

# PINETOWN JKA KARATE

UNIT 4, 16 ABERFELDY RD, WESTVILLE, SOUTH AFRICA

Tel: +2783-778-1191 ✧ Fax: +2731-537-7080

AFFILIATED TO:

SOUTH AFRICAN JKA KARATE ASSOCIATION

This membership form is designed to give you all the info your need in a FUN, QUICK way

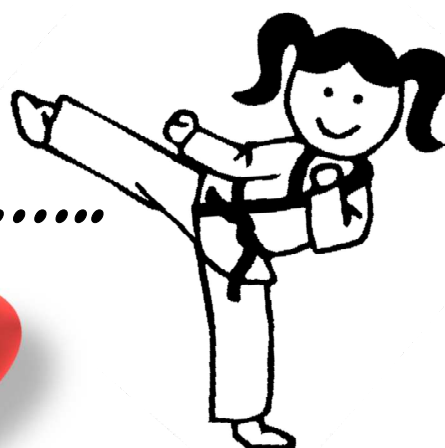
SO, YOU WANT TO BELONG TO THE  
BEST KARATE CLUB ON  
EARTH?



*You have come to the right place.....*

WHY KARATE??

....where will we begin??



## ***Let's Start with the "Soft Stuff"***

- ✓ At Karate we teach to act in a respectful manner
- ✓ You learn to overcome your fears
- ✓ Karate teaches delayed gratification (long term stuff like getting your black belt)
- ✓ Learn to have more discipline (not only in the new year!)
- ✓ Concentrate and focus (you will need to if you want to learn the moves)
- ✓ Have self-control, mentally and physically (because karate can be dangerous)
- ✓ Be more confident (you will be if you have a stronger body and mind and can stand up for yourself)
- ✓ When competing, it's about winning or learning (good thing to learn in life)
- ✓ Learn interesting and exciting motor skills while you get tired without noticing!

We believe our karate environment give people the skills to handle themselves and the outside world better.....we call it the "School Of Life"

THIS IS GREAT FOR CHILDREN BUT ADULTS ALSO BENEFIT AND  
LETS BE HONEST, NEEDS TO EXERCISE!



# What about Karate Stuff?

- ✓ We teach JKA Karate (JKA stands for Japanese Karate Association)
- ✓ We affiliate to SA JKA which is affiliated to JKA head courters in Japan (visit [www.karate.co.za](http://www.karate.co.za))
- ✓ We practice the style of Shotokan
- ✓ Karate is an ancient form of Self Defence which is still relevant today
- ✓ Pinetown JKA believes in a balance between traditional karate and sport karate.
- ✓ In sport karate we train and compete according to WKF regulation (WKF stands for World Karate Federation which is the only All Styles Karate Body recognized by the International Olympic Committee) visit [www.wkf.net](http://www.wkf.net)
- ✓ We are affiliated to the SASCOC recognised, All Styles karate body in SA nl. Karate South Africa (KSA).....WHAT DOES THIS MEAN?.....if you train really hard and win, you can represent your region/province/country and get official colours!



## Our Key Success Factors

### Training: Karate and Conditioning Drills

The 3 building blocks of karate training are basics (karate technique), kata (sequence of techniques) and kumite (sparring).

In addition to the above we continuously research and practice specific training drills designed to improve muscular strength, power, agility, speed, plyometric power, core strength, cardiovascular fitness and flexibility.

When practicing against a partner we train with utmost caution and control, we also do a lot of bag work where we develop the power of our techniques needed in self-defence.

Karate makes for interesting and exciting training so you don't have to worry about getting tired!

### Instructors: Instructors/Small Groups

Sensei Karin Prinsloo heads up Pinetown JKA and is Japanese Graded 6th DAN! She has represented SA 1992-2006. During this time she won a number of international medals which includes various ALL African Games medals and a Gold medal at the World Games, 2001. Sensei Karin obtained a Hons Degree in B.Com Sport Management at RAU (now UJ)

The Club has between 10 and 15 Instructors assisting in teaching small groups of karate-ka.

Most of our Instructors has competed nationally and some internationally. Some instructors are parents themselves which brings a different dimension to teaching, especially children.

