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MMAC

NEW MEMBER

BOOKLET



Welcome To The A.I.K.A!



As a new member of the A.I.K.A, this booklet will help you to understand the goal of our association and list the requirements to achieve rank and the respect that comes with it, as well as the style of Martial Arts training you have chosen.

Our goal is to develop the mind, body and spirit of the individual through the instruction and practice of martial arts. The quality of instruction and concern for the individual will be the primary consideration in all decisions regarding the student of karate.

The President and Founder of the A.I.K.A
John M. Almeida, Hanshi

Has been involved in martial arts for over 40 years and has trained with some of the most respected, traditional martial artists in the world, his dedication and loyalty to the martial arts and his students goes unsurpassed and truly brings out the best in all who join the Association.

The Vice-President of the A.I.K.A
Wayne Mello, Shihan

Has been training with Hanshi Almeida for over 30 years and continues to uphold and practice all the traditional values that have been passed down to him through the years. His commitment and loyalty to his instructor and chosen art has produced some of the most respected and devoted Blackbelts in New England.

We hope to add you to that list.





Gichin Funakoshi
1868 - 1957

Master Funakoshi was born in Shuri Okinawa, 1868 and is considered to be the founder of modern day karate, in particular the Shotokan style. He was famous as a writer, teacher and martial arts supporter. Master Funakoshi began his martial arts training at a young age and studied under many of the best masters. When Master Funakoshi combined some of the Okinawa systems of open hand fighting into one system of karate, his students called it SHOTOKAN. SHOTO being a pseudonym Master Funakoshi had adopted. The essence of his teaching philosophy is to master a few techniques completely by training with dedication.

A quote from Master Funakoshi's book, Karate-Do Kyohan, "Know the enemy and know yourself; in a hundred battles you will never be in peril. When you are ignorant of the enemy but know yourself, your chances of winning and losing are equal. If ignorant both of your enemy and yourself, you are certain in every battle to be in peril. For to win one hundred victories in one hundred battles is not the highest skill. To subdue the enemy without fighting is the highest skill."

Gichin Funakoshi, Meijin

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A.I.K.A Promotion Requirements...

All new students start as a white belt (10th Kyu) and will be tested every 3-6 months depending on their attendance and knowledge of the material needed to progress to the next Kyu. Testing from 10th - 4th Kyu is done every 3 months. 4th Kyu to Blackbelt is done every 6 months.

(Kyu is a term used in ranking, 10th Kyu the lowest rank or beginner to 1st Kyu brown or advanced, then to Blackbelt [Shodan]).

A standard attendance of 2-3 times per week will give the student enough classes at the end of a 3-6 month testing cycle to advance to the next Kyu.

Special Requirements Needed Before Brown and Blackbelt Testing

1 - 4 hour special training before purple belt testing.

2 Brown and Blackbelt workouts to be attended between every testing cycle (2min.)

1- 4 hour special training before Blackbelt testing.

1 - 2 day summer workout before Blackbelt testing.

All students must complete these requirements with

NO EXCEPTIONS.

Note... A student may attend as many special trainings and summer workouts as they wish, supporting the A.I.K.A events will only help to improve the association to better understand the needs of its members.

Dojo Etiquette

1. Bow to the front of the class when entering or leaving the Dojo.
2. Use bathroom facilities before the start of class
3. When addressing an instructor or assistant instructor, always use the title of Sensei or Sempai and the instructor's first name after the title.
(Example: Sensei John or Sempai Joe)
4. Always have a clean white Gi with no holes or Stains.
5. Never touch any weapons or training devices without the instructor's permission.
6. No jewelry of any kind may be worn during class.
7. Finger and toe nails must be cut short to avoid cuts.
8. No talking or joking is allowed by any student during class.
9. Comments and or corrections will be made by the head instructor or assistant instructor during class. Do not speak out. If you have a question, raise your hand and the instructor will be happy to answer your question.
10. Show respect for the school's training equipment, put back what you use.
11. Never forget that karate begins and ends with respect.

