



THE POWERHOUSE
Martial Arts and Athletics

Program Guide

Welcome aboard!

This guide is intended to serve you as a manual, in which you will find a lot of useful information about the program you are enrolled in and your membership. To have a good understanding of how everything works at The Powerhouse, and avoid possible confusion you are advised to read this guide in its entirety

Mission Statement

**To Empower
and Inspire people, to live well and stay strong, for life**

The Powerhouse is committed to instilling in every student the desire and discipline that it takes to reach their full potential, dedicated to achieving this goal through highest quality of education and training in martial arts



Dojo Etiquette and Training Rules

All members are expected to read and comply with the **Dojo Etiquette** and **Training Rules**. These guides are usually emailed to members soon after enrollment. Please let us know if you have not received anything, or if you cannot your copy.

Parents, please remind or help your child with reading and following these guides.

And yourself, in case you have not yet read the **Parents' Guide** please take the time to read it now.

All parents are expected to read the Parents' Guide soon after enrollment as it contains important information!

'Focus of Training' and Weekly Email notifications

Not all classes come with the same content. One class may be focused on Basic Skills, another on Sparring Skills, and another on Fitness. Make sure you read the Weekly Emails sent out every weekend so that you will be on the same page with everyone else, and informed of the best classes for you to attend (based on your rank and specific needs/interests) - and those you may want to avoid

[In case EMAIL is not a reliable form of communication for you please let us know](#)

What to do when you arrive

You should arrive before your session is scheduled to start, and few minutes before your class is scheduled to begin step into the dojo's training area, and wait until you are called. While waiting we appreciate it if you try to keep the noise down.

IMPORTANT: Please do NOT hang out outside the building when you arrive early. It is not safe and problematic - especially if young kids run around the parking lot (parents please watch your children).

Goals Setting and Grading Requirements

Goal Setting is an important part of the Training System in Traditional Karate, and therefore it's built into all our programs. Of course Goal Setting is a valuable skill for everyone to have, but particularly in this case, it helps you with getting the most of your training, so, you are advised to set your long and short term goals at the beginning of each term consistently

Exams and Promotions

Through your training you will be promoted to higher ranks step by step, starting from white belt all the way to black belt, and beyond. Note that Black Belt, or *Shodan* in Japanese (the 1st step) is considered being the BEGINNING of your mastery of the martial arts, and not the end of your journey. There are 10 degrees of black belt.

To take a shot at a promotion you will be expected to prepare and put yourself through formal exams. The higher the rank you test for the higher the expectations will be, and the more Training Hours you must have accumulated (since your last exam). For example, moving up from Yellow to orange belt (averaging about 2-3 sess/wk) only 3 months of training will be sufficient in most cases, but from brown to black probably no less than 6 months. And from 1st degree to 2nd degree black belt no less than 12 months.

When to get tested

You are expected to take your exams at the end of every term, unless you have been instructed to "skip" an exam.

Tip-tests and "Stripes"

Stripes are earned when you can show that either:

- a) you have picked up the New Content introduced each term, or
- b) you have taken what you had learnt before to the next level (showing better performance)

Tip-test are your "short term goals" intended to help you with staying on top of your progress. When you pass a tip-test you will wear a Black Stripe on your belt. The more stripes you earn each term the higher your chance of being promoted to higher ranks (usually no more than 2 black stripes are given between one test to the next). On the other hand, if you have earned No Stripes at all, that would be an indication that although you CAN get tested (for the sake of getting an assessment done) you are not likely to be promoted. If by the time 2/3 of each term is behind us you have not yet earned TWO **black** stripes you should talk to your instructors to see how they can help you catch up

Re-test and demotion:

Members who stop training regularly for more than 3 months may be asked to go through a formal examination upon their return in order to find their skill/fitness level at the time of their return. This may result in demotion to lower ranks.

