

Shin-gi-tai Karate Clubs

Warm up Routine

Background:

The situation at all the dojo differs and the process defined here is intended for the larger dojo like Grove Green for the kids but will also be applied to all adult lessons.

In the kids lessons we do have problems with visitors and siblings running around with the members of the club before lessons. Besides the noise at times the risk of injury is high due and it may involve or even be caused by a non member who is not insured by the club. This combined with the desire to improve the processes in our clubs and to better educate students in the ways of training have brought about this cycle of review and change.

Entering the Dojo:

Students are required to bow on entering the dojo, remove their shoes, tie their belts and remain seated until the Sempai calls them for warm up Exercises. Shoes and other personal possessions must be stored neatly under the table or the chairs and not left in the way of other students and visitors.

Belts are not to be worn outside of the dojo and should be carried separately (in a bag) if the gi is worn to the club.

If the exercises have started before the student arrives he/she will kneel down to the Sempai's side (nearest the door of entry) and wait to be invited into the lesson.

Timing:

The warm up routine will commence 10 minutes before official lesson start and continue 5 minutes into the lesson time. In the case of the first lesson on a Monday, warm-up exercises start at 6:20pm and finish at 6:35pm.

Exercise Purpose and Type:

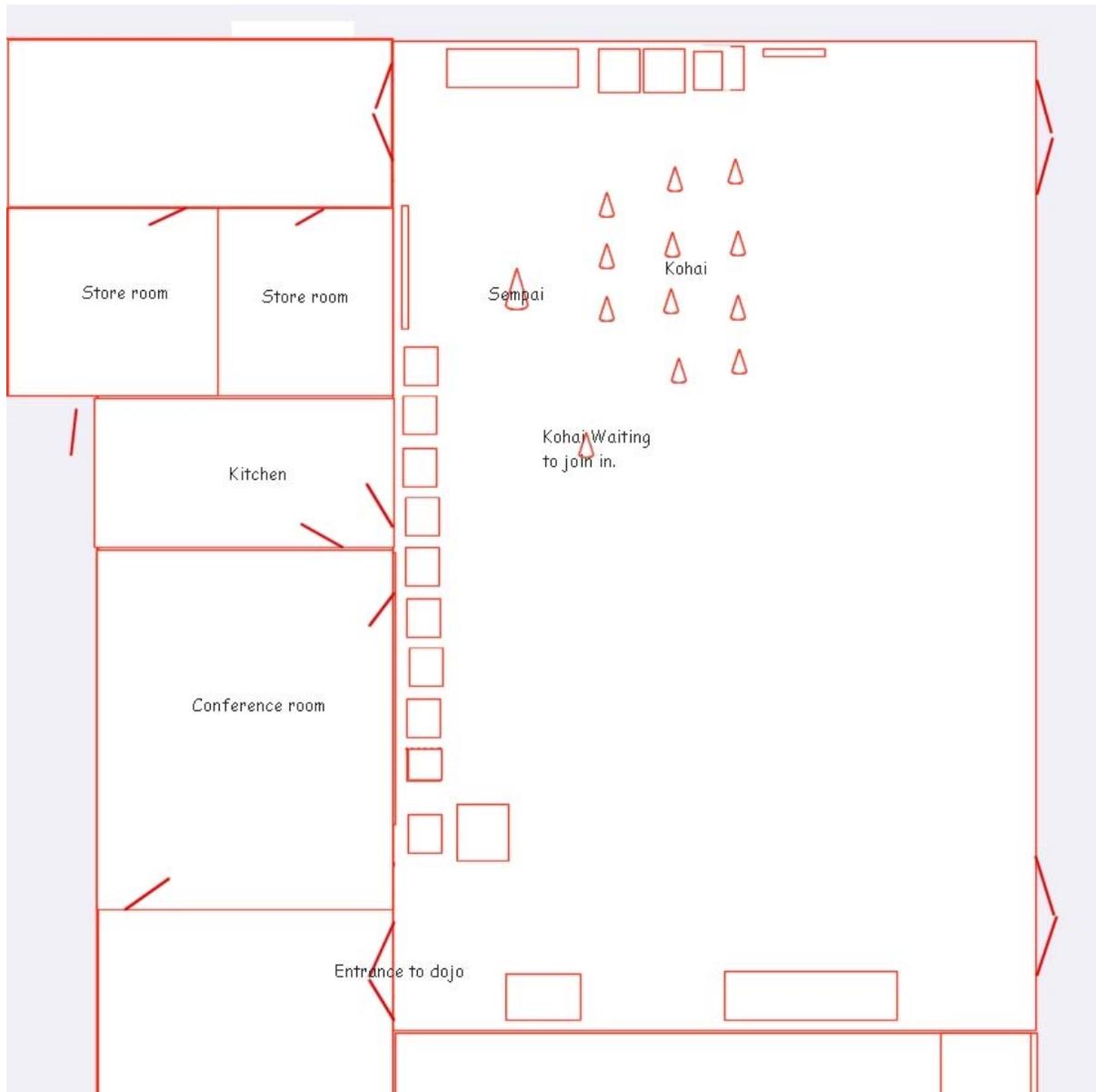
The purpose of this session is to ensure that the muscles and joint supporting tissue is warmed up through the flow of blood to them and the rotational movement.

