



# Bærum Shotokan Karate

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Information about the club  
to new members and parents / guardians  
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## 1. Introduction – A Word from the Head Coach

Dear Members and Parents / Guardians,

Welcome to Bærum Shotokan Karateklubb. We have prepared this information document to share insights about our sport and club. We hope you will enjoy both the training and social aspects with us. Our club, founded in 2015, may be relatively young, but our founders and trainers have been involved in karate for a long time, reflecting the beauty of karate as a lifelong pursuit suitable for all ages. It's never too late to start karate.

At Bærum Shotokan Karateklubb, we offer training for all levels and age groups. Our schedule reflects this diversity, and we aim to ensure everyone benefits from each session. To progress in grades, one must follow a curriculum, with each grade and required skills precisely defined. Regular attendance is crucial to learn and practice the skills for the next grading.

We are a member of the Japan Karate Association (JKA), ensuring all clubs practice Shotokan karate correctly. Karate is not just physical training; it's a philosophy and an art form.

Most of the instructors in the club are adults with extensive experience in karate. Some have practiced karate their entire lives, while others have picked it up again in adulthood. We have also introduced a special program for youth coaches. It's important to keep the youth in the club and provide them with opportunities to further develop and share the experience they have gained over many years in the club. Most of the instructors have black belts, ranging from 1st to 6th Dan. The training program follows a set curriculum to achieve the various gradings. Therefore, it is very important to attend training every week to learn and practice everything needed for the next grading.

Karate training requires discipline and safety. It might feel strict compared to other activities, but it's necessary due to the nature of self-defence techniques and the required concentration. We believe karate's combination of physical and mental aspects makes it an ideal activity and a haven in a world full of expectations, noise, and stress.

Sincerely,  
Anicken Cornell  
Head Coach / Sensei

## 2. About the Club and Style

### 2.1. Bærum Shotokan Karateklubb

Bærum Shotokan Karateklubb was founded in 2015 with the ambition to create a broad range of high-quality offerings and a great club culture. We are now close to 150 members and aim to grow further. A long-term goal for the club has been to secure larger training facilities to enable growth and training for everyone at one location. This became a reality in August 2020 when we moved into new training facilities in Gjønneshallen in Bekkestua.

The club is run on a voluntary and non-profit basis. The formal bodies of the club are the annual meeting, the board, as well as the head coach, assistant head coach, and trainers. The club is a member of the Norwegian Sports Federation (Norges Idrettsforbund), the Martial Arts Federation (Norges Kampsportforbund), and the Japan Karate Association (JKA).

### 2.2. Communication with Members

The club uses the following channels to communicate with members:

#### **Spond App and Spond Club:**

The Spond mobile application was established from September 2020 for registration to all training sessions. All members will receive an invitation to Spond. We ask everyone to accept this and create a user. Registration for training sessions will occur in Spond, and each active member will receive an invitation directly or via guardians according to belt grade and schedule. We encourage everyone to respond quickly to the Spond invitations sent out three days before each training session, as this provides a good overview for the trainers.

From August 2021, the Spond training fee will be sent out via Spond and can be paid there with a credit card.

Spond will also be used for information to members regarding training, etc. You will find this under Posts or Messages.

#### **Club's Website: ([www.baerumkarate.no](http://www.baerumkarate.no))**

Here you will find information about the club, training schedule, calendar, links to karate curriculum, ordering of club apparel, etc.

**Facebook**

The club has two pages, an official one and a closed group for members. We encourage all members to join the closed FB group: [Bærum Shotokan Karateklubb – klubbinfo](#).

Facebook is a quick way to communicate, and we are not dependent on mailing lists. Here we can post brief messages, create and inform about events, possibly carpooling to events, inspirational videos, pictures from competitions and training, etc.

If you wish to contact the club's board or trainers, the club has the following email address: *admin@baerumkarate.no*.

