



QUESTIONS AND ANSWERS

Q: Why do people bow when they enter and leave the training area?

A: The bow is a symbol of respect in Asian cultures and is just like a western handshake.

Q: What should I/my child wear to the first few classes?

A: Once you register for a class, a uniform (gi) is required and will be given to you.

Q: How many classes per week should I attend?

A: We recommend two classes per week for one hour, or one class per week for one and one-half hours, plus a certain amount of practice time in between classes as the perfect level of training. This allows the student time to work on techniques between classes and become confident with them before new concepts are introduced.

Q: Will Karate make my child overly aggressive?

A: Karate students are actually more controlled because of their training. At Eastside Family Karate, children are taught that the martial arts are not to be used in aggression, but rather to defend oneself only in the most extreme situations. We teach conflict resolution and self-control so students will learn to keep their cool in stressful situations. Aggressive behavior is channeled to increase the child's self esteem, increase self-discipline, self-confidence, and build character.

Q: Will classes be safe? What are the chances of getting injured?

A: Injuries are very uncommon at Eastside Family Karate because a qualified Black Belt Instructor teaches and supervises each class with safety in mind. Protective gear is required while sparring to reduce the chance of injury even more.

Q: Is sparring required at Eastside Family Karate?

A: No, however, sparring is an important teaching/learning tool for karate-ka (karate students). Our sparring classes are optional. All students interested in sparring are required to wear the best protective equipment available on the market and are strictly supervised.

Q: How long will it take me to become reasonably proficient?

A: The time it takes to become proficient varies with each individual depending on the effort they put forth. Students are often amazed by their own ability and accomplishments in as little as six months

Q: What is kata?

A: Kata is a choreographed series of blocks, kicks and punches. The patterns are like dances that have been passed down from generation to generation. In kata students learn to challenge themselves and discover that their only enemy is self-doubt. By practicing proper basics, kata improves coordination, concentration and confidence.

Q: What is Bunkai?

A: Bunkai is moves from the Kata against someone, and done with a partner. They are used to explain how to use the moves from the Kata to defend yourself. Bunkai help you understand the Kata and it's hidden moves.

Q: How many belt colors are there and how will I attain these?

A: Colored belts are used to denote accomplishment and mastery of skill. The belt colors for students 14 and above are: white, gold, orange, blue, purple, green, green with black stripe, brown 3rd, brown 2nd, brown 1st and black.

The children's program is broken down into smaller sections of curriculum to help enhance the learning process. The children have a black stripe step between each belt color.

Tiny Tigers receive a white belt with a color stripe. The belt stripe colors are: white, gold, orange, blue, purple, green, brown and black.