***“Karate is like hot water. If you do not apply heat to it constantly,
it becomes cold water again”***

Master Funakoshi

Junior Ranks and Belt Colors: 4 to 7 years

White	white belt	<p>Examples:</p>  <p>Junior green</p>  <p>Junior high-green</p>
Junior yellow	white belt w/ one yellow stripe	
Junior high-Yellow	White belt w/ two yellow stripes	
Junior orange	white belt w/ one orange stripe	
Junior high-orange	White belt w/ two orange stripes	
Junior red	white belt w/ one red stripe	
Junior high-red	white belt w/ two red stripes	
Junior green	white belt w/ one green stripe	
Junior high-green	white belt w/ two green stripes	
Junior purple	white belt w/ one purple stripe	
Junior high-purple	white belt w/ two purple stripes	
Junior blue	white belt w/ one blue stripe	
Junior high-Blue	white belt w/ two blue stripes	
Junior brown	white belt w/ two brown stripe	
Junior high-brown	white belt w/ two brown stripes	
Junior Black Belt	white belt w/black stripe	
Gold Belt	Solid Gold Belt	

Ranks and Belt Colors: Kids and Adult Programs: 8 years +

WHITE (novice)	white belt	<p>Examples:</p>  <p>Low Red</p>  <p>Red Belt</p>  <p>High Red</p>
High white	White belt with black stripe	
Low Yellow	Yellow belt with white stripe	
YELLOW BELT - 9th Kyu	SOLID YELLOW BELT	
High Yellow	Yellow belt with black stripe	
Low Orange	Orange belt with white stripe	
ORANGE BELT - 8th kyu	SOLID ORANGE BELT	
High Orange	Orange belt with black stripe	
Low Red	Red belt with white stripe	
RED BELT - 7th kyu	SOLID RED BELT	
High Red	Red belt with black stripe	
Low Green	Green belt with white stripe	
GREEN BELT - 6th kyu	SOLID GREEN BELT	
High Green	Green belt with black stripe	
Low Purple	Purple belt with white stripe	
PURPLE BELT - 5th kyu	SOLID PURPLE BELT	
High purple	Purple belt with black stripe	
Low Blue	Blue belt with white stripe	
BLUE BELT - 4th kyu	SOLID BLUE BELT	
High Blue	Blue belt with black stripe	
Low Brown	Brown belt with white stripe	
BROWN BELT - 3rd kyu	SOLID BLUE BELT	
High Brown - 2.5 kyu	Brown Belt with black stripe	
2nd kyu	Br. Belt with black stripe plus 1 brown stripe	
1.5 kyu	Br. Belt with black stripe plus 2 brown stripes	
1st kyu	Br. Belt with black stripe plus 3 brown stripe	
1 st to 10 th degree Black Belt +	SOLID BLACK BELT	SHODAN TO JYUDAN



Top Students of the term

As a part of the Confidence Building process we have in place at The Powerhouse, we use every opportunity to recognize everyone's efforts, and especially of those who clearly try *harder*, and generally perform better than others (see Credits below). We basically watch everyone carefully, every step of the way, and we recognize the one who believe has done better than the rest

Last Man Stands - competition

Top Student aside, we also find our **Top 10 students**. Then our Top 10 will compete in a competition ('Last Man Stands') and the winner will win our **Top Student Prize** - a reward in recognition for your outstanding effort and performance.

Each term we recognize one Top Student from the younger group (L1) and one from the more mature group (L2 & L3 -- kids only)

Points: Green, Blue, and Red Cards

You earn points as you go about your training each term; when you win in mini-competitions in class, by picking up a skill and performing it extraordinarily well, for good Practice Habits; good discipline, good attitude, showing sportsmanship, etc. On the other hand you may *lose* points if show poor Practice Habits; misbehaving in class, showing up to class late, not having the right uniform on, incomplete or late homework, or if you break any of the dojo's Training Rules

Green Card = 1 point **Blue Card = 2 points** **Red Card = minus 1 point**

At the end of each term we count the total number of credits you've earned, and we find our Top 10 best performing students. One may be a beginner, a white belt, and still be recognized as a top student! With this credit system in place, after everyone gets the hang of how everything works, we hope that you will try that much harder to do your best each and every step of the way (not only in your exams!).