## 3. About the Shotokan Karate Style

### 3.1. Shotokan Karate

Shotokan is one of the largest styles within karate. It is particularly characterized by its deep stances and strong, linear techniques. The main idea behind the techniques and movements is that the shortest and fastest way from one point to another is a straight line.

This style of karate was developed by Master Gichin Funakoshi (1868-1957) and his son Yoshitaka. Shotokan eventually became the name of the style carried on by Funakoshi's students.

### 3.2. The Philosophy of Karate

"Dojo kun" consists of five fundamental sentences by Funakoshi that describe the philosophy of karate. In daily practice, these sentences are the foundation of the training hall's, or dojo's, etiquette and regulations. Funakoshi believed that for the true karateka, "dojo kun" would not only be a set of rules for behavior in the dojo but also a guide for everyday life.

"Dojo kun" is read aloud collectively after training:

Hitotsu! Jinkaku Kansei ni Tsutomuru Koto! Strive for the perfection of character!

Hitotsu! Makoto No Michi O Mamoru Koto! Be sincere!

Hitotsu! Doryoku No Seishin O Yashinau Koto! Cultivate the spirit of effort!

Hitotsu! Reigi O Omonzuru Koto! Respect others!

Hitotsu! Kekki No Yu O Imashimuru Koto! Refrain from violent behavior!

There is an app named "Dojo Kun" which you can download to practice the pronunciation of these five fundamental sentences.

### 3.3. Terms and Expressions

Japanese words and expressions are used during training. The club has prepared a brief overview available on the club's website: [www.baerumkarate.no/karateleksikon](http://www.baerumkarate.no/karateleksikon).

## 4. General Membership Terms of the Club

The main content of this chapter can also be read on the club's website: [www.baerumkarate.no/medlemsvilkar](http://www.baerumkarate.no/medlemsvilkar). It's important that all club members (parents/guardians) familiarize themselves with these general terms.

### 4.1. General Terms

The first few training sessions at the club are free for everyone. Special emphasis is placed on allowing children to try out before deciding on membership. By completing the registration in Spond, one accepts the club's general membership terms. The general terms of the club are as follows:

The membership fee is to be paid annually and is invoiced in full in January. For beginners in the second half of the year, the membership fee is invoiced upon joining. The training fee is to be paid semi-annually in advance. Both membership and training fees are invoiced via the club's membership and billing system, Spond Club.

Membership and training fees are invoiced together.

- The first half of the year (January-June) is invoiced in January and includes both membership and training fees.
- The second half of the year (July-December) is invoiced in August and includes only the training fee. For new members in the second half of the year, the membership fee is also invoiced.
- Membership dues and training fees are non-refundable.
- Members are obligated to follow the safety instructions given by the club and the training rules applicable in the club.
- Members are responsible for being fit to use the club's training offerings.
- The opportunity for a member to grade is decided by the club's instructors, depending on the member's progress.
- Misuse of martial arts can lead to expulsion from the club.
- Membership is personal and cannot be transferred to others.
- The club reserves the right to remain closed on Sundays and holidays, and to offer limited services during holidays and when access to school gyms, etc., is restricted.
- The club reserves the right to change opening and training times.

### 4.2. Membership Fee

The membership fee is set by the annual meeting and includes accident insurance premium and membership pass through the Norwegian Martial Arts Federation and JKA. The membership fee is in addition to the training fee. In our club, the membership fee is invoiced once a year along with the training fee. The membership fee must be paid to participate in training sessions. The main reason for this is, of course, the accident insurance that applies to every active member training in the club.

#### 4.3. Training Fee

The training fee is divided into two semi-annual invoices and is paid in advance according to the club's membership terms, see point 4.1. The club is based on the volunteer efforts of parents, and the billing and payments are organized to make the administration and work for the club as efficient as possible.

