

# YKARATE™

Salinas Community YMCA · 117 Clay Street, Salinas, CA 93901 · 831-758-3811

Japanese-style Shotokan Karate is a scientific and dynamic art that has been developed and perfected over many decades. The participant learns aspects of physical, mental, spiritual and emotional growth. The ultimate aim of our training is not to build tournament champions but rather to develop individuals of strong character.

**C A R I N G**  
**R E S P E C T**  
**Y M C A**  
**C H A R A C T E R**  
**D E V E L O P M E N T**  
**R E S P O N S I B I L I T Y**

## YMCA Mission:

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

## VOLUNTEERS NEEDED



Please check one or more that you can do:

- Coach
- Assistant Coach
- Referee
- Team Parent
- Sponsor

**BELONG.**  
**BE STRONG.**

## Ages

5 and up

## When

Year Round - New participants may observe a class then speak with instructor.

## Time

Monday - Wednesday - Friday

7:30 - 8:30 pm Beginner

8:30 - 9:30 pm Advanced

## Where

YMCA Group Exercise Room

## Monthly fees

\$30/ per family

\$30/ adult member

\$30/ youth member

\$55/program member

\$55/family program member

## Registration Info

Ongoing - Register at the YMCA

## PROGRAM GOALS:

- Improved karate skills
- Strengthen teamwork concepts
- Develop positive attitudes about fair play.
- **MOST IMPORTANTLY HAVE FUN !**



## GENERAL COSTS, PROCEDURES AND EXPECTATIONS FOR CLASS

### General Information:

F.S.K.A stands for Funakoshi Shotokan Karate Association. Our dojo at the **YMCA** is one of many world-wide affiliate dojos of the main F.S.K.A. dojo in Milpitas. Therefore many of the activities, fees and information will be through Milpitas. Watch a few classes, and you may want to talk to the instructor before signing up. Wait for a month before purchasing any items to be sure that you and/or your child are continuing with the program.

### Additional Costs:

Knuckle pads and patch: \$12.00 each  
Gi (bottom, top and white belt): \$50.00  
Exams (once every two months): \$60.00 for Beginners and Intermediates/\$85.00 Advanced  
F.S.K.A. Membership Card (once per year): \$10  
Tournaments (there are two or three optional per year): \$35.00 per event

The knuckle pads, gi and patch will be the first items to be purchased. F.S.K.A. membership card is for exams, tournaments, seminars, training in Milpitas, etc. There are additional functions such as picnics, seminars, banquets that will come up throughout the year (for both Salinas and Milpitas dojos); these require separate fees.

### Procedures and Expectations:

- Place shoes, socks, jewelry, etc. by the far left wall.
- Bow before entering and upon leaving the dojo, before and after working with a partner, and before and after class.
- The standing or kneeling bow is a straight line by rank (beginners at far left).
- Visitors may sit in the chairs by the three windows.
- Attend all three classes regularly.
- Read the board and/or receive flyers in class for updated information. Make sure that this information gets home.
- All black belts are called Sempai. The instructor is called Sensei.
- Check attendance roster each time you come to class. Print your first and last name on the attendance roster if you are new.
- Come on time or early. If you are late, warm up on your own, then wait on the side with your hand up to be bowed in and allowed to join the class.
- No smoking around the dojo or on YMCA premises.
- Continue to learn the Japanese terms and etiquette as they are presented in class.
- As you move up in rank, attending functions, attending classes regularly, progressing technically, developing character and training hard is weighted more heavily in determining rank.

*Competition outside the classes is not part of the YMCA Karate Program and is not a YMCA sponsored event. The YMCA takes no responsibility for any said events.*