kyu - White Belt w/Stripe	3	48	20
9th – 8th Kyu – Yellow Belt	3	48	21
8th – 7th Kyu - Yellow Belt w/ Stripe	3	48	22
7th – 6th Kyu - Blue Belt	3	48	23
6th – 5th Kyu - Blue Belt w/Stripe	6	96	42
5th – 4th Kyu - Purple Belt	6	96	43
4th – 3rd Kyu - Purple Belt w/Stripe	6	96	44
3rd – 2nd Kyu - Brown Belt	6	96	45
2nd – 1st Kyu - Brown Belt w/Stripe	6	96	46
1st Kyu – 1st Dan - Black Belt	6	96	47

Brazilian Jiu-Jitsu IBJJF Minimum Rank Requirements			
ELIGIBLE TESTING RANKS	MONTHS	ELIGIBLE TESTING RANKS	MONTHS
White Belt 1st Degree	3	Purple Belt 3rd Degree	6
White Belt 2nd Degree	3	Purple Belt 4th Degree	6
White Belt 3rd Degree	3	Brown Belt	3
White Belt 4th Degree	3	Brown Belt 1st Degree	6
Blue Belt	3	Brown Belt 2nd Degree	6
Blue Belt 1st Degree	6	Brown Belt 3rd Degree	6
Blue Belt 2nd Degree	6	Brown Belt 4th Degree	6
Blue Belt 3rd Degree	6	Black Belt	3
Blue Belt 4th Degree	6	Black Belt 1st Degree	12
Purple Belt	3	Black Belt 2nd Degree	24
Purple Belt 1st Degree	6	Black Belt 3rd Degree	36
Purple Belt 2nd Degree	6	Black Belt 4th Degree	48

Kidz Jiu-Jitsu IBJFF Minimum Rank Requirements

ELIGIBLE TESTING RANKS	MONTHS	ELIGIBLE TESTING RANKS	MONTHS
White Belt	4	Grey/Black Belt	4
White Belt 1 st Degree	1	Grey/Black Belt 1 st Degree	1
White Belt 2 nd Degree	1	Grey/Black Belt 2 nd Degree	1
White Belt 3 rd Degree	1	Grey/Black Belt 3 rd Degree	1
Grey/White Belt	4	Yellow/White Belt	4
Grey/White Belt 1 st Degree	1	Yellow/White Belt 1 st Degree	1
Grey/White Belt 2 nd Degree	1	Yellow/White Belt 2 nd Degree	1
Grey/White Belt 3 rd Degree	1	Yellow/White Belt 3 rd Degree	1
Grey Belt	4	Yellow Belt	4
Grey Belt 1 st Degree	1	Yellow Belt 1 st Degree	1
Grey Belt 2 nd Degree	1	Yellow Belt 2 nd Degree	1
Grey Belt 3 rd Degree	1	Yellow Belt 3 rd Degree	1



KEISHIDOJO Martial Arts Unleashed Class Schedule

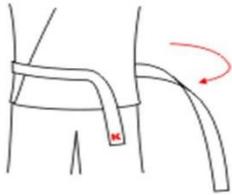
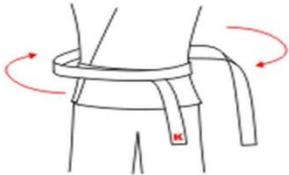


Times	Monday	Tuesday	Wednesday	Thursday	Saturday
9:30-10:30am	Lady's Kickboxing	Lady's Kickboxing	Lady's Kickboxing	Lady's Kickboxing	
10-12:00pm					Open Mat

5:00pm	Kidz Jiu-Jitsu	Shori-Te Karate	Kidz Jiu-Jitsu	Shori-Te Karate	
5:45pm	Shori-Te Karate	Kidz Jiu-Jitsu	Shori-Te Karate	Kidz Jiu-Jitsu	
6:30pm	Submission Wrestling	Filipino Martial Arts	Submission Wrestling	Filipino Martial Arts	
7:30pm	Filipino Martial Arts	Brazilian Jiu-Jitsu	Filipino Martial Arts	Brazilian Jiu-Jitsu	

How to tie an Obi (belt)

Here is a step-by-step diagram for tying a karate belt, judo belt, or any other martial arts belt.

 <p>STEP 1</p>	<p>Start by holding the "K" logo end of the belt a couple of inches longer than the length you want the belt to be when it is tied. Wrap the other end of the belt around your waist.</p>
 <p>STEP 2</p>	<p>Continue around your waist a second time, while maintaining the position of the "K" logo end of the belt.</p>
 <p>STEP 3</p>	<p>Tuck the end of the belt under both layers and up. Pull both ends straight up and down to tighten the knot.</p>
 <p>STEP 4</p>	<p>Fold the belt down.</p>
 <p>STEP 5</p>	<p>Tuck the "K" logo end of the belt under the other end.</p>
 <p>STEP 6</p>	<p>Loop the "K" logo end of the belt around the other end and through the knot.</p>
 <p>STEP 7</p>	<p>Pull to tighten the knot. If done properly, both ends will be the same length.</p>

Authorized Attire & Equipment

(Don't leave home without it)

Attire

Required (All Classes): Clean uniform or athletic apparel (gi pants and approved t-shirt) no rivets or metal studs, and absolutely no jewelry.

