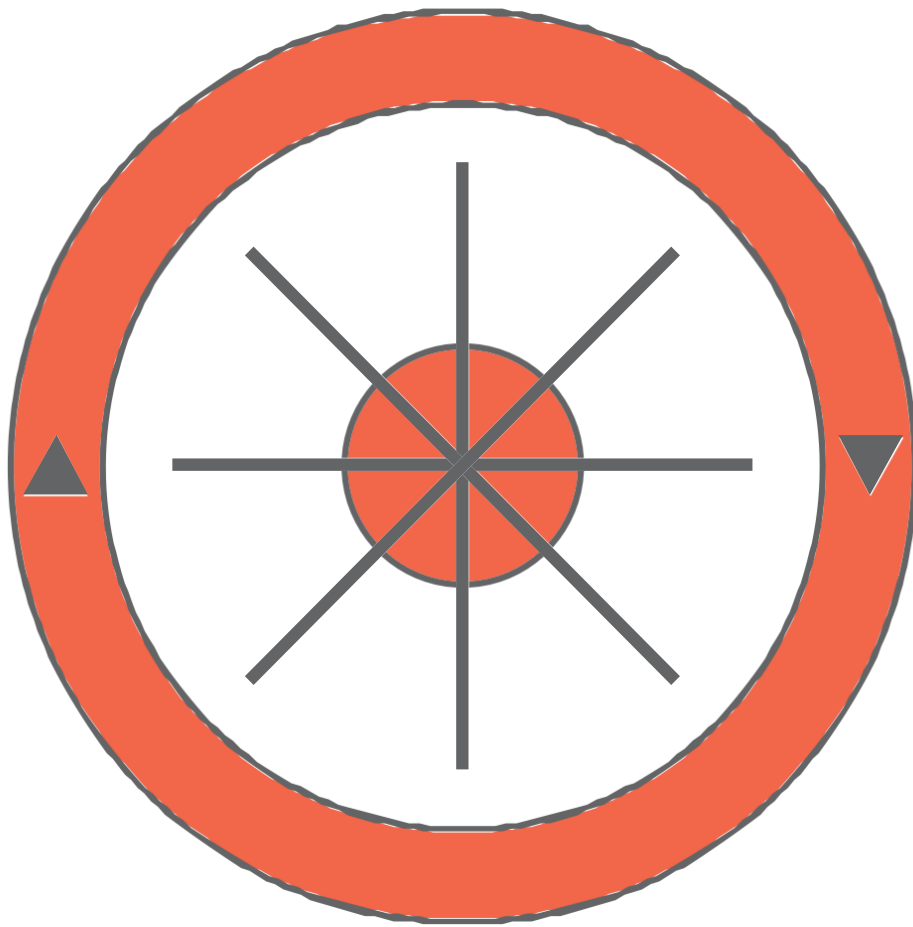


Center For Traditional Martial Arts

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Sensei Ron Smith

www.cftmartialarts.com

About the Center for Traditional Martial Arts

The Center For Traditional Martial Arts is a part of the Jukido-Kai Organization with Eugue-Ryu, a system of karate and jujutsu as its core. The lineage is as follows:

- Kensenzu Yama Eugue – Founder
- Ray Flowers
- Oscar Adams
- Michael Young
- Committee (In the absence of Michael Young)
 - Shane Topp
 - Jeff Fee
 - Perry Wiltsy
 - Rodney Kohler
- Soke Shane Topp (Current Chief, 10th Dan and Head of Eugue Ryu, Head of Jukido Kai Sogo Budo)
 - Jukido-Kai Council (In the absence of Shane Topp Sensei) Established January 2021
 - Ron Smith, Mike McCarthy, Bryan Topp, Chester Jones, Chris Headley

Rank System For Jukido-Kai Karate And Jujutsu

Mudansha/Class Rank

Kukyu	9th Class	White
Hachikyu	8th Class	Yellow
Shichikyu	7th Class	Orange
Rokyu	6th Class	Blue
Gokyu	5th Class	Green
Yonkyu	4th Class	Purple
Sankyu	3rd Class	Brown(3 stripes)
Nikyu	2nd Class	Brown(2 stripes)
Ikkyu	1st Class	Brown (1 Stripe)

Yudansha/Degree

Shodan	1st Degree	Black
Nidan	2nd Degree	Black
Sandan	3rd Degree	Black
Yodan	4th Degree	Black
Godan	5th Degree	Red & Black
Rokyudan	6th Degree	Red & White
Shichidan	7th Degree	Red & White
Hachidan	8th Degree	Red & White
Kudan	9th Degree	Red
Judan	10 Degree	Red

** (Smaller white panels for 8th Degree, Panels are the same size for 6th and 7th Degree)

***Joshu-Shodan Junior BlackBelt BlackBelt w/ white
Stripe tip to tip

Karate Creed

1.)I come to you with only karate, empty hands. I have no weapons, but should I be forced to defend myself, my principles, or my honor; should it be a matter of life or death, right or wrong, then here are my weapons, karate, empty hands.