#### 4.4. Termination of Membership

Upon registration, a membership contract for half a year (January-June or July-December) is entered into. The contract is automatically renewed for the next half-year unless a valid cancellation is received. Paid membership fees and training fees are non-refundable, see the club's membership terms point 4.1. The following cancellation deadlines apply:

- Deadline May 31st: Cancellation in the first half of the year affecting the following second half of the year must be received by May 31st.
- Deadline November 30th: Cancellation in the second half of the year affecting the following first half of the year must be received by November 30th.
- The club notes that the membership fee and training fee are set according to an annual budget and, like most sports clubs, we have a non-profit purpose. Sports clubs typically do not have large reserves, so it's important to adhere to the club's cancellation rules so that the board has the opportunity to adjust costs continuously according to the current membership base.

#### 4.5. Payment for Gasshuku and Gradings

Members receive an invoice for gasshuku and gradings electronically in Spond and are obliged to pay these on time. Members who do not pay in time will be denied both participation and grading.

#### 4.6. Illness

If a member becomes long-term sick or injured during the contract period, please contact the club's administration via email: [admin@baerumkarate.no](mailto:admin@baerumkarate.no)

#### 4.7. General about Payments

We encourage all our members to pay within the payment deadline as this eases the club's administration. In case of late payment, the club will send out one reminder. If this is not paid, the member will be denied access to the training sessions. Delayed payments may also incur interest according to the law on interest for late payment.

All questions regarding payment should be directed to the club:

[admin@baerumkarate.no](mailto:admin@baerumkarate.no)



## 5. Training

### 5.1. Training Location

The club has a training location (dojo) in Gjønneshallen, on the 2nd floor. The address is Gjønneshallen 20, 1357 Bekkestua. There are good parking options, some places outside the hall and many places at Gjønneshallen T-bane station, which is located right next to Gjønneshallen.

### 5.2. Training Times

The training times are available on the club's website at [www.baerumkarate.no](http://www.baerumkarate.no) under the "Schedule" tab. The training groups one follows depend on age and belt grade.

### 5.3. The Training

Training is typically divided into three sections:

Kihon – basic techniques

Kumite – sparring/fighting

Kata – a pattern or system of techniques

The level of exercises is adapted to the experience of the practitioners (belt grade and age), and the training groups are divided to best accommodate this. Training follows the curriculum for each belt grade, meaning it is important to attend training every week to cover the curriculum required for grading at each belt level. A link to the grading curriculum is on the club's website under the "[Club/Syllabus](#)" tab. There is a red button/link to the Curriculum Overview at <https://www.baerumkarate.no/graderingspensum>, which leads to JKA Norway's website.

To improve (grade), one must train well and consistently. For everyone except the youngest, this means training 2-3 times per week to achieve the progression indicated as "standard" between belt grades. Of course, it might be that one cannot train quite as often. If that's the case, the practitioner should understand that it may take a bit longer to grade. See point 6 for more information on grading.

### 5.4. Instructors

The club has a head coach and several other instructors. Most of the instructors are adult, experienced instructors with black belts from 1st to 6th Dan. None of these have instruction as their main job but do this because they are passionate about karate and our club. The head coach is responsible for the training program and ensuring that the instructors have the necessary qualifications.

The club has also introduced a special program for youth coaches. It is important to retain the youth in the club and provide them with opportunities that enable them to further develop and share the experience they have gained over many years in the club.

### 5.5. Discipline and Safety

We emphasize good discipline and order during training. This is because we are involved in martial arts (punches and kicks). Therefore, for learning as well as personal and others' safety, it is important that training is conducted in a disciplined manner. It is expected that everyone arrives on time, listens during instruction, does not disturb others' learning, and genuinely wants to train in karate and make progress.

Many may find our sport to be more focused on this than other types of sports, but when we all adhere to this, the training and environment become better for everyone. Practitioners who do not want to adhere to our common rules may be asked to leave the training. We, of course, hope this does not happen to anyone who has chosen to come to training.

## 6. Grading

### 6.1. Belt System

As most know, karate has a belt grading system. The colour of the belt indicates that a practitioner has passed a grading (test) for the expected skills. There are clearly defined requirements for what the practitioner should know. See the link to the curriculum on JKA Norway's pages under point 5.3.

