

**DISCIPLINE.  
CONFIDENCE.  
SELF DEFENSE.**



## Welcome to the Idaho Falls Shoshin Ryu Dojo

Thank you for considering Shoshin Ryu! Enclosed is a welcome packet that will guide you through the structure and etiquette of class. Included in the packet is an explanation of what Shoshin Ryu is, the components of the martial art, schedule and location of classes, terminology, dojo etiquette, and other information to help make your experience a positive one.

As a student, we encourage you to ask questions or engage in discussions when you find yourself in need of guidance or clarification. Train at a pace that works with your schedule and your physicality. Whether you are here for exercise, the practice of self-defense, or for your personal well-being, Shoshin Ryu is here to help you achieve your goals. Our students have a diverse background and bring uniqueness that makes each class new and exciting. We will provide the structure and assistance for you to immerse yourself in our martial art, adapting your mind and training your body.

Enjoy the journey and most of all, have fun!

**Sensei Shane Stetz**  
Owner / Instructor

**<https://idahofalls.shoshinryu.org/>**

Last Update: 3-21-2021



**SHOSHIN RYU**  
— MARTIAL ARTS —

Idaho Falls Shoshin Ryu Martial Arts  
2873 14th N  
Idaho Falls, ID 83401

## Student Information

Please complete this form and submit it to **Sensei Shane Stetz**. This information will be used for registration, managing dues, and maintaining student information.

Name › \_\_\_\_\_ Age › \_\_\_\_\_

Guardian's Name (if under 18) › \_\_\_\_\_

Address › \_\_\_\_\_

\_\_\_\_\_  
City State Zip Code

Preferred Phone › \_\_\_\_\_ E-Mail › \_\_\_\_\_

Emergency Contact › \_\_\_\_\_

Emergency Contact Phone › \_\_\_\_\_

Physical Disabilities/Allergies/Health Conditions or Concerns › \_\_\_\_\_

Have You Ever Been Convicted of a Violent Crime? › ☐ Yes ☐ No

Reason for Enrolling (optional) › \_\_\_\_\_

School/Grade/Major (optional) › \_\_\_\_\_

Other Skills/Hobbies (optional) › \_\_\_\_\_

Occupation (optional) › \_\_\_\_\_

Prior Martial Arts Experience (optional) › ☐ Yes ☐ No \_\_\_\_\_



**LIABILITY WAIVER/ RELEASE AGREEMENT**

In consideration for being permitted to participate in any way in the martial arts program from Idaho Falls Shoshin Ryu Martial Arts Dojo, I hereby accept and sign the following waiver of liability.

I fully understand and acknowledge that:

1. Martial arts training is an activity that involves physical contact and that my participation might result in serious injury, including permanent disability or even death, and severe social and economic loss.
2. Such risk may be due to not only my own actions, but also the action, inaction or negligence of others, the regulations of participation, or the conditions of the premises, or of any of the equipment used.
3. There may be other risks not presently known or are not reasonably foreseeable at this time.

I accept and assume such risk and responsibility for the losses and or/damages following such injury, disability, or death, however caused and whether caused in whole or in part by the negligence of the Releases named below.

I hereby release, waive, discharge and covenant not to sue, Shane Stetz, the Idaho Falls Shoshin Ryu Dojo, its affiliated organizations and governing bodies, their officers, instructors and personnel, other members of the organizations, participants, supervisors, instructors, sponsoring organizations or their agents, and if applicable, owners and lessors of the premises from any and all liability to the undersigned, his or her heirs and next of kin for any and all claims, demands, losses and damages which may be sustained and suffered on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the relesees or otherwise.

I affirm that I am in good physical condition and mental health and I am aware that all activities, especially those regarding training in the martial arts, are entirely voluntary, and any member can at any time elect not to partake in any activity which he/she feels may involve element of risk or discomfort to his/her person.

To maintain a safe environment and health-conscientious training, I agree that I will observe all Dojo rules and safety guidelines and endeavor to use common sense always during my participation.

The terms of this agreement will serve as a release and indemnity agreement for my heirs, personal representative, and for all members of my family, including any minors.