### Club Culture: Care

At Pinetown JKA we have strength in our diversity. It is important to acknowledge the many driving factors that exist within each karate-ka when training. This may include fitness, health, self-defence, mental growth, social interaction, competition, grading and self-growth. We aim to deliver on these driving factors and most of all enjoy doing it.

We care about one another and enjoy training hard together!

### Experience

The Club was established by Duncan Player in the mid 80's. After changing hands for a short while Karin Prinsloo took over the Club in 1997. The Club has around 80 students.

Pinetown JKA Karate is one of the top karate schools in the country, here is why...

-We constantly produce National and Provincial Champions (Karate-ka receiving Protea Colours)

-We are one of the few Clubs achieving International Medals in the last decade.

-Over 90 students have received a black belt through Pinetown JKA during the last 15 years.

## ATTENDANCE AND TRAINING TIMES

Please note karate-ka may train every night, Mon - Thurs, please discuss with Sensei Karin  
**Mondays**

- 17h30 – 18h15: Orange 2, Green, Blue, Purple, Red Belts. Adult Beginners
- 18h15 – 19h15: Brown and Black Belts

### Wednesdays

- 17h30 – 18h30: Orange 2 – Brown Belts

### Tuesdays and Thursdays:

- 17h00-17h00: New Beginners, 3 – 5 years of age.
- 17h30-18h15: New Beginners, Dinky, White, Yellow, Orange, 5 Years+
- 18h15-19h15: Blue, Purple, Red, Brown and Black Belts, Adult beginners (Thurs)

## FEE STRUCTURE 2018



### Beginner: White, Yellow, Orange Belts

Child	5 - 15 years	R1 050.00 per term
Cadet	16 - 20 years	R1 090.00 per term
Senior	21 years +	R1 200.00 per term

### Intermediate: Green, Blue, Purple, Red

Child	6 - 15 years	R1 090.00 per term
Cadet	16 - 20 years	R1 090.00 per term
Senior	21 years +	R1 200.00 per term

### Senior: Brown and Black belts

Child	6 - 15 years	R1 090.00 per term
Cadet	16 - 20 years	R1 200.00 per term
Senior	21 years +	R1 200.00 per term

### Annual SA JKA Affiliation

**R420.00**

#### Term:

1st January to 31st March  
1st April to 30 June  
1st July to 30th September  
1st October to 31 December

#### JKA Life Book (once off):

R90

#### Bank Account Details:

Pinetown JKA Karate, ABSA Savings Account, acc no 9049267379, branch code no 632005

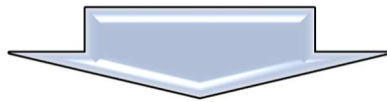
## GRADING AND COMPETITION

- There will be a club grading at the end of each school term.
- Grading application and grading fees must be handed in a week before the grading takes place.
- No grading will be held outside grading times.
- Taking part will be at the discretion by the Chief Instructor and Assistant Instructors. Attendance of classes will be taken into consideration, prior to competing.
- Grading Fee Structure:

White, Yellow, Orange, Green	R200.00	20 – 40 Classes. Grading at end of each term.
Green, Blue, Purple, Red	R240.00	30 – 50 Classes. Grading every 2nd term**
Brown and Black	R280.00	30 – 50 Classes. Grading every 2nd term.**

\*\* Karate-ka may apply for grading if number of classes has been attended

# DOJO KUN (RULES OF THE KARATE CLUB)



DO 10 PUSH-UPS WHEN YOU LATE (EVEN IF IT'S YOUR MOM'S FAULT)  
ALWAYS BOW AND SAY OSS - IT MEANS THAT YOU ARE RESPECTFUL  
MAKE SURE YOUR NAILS ARE CLEAN AND SHORT  
HAIR MUST BE CLEAR FROM FACE  
NO JEWELLERY  
NO EATING OR CHEWING GUM  
NO SHOES ON THE KARATE MATS  
KEEP NOISE LEVELS DOWN AND BEHAVE WITH ETIQUETTE AND RESPECT  
GREET WHEN ENTERING THE DOJO  
TRAIN WITH A TOWEL IF YOU SWEAT A LOT (AND ALSO USE DEODORANT!)