The journey to a black belt requires serious training effort - it takes at least 5 years to get there. Many take much longer. It is quite common to fail, and it becomes increasingly difficult to earn new belts, but nothing valuable is easy to achieve!

For practitioners under 7 years old, the club operates with "junior grades". At the first grading after turning 7 years old, the instructor will inform when the practitioner is ready to advance to the first regular grade.

For practitioners moving from one age class to another (e.g., from mini to junior or from junior to senior), the instructor will make an individual assessment whether the practitioner is technically skilled and mature enough to participate in a new group.

### 6.2. Practical Execution of Grading

A grading consists of a 10 – 15 minute review of kihon, kata, and kumite. The practitioner will then demonstrate these techniques in front of a panel of judges. If you are a parent of one of our youngest practitioners, it might be wise to get an explanation from the instructor about what is specifically expected of your child for the next grading. This makes it easier to "coach"/motivate at home.

After grading, the practitioner will be informed whether they have passed and receive a diploma and a new belt. The practitioner's "karate passport" will also be updated with the new belt grade. The club keeps and updates the "karate passport", but we ask everyone to submit a passport photo of themselves to be attached in the passport.

### 6.3. When is Grading?

Grading for colored belts (i.e., not black) usually occurs twice a year (Christmas and summer) and typically in connection with a training camp organized by the club. Dates for grading are announced well in advance on the club's closed FB page and on the website under the ["Club/Annual Calendar" tab](#). Participation in the camp is a prerequisite for grading. Grading is only allowed within the club unless otherwise approved by an instructor.

### 6.4. Pre-Grading

For most practitioners (all children and youth), a pre-grading will be conducted before the actual grading. The purpose is to assess whether the practitioner has the necessary knowledge to grade. If not, the trainer will inform the practitioner that more time is needed before grading. This can be tough for the younger ones, so it is important that the club and parents work together. If everyone understands how the system works from

day one, it is easier to put in enough effort consistently and thus be quite sure that the development will come as expected.

### 6.5. Important Summary and Clarification about Grading

At each grading, a total assessment of the practitioner's performance will be given to describe the level of the practitioner at the grade they are grading to. For Dan grading, there are specific criteria. At each grading, the practitioner's skills in kihon, kata, and kumite will be tested. A grading is an examination where practitioners should be able to demonstrate that they fully master the techniques defined for the grades they are attempting to achieve. See the link to the grading curriculum under point 5.3.

What the judges are looking for:

- That the practitioner knows and can demonstrate the techniques they are asked to perform.
- That the techniques are performed with satisfactory technical quality.
- That the practitioner is mentally present and shows "fighting spirit".
- It becomes progressively more challenging to pass the grading as the curriculum becomes more extensive and demanding for each grading. This implies that the amount of training must be increased accordingly. It is therefore not unusual to receive a "not passed" for grading, or even not being allowed to grade. This can happen for both senior and junior practitioners. Remember, one of the sentences in the dojo-kun is "be perseverant" and work hard until the next grading. It's important for parents of younger practitioners to help with expectation management around this.

Practitioners will have to go through a pre-grading to demonstrate that they have a good chance of performing at a sufficiently high level when it really matters. Practitioners who cannot demonstrate the curriculum well enough will be informed that they need to wait until the next grading.

If a practitioner is to have a progression with a new kyu grade every 6 months, it should be expected that the practitioner has attended at least 60% of all training sessions since the last grading to get enough training. Many practitioners at higher grades also train outside their own groups to get enough training volume.

We do not expect young practitioners to only train karate. Many engage in multiple sports, which is great. The only consequence of following 1-2 training sessions a week instead of 3-4 is that it might take 12 months instead of 6 months of training before one can grade to the next belt grade. That's perfectly okay, but then the expectations about grading should be adjusted accordingly.

Remember! Achieving a new grade should be challenging and require a lot of work. A grade without knowledge has no value!