>> In order to give everyone a chance to shine we will not recognize the same person two terms in a row. And even two terms later, those who have become Top Students in the past must show clear *improvement* in their performance to be recognized again.

Patches and Stars

Top Student:

The first time a you are recognized as a Top Student you will receive a Certificate, a **Best Student** Patch and a Gold Star, which you should wear on your uniform. Every time you become a Top Student again you will receive another "Star". Once you get your black belt you can wear your Stars on your black belt, with pride. You may be recognized up to 5 times through your training. Set your goal to be a "Five Star Student"

Black Belt Club: BBC members must show up in proper BBC uniform to attend the BBC blocks or classes, with BBC patches on their gi or, in their BBC T. Shirt

Equipment and Protective Gear

To participate in Sparring Sessions you **must** have the right equipment to keep yourself and your partners safe. You will need a pair of **Gloves, a Cup (male), Mouth Guard, and a Head gear**. Ladies may want to consider (not mandatory) getting a **Chest Protector** as well. For Fitness Kickboxing classes (pad-work) you will need a pair of **Gloves and Focus Mitts**.

You will not need Sparring Gear for all classes (and certainly not in the beginning stages of your training) but since you do need them for some classes -- especially Black Belt Club members - it may be easier for you if you get used to having your protective gear and focus mitts in your bag with you every time you come in. You can order what you need on our website www.the-Powerhouse.ca.

> It's not a good idea to go shopping somewhere else for these items as we often see wrong products picked up by members that will provide little protection, or they just cost you more!

YOUR class vs. ANY class

You are expected to attend the specific classes that you are registered for **ONLY**, as we need to know how many students we should expect in attendance in each class. Attending classes that are not yours will result in some sessions becoming over-crowded and difficult to manage. If you need to change the sessions you have selected feel free to inform us and if space is available we will change your class. If you need to have 'Freedom of Attendance' you must ask for this special privilege - to attend *any* class, anytime. In special cases this may be doable.

Classes vs. Programs

Your tuition is based on the *Program* you are enrolled in, and the number of sessions in your program, but not affected by the actual number of sessions you will attend. If you are enrolled based on 3 classes per week for example, some weeks you may end up attending only 1 or 2 classes (because of a holiday) or no class at all on Term Breaks.

YOUR MEMBERSHIP: DUES, CANCELLATION POLICY, etc.

Your membership Terms - IMPORTANT

Please take the time to read your copy of the Membership Registration form you filed out when you joined and particularly read our **Cancellation Policy** - and if you need to make any changes to your choice of membership (e.g. number of sessions or duration of your course) feel free to ask us ahead of time, strictly BEFORE the end of any Cancellation/Trial periods that your membership comes with. **We like to be able to trust that you will respect the business side of our operation, hoping that you will not ask us to make any exceptions. As we must be fair to all, and hold everyone to the same rules, and cannot afford to be blamed by other members for having different sets of rules for different members**

Fees and how they are collected

a) **Annual Membership Fee:** All members are charged their annual fees for each year on December 31st of the previous year -- Please make note of this in your calendar to make sure your account will not be thrown off. In the absence of a written request from you for cancellation before Dec 31st the annual fee for the coming year will be automatically collected year after year until you cancel

b) **Monthly dues:** your dues are charged based on the number of sessions and type of program you are enrolled in. Dues for each month are collected on the 20th of the **previous month**. Note that since we usually do not activate and charge your account immediately, on the first billing date you may see **more than one payment** clearing your account (plus any membership/initiation fee, if payable) in order to bring your account up to date. See your copy of the Registration Form if you are not sure how much you will be charged each month

c) **Grading Fees:** getting tested is NOT mandatory

- Kyu grade exams (colored belts before black): Kids: \$20 Adults: \$22.50
- Black Belt Exams for all members: \$65.00

c) **NSF:** Note that a \$25.00 NSF fee is charged by our billing agency, which we will have to pass to you if you happen to bounce a payment

d) **Fixed Billing:** Monthly billing may not be stopped from time to time and re-start the billing every once in a while (because of summer vacation, or). And with *Short Term* Month to Month memberships the agreement is that you will give us a minimum 60 day notice to cancel your membership

