



# GENTOFTE KARATE KLUB



[www.gkk.dk](http://www.gkk.dk)

## Welcome to Gentofte Karate Klub, [www.gkk.dk](http://www.gkk.dk)

Karate is not just a sport; it is a way of life (a life style) that will make your everyday life easier.

We use a lot of expressions and disciplinary rules from the Japanese culture, which we expect everyone in the club to respect.

Respect your teacher/instructor; he/she is there for your benefit. Regard and conduct your training, as you do your homework and your job.

The discipline of karate is hard and strict, but it is an important part of the karate life; embrace it and you will be happy with it.

### **The following rules apply for the club, before, during and after practice**

The black belts and instructors of the club are addressed "SEMPAI" meaning older brother/teacher. (pronounced 'Sem-pie')

The chief instructor is addressed "SENSEI" (SENSEI = teacher), instructors from outside our club are also addressed SENSEI. (pronounced 'Sen-say')

At the start/end of the practice you will sit and meditate for a short moment, where afterwards you greet toward the Japanese flag, then toward SENSEI (instructor) and finally everybody will greet each other (everything happens in Japanese, but this will be explained).

The gym is a "Dojo" (the place where you practice) and you will always greet/bow when entering/leaving the dojo (with your back to the door).

Absolutely no one wears shoes in the Dojo, this includes parents who bring/pick up their children.

When you deliver/receive something from a higher graduated you use both hands at all times.

With regards to safety, it is important that you follow the instructor's instructions 100%.

If you sit down during practice, you sit cross-legged or something similar, NEVER with the soles of your feet toward SENSEI.

Jewellery such as long ear rings, rings, armbands, watches etc cannot be worn due to safety. Long loose hair must be tied up as it can affect the concentration.

When you correct your karate gi, (Karate suit, pronounced 'Karate gee') it must always happen away from Sensei and the flag. No one leaves the practice without a clear agreement and approval from Sensei.

Arrive so that you can change on time, if you are late, you must show respect entering the "Dojo" (bow yourself) and await approval from Sensei to join the class.

### **Practice and activities**

Practice times and places for **new children and adults, (beinners):**

**Monday 17.00–18.00** at Tjørnegårdsskolen in the Gym, Brogårdsvej 64, 2820 Gentofte.

**Wednesday 17.00-18.00** at Ordruphallen, Ejgårdsvej 7-9, 2920 Charlottenlund

**Friday 17.00-18.00** in Nymosehave, gym A, Stolpehøj 150, 2820 Gentofte.

**Saturday 10.00-10.55 or 11.05-12.00** in Nymosehave, gym A, Stolpehøj 150, 2820 Gentofte, **special class for children 4-6 year**

The club's home page [www.gkk.dk](http://www.gkk.dk) is frequently updated with news so you can remain updated.

The biggest activity of the year is the "family karate camp" which is held in the beginning of July.

Graduation is held 2 to 4 times a year, once during the summer camp and costs DKK 150 +/- a possible new belt DKK 60.

2 to 4 times a year we have a Japanese guest instructor visiting and we arrange trips to training seminars out with the club.

We're closed in the Winter vacation week 7, Autumn vacation week 42, Easter, Whitsunday and between Christmas/New Year.

Your karate pass (proof of your grade), which is used for all graduations is kept in the club, but will be handed out at request.

### **Prices etc:**

Subscription (as of April 2010), children DKK 275 per month and junior/adult DKK 325 per month, collected in advance.

First collection includes subscription for the first month and the coming month. Registration fee and karate pass costs DKK 450 and a karate-gi (karate suit) is over and above this cost.

The karate-gi can be ordered on the application form. (Gi with a white belt, children DKK 310 and adults DKK 360).

Change/withdrawal must happen with a written notice 30 days before the first of a month, it can be to the email: [cas@it.dk](mailto:cas@it.dk)

**With athletic greeting, Gentofte Karate Klub, OSS**

(rev. July 1<sup>th</sup> 2011)

**Medlem af:** - **D.Kar.F.** (Dansk Karate Forbund)- **IJKA Denmark** (International Japan Karate Association)  
**KWF Denmark** (Karatenomichi World Federation Denmark)

**DIF** (Danmarks Idræts-Forbund) - **SIG** (Sammenslutningen af Idrætsforeninger i Gentofte)

**Kontakt:** Gentofte Karate Klub, Gladgårdsvænge 25, 3540 Lyngbe, Denmark - **Email:** [cas@it.dk](mailto:cas@it.dk)

Danske Bank, Gentofte, reg.nr.: 4190 konto: 4206814403 CVR-nr.: 29740380