## 7. Gasshuku- Training Camp

Gasshuku are important events during the karate year. Throughout the year, there are several regional gasshukus (see the calendar on the website) and the club has in recent years organized a regional gasshuku in Oslo just before the summer holidays and a larger training camp in the club just before Christmas. Gradings are often conducted in conjunction with a gasshuku/training camp, and it is expected that practitioners participate in this if they are to grade. Gasshukus organized by our club will be held either in our own location or in a larger hall such as Gjønneshallen or Bærum Sports Park.

The training camps consist of two training sessions on Saturday and Sunday (sometimes one or two sessions on Thursday and Friday) and often feature highly graded instructors from both Norway and abroad to contribute to educational sessions. Additionally, they serve as a great social arena for both young and old.

## 8. Competitions

The club encourages all graded practitioners to participate in competitions. We have a separate competition team for those who find competitions extra fun and want to commit. Everyone with motivation is welcome regardless of belt grade – after consultation with the head coach.

Currently, there are a couple of regional competitions that take place each year. In addition, there are several national competitions where the club eventually aims to make its mark. We also hope to initiate low-threshold competitions, such as club championships, even though there has been low interest in this so far.

JKA Norway follows the Norwegian Sports Federation's regulations for children regarding competitions, awards, and ranked result lists.

### 8.1. Competition Format

Karate has two competition forms: Kumite (fight) and Kata (pattern).

**Kata:** Practitioners perform series of technique combinations assembled in a pattern that simulates a combat situation. Kata is the heart of most karate systems and is considered the legacy from olden times.

**Kumite (fight):** A karate fight takes place between two opponents. They use various techniques against each other: strikes, kicks, and allowed throwing and sweeping techniques. The techniques should be strong, correctly executed, and controlled.

Competition in kumite is adapted to the practitioner's skill (belt grade) and age. It should not feel dangerous for anyone to step onto the mat. The youngest practitioners will find it like what they experience daily in the dojo (training hall).

## 9. Key Events During the Year

We encourage everyone to familiarize themselves with the calendar for the "karate year". You can find information on the club's website. Pay special attention to the dates for training camps, gradings, and competitions.

We send out information on Spond and the club's internal Facebook group.

The club follows the school holidays in Bærum. Beginner enrolment takes place twice a year – right after the summer holidays and at the beginning of January.

## 10. Contributions from Members/Parents

As a small and relatively newly established club, we rely on all members and parents to help drive the club forward. We have several smaller working groups with ongoing responsibilities (e.g., marketing, events, social). We also need volunteer help throughout the year and expect everyone to contribute. Volunteer lists will be prepared and sent out so that there is an even distribution of work among the parents throughout the year.

### 10.1. Club's Events that Require Volunteer Help

The times indicated are approximate. Final times will be communicated when the date is set. We try to maintain an updated calendar on the website. You can find the official calendar on JKA Norway's website: <https://jkanorway.no/jka/terminliste/>.

### Club Events and External Arrangements

#### Club Events

<b>Time (According to Schedule)</b>	<b>Event</b>	<b>Description</b>
According to schedule	JKA Open and JKA Cup	JKA Open: Competition for everyone from 13 years old with a brown belt. Kata and Kumite. JKA Cup: Competition for everyone from 8 years old with a yellow belt. Kata and Kumite.
June	Summer Gasshuku with grading, possibly an internal gasshuku	Invites other clubs to a training weekend. Grading on the last day.
December	Children's Gasshuku	Invites other clubs to a training weekend. Grading on the last day.

<b>Time (According to Schedule)</b>	<b>Event</b>	<b>Description</b>
December	Grading (including internal Gasshuku)	For the club's members.

### **External Events**

Throughout the year, there are external events that the club participates in. We have recently focused on participating in competitions in Bergen. It's fun for our practitioners to participate in larger competitions, and it's also a great opportunity to get to know each other better, both for the practitioners and the parents. The table shows a selection of competitions and gasshukus for spring 2023. The complete schedule can be found here: <https://jkanorway.no/jka/terminliste/>.