

SHOSHIN RYU



Welcome to the Idaho Falls Shoshin Ryu Dojo

Thank you for joining 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
Senior Instructor

<http://www.ifshoshinryu.com>

Last Update: 2-1-16

SHOSHIN RYU



◁ About Shoshin Ryu ▷

Shoshin Ryu is a martial art with something for everyone. People of all ages, backgrounds, abilities, and skills train the art of Shoshin Ryu. Our art provides the opportunity to learn how to handle most any situation and the diversity of techniques to adapt to any body. Shoshin Ryu is open to everyone.

Shoshin Ryu is a cooperative school rather than competitive. It is a traditionally based system, which stresses self-defense and personal growth. Like many physical activities, Shoshin Ryu offers overall physical fitness (increased strength, flexibility, coordination, etc). It also goes beyond the physical components and increases your mental "firmness and flexibility". The art helps build self-confidence, calmness, and compassion that come with a higher efficiency and effective self-defense system. In addition, it provides the tools and methods of reducing stress.

Shoshin Ryu allows each individual the opportunity to progress at their own pace. Through the opportunity to work with various students, one gains a variety of experiences. During the learning process, students are encouraged to explore by keeping an open mind. No matter what strengths or limitations you possess, Shoshin Ryu will meet you where you are at and help you through your journey. Each journey must start with a first step.

Shoshin people are warm, friendly and helpful. We endorse mutual trust, cooperation, protection and care for all. This is the truthful heart way.

◁ The Five Fingers of Shoshin Ryu ▷

The Shoshin Ryu style is based on traditional Japanese martial arts, and embraces the idea of development and personal growth in training along with learning effective techniques. Core self-defense is taught with attention to practical and realistic self-defense situations. The five primary training focuses, or the Five Fingers of the Shoshin Ryu style are:

Atemi Waza: Blocks, Kicks, and Strikes

Nage Waza: Throws and Throwing Skills

Ne Waza: Groundwork or Grappling Skills

Kata: Forms or Patterns of Movements

Weapons: Combination of Knife, Sticks, and Sword



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SHOSHIN RYU



◀ Idaho Falls Shoshin Ryu Dojo Fees ▶

Students may opt to pay on a month-by-month basis at a reduced cost, or on a class by class basis. There are also rates for families, with the third and any additional family members 50% off the base price. With instructor discretion, scholarships or fee waivers can be issued for monthly fees or for Nationals trips. If you feel you are in need of 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 Dues ▶

National dues are paid yearly, due at the beginning of each year. These dues are forwarded to the organization headquarters in Minnesota to support all Shoshin Ryu Dojos on a national basis. They fund the seasonal Shoshin Ryu journal, gi patches upon student promotion, and reduce expenses for travelling instructors.

◀ Fees and Dues Charges ▶

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: \$80

Per Class Fee: \$8/class (maximum of 3 classes)

Kids 6-13:

Monthly Student Fee (one night per week): \$36

Per Class Fee: \$8/class (maximum of 2 classes)

Yearly National Association Dues: \$45 (Due upon signing up for the class)

SHOSHIN RYU



◀ 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 ▶ 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.
**kneeling*

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!**

SHOSHIN RYU



◀ 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. Most stores 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 Stetz**; both adult and children's sizes are available. Prices are wholesale, usually around \$25 for children 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, Sports Authority, 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



◁ 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

Yellow Belt: Rokkyu

Blue Belt: Gokkyu

Green Belt: Yonkyu

Brown Belt (3): Sankyu

Brown Belt (2): Nikkyu

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.

Last Update: 2-1-2016

SHOSHIN RYU



◀ Student Information ▶

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

Name ▶ _____ **Age ▶** _____

Address ▶ _____

City

State

Zip Code

Preferred Phone ▶ (____) _____

or (____) _____

E-Mail ▶ _____

Emergency Contact ▶ _____

Emergency Contact Phone ▶ (____) _____

Prior Martial Arts Experience ▶ ☐ **Yes** ☐ **No**

SHOSHIN RYU



◁ Liability Waiver ▷

Please complete this form and submit it to Sensei Stetz with your first payment.

Name > _____

Age > _____ Gender > ☐ Male ☐ Female

Guardian's Name (if applicable) > _____

Address > _____

Preferred Phone > _() _____ or _() _____

E-Mail > _____

Reason for Enrolling > _____

School/Grade/Major > _____

Other Skills/Hobbies > _____

Occupation > _____

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

Physical Disabilities/Allergies/Health Conditions or Concerns > _____

Prior Martial Arts Training or Experience? > ☐ Yes ☐ No

The applicant understands that due to the nature of the training, practice and performance required in a martial art, there is a risk of injury. He or she (*the applicant*) accepts the responsibility of his or her actions and in no way will seek compensation for injuries he or she may sustain as a result of the training from the instructors, students, club, school or hall managers or managers of personnel of such facilities where these performances might occur. Further, and without compensation, any photos taken of the application by members or managers of the club/school may be used for promotional/commercial purposes. The applicant hereby accepts and agrees to all of the above by placing his or her signature below.

I have read and understand all of the above and do hereby agree:

Applicant or Guardian's Signature > _____ Date _____

Applicant or Guardian's Name, Printed > _____