

## Welcome to Wake Forest Christian Karate & Kobudo!

I am so glad that you have chosen to come learn with us. My name is Nathan Brown. I am a 6<sup>th</sup> degree black belt and have studied karate for over 20 years. The purpose of this letter is to introduce you to our style of karate and hopefully answer a few questions you might have as you begin.

**1. What is Okinawan Shorin Ryu Karate?** Okinawan Matsumura Shorin Ryu Karate was originally developed on the island of Okinawa as a means of self-defense during the 17<sup>th</sup> century. Because all weapons had been banned on the island, they developed an “open-handed” technique of fighting, using their bodies and simple farming tools as “weapons.” This is a traditional style of karate and does not focus primarily on tournament fighting, but rather on practical fighting skills and self-defense.

**2. What can I expect to gain from studying karate with you?** Aside from the obvious physical benefits such as increased strength, endurance, flexibility, balance, and coordination, one can also expect to gain a sense of self-confidence. Karate also stresses the importance of self-discipline, respect, hard work, and humility. Because I consider this a ministry, it is my goal to not only help you or your child to grow physically and mentally, but also spiritually. That is why we incorporate prayer time and a short Bible Study into our classes as well.

**3. How does the ranking system work?** Students are ranked based on their knowledge, hard work, attitude, and level of skill. All students begin at white belt (10<sup>th</sup>kyu) and progress through a series of promotions with corresponding belt colors and stripes. Each style and dojo has their own order of belt color that corresponds to rank. In ours, the order is as follows: white belt, purple belt, green belt, brown belt, black belt. Stripes are also added to belts for some promotions. (For example, a person who is a purple belt with one stripe outranks a person with a purple belt and no stripes). Each student is working against him/herself, to continually learn and improve, and not against anyone else. The rate at which a person progresses in rank is completely individualized, but usually depends on how much effort he/she puts into it (remember, practice makes *better*). We do not have “test nights” to see if students are ready to be promoted. Instead, we are testing you/your child during every class and hard work does not go unnoticed.

**4. What costs can I expect to pay?** Monthly tuition is \$35/month. Tuition is paid the first class of the month (unless other arrangements are made) and you can pay with either cash or check. Checks can be made out to **Nathan Brown**. Students will want to purchase a gi (uniform), which costs \$20 (size 00-2) or \$25 (size 3-6). A set of patches for one gi costs \$10, but are not required.

Many dojos require a test fee in order to be tested and promoted, whether you pass or not. I do not. The only fee required is a small promotion fee. In the adult class, as you progress in rank, there will also be weapons to purchase. I have tried to keep expenses as low as possible, but I realize that even this might be a hardship to some. If you need to arrange a payment plan, please feel free to talk to me. The form on the following page contains more detailed information on class expenses. If you have additional questions, you are welcome to visit with myself, Richard Schneck, or Jennifer Leonard.

**5. Where are the class locations and schedule?** We offer Monday classes at Richland Creek Community Church in Wake Forest and Clydes Chapel Baptist in Wendell. We also offer Thursday classes at Wake Cross Roads Baptist Church in Raleigh. Students are encouraged to attend **any or all** of these classes if time permits. The schedule is the same for all nights and locations: the children’s class (ages 6-10) is from 6-7pm, and the adult’s class (ages 11 and up) is from 7-9 pm.

**6. It is important that you practice at home and stay up-to-date!** Please visit our website at [ChristianKarate.biz](http://ChristianKarate.biz) to download training aids for you or your child among other things. You can also find our [YouTube channel](#) from there, which has great videos such as: the 25 basics, Japanese vocabulary, how to tie your gi and belt, and Katas. Also, don’t forget to join the [Facebook group](#) for class updates!

If you have any additional questions or concerns, please feel free to e-mail me at [nbrown@christiankarate.biz](mailto:nbrown@christiankarate.biz).

Thank you for being a part of our class. I hope you enjoy your time with us!

Sincerely,  
Shihan Brown

## Wake Forest Christian Karate and Kobudo – Explanation of Costs

Following is an explanation of the costs associated with participation in this class. To help ensure that your payment for karate expenses is properly credited, please use the payment envelopes which will be provided. *Please make checks payable to **Nathan Brown**, and submit payment to one of my assistants (Jennifer or Richard).* Thank you! – Shihan Brown

### Wake Forest Christian Karate & Kobudo – Class Expenses

#### Monthly Tuition:

- \$35/month. Students are encouraged to attend both Monday and Thursday Classes if possible.

#### Private Lessons:

- \$25 for a 1-hour lesson, or \$15 for a 30-minute lesson. If you would like to share an hour lesson with a fellow student, it is \$20 per person.

