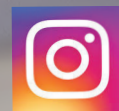


The Karate Dojo

Home to the Byakko Shotokan Karate Association

Ripon

Est:1995



Sensei Ady Gray 6th Dan

The Karate Dojo,
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NORTH YORKSHIRE'S PREMIER KARATE ACADEMY

Dear Karate-Ka / Parent

Welcome to the Byakko Shotokan Karate Association (BSKA). The BSKA aims to offer progressive karate training, based on constant improvement and refinement, comparable to the best available training in the UK. The BSKA routinely holds courses with some of the world's top instructors for the benefit of all its members.

With our passion and commitment for maintaining the highest standards of instruction, and with the correct individual dedication, we hope to inspire you to achieve the highest standard and understanding of Shotokan Karate.

Your club Chief Instructor is Sensei Ady Gray 6th Dan. Sensei Ady is the former coach to the England National team, taking them to compete in the world championships in Germany in 2014, Chief Instructor to the BSKA and National Kata Coach for WUKO-GB. He has been teaching in Ripon since 1995 and started his training over 35 years ago.

All BSKA instructors are qualified through the BSKA and all have enhanced DBS disclosure and insurance.

RECOMMENDED TRAINING

I strongly feel that doing at least two classes per week is essential for anyone who wants to make significant progress in karate. Most of our middle to higher grade students choose to do this. Students can increase the number of lessons they would like to attend at any given time.

The financial difference from 1 class per week to 2 classes per week is only an extra £17 per month. This works out at only £6.25 per 1 hour class rather than the 1 hour class per week price of £8.25. I feel that this is great value for money, compared to many other children's activity classes.



LICENSES

For insurance reasons, all licenses must be applied for after completing your two week free trial.

KARATE GIS (SUITS)

These can be ordered through your Instructor, at a cost of £25.00.

BEGINNER CLASS TIMES

Mondays, Tuesdays, Thursdays & Fridays
5.30pm - 6.30pm



WE'RE REGISTERED WITH



WORLD SHOTOKAN FEDERATION



**"The ultimate aim of Karate lies not in victory or defeat,
but in the perfection of the character of its participants."**
GICHIN FUNAKOSHI

Chief Instructor : Sensei Ady Gray

Sensei Ady Gray 6th Dan is the Chief Instructor of the Byakko Shotokan Karate Association (BSKA). Sensei Ady started teaching in Ripon over 20 years ago and the association has grown to become one of the only full time professional single style groups in the area.

My achievements to date:

- 1995 Established Byakko Shotokan Karate Association (BSKA)
- 2004 Awarded North Yorkshire's Sports coach of the year.
- 2010 Appointed Assistant Coach to the England National Team.
- 2011 Opened my first purpose built Dojo.
- 2014 Appointed England National Coach.
- 2016 Opened one of the UK's most outstanding purpose built, professional Dojo's, here in Ripon
- 2016 Appointed National Kata Coach for WUKO-GB
- 2017 Awarded 6th Dan by Sensei Dave Hazard 7th Dan
- 2017 Uk Coaching Children's Coach of the Year Finalist



Byakko Shotokan Karate Association (BSKA)

As well as Ripon, we have affiliated clubs in Thirsk, Boroughbridge, Southend, Chelmsford and Brentwood.

We have produced many Local, National, European and World competition medal winners and have produced regular England squad members who have competed at major championships for their country.

Away from the sport side of karate we have produced many outstanding black belts with the youngest being just 10years old, through to the more senior of students.

We have an excellent reputation and also have years of experience teaching children with additional needs.

The BSKA is affiliated to WUKO-GB (World United Karate Organisation for Great Britain)



SELF DEFENCE • DISCIPLINE • FITNESS • FUN

My journey from White to Black

Jake Hansen age 10

In My Own Words

When I was 5 years old I started karate in Tigers where it was just fun, but slowly and surely it gradually got harder. My first grading went very well but it was not easy. I went from white to red missing my tag. That grading I made the most of because sadly, I did not pass the next. I felt very disappointed. At that point I had to remember 3 main words in karate – **NEVER - GIVE - UP.**

I didn't, and I went on to achieve more success. I didn't give up because my family, friends and Sensei pushed me on. When I was a red belt I went to my first competition, it was fun and nerve-wracking at the same time, but mostly nerve-wracking. Once I had done one it was all right and I encourage everyone to try competition, once you've done a few of them they are very fun.





Jake's story



After Dublin, I focussed on training for my Black Belt and eventually the time came for me to grade. Before the grading I was that nervous my whole body was shaking. I did the grading and it was torture. It was torture because Sensei Dave Hazard pushed all of us to our absolute limits and even more. I was so relieved when I found out that I had passed.

This is my story from white to black – hopefully one day you'll have one as well.
And remember.....

NEVER – GIVE – UP

Jake.

After this I did quite a few more competitions, then I graded from Red to Orange, Orange to Yellow, Yellow to Green, and Green to Purple.

When I was a Purple belt I went to Albania for my first International Competition I was 8 years old. It was fun and entertaining but the sports hall was nothing like I was expecting. I got a bronze medal. On the last day we all went shopping in a big shopping centre.

I carried on doing competitions with my friend and pair's kata partner Ethan. Along the way I graded all the way through the rest of my belts to brown/2 white stripes.

My last competition before I decided to focus on my black belt was in Dublin this year June 2016 where I competed against other people from around the globe.



QUESTIONS & ANSWERS

I hope that you find the following information helpful in answering any questions you may have. If you have anything else that you would like to know then please contact me.

Q: How will I learn karate?

