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 For updates on upcoming classes and events!

Hill Country Karate (H.C.K.) is a division of the American Society of Karate (A.S.K.) established in 1970 by Mr. Bill Gray in Houston, Texas. H.C.K. was started in June of 1983 at one location in New Braunfels, Texas. It is a community sponsored program that teaches American karate in a positive, professional manner. The primary goal of H.C.K. instructors is to develop students mentally as well as physically by focusing on attitude, respect and discipline.

**PROGRAM INFO:** The junior program is for children ages 5 to 12, and the adult program is for ages 13 and up. Utilizing martial arts training, the primary focus of the junior program is to develop each student's confidence, discipline and respect for others. Children are taught that having a "good attitude" at all times is the most important aspect of their training. In addition, students are taught that karate skills are for art, sport and self-defense, ONLY! Inappropriate use of karate skills is strictly prohibited. H.C.K. instructors work very closely with parents and teachers on any attitude, confidence, discipline or academic issues.

Karate is a contact sport. However, unlike boxing where the objective is to knock the opponent out, the objective in sport karate is to score points without hurting the opponent. Appropriate safety gear is provided for juniors, and qualified instructors closely supervise all contact.

**CLASSES:** Please have your child **ON TIME** for their class. This is important so they can get their hour credit that applies toward their next belt. Unless prior arrangements have been made, late students will not receive class credit. The instructor may make exceptions in extreme situations. Should the child miss a class the parent can check with the instructor for other locations and times for a make-up class, if needed.

**UNIFORM:** All students must wear an all-white karate uniform with an elastic waistband to participate in class. Uniforms can be purchased from the instructor. Within two weeks after receiving their uniform, junior students must have their FIRST name embroidered or PVC iron in letters on the back of their uniform top in **2" BLACK BLOCK letters** (other styles and colors are not acceptable). This must be done professionally with vinyl letters or embroidery (no hand printing or painting).

Uniforms must be kept clean and neat. The uniform should be washed in cold water, however never wash the belt regardless of how dirty it gets. The karate uniform should only be worn in class and at karate events. Uniforms should not be worn while shopping, playing sports, eating, etc.

**Tournament Uniform:** A special (optional) uniform can be purchased and worn at specific times by any orange belt or above student. Junior students must have their FIRST name embroidered or PVC iron in letters on the back of this uniform top in **2" BLACK BLOCK letters** (other styles and colors are not acceptable). They can be worn at any tournament, in class 4 weeks prior to an H.C.K. tournament, rank tests, special functions and seminars.

**Red Belt Uniform:** First degree red belts will receive and wear a red uniform upon passing their test. Third degree red belts will receive and wear a black uniform. The junior student's FIRST name should be embroidered or PVC iron in letters on the back of the uniform in **2" BLACK BLOCK letters** for First degree and **2" WHITE BLOCK** or PVC iron in letters for Third degree (other styles and colors are not acceptable).

**UNIFORM PATCHES:** Only H.C.K. approved patches are to be worn on the uniform. Two of these patches, the H.C.K. patch (student's right side of chest) and the A.S.K. patch (student's left side of chest) are awarded to the student upon earning the yellow belt. A student who wins three 1st place tournament awards within one year can earn a "**Black Ace**" patch that is worn on the right sleeve. Advanced belts (yellow and above) who have an "A" average in school and straight A's in conduct for the entire school year can earn an "**A-Team**" patch which is worn on the left sleeve. There is a charge for the A-Team and Black Ace Patches.



**ATTENTION PARENTS:** Your child will begin sparring (the sport part of karate) by the fourth or fifth class in preparation for the session tournament. We provide the protective equipment needed with the exception of the mouth piece and supporter/cup (boys only). These are required and must be provided for your child. For your convenience these items can be purchased from your instructor. If you would like to place an order, please complete the form below, remove it, and give it to your instructor with payment. The top portion with the class information should be kept for any questions you may have in the future. Thank you.

**You can order Sparring Gear & other items online at [www.hckarate.cmascatalog.com](http://www.hckarate.cmascatalog.com)**

**White Uniforms, Supporter with Cup & Mouth Piece can be ordered directly through your instructor...**

**REQUIRED EQUIPMENT:** In addition to their uniform all junior students will be required to have is a mouth guard and all boys are required to have and wear a cup/supporter during sparring and tournaments. All junior students are required to wear protective head and hand gear when sparring. For new student these are always provided by the instructor both in-class sparring and at tournaments. However, for health concerns, we recommend parents purchase sparring equipment for their child. All equipment can be ordered on the web at [www.hckarate.cmascatalog.com](http://www.hckarate.cmascatalog.com). The following is the list of equipment that students should have by each advancement level but the complete gear package including a Mouth Piece & Case can be purchased at any belt level.