#### Promotion fees:

- 10<sup>th</sup>kyu (white belt, beginning student).....No charge
- 9<sup>th</sup>kyu, 9<sup>th</sup>kyuadv (stripe on white belt).....\$5
- 8<sup>th</sup>kyu (purple belt).....\$15 (includes \$5 for new belt)
- 8<sup>th</sup>kyu adv, 7<sup>th</sup>kyu, 7<sup>th</sup>kyu adv (stripe on purple belt).....\$10
- 6<sup>th</sup>kyu (green belt).....\$25 (includes \$5 for new belt)
- 5<sup>th</sup>kyu, 4<sup>th</sup>kyu (stripe on green belt).....\$20
- 3<sup>rd</sup>kyu (brown belt).....\$35 (includes \$5 for new belt)
- 2<sup>nd</sup>kyu, 1<sup>st</sup>kyu (stripe on brown belt).....\$30

#### Notes:

- Beginning students automatically attain the rank of 10<sup>th</sup>kyu. A white belt is included with each gi that is purchased. There is no promotion fee for this level.
- For each promotion that results in a new colored belt, a \$5 charge to cover the cost of the belt is included in the fee.
- Please see Sensei Nathan Brown for the purchase of gis, patches, and weapons. The cost of a gi is \$20 (size 0-2) or \$25 (size 3-6), and a set of patches costs \$10.
- Required Kobudo Weapons: \$20 Bo (Purple Belt), \$50 Sai (Green Belt).
- If you have financial difficulties, please discuss with Sensei Brown.

# Wake Forest Christian Karate & Kobudo

dba: Wake Forest Christian Karate & Kobudo

## INDEMNIFYING RELEASE, COVENANT NOT TO SUE, PERMISSION TO PHOTOGRAPH/USE PHOTOGRAPHS, FILM/USE MOTION FILMS AND CONSENT FOR TREATMENT

1. **RELEASE, COVENANT AND INDEMNITY:** In consideration for me or any child of mine under 18 years of age being allowed to participate in martial arts training and activities with either a nominal charge or no charge at Clydes Chapel Baptist Church and/or Richland Creek Community Church and/or Wake Cross Roads Baptist Church, or such alternate location as may be designated by an instructor (collectively "CCBC and/or RCCC and/or WCRBC"), I, for myself, and for any child of mine under 18 years of age, namely;

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(Name of each participant)

do hereby release, forever discharge, covenant not to sue, and agree to indemnify and hold harmless RCCC/WCRBC/CCBC, as well as any martial arts instructors and volunteers participating in such martial arts activities or training at CCBC/RCCC/WCRBC, including, but not limited to, Nathan A. Brown, and any agents or employees of CCBC/RCCC/WCRBC (Collectively "Released Parties"), from any and all loss, liability, damage, claims, expense, known and unknown, for any personal injury or death to me or any child of mine under 18 years of age, now or at any time in the future, caused, in whole or in part, directly or indirectly, by any of the Released Parties in the course of such martial arts activities or training or otherwise occurring while participating in or arising out of such activities or training.

2. **ASSUMPTION OF RISK:** I recognize that participation in martial arts activities or training is dangerous and may result in serious physical injury or death to the participant, and I, on my own behalf and on behalf of any child of mine under 18 years of age, hereby assume the risk of such physical injury or death.

3. **PERMISSION TO PHOTOGRAPH/USE PHOTOGRAPHS/FILM/USE MOTION FILMS:** I consent and authorize the Released Parties to photograph or film me, and any child of mine under 18 years of age, while participating in martial arts training and activities, and I consent to the publication and use of such photographs or films by the Released Parties on the church website, the Facebook group for this ministry, or other sites or locations at the discretion of the Released Parties.

4. **CONSENT TO MEDICAL TREATMENT:** Full consent is hereby granted to the Released Parties to obtain any emergency medical care for me or my child. In the event of an emergency, I authorize medical treatment to be obtained for me or any child of mine under 18 years of age, at my expense. I accept responsibility for providing medical insurance coverage for myself and my child(s) and waive the responsibility of the instructor, the class, and/or CCBC/RCCC/WCRBC to provide such. Treatment may include first aid or any necessary medical or hospital care deemed appropriate by the released parties or attending physicians. I understand all provisions of this indemnifying release and covenant not to sue apply to Released Parties obtaining necessary medical treatment for me or my child to the same extent as with regard to martial arts activities or training.

I have read this document, and I understand its content.

Adult Participant

OR

Parent or Guardian of Minor Participant(s)

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

**PLEASE PRINT, NO CURSIVE**

*Thank you.*

<b>Full Name of Student:</b>		<b>Birth date:</b>	
<b>Phone Number:</b>		<b>Email:</b>	
<b>Legal Guardian (if under 18):</b>		<b>L.G. Phone Number:</b>	
<b>Is there any medical information that the instructors should be aware of for either regular class times or in case of emergencies? (i.e.: asthma, allergies [food, bug, medical, etc.] heart conditions, etc.) If so, please list all relevant information.</b>			
<b>Emergency Contact 1 &amp; Relation</b>		<b>Emergency Contact 1 Phone #</b>	
<b>Emergency Contact 2 &amp; Relation</b>		<b>Emergency Contact 2 Phone #</b>	
<b>Primary Care Physician's Name:</b>		<b>Physician's Phone #</b>	
<b>Any other family members in the class? Who?</b>			
<b>Any other comments that you feel that the instructors of the class should be aware of:</b>			