All joints should be rotated and some form of aerobic exercise should be done before serious stretching is performed. This becomes more critical as the body ages and age related exercises and routine needs to be adopted.

For the younger students a range of games may be added to increase the enjoyment levels of the exercise.

Class Layout:

The Sempai will lead the exercises at the rear of the dojo allowing the Sensei to prepare for the class toward the Shomen. Regimented lines are not required as space and movement is required for the exercises. In the case of Grove Green dojo, the following diagram will show the placement for warm-ups.

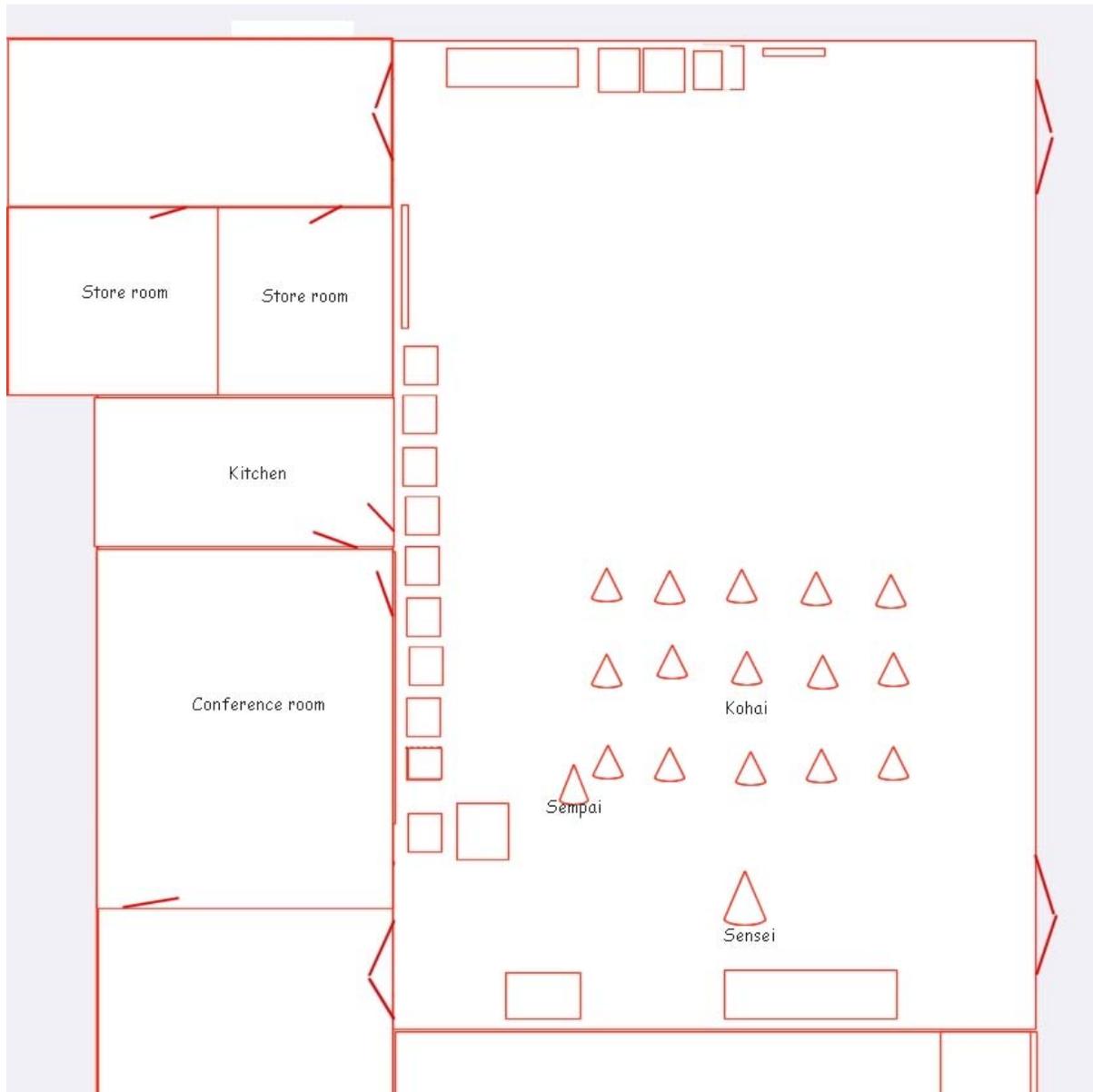


Students arriving after the warm up routine has started must join on at the back of the group. The placement is not by grade but by arrival time.

Closure of Warm-Up Routine:

At the end of the warm up routine, the sempai will call the students to line up by issuing the command 'shugo'.

All students will follow him/her and line up as illustrated in the following diagram. They must take up the Yoi position and await the Sensei's instructions. The sempai is responsible for ensuring this.



The line up sequence is normally highest grade on the sensei's left and lowest on his right with highest grades in the front row, However for the classes where only junior grades are taught, the lowest grades take the front row as they are normally physically smaller than the higher grades.

Sempai stands at 45 degrees in front of the highest grade.