<u>Yellow Belt</u>	<u>Orange Belt</u>	<u>Green Belt</u>	<u>Blue Belt &amp; above</u>
Shin/Instep Protector	Hand Gear	Head Gear & Shield	All Gear
\$25	\$30	\$75	\$125

**OPTIONAL ACTIVITIES:** In order to develop our students' confidence, H.C.K. offers a variety of optional activities throughout the year that enable the students to achieve individual accomplishments. These activities are offered for an additional fee. Since martial arts' training requires a tremendous amount of repetitive practice, these activities also assist in maintaining the student's excitement and interest in learning. There is an extra charge for all optional activities. These activities fall into the following categories:

**Junior Karate Camps:** Karate day camps are designed to provide junior students with a chance to experience additional aspects of the martial arts not taught during regular class hours. There is one camp per session and students earn class hours for attending. Adults closely supervise all camps and parents are welcome to stay if they choose. There are three types of camps held each year.

- Weapons Camp (winter & fall sessions) – Students are instructed in the martial arts weapons like nunchucka, sai and bo staff. Safety foam/rubber weapons are used. Students are taught the history, safety and proper use of these weapons.
- Self-defense Camp (spring session) – Students are taught abduction awareness and self-defense techniques designed specifically for children. This camp includes lectures, tools and targets against an adult attacker, power techniques, etc.
- Judo Camp (summer session) – Judo is the martial art which consists of throwing techniques for self-defense and learning how to fall properly to prevent injuries. This camp is good for children since they are prone to fall during other sports such as bike riding, soccer, football and in general play.

**Tournaments:** H.C.K. hosts a tournament five times each year. **Tournament participation is a requirement for students wishing to advance in rank (belt color).** Junior students compete at tournaments with others of the same age, size, gender and belt color.

The rules for sparring at tournaments are the same as those followed in class. Children are provided with special headgear containing a face shield at tournaments and contact to the face shield is allowed. As in class, tournament sparring is "light contact only." Excessive force anywhere on the body will result in automatic disqualification.

- "Winners Tournaments" – The regular tournament held each session is considered a "Winners Tournament". Children are placed in a division of two and fight once for 1<sup>st</sup> or 2<sup>nd</sup> place. Every child receives an award, which will either be a trophy, plaque, or medal.
- "Best of the Best" – This tournament is a challenging single elimination tournament where students are placed in divisions of eight or less competitors. The students in each division compete down to 1<sup>st</sup> and 2<sup>nd</sup> place. Large trophies are awarded for 1<sup>st</sup> and 2<sup>nd</sup> place, while smaller awards (medals) are given to the students eliminated in earlier rounds.

**Rank Tests:** Rank (belt level) advancement is offered once each session, or four times per year, for students who have met the requirements. If the instructor feels that a student is ready to test to the next level, an "Invitation to Rank" form will be given out the week prior to the scheduled test. In order for a junior student to advance, both their parent and school teacher (during the school year) must sign the "Invitation to Rank". By signing, the parent and teacher verify that the child has met the home and school requirements such as having a good attitude, making a "C" or above average in school, having good social skills and respect for others, doing any assigned chores, not practicing karate skills at inappropriate times, etc. Advancing in rank is not a requirement for class. Students can continue training and learning new skills without advancing in rank.

A set level of proficiency is required for each belt level, regardless of age, coordination, or physical ability. Because of this requirement, some students will advance before others. Each student can achieve a higher level, but might have to train longer than another child in order to become efficient at executing the required techniques. The following is a description of the six basic requirements for all levels of belt advancement with H.C.K.

- **Attitude** - A good attitude is required at all times (karate class, school and home).
- **Hours** - The required hours at each level is listed on the H.C.K. Junior Study Sheet.
- **Tournament(s)** - The student must participate in the required number of tournaments for each belt level. Winning at tournaments is not required for advancement, however participation & good sportsmanship are.
- **Rules and Terms** - An oral test will determine if the student has a good knowledge of the H.C.K. Junior Study Sheet history and terms.
- **Physical Conditioning** - Students will be required to complete a predetermined number of sit-ups and push-ups for each level.
- **Techniques** – Students will demonstrate all the techniques required for that level.

**Awards Ceremony & Martial Arts Show:** Once each year (normally in May) H.C.K. produces an Awards Ceremony & Martial Arts Show. Adult karate students who have passed their Black Belt Test are honored at this special event. Prior to awarding the adult students with their Black Belt in a distinguished ceremony, instructors and students perform in an entertaining martial arts show.

Junior karate students take an active roll in both the ceremony and the martial arts show. In addition, many children receive special recognition or special awards including Most Outstanding Student, Top Kick and Academic Achievement Certificates.

**For questions, contact us at [admin@hckarate.com](mailto:admin@hckarate.com),**

**visit our website at [www.hckarate.com](http://www.hckarate.com)**

**or contact your instructor.**

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**[PRINT FORM BELOW AND FILL OUT](#)**

**[BRING TO CLASS TO ORDER FROM YOUR INSTRUCTOR](#)**

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**Student Name:** \_\_\_\_\_ **Class Location:** \_\_\_\_\_

Item (Circle Size)	Price	Quantity	Sub-Total
Mouthpiece Youth or Adult	\$3		
Supporter and Cup Child M or Child Lg	\$15		
<b>Total</b>			<b>\$</b>