I further state that I am eighteen (18) years of age or older and legally competent to sign this release, that I understand these terms are contractual and not mere recital, and that I have signed this document of my own free will. A parent or legal guardian must sign for all persons under eighteen (18) years of age.

I HAVE READ THIS LIABILITY WAIVER AND RELEASE AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE, OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

Participant's Name (Print): \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Participant's Signature: \_\_\_\_\_

**Parent/ Guardian Release:**

I am the parent or legal guardian of the minor \_\_\_\_\_, and I am signing this Waiver/Release on behalf of said minor.

Name (Print): \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_



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**Photo/Video Release**

On occasion the Idaho Falls Shoshin Ryu Martial Arts Dojo may use literature, photos and video to promote Shoshin Ryu Martial Arts to the public. I understand that I will not receive compensation in any form from the use of my photograph or my photographic likeness and recorded voice.

I hereby consent to the use of my name, photograph, photographic likeness, recorded voice and/or image in video that may appear in any publications, promotional posters, flyers, brochures, printed and electronic ads or electronic media, in addition to the Shoshin Ryu Martial Arts website.

Participant's Name (Print): \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

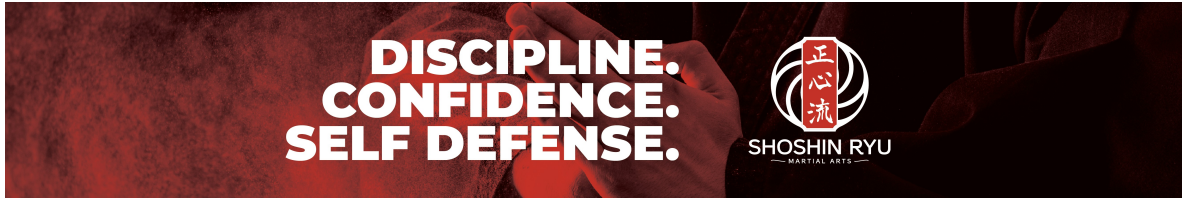
Participant's Signature: \_\_\_\_\_

**Parent/ Guardian Release:**

I am the parent or legal guardian of the minor \_\_\_\_\_, and I am signing this Waiver/Release on behalf of said minor.

Name (Print): \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_



### ◁ Idaho Falls Shoshin Ryu Dojo Fees ▷

Students may opt to pay on a month-by-month basis, or on a class-by-class basis. There are also rates for families of 3 or more. With instructor discretion, scholarships or fee waivers can be issued for monthly fees or for Nationals trips. If you feel you need assistance or have a question about alternative forms of payment, please speak with an instructor. Additionally, if you have paid for the month and were unable to attend due to work, a trip, or an illness, speak with the instructor about a prorated period or change of payment. We can make accommodations as necessary.

### ◁ Shoshin Ryu National Association Dues: \$60 ▷

National Association Dues are paid upon registration and yearly, due at the beginning of each year. These dues are forwarded to the organization's headquarters to support Shoshin Ryu and to maintain our affiliation with a national martial arts organization. They fund a quarterly Shoshin Ryu Journal (available to all participants), gi patches upon student promotion, and to reduce expenses for travelling instructors. The dues also covers all testing, certificates, and belts awarded during promotions.

### ◁ Fees and Dues Charges ▷

Payment is due by the 10<sup>th</sup> of each month.

The preferred payment method is through our online website located at

<https://idahofalls.shoshinryu.org/payment-center/>

*Cash and check are also accepted. Please make all checks out to "Shane Stetz" or "Idaho Falls Shoshin Ryu". If you have any questions about the monthly fees, national dues, or family plans, please contact Sensei.*