Recommended (Budokai Aikido and Shorei-Te Karate): Gi

Recommended (Brazilian Jui-Jitsu): All students are provided the basic gi upon registration for testing and general purpose. For those who plan to compete or train hard and often are advised to purchase a Jui-Jitsu kimono (or judo gi), which is the traditional judo/jiu-jitsu uniform.

Prices range anywhere from \$50- \$300 for most uniforms.

Required (Submission Wrestling): t-shirt, fight shorts (gi pants are ok), some students choose to wear a rashguard and spats with the fight shirts

Recommended (Filipino Martial Arts or FMA): Fitness pants/shorts and Keishidojo t-shirt.

*Additional Keishidojo t-shirts are be available for purchase.



Equipment

Required (Shori-Te Karate): Mouthpiece, Protective Cup, Basic Sparring Gear Set (Head, Hand, Feet, Chest.) At later stages, Foam and Rattan Escrima Sticks, and Training Knives.

Recommended (Brazilian Jiu-Jitsu): Some students prefer to wear a mouthpiece and/or cup & supporter while training. These are required for competitors. Some students also wear wrestling ear guards.

Recommended (Submission Wrestling): Some students prefer to wear a mouthpiece and/ or cup & supporter while training. These are required for competitors. Some students also wear wrestling ear guards.

Required (Kickboxing): Mouthpiece, Headgear, Hand Wraps, Boxing Gloves, and Shin Guards.

Required (Filipino Martial Arts/FMA): Mouthpiece, Protective Cup, MMA Gloves, Boxing Gloves, Shin Guards, Foam and Rattan Escrima Sticks, and Training Knives.

Check out the Keishidojo Pro-Shop
or ask the front desk for a catalog with prices to get any of these items.

Rules of the School

The following rules are designed to acquaint new students with the procedures of this association and what is expected of each person. Failure to obey these rules could result in dismissal from the Dojo.

Before coming to class

- △ Make sure you have your uniform, belt, or any equipment you need for class (sparring gear, mouth guard, protective cup, jump rope, wrestling shoes, etc.)
 - a. For Jui-Jitsu, Karate, and Aikido a full uniform or gi will be worn always
 - b. For Submission Wrestling, Kickboxing and Kali, fight shorts or training pants and Keishidojo T-shirt will be worn
- △ Keep your uniform and training equipment neat and clean.
- △ Keep fingernails and toenails trimmed short.
- △ If you have long hair make sure it is tied back.

Arriving at class

- ✦ Place shoes and other training equipment either in shoe holder or under the bleachers in the storage areas.
- ✦ Remove all jewelry, including watches, rings, neck chains, and earrings.
- ✦ Remove shoes and bow before stepping onto the training floor.
- ✦ If you arrive early, stretch or practice your techniques quietly. **Do not disturb the class that is already in progress.**
- ✦ Students must show up on time for class. Students who are late must perform the following before beginning their training:
 - 1) Wait off the mat
 - 2) Perform twenty push-ups, twenty burpees and twenty sit-ups
 - 3) **Wait to be acknowledged and admitted into class by the instructor.**

During the class

- ★ Address the instructors, and adults as “sir” or “ma’am”.
- ★ When a Black Belt enters class, call the class to attention with “FUUDO” and bow to the Black Belt.
- ★ Keep safety in mind always, **No horseplay!**
- ★ Maintain focus while training. Ignore what others are doing.
- ★ If you finish what you have been told to do and the instructor is busy, do it again.
- ★ Refrain from idle conversation while training.
- ★ Do not spar without the instructor’s approval and supervision.
- ★ **No sparring is allowed for the following students:**
 1. New students under the rank of 9th Kyu (Students who have not tested since registering),
 2. A sick or injured student.
- ★ Please do not do any of the following during class: (A) chew gum, (B) wear street shoes, or athletic shoes you wore from the parking lot, on the mats, (C) videotape a class, (D) talk while the instructor is talking.
- ★ Do not challenge the instructor in while they are teaching a class.

After class

- ✦ Students will sweep and clean the training area
- ✦ Bow upon exiting the training area
- ✦ Exit quietly and orderly as to not disrupt next class.

Zero Rule – Do what you are supposed to do without being told.

One Rule – Do what you’re asked the first time.

We offer wireless service here for your convenience.



BUT if you want "connection" or "better connection"
put your cell phone down and watch your kids during the class
and remind them how much you love watching them do martial arts.

*We are so confident you will enjoy your training here is our
Referral Program.*

Refer friend that comes to watch class – get a \$5 coupon for testing, private lessons, or merchandise

Refer 3 friends to come to watch a class in the same month – get a free t-shirt

Refer a friend that completes starter course –

Coupon for 15% off any event, merchandise or private lesson

Refer 3 friends that complete the starter course in the same month –

Get a coupon for a Free 30 min private lesson

Refer a friend that registers for classes – Get a coupon for a 1-hour private lesson

Get 3 friends to join the dojo in the same month – Get the next calendar month tuition FREE.