The Karate Student’s Oath

As a karate student, I promise to my teachers, my fellow students, and myself:

• That I will always practice my hardest in class and not disrupt others from their practice.

• That I will never show off my karate in order to impress others.

  • That I will never use karate to start a fight or to hurt someone else when it could have been avoided.

• That I will not brag about my karate.

• That I will treat my art with respect and pride, and never misuse it.
Karate Class Application
School Year 2017-18

Checklist

Please bring this application with payment directly to the
 gym on the first day of karate class or the school office.

For your information:

__ The Karate Student’s Oath - PLEASE KEEP AND POST AT HOME!!!
__ Dear Karate Parents letter
__ Dear Parents and Students letter

To be completed and returned:

__ IKF Membership Form
__ FKU Membership Form
__ Medical information form
__ Interest Survey
__ Photo release form***
__ Payment of $349 at Thurgood Marshall, $344 at Fairmount Park. Check
 payable to FKU (payment to KidsCo if at Cascadia), covering one trimester
 tuition, annual membership fee, and karate uniform, and PTA fee.

___ Are you requesting full or partial financial assistance (please check one)?
   ☐ YES    ☐ NO
   If yes, amount requested: $__________ (max amt is $285; please note that
   you are responsible for payment of $49 for the uniform and membership fee,
   plus any PTA fee)

Thank you!

Joanne Factor, Sensei

***We use photos on our webpage (www.FeministKarateUnion.org) and
 sometimes for publicity. You do NOT have to consent to letting us use your
 picture! Please sign the form if it is OK to use your picture, or write your name
 and a big NO if not. Either way, I’d like to know so I can appropriately direct
 photographers.
Dear Karate Parents,

Welcome to Karate as a Before/After School Enrichment Program via the PTA! This letter outlines the pertinent logistics.

The Feminist Karate Union is a 501(c)3 non-profit martial arts community organization. Our mission is to provide high-quality and personalized karate training at an affordable rate. We are supported solely by tuition and a few fundraising events such as our annual Kick-A-Thon and T shirt or bake sales at our Spring Demo. I’ll be giving you more information about these fun activities as time gets closer, but on to more immediate issues . . .

Tuition of $285 is charged three times during the school year. (An additional PTA fee may be added.) Also payable the first trimester of training are annual dues of $24 and payment for a karate uniform ($25). Correctly-sized uniforms will be brought to class the second or third week of school. Please contact me if you need to make alternative payment arrangements or require scholarship assistance.

All these attached forms need to be filled out and **returned to me in the gym on the first day of karate class**. Do not bring to the school office, or send to your child’s teacher.

**Class time at Thurgood Marshall is Monday and Wednesday mornings, 7:40 – 8:40 am.**

**Class time at Fairmount Park is Monday and Wednesday afternoons, 2:30 – 3:30 on Mondays and 1:15 – 2:15 on Wednesdays.**

**Class time at Cascadia is Tuesday and Thursday afternoons, 2:30 to 3:30 pm.**

Please review the enclosed Dear Parents and Students letter and The Karate Student’s Oath with your child before class begins. In fact, please have your child re-read the Oath once in a while!

As a non-profit, the Feminist Karate Union is governed by a Board of Directors. And, as parents of actively-training students, you are entitled to run for a Director position when elections are held in the Winter. We are particularly looking for people with either marketing or fundraising skills, but any kind of organizational skill is needed! If you are interested, please see me.

Please do not hesitate to speak with me if you have any questions or concerns. I am looking forward to your child’s participation in this class.

Sincerely,

Joanne Factor, Sensei
Dear Parents and Students,

Welcome to Karate, continuing it’s 18th year at Lowell/Lincoln/now Cascadia, 9th at Thurgood Marshall, and 4th at Fairmount Park! Learning karate is lots of fun. It is also challenging. Learning and enjoying karate works best when everyone agrees to basic karate manners, and I ask that parents and children discuss this together.