2.)I know no kata, but would like to learn!

Four Point Code of Self Protection

1. AVOID

2. EVADE

3. ESCAPE

4. ATTACK

Basic Terminology

General Terms

Ashi	Foot
Ashi-Kubi	Ankle
Ashi-No-Ko	Instep
Ashiura	Sole of the Foot
Ashi-Waza	Foot Techniques
Atemi-Waza	Attack to Vitals
Chudan	Middle Level
Chusoku	Ball of the Foot
Dan	Degree
Dojo	Training Hall
Empi	Elbow
Gedan	Lower level
Gi	Uniform
Hajime	Begin
Hidari	Left
Hiza	Knee
Ibuki	Breathing Techniques
Jodan	Upper Level
Jutsu	Art of Combat
Kakato	Heel
Kara	Empty
Karateka	Practitioner of Karate
Kata	Pre-Arranged Forms
Kento	Knuckle
Kiai	Shout of Spirit
Kimi	Focus
Kote	Forearm
Kumite	Sparring
Kyotsuke	Attention
Kyu	Class Rank
Mate	Stop
Mawate	180 Degrees
Migi	Right
Nage-Waza	Throwing Techniques
Obi	Belt
Rei	Respect
Sensei	Teacher
Shitagi	Trousers
Tai Sabaki	Body Movements
Tamashiwari	Breaking
Te	Hand
Tekubi	Wrist
Ude	Arm
Uwagi	Jacket

Dachi/Stance

Yoi-Dachi	Ready Stance
Kiba-Dachi	Horse Stance
Zenkutsu-Dachi	Forward Leaning Stance
Shiko-Dachi	Sumo Stance
Kokutsu-Dachi	Back Leaning Stance
Neko-Dobi-Ashi	Cat's Paw Stance
Hachiji-Dachi	Waiting Stance
Gyaku-Zenkutsu-Dachi	Reverse Forward Leaning stance
Kumite-Dachi	Sparring Stance
Sanchin Dachi	Hour Glass Stance

Uke/Defense

Jodan-Uke	Upper Level Block
Gedan-Barai	Lower Level Sweep
Chudan-Uke	Middle Level Block
Uchi-Uke	Inside Block
Te-Soto-Uke	Knife Hand Block
Juji-Uke	Cross Block
Mawashi-Uke	Circular Block
Kage-Uke	Shadow Block
Age-Uke	Thrusting Block
Uke Undo	Blocking exercise
Mawashi Uke Undo	Circular Blocking Exercise
Uchi-Soto Undo	Inside/Outside Drill

Tewaza/Hand Techniques

Gyaku-Tsuki	Reverse Thrust
Oie-Tsuki	Lunge Punch
Uraken	Backfist
Haito	Ridge Hand
Tettsui	Hammer Fist
Agetsuki	Upper Cut
Nukite	Spearhand
Shotei	Palm Heel
Shuto	Knife Hand
Tegatana	Hand Sword
Mawashi-Tsuki	Round House Punch
Empi-Uchi	Elbow Strike

Keri/Kicking Techniques

Kin-Geri	Groin Kick
Mae-Geri	Front Kick
Yoko-Geri	Sidekick
Mawashi-Geri	Round House Kick
Ushiro-Geri	Back Kick
Kakato-Geri	Heel Kick
Mikkatsuki-Geri	Crescent Kick
Hiza-Geri	Knee Kick
Tobi-Geri	Jump Kick
Kekomi Geri	Thrusting Kick
Keage Geri	Snap Kick
Ura Geri	Spin Kick
Kakato Otoshi Geri	Axe Kick

Ukemi/ Breakfalls

Mae-Ukemi	Forward Breakfall
Yoko Ukemi	Sideways Breakfall
Ushiro-Ukemi	Backwards Breakfall
Kaiteri-Ukemi	Rolling Breakfall
Yoko Kaiteri Ukemi	Sideways Rolling Breakfall
Ushiro Kaiter Ukemi	Backward Rolling Breakfall