## Visit the Cloud:

Like Pinetown JKA on Facebook  Find us on Facebook

Our web page [www.pinetownjka.co.za](http://www.pinetownjka.co.za)

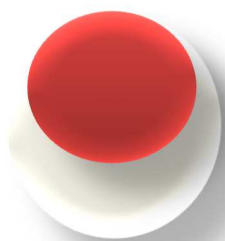
Visit SA JKA [www.karate.co.za](http://www.karate.co.za)

Visit World Karate Federation [www.wkf.net](http://www.wkf.net)

And now.....for the official stuff (fill these two pages in and return to the Sensei, OK?)







# PINETOWN JKA KARATE

P O Box 822, WESTVILLE, 3630, SOUTH AFRICA

Tel: +2783-778-1191 ✧ Fax: +2731-537-7080

AFFILIATED TO:

SOUTH AFRICAN JKA KARATE ASSOCIATION

## MEMBERSHIP APPLICATION

Student Name & Surname	
Parent name & Surname	
Date of Birth	
ID Number	
Physical Address	
Postal Address	
Phone Home	
Phone Work	
Cell Phone	
E-mail	
Please specify problems of any nature	

### AGREEMENT

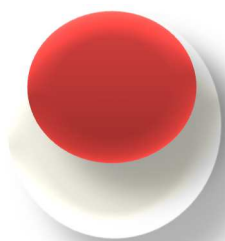
1. I hereby apply for membership at the Pinetown JKA Karate Institute.
2. I also agree to pay fees on a quarterly basis, these fees being paid within 30 days of the start of each quarter.
3. I hereby agree to pay an Annual Affiliation fee to SA JKA and purchase the JKA Life Book (Once off). All fees are subject to inflationary increases.
4. I also hereby agree to the rules and regulations of Pinetown JKA Karate Institute.
5. I hereby agree that I am medically fit to proceed with exercise.
6. We require one month's written notice for resignation.

### Summary of Cost

Term Membership:	Annual Affiliation (From July half price will be charged)	Karate Life Book (once)	Term Fee	Total
		R90.00		

Payment can be made cash (in envelope clearly marked) or EFT (surname as reference). An invoice will be generated for the following term.

SIGNATURE	
DATE	
(PARENT/GUARDIAN/KARATEKA)	



# PINETOWN JKA KARATE

P O Box 822, WESTVILLE, 3630, SOUTH AFRICA

Tel: +2783-778-1191 ✧ Fax: +2731-537-7080

AFFILIATED TO:

SOUTH AFRICAN JKA KARATE ASSOCIATION

## INDEMNITY AND CONSENT

I, the undersigned, in my capacity as father/mother/guardian/my personal capacity\*, do hereby indemnify and hold harmless PINETOWN JKA KARATE, the organisers or anyone else involved in any way with the event, from any death, injury, disability and all claims, causes of action, losses, damages, costs, expenses (including but not limited to attorney's fees), either known or unknown, now existing or arising in the future that I may have of whatever kind or nature, which I/my child mentioned below\* may suffer as a results of my/his/her\* participation in any PINETOWN JKA KARATE event (training, tournament, grading, gasshuku's etc). I acknowledge that the participation by myself/the aforesaid child\* in any of the events is on my/his/her\* own free will and is at own risk. I further agree that any pictures takes of or by me/him/her\* in connection with the event can be used by the club for publicity or promotion without compensation to me/him/her\*.

(\*delete whichever is not applicable).

PRINT FULL NAME OF PARENT/GUARDIAN: \_\_\_\_\_

PRINT FULL NAME OF KARATEKA: \_\_\_\_\_

To be assisted by Parent/Guardian if under the age of 21 years.

SIGNATURE OF PARENT/GUARDIAN/KARATEKA: \_\_\_\_\_

DATED at \_\_\_\_\_ on this the \_\_\_\_\_ day of \_\_\_\_\_ 20 \_\_\_\_

WITNESSES:

1. \_\_\_\_\_

2. \_\_\_\_\_