- New students to the class learn in a 'copying' fashion. Tuition is not done on a one to one basis but students will pick up the techniques given time. It may seem you are out of your depth at times but this technique is proven and works.
- Class sizes may seem big and you will notice several students with a much higher grade in the class. They are a positive influence on students as the lower grades see how things should be done and pick up the correct stances and techniques using the copying method.
- All classes are taught to the standard of the relevant belt colour appropriate to the lesson and not above. Higher grades may be in the lesson as they want to improve their technique.
- Classes are taught to a belt level and not split by age. Several older students may well be in the class as the same level as you.

Q: How and when can I expect to grade?

- Gradings are carried out approximately every 3-4 months, you will only grade if you are at the required level. Students who train twice a week should expect to grade regularly as you will pick it up faster.
- Gradings are done by the student performing a set syllabus, you will be taught this prior to the grading. Students are taught karate not just a syllabus.

Q: What are the extra courses and do I need to attend?

- Kata training course - held before the grading to ensure all students are at the highest possible standard they can be. Students must attend the course to grade. Cost £6.00
- Guest courses - The BKSA is very fortunate to have master classes from Sensei Dave Hazard and other leading Karate instructors. These courses are put on for the benefit of all students, regardless of grade. I strongly encourage students to attend because they have the opportunity to train with the karate world's version of David Beckham!

Q: Where can I purchase a Gi (karate suit)?

- The standard Gi can be purchased from the club at a cost of £25.00. These Gi's are of a high standard and quality.
- You can purchase Gi's online or in other retail stores and are welcome to do so.

Q: Can the classes be watched?

- I do not allow spectators in the Dojo as it causes a distraction and lack of focus for the students which can therefore, be dangerous.
- Please ensure that if you are the waiting area, that noise is kept to a minimum and small children are kept away from the Dojo door.

Q: Where can we find up to date information regarding the club's activities, courses, grading & classes etc?

- Please visit the club website: www.byakko.co.uk
- Regular email and text updates
- Handouts in class
- Follow us on Facebook: www.facebook.com/byakko.bska
- Youtube: [byakko karate](#)

DOJO RULES

- Good etiquette (behaviour) is essential at all times.
- Always bow and say “oss” when entering or leaving the Dojo.
- Karate-ka must make an effort to always be on time. If the karate-ka is late and the class has already started, they must kneel down at the front of the class until the instructor invites them to join in.
- Personal hygiene (cleanliness) is essential. Finger and toe nails should be clipped short.
- Karate-ka must keep their Gi clean at all times and fitted correctly.
- Eating, smoking or chewing gum is forbidden in the Dojo.
- Jewellery must not be worn. If the item cannot be removed it must be covered.
- In the Dojo always address the instructors as ‘Sensei’.
- When the Sensei gives a karate-ka a command, they must respond with ‘oss’, which shows they understand the instructions they have been given.
- In the Dojo, karate is the only concern. Talking during class, not paying attention to the Sensei or practising anything else is disrespectful.
- Karate-ka should always line up in grade order. If a fellow karate-ka is the same grade then (if possible) line up in the order of the date graded and then eldest first.
- Karate-ka must turn away from the front of the class to adjust their Gi.
- Karate-ka must not leave the lesson without asking their instructor. If a karate-ka does need to leave the lesson they must raise their hand, until the Sensei instructs them to leave. Upon their return the karate-ka must again kneel at the front of the class and wait for their instructor to invite them to re-join the lesson.
- When ‘Yamae’ is called, all students must stop immediately.
- When you pair up with a fellow karate-ka greet them by bowing and saying “oss”. When you leave them again bow and say “oss”. These are ways of thanking them for the opportunity they have given you to work and train with them.
- No Kumite without the Sensei’s permission.
- Do not use the equipment without the Sensei’s permission.
- Karate-ka must not show anyone who is not a club member any karate techniques or demonstrate karate in public.

The Karate Dojo Ripon is home to the Byakko Shotokan Karate Association. The club offers progressive karate training, based on continual improvement and refinement. Training here is comparable to the best available training in the UK. We routinely hold courses with some of the world’s top instructors for the benefit of all its members.

With our passion and commitment for maintaining the highest standards of instruction, and with the correct individual dedication we hope to inspire you to achieve the highest standards and understanding of Shotokan Karate.

We look forward to welcoming you to our friendly Dojo here in Ripon and offering you the benefits of training in one of the UK’s most outstanding clubs, with our team of top instructors.



The Karate Dojo

Ripon

Home to the Byakko Shotokan Karate Association

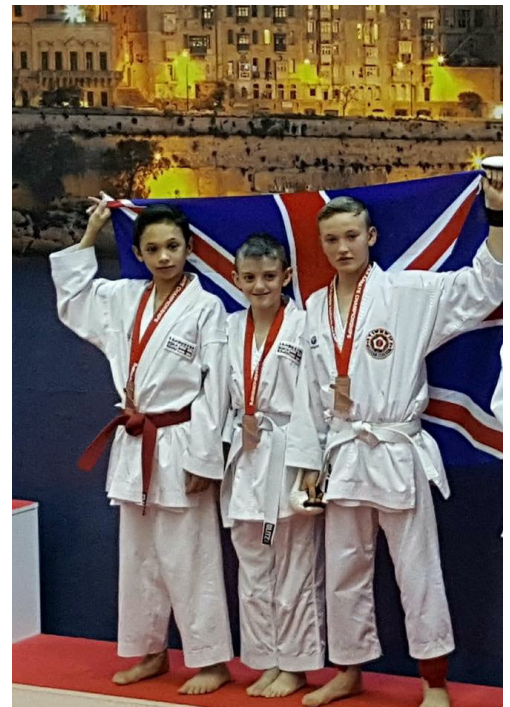
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