Method Of Counting

Ichi	1
Ni	2
San	3
Shi	4
Go	5
Rokyu	6
Shichi	7
Hachi	8
Ku	9
Ju	10
Ju-ichi	11
Ju-Ni	12
Ju-San	13
Ju-Shi	14
Ju-Go	15
Ju-Rokyu	16
Ju-Shichi	17
Ju-Hachi	18
Ju-Ku	19
Ni-Ju	
.....ETC	
San-Ju	30
San-Ju-Ichi	31
Hyaku	100

Rules and Regulations

Dress and Appearance

1. Proper uniforms(gi) are encouraged as attire for class.
2. All uniforms are to be kept CLEAN and in GOOD REPAIR.
3. A protective cup is required for all male students.
4. No jewelry is to be worn during class.
5. Long hair must be tied back.
6. Fingernails and toenails are to be kept trimmed.
7. The only thing allowed on the uniform (gi) is the approved class patch. All other marks or identifying tags must be removed from the uniform. If there is any questions about what's allowed on the uniform (gi) please feel free to ask.

Student Conduct

1. Respect and discipline are to be maintained at all times.
2. Students should be mindful of the premises and equipment. Keep the premises and the equipment clean and in good repair.
3. No talking during class.
4. If you arrive late to class, report to the instructor before joining class.
5. If a class is in session and you need to leave, report to the instructor as well.
6. You should arrive no more than 15 mins. before class unless other arrangements have been made with the instructor.
7. No horseplay in the dojo.
8. No foul language.
9. Do not bring food or drink into the training area of the dojo.
10. During the school year, passing grades are required and report cards must be shown to the instructor.

Visitor/Parent Conduct

1. Loud talking is not permitted during class.
2. Do not drop your child off more than 15 mins. before class.
3. Pick up your child immediately after class.
4. Small children are not allowed to roam freely. Remember, this is a martial arts school.
5. No food is permitted in the training area of the dojo.
6. There should be no interference from anyone during class unless requested by the instructor.
7. Please turn all cell phones to silent mode, vibrate, or off during class.

Additional Requirements

1. All fees must be paid during the first week attended every month. A late fee of \$5 will be assessed after the first week attended. If you have a financial hardship, see Sensei Smith to discuss your options
2. Classes do not roll over into the next month. If a student doesn't attend class for any reason, please try to make it up by coming on another night or possibly attending multiple classes in one day.
3. Waivers are required for all participation.
4. Alcohol and/or drug abuse will not be tolerated.
5. At any time, the instructor may expel any Jukido Kai student from class for conduct unbecoming of a student.
6. It may be necessary from time to time for a student to pay for a single class. A \$12 fee is required for a single class. (Zanesfield)

Refund Policy-Zanesfield Location

A fifty percent refund will be given prior to the first scheduled class after registration. No refund will be issued after your first scheduled class, whether class was attended or not. This refund policy also applies in the event of an expulsion or private instructor registration.

All fees are non-transferable, even between family members.

Quarterly Payment Option-Zanesfield Location

We offer a discount of \$10 on enrollment fees to those who are willing to commit to 3 months at a time. The quarters are set asDiscounts can only be applied if a student's account is up to date.

1st quarter = Jan, Feb, Mar

2nd quarter = Apr, May, June

3rd quarter = July, Aug, Sept

4th quarter = Oct, Nov, Dec

Family Discount-Zanesfield Location

We love for family members to get fit and learn together. The Center for Traditional Martial Arts offers a \$5 discount per person, per class enrolled in for members who reside in the same household. This applies to most classes available. Example: 2 students in the same household-Both get a \$5 discount as long as their account is up to date.

Promotion Fees

From time to time a student will be ready for promotion to a higher rank. When your Sensei feels that a student is ready his/her name will appear on a promotion list which is located in the "Testing" section on our website. When the student or the student's parent feels they are ready to test you pay the promotion fee which in turn will allow Sensei to begin the testing process anytime thereafter. Please see Sensei for a list of promotion fees.

Snow Day/Cancellations

Occasionally, classes may be cancelled due to inclement weather. If Bellefontaine City Schools cancel DUE TO SNOW AND/OR ICE, classes will also be cancelled. If you have any questions as to a class being cancelled, visit www.cftmartialarts.com. The cancellation will be listed on the top of the Main Page. It can also be heard on 98.3 wpko. If your email is up to date you will receive one via email. You may also text Sensei Smith at (937)539-6751 or email him at jukidowarrior@yahoo.com.