1. Show respect at all times to your teachers, your classmates, and yourself.
2. Pay close attention to, and follow all, instructions. This is one way to show respect to your teacher and to the art of karate.
3. Try your best at all times. This is called having a strong “fighting spirit,” and is a way to show respect to your teacher and to yourself.
4. Please show respect for your classmates by focusing on your own karate not commenting to and about others during class.
5. Proper clothing is important! The traditional white gi (training uniform) is required, and should be worn only for karate class, neatly hemmed and kept clean. Until you do get a gi, though, please wear clothing that is moderately loose-fitting and comfortable. Pockets should be emptied, and pants legs rolled up above the ankle. Your hands should be visible. Dresses, skirts, and ultra-baggy pants are not suitable. Students wearing clothing to school that is not suitable for karate should bring a change of clothing. Please be dressed in time for the beginning of class.
6. All jewelry and watches should be removed before class begins, and long hair tied back. Throw away any gum you may be chewing.
7. If you have an injury, please tell me prior to class. I will help you participate without hurting yourself more.
8. Parents are always welcome to watch class. Please sit at the side of the gym, either on the floor or in a chair. Standing just outside the doorway is sometimes distracting to the students. I am available after class to discuss any questions or concerns.
9. Except in emergency situations, parents should inform me beforehand if a student needs to leave early.
10. As members of the International Karate Federation, students can receive promotions based on increasing skill level. Additional fees are involved, and I will speak with parents before any promotion testing occurs.
11. Probably the most important principle of karate training is keeping harmony and peace in daily living. We are not learning to kick and punch in order to pick fights, or to show off. Any student reported using their karate skills outside of class except in the most extreme circumstances may be dismissed from this class.

Please do not hesitate to speak with me if you have any questions or concerns.

Sincerely,

Joanne Factor
Sensei
APPLICATION FORM
INTERNATIONAL KARATE FEDERATION

PLEASE PRINT:  

Membership No.

STUDENT NAME__________________________________________ AGE________ SEX:

PARENT'S OR GUARDIAN'S NAME (IF MINOR):

ADDRESS:________________________________________________ ZIP CODE:__________ TEL:

BIRTHDATE:_________________OCCUPATION OF PARENTS/GUARDIAN OR/SCHOOL & GRADE:

PARENT/GUARDIAN BUSINESS NAME & ADDRESS:_______________________ TEL:

CONTACT IN CASE OF EMERGENCY:

Principles of KARATE: (Please read carefully):

I  Henceforth I shall faithfully train to strengthen my mind and body.
II  I am willing to endure rigorous training to achieve my goal.
III  As my strength increases, I shall seek to cultivate a gentle heart.
IV  I shall not use my skill outside the Dojo except in the most extreme circumstances.
V  At all times I shall try to avoid inflicting injury upon another person.
VI  I shall train with the spirit of humility.

I have read and am in accord with the seven stated principles of the Hawaii Branch of the International Karate Federation. I will pay my dues the first week of each month in accordance with the rules of the Dojo.

WHEREAS, the undersigned student intends to train in the art of Karate; and

WHEREAS, it is understood by said student (and by the parent or guardian of said student) that the following is involved in Karate: (a) physical contact between students; (b) physical contact between student and instructors; (c) rigorous exercises.

NOW, THEREFORE, the undersigned hereby expressly agrees, while training in the art of Karate, to release and save harmless the International Karate Federation, and its representatives, employees and teachers from liability for any injury to the student resulting from any cause whatsoever, excepting only the gross negligence of said representatives, employees and teachers. It is further agreed by the undersigned that this release and agreement to save harmless shall extend to and include the owners of the building in which the Dojo (school) is located as well as any lessee or sub-lessee thereof.

I understand that all fees paid are non-refundable.

DATE:_________________________  SIGNATURE:___________________________________________

DATE:_________________________  PARENT/GUARDIAN SIGNATURE:____________________
FEMINIST KARATE UNION

INDEMNIFICATION AND HOLD HARMLESS AGREEMENT

This agreement entered into this _____ day of ______________, _________, between
______________________________ (student’s name), hereinafter Student, and the Feminist Karate Union,
hereinafter FKU, is for the purposes of relieving from liability the following individuals and entities: FKU, the
International Karate Federation; its instructors, students and Board of Directors; and all owners of the premises
or facilities used by FKU.