Absence Credit

If your membership comes with 'Absence Credit' the length of time you can get credited for must be mentioned on the Registration Form you filled out. Absence Credit is given for any periods of **ONE WEEK OR LONGER** only (not single sessions) and only if your *future* absences are reported to us ahead of time (by **email** only). You do not need to email us every time you expect to miss a *single* class. Note that Credits have No Cash Value and may only be used upon **renewal** of your membership - we basically put the dollar value of your credit towards your tuition when your membership is renewed. No credit may be claimed for Term Breaks

How to claim your 'Absence Credit'

Simply EMAIL your request to 'dojostudentservice@gmail.com' (NOT Powerhouseoffice@gmail.com) and expect a confirmation to be emailed back to you. Then save our confirmation, then print and hand it in when your membership is up for renewal

Making up for Missed Classes

Generally making up for missed classes is NOT permitted. In other words any sessions you happen to miss may not be carried over, to the following weeks. However, in case a **Statutory Holiday** lands on a day that you usually attend class, you may attend any other class to make up, but **ONLY** in the same week of the Stat Holiday.

School Closure and Term Breaks

We are closed on all Statutory Holidays, and also one week after every grading

Videos and Pictures - do we have your permission?

From time to time we may take videos or pictures of all members during training. We may use these videos or pictures on our website, on our facebook page, or use them in our marketing materials or flyers. If you don't want us to use a picture or video that you or your child appear in please let us know

Effective Communication >> Email us first

Note that we heavily rely on communication with members by EMAIL, and trust that the email address you have given us is active and checked regularly. Please read all emails that you will receive from us, and keep yourself in the loop. We understand you are busy, so we try to keep our messages short and to the point containing only relevant and important information.

To make sure you receive our emails please take time NOW to add our email addresses (below) to your address book and in case you change your email address please let us know.

How to communicate with us

We will always be there to speak with you about any questions or concerns you may have. However, if a "talk" is not called for we'd rather deal with your inquiries by email. If you simply need to ask a question please write to us first, and we will respond within 24 hours. If it is necessary we will set up a time to talk face to face. But **please** avoid approaching the instructors in between classes initiating a potentially lengthy conversation, as our time between classes is very limited. Also we appreciate it if you can initiate any 'Admin Related' inquiry by EMAIL FIRST and if necessary we will set up a time to meet in person

Note that we strictly do NOT engage in any admin related inquiry the dojo floor (payments, renewals, cancellations, etc.)

School Contact:

- for **Admin Related** inquiries: **Ellie** at DojoStudentService@gmail.com
- for **Program Related** inquiries: **Sensei Ramin** at PowerhouseOffice@gmail.com
- to apply for **Absence Credit**: write to AbsenceCredit@gmail.com (make sure to mention the period of your absence - dates)
- if necessary to **speak with someone**: **604-812-3656** 11:00 to 16:00 Mon to Fri

Building and maintaining a healthy relationship - IMPORTANT!

It is highly likely that you will train at The Powerhouse for many months, if not years. So, it is important that we build and maintain healthy communication between us, so we can better understand how the training is working for you. We sincerely hope that you will not hold back, and will share any special requests or feedback you may have for us (positive or negative). And if/when you notice your motivation is going down feel free to talk to us. We are here to not only teach you technique and self defense, but also to coach and support you through this challenging journey. By teaming up we all will go much farther.

Thank you for taking the time to read this guide

DEDICATED TO YOUR SUCCESS

THE POWERHOUSE TEAM