New Karate Students,

We’re happy you’ve decided to join us for karate lessons. As a new student, you probably have many questions. Please read the information below as it is important to your success.

Class Times are shown below. It is important that you arrive on time, dressed and prepared for class:

* Ages 8-: MON *or* WED (not both), 4:45-5:30 pm
* Ages 9+: MON *and* WED, 5:30-6:15pm\*, *and* SAT 10:15-11:15 am  
  \*After you earn a red belt - usually about a year - you will stay until 6:*50* pm on Monday & Wednesday.
* IWU Students: TUE and THU, 6:30-8:00 pm

Until you buy a uniform, wear clothing appropriate for gym class. Do not wear jewelry of any kind. Long hair should be secured with something soft (not with pins or clips). Fingernails and toenails should be kept trimmed. Men should wear a cup. If you want to purchase a uniform, we sell them for $ \_\_\_\_\_. Once you have a uniform, you may wear it over a solid colored undershirt if you like, but not over other street clothing.



Announcements will be given during class and sent by e-mail. Subscribe at <http://centralillinoiskarate.com/subscribe> or scan the QR code on the right.  
(Parents, please do this immediately. You know announcements don’t always make it home.)

Karate is safe because we practice it safely. You should raise your hand to ask a question. Otherwise, you should pay attention quietly and keep your hands to yourself unless instructed otherwise. Horseplay is not tolerated. Nevertheless, *this is a karate class* – injuries are very rare, but discomfort should be *expected*. We are learning to punch and kick people, so you can expect to be punched and kicked on occasion.

Karate teaches courtesy using some elements of Japanese culture. Students refer to each other as “Smith-san” or “Jones-san” - essentially the same as “Mr. Smith” or “Ms. Jones.” Likewise, your instructor is “sensei.” Students and instructors bow to each other, and to the dojo itself, as a matter of courtesy – just as we shake hands.

Testing for a new belt is how you measure your progress. We offer tests regularly, but you *will not* always be eligible to take the test. Tests for the Four Seasons general class are always on Saturday and you need to register beforehand. Tests in the Four Seasons youth class are given during normal class time and we only ask $5 to cover the cost of the belt. Tests for IWU students will come at the end of the semester – see your instructor for details.

Finally, *for our students at Four Seasons*, we want to emphasize that you, *and only you*, are responsible for turning in your attendance card before every class. If you do not turn in your card, you will not get credit for attending class, which may affect your eligibility to test.

Thanks again for joining us. If you have any other questions, please ask your instructor, or email us using the information below.

Jim Stahly & Ed Chandler  
Chief Instructors, CISKA