WHEREAS, FKU has agreed to teach classes in the martial arts and physical self-defense, and has provided
equipment and/or facilities for the same, and

WHEREAS, Student acknowledges full awareness of the risk of harm involved in learning a martial art, self-
defense and physical conditioning,

STUDENT THEREFORE AGREES that s/he will accept full responsibility for her/himself during her/his
affiliation with FKU as a student or as an instructor or in any other capacity, and will indemnify and hold FKU;
the International Karate Federation; its instructors, students and Board of Directors; and all owners of the
premises or facilities used by FKU harmless from any cause of action or claim arising out of Student’s
participation in any activity of FKU or any activity FKU participates in.

______________________________ , Student    ___________ (date)
______________________________ (print name)

______________________________ , FKU Representative  ___________ (date)
______________________________ (print name)

PARENTAL CONSENT
(if student is under 18 years of age)

I, ________________________________ (print parent’ s name), the undersigned, am a parent or legal
guardian of __________________________ (print child’s name) and have read and endorsed the
“Indemnification and Hold Harmless Agreement” between my child and FKU, and approving of said agreement
and release and my child’s participation, further agree to indemnify and hold harmless FKU; the International
Karate Federation; its instructors, students and Board of Directors; and all owners of the premises or facilities
used by FKU from any cause of action or claim I might have arising out of my child’s participation in the
activities of FKU.

________________________________, Parent    ___________ (date)
________________________________ (print name)

FEMINIST KARATE UNION
Medical Release Form

Name: _____________________________________  Date of birth: _______________________

Address: __________________________________________________________________________

Phone(s): ___________________________________________________ _______________________

Email: _____________________________________________________________________________

Emergency Contact #1:
  Name: ____________________________________  Relation: _______________
  Phone(s): _______________________________________ ________________________

Emergency Contact #2:
  Name: ____________________________________  Relation: _______________
  Phone(s): _______________________________________________________________

Do you have a private physician?  If yes, name:  _________________________________

Hospital: ________________________________  Phone: _______________________

Do you take any medications?  If so, please list:  _____________________________________________

Please let your instructor know if you begin taking medications that could affect alertness, cardiovascular capacity, vision, balance or anything else related to your training.

Do you have a history of any of the following (check all that apply):

☐ Diabetes  ☐ Asthma
☐ Heart disease  ☐ Epilepsy or seizures
☐ Allergies (please specify)

Do you have any weakness, pain or limited movement in any joints or bones?  If yes, please describe.

Have you ever had any injury to any bones, joints, muscles, tendons or ligaments?  If yes, please describe.

Do you have any other medical conditions we should know about that might affect your training?  If yes, please describe and be specific.

I, __________________________ (print name), hereby certify that the above form describes my physical condition to the fullest extent possible.  I understand that this form does not in any way limit or invalidate the indemnity and hold harmless I have signed.

Signature: ________________________________  Date: __________________________

Parental Signature (if under 18 years old): ________________________________

Feminist Karate Union
Interest Survey

My primary reason(s) for enrolling my child in karate is/are (check all that apply):

___ REALLY enjoyed it last year(s), and
___ fitness and skill development
___ developing mind/body connections
___ fun activity
___ conveniently located at school
___ self-discipline
___ focus and concentration
___ learn life-long exercise
___ self defense
___ other:

Does your child enjoy participating in competitive sports?

If yes, would your child want to participate in karate tournaments?

Is bullying in school a concern? Bullying outside of school?

If yes, by significantly older children, or by peers?

Are you concerned that your child may be bullying others?

Is media violence a concern? How do you monitor and contain your child’s exposure?

What kinds of safety issues do you discuss with your child? Is violence/abuse a concern?

Please list some of your child’s media heros (for example, Harry Potter or Spiderman)
Photo Release

I, ________________________________, the undersigned, consent to the use of any photographs, furnished by me or taken of me/my child, by FKU for publicity, promotion or other use, and waive any and all claims for compensation for said use.

_____________________________________, Student  _____________ Date
(signature)

_____________________________________.
(print student’s name)

_____________________________________, Parent (if student is under age 18)
(signature)

___________________________________
(print parent’s name)

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