#### **Adults 14+:**

**Monthly Student Fee (two nights per week): \$ 80**

**Monthly Student Fee (one night per week): \$ 60**

**Per Class Fee: \$12/class (maximum of 2 classes per month)**

#### **Youth 7-13:**

**Monthly Student Fee (one night per week): \$ 37**

**Per Class Fee: \$12/class (maximum of 2 classes per month)**



## ◁ Dojo Etiquette ▷

- Bowing ›** The formality of bowing was adopted from traditional martial arts. While in the dojo, it is traditional to bow when entering the dojo door, when stepping on or off the mat, when beginning or ending work with a partner, and when you have finished receiving one-on-one instruction.
- Seiza ›**  
*\*kneeling* Students are expected to line up and sit in a kneeling position called seiza (*say-zah*) when class is beginning or ending. If physical limitations (*bad knees, prior knee surgery, etc.*) prevent this motion, it is acceptable to sit in a less formal position.
- Late for Class ›** If you are late to class, it is appropriate to sit in seiza at the edge of the mat, and wait for the instructor to bow to and invite you onto the mat. This ensures that the instructor is aware you have joined class, and you are able to enter the mat with safety in mind.
- Attire ›** Clean, loose-fitting clothes are recommended. They should be appropriate to show respect to the instructor and the class. Avoid clothing such as cut-off shorts or sweatshirts with torn sleeves. A gi or martial arts uniform is optional, but recommended.
- Hygiene ›** Students should attend to their hygiene through standard accepted practices such as bathing and washing training clothing regularly. Feet are almost always bare on the mat, so students should regularly attend to foot hygiene. Keep toenails and fingernails reasonably short and manicured for the safety of your partners.
- Accessories ›** Any type of earrings, watches, rings, necklaces, or other adornments should be removed. This will prevent injury to yourself and to others.
- Communication ›** Asking questions is encouraged. If you are in need of guidance or clarification, ask your instructor, or another student if the instructor is unavailable. When speaking with others in the class, remain focused and keep distracting conversation to a minimum.
- Cooperation ›** It is your responsibility to be mindful of the safety of yourself and your partner. If you have injuries or other concerns, be sure to let your partner know as you begin training. Tell your partner if you need to work a technique slower or easier in order to be safe.



**As with any school or class, be respectful and bring a good attitude.  
Make an effort to be on time and ready for practice. Have fun!**

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## ◁ Obtaining a Martial Arts Uniform ▷

### The Martial Arts Gi

For a new student, use of the martial arts uniform known as a gi (*gee*) is optional. However, it is recommended for regular students.

Wearing a gi provides protection during rolling, falling, and collar-grab techniques. It is made of tightly woven materials and is designed so it does not tear easily. Most outlets provide the option of lightweight, medium weight, and heavyweight karate-style gi. The medium and heavy are more appropriate for this class. The white gi is required for all students ranked below black belt. After reaching the black belt rank, wearing a black gi is permissible.



### Obtaining a Gi

A gi can be purchased through Sensei Shane Stetz; both adult and youth sizes are available. Prices are wholesale, usually around \$25 for youth and \$50 for adults, depending on the type of gi.

Outside of the dojo, a gi in Idaho Falls can be acquired either through internet purchases, other dojos, and Salvation Army. Keep in mind that all other schools' advertisements, markings, and patches are strongly discouraged on a gi in the Idaho Falls Shoshin Ryu dojo, so they will need to be removed if a gi is obtained from another outlet as described above.





# SHOSHIN RYU

MARTIAL ARTS

## ◁ Testing, Promotion, & Rank ▷

### ◁ Testing & Promotion ▷

Rank advancement is determined through a formal promotion class, during which students exhibit their abilities and display mastery of technique. Promotion testing, whether lacking in advancement or furthering advancement, has zero cost.

Testing occurs twice per year, usually coinciding with the spring and fall seasons. The exact date of the test will be determined near that time and announced to students during the classes prior to the testing.

Testing is optional. A student with the desire to exercise, learn techniques, or otherwise pursue their understanding of martial arts may attend class regularly as a white belt.

### ◁ Rank ▷

Shoshin Ryu recognizes advancement of students through a color belt system. The rank designations are as follows:

- White Belt:** Jukyu
- Yellow Belt:** Hachikyu
- Orange Belt:** Shichikyu (*youth only*)
- Blue Belt:** Rokkyu
- Purple Belt:** Gokkyu (*youth only*)
- Green Belt:** Yonkyu
- Brown Belt (3):** Sankyu
- Brown Belt (2):** Nikyu
- Brown Belt (1):** Ikkyu
- Black Belt:** Dan



Shoshin Ryu focuses on the spirit of enjoyment and martial learning. Promotion, testing, and belts are a function of the school, yet less important to its main purpose.