Master Funakoshi's Rules of Training

First, since karate is a martial art, you must practice it with the utmost seriousness from the beginning. Every punch, kick, block etc. must be made with the power of your entire body behind it. You must believe that if your technique fails you forfeit your own life. No matter how long you train, if your practice consists of nothing more than moving your arms and legs, you might as well be studying dance. You will never come to know the true meaning of karate.

Second, try to do exactly as you are taught without quibbling. Don't have the attitude that you can't do something merely by trying it for a short time. You must endure pain and anguish as you strive to discipline and polish yourself.

Third, when you are learning a new technique, practice it whole heartedly until you truly understand it. Don't crave to know everything all at once, you must practice painstakingly.

Fourth, don't pretend to be a great master and don't try to show off your strength. Always remain humble, but with honor.

Fifth, you must always have a deep regard for courtesy, you must always be respectful and obedient toward your seniors. Courtesy and respect should not be confined to the Dojo.

Sixth, you must ignore the bad and adopt the good. When you observe the practice of others and discover something you should learn, try to master it without hesitation. If you see someone sliding into idleness, examine yourself with strict eyes.

Seventh, think of everyday life as karate training. Do not think of karate as belonging only in the Dojo, or only as a fighting method

A.I.K.A Association Fees...



Testing Fee to 4 th Kyu Purple (Ea. Test) -----	\$30.
Testing Fee 4 th Kyu to 1 st Kyu (Ea. Test) -----	\$40.
Blackbelt Test Fee (Including Certification) -	\$250.
Special Trainings -----	\$30.
Summer Workout -----	\$TBA
Brown and Blackbelt Workout -----	\$10.

(ALL FEES ARE SUBJECT TO CHANGE.)

KYU Testing Includes The Following:

The testing fee applies to all members and must be paid in full before they will be tested. Monthly dues must also be paid up to date. This test fee includes belts and passbooks. The passbook and belt will be presented to the student upon receiving the rank of 9th Kyu (yellow belt), this will be the only passbook you will receive. A \$12.00 replacement fee will be charged to replace any lost books.

Note...

All testing is done by Hanshi Almeida and/or Shihan Mello. School owners and or blackbelt instructors are not authorized by the association to test their own students. However, instructors must be present at the time of testing.

What To Expect Training In The A.I.K.A School System

BASICS...

New students will be taught the basic mechanics of blocks, kicks and punches. Once they have learned these techniques they will then apply what they have learned into prearranged combinations known as KATA. The better the basics the better the Kata will be.

KATA...

Basic blocks, kicks and punches in rearranged combinations allow the student to apply the basics they have learned into many different simulated attack situations. Kata progresses in both length and intensity as the student becomes stronger and more confident in their movements. The better the Kata, the better the KUMITE.

KUMITE...

Strong basics and Kata will help in determining the students fighting abilities, both continuous and point fighting methods are then added. Only through many hours of repetitious practice of both BASICS and KATA will a well rounded martial artist be formed.



Belt Color and Kyu

White	10 th Kyu	Purple	4 th Kyu
Yellow	9 th Kyu	Brown	3 rd Kyu
Orange	8 th Kyu	Brown 1 Stripe	2 nd Kyu
Blue	7 th Kyu	Brown 2 Stripes	1 st Kyu
Green	6 th Kyu	Black	Shodan
Green/Stripe	5 th Kyu		

Numbers 1 - 10 in Japanese

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

Common Vocabulary Used in the Dojo

Hajime - Begin	Jodan - Upper Level
Yame - Stop	Chudan - Middle Level
Sensei - Teacher	Gedan - Lower Level
Gi - Uniform	Seiza - Kneel Down
Obi - Belt	Kata - Forms
Dojo - Training Hall	Kumite - Fighting
Kiai - Shout	Uke - Person Attacked
Arigato - Thank You	Tori - Person Attacking
Shomen Ni Rei - Bow to Front	Kyosei - Attention
Otagi Ni Rei - Bow to eachother	Mokuso - Meditate
Sensei Ni Rei - Bow to Teacher	Sempai - Asst. Inst