



White Belt Starter Manual

Etiquette:

Rei (Bowling)

- Rei (standing bow)
- Seiza rei (kneeling bow)
- Kotokai (attention stance) (Ju-jitsu)
- Kiotsuke (attention stance) (Judo)

When and Why to bow (rei)

- Upon entering the Dojo
 - When one bows upon entering the Dojo it's not merely performing a formality. They are demonstrating through a motion of their body that he or she respects the environment into which they are entering.
- Before stepping on the mat
 - When one is stepping on to the mat they are demonstrating through a motion of their body that he or she respects people with whom they are going to train.

- To the Sensei
 - The Sensei (teacher, master, mentor) of the school should always be shown the respect by his students.
- Start of class
 - At Integrity Defensive Arts, a student will bow to the Shomen (pictures of the elders of our Judo, Ju-jitsu, Aikido, and Kyu Shin Ryu lineage) as a sign of the high regard for their devotion, self-sacrifice and dedication to the training they gave so that we may have the opportunity to continue to learn the art of Kyu Shin Ryu.

At the start of class students will line up in order of rank while sitting in seiza (traditional kneeling position). Sensei will give the command “ Shome ni rei!” and the class will bow to the Shomen (pictures of the elders of our Judo, Ju-jitsu, Aikido, and Kyu Shin Ryu lineage). Sensei will then turn towards the class and the lead student will give the command, “Sensei ni rei!” and the class will bow to the Sensei.

Training Expectations:

Japanese terminology:

Kyu Shin Ryu is an art based mostly in Japanese arts and traditions. As such techniques are taught using Japanese terminology. It is the expectation of Kyu Shin Ryu instructors that students learn their terminology. This is not only done out of respect (though it is respectful), or to uphold traditions (though it is traditional). Many arts, Judo in particular, is practiced world-wide (second in popularity globally only to soccer). If a student knows their terminology well they could practice in any dojo in any country with a solid understanding of Judo vocabulary.

A few terms to know that are essential are:

- Mate! (Stop immediately)
- Hajime! (Begin)
- Mae (front)
- Yoko (side)
- Ushiro (behind)

Counting to 10

- 1 – Ichi
- 2 – Ni
- 3 – San
- 4 – Shi
- 5 – Go
- 6 – Roku
- 7 – Shichi
- 8 – Hachi
- 9 – Ku
- 10 – Ju

On the mat

During class there are clear expectations, even for younger students. There is to be:

- “One Voice”

-While Sensei is giving instruction and explanation on technique there should be no talking among the students. At all. If you have a question you can raise your hand at the end of the instruction.

- Shugyō (rigorous training)
 - Martial Arts takes concentration and effort to practice effectively and safely. Horseplay is not allowed and will result in discipline (usually in the form of push-ups)
- Safety focus
 - Martial Arts is a contact sport. There are ways to practice safely and these practices WILL be adhered to. There will be no compromises on safety practices. Follow the Sensei's instructions and you will be able to practice safely.

Off the mat

Integrity Defensive Arts teaches Kyu Shin Ryu so that students can be confident in their ability to defend themselves. We do not EVER condone in the slightest one of our students being a bully. We stand up to bullies. We do not tolerate them in our midst.

We expect all students to act with:

- Integrity (being Honest and Moral)
- Character
- Respect
- Kindness

Instructors place a high value on school. We will ask to see progress reports, check on school conduct, and we will expect to see great efforts being made. Students are expected to give their best efforts on and off the mat. The results will follow.

Instructors also expect good behavior from students at home. Any reports to the contrary, we would like to know about. We always aim to work in the child's best interest and will partner with you in that. Our aim is to train young ladies and young men on integrity, young ones that will make the world a better place as they grow.

General information

Ranking system:

1. White Belt
2. Yellow Belt
3. Orange Belt
4. Green Belt
5. Blue Belt
6. Brown Belt
7. Black Belt

It takes kids considerably longer to advance than an adult. Expectations should be adjusted accordingly. Generally speaking kids advance from white belt to yellow belt in about 6 months. Often it is longer, almost never shorter than this. There is a lot be asked of them, be patient.

How to tie an Obi (belt)

There are many ways to do this, here is an example of one easier for most kids. Instructors do not mind helping the little ones.

