



Butler Shotokan Karate Club

A Christ Centered Karate Dojo – A ministry of St. Luke Lutheran Church and School

Summary

Shotokan karate is characterized by low, strong stances and direct powerful techniques. It is not blended with other martial art styles or self-defense systems; it does not incorporate other disciplines, such as boxing, wrestling, acrobatics, gymnastics or dance. Shotokan karate has maintained its tradition solely as a defensive martial art.

- It is a superb method of physical exercise and mental discipline for all ages and both genders.
- It exercises all major muscle groups.
- It is a way for you to realize greater potential and expand the limits of your physical and mental capabilities.
- Karate is an excellent time-proven method of personal development.
- By training, you learn many things about yourself:
 - ways you are strong;
 - ways you are weak;
 - ways you relate to others.

Along the way you will develop attributes such as respectfulness, etiquette, sincerity, earnestness, and self-control.

Training consists of three interdependent facets:

1. kihon (basics)

Kihon is the foundation for karate-do; students learn muscular coordination and control, balance, and body dynamics by perfecting techniques in blocking, punching, striking and kicking.

2. kata (forms)

Kata is a predetermined series of techniques in which the student applies kihon in defense against imaginary opponents. There are 25 kata in the shotokan system; they take a lifetime to master.

3. kumite (sparring)

Finally, kumite is the application of kihon against an actual opponent. There are different skill levels of kumite through which students progress; free sparring is reserved for advance students at brown and black belt ranks.

In addition to character development, these three facets of training develop the perfection of a gymnast, the strength and speed of a boxer, and the finesse and strategy of a fencer.

207 Thornwood Drive
Cell 412-629-0500
Butler, PA 16001

Phone :724-285-5948
Cell: 412-629-0500
Fax 724-285-4425

www.butlershotokan.com
dino.capestrani@proforma.com
www.stlukecabot.org



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DOJO. 'do': the way; 'jo': the place.
The place to study the way.

Kanji: Dojo DOJO ETTIQUETTE

- ***SAFETY FIRST.**
 - No horse play.
 - Practice good distance and control with your partner.
 - Notify the instructor of any injury or illness.
 - Keep toe and finger nails short.
 - No jewelry.
 - No gum, candy, or food during training.
 - Drink water.

- ***RESPECT ALWAYS.**
 - Arrive on time in a clean body and gi; be prepared to train.
 - Bow before entering the training floor.
 - Bow when facing/leaving a partner.
 - Train with enthusiasm and strong spirit.
 - Do not disrupt the class by talking.
 - Do not delay class: move to a new position quickly; ask only brief questions.
 - Maintain good posture with hands at your sides; do not lean or lounge.
 - Turn away from shomen (front of training area) or your partner when making adjustments to your gi, sneezing, coughing, etc.
 - Notify the instructor of extended absence.
 - Keep your dojo clean.

GENERAL POLICIES

DUES: Please pay dues by the 7th of each month after first initial payment.

ATTENDANCE: Students should attend all classes. Five absences may disqualify a student from testing.

ISKF MEMBERSHIP:

Students must maintain a current ISKF card after they have achieved yellow belt. ISKF des will be provided by the instructor.

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KYU: introductory grades.

DAN: step. SHODAN: beginning step.

Rank is awarded by the ISKF. Your rank is recognized by ISKF clubs throughout the world.

Our sister DoJo, ESKC (Elwood Shotokan Karate Club) hosts a high ranking examiner of the ISKF every four months for kyu (colored belt) testing and expert instruction. Students are required to display competence for their belt level in the three facets of training: kihon (basics), kata (forms), and kumite (sparring).

Dan (black belt) testing is conducted regionally. Butler Shotokan Karate Club students who have progressed through the colored belt system travel to the ISKF headquarters in Philadelphia to participate in the examination with other hopeful students from the 12 states in the northeast region. Sensei Okazaki conducts the exam, accompanied by 20-30 other high ranking, qualified examiners. Standards are extremely high; there is only a 50% pass rate, with encouragement to keep training and improving to those who need to retest.

RANK/BELTS

All students begin their karate journeys as white belts, with the grade 10 kyu. Typically, the goal is to work all the way down through the numbers to 1 kyu, or brown belt. Students must develop skills through the 10 grade levels to be eligible for the coveted shodan rank, first degree black belt. It is not until you reach shodan that you will be considered a true beginner.

The kyu ranks are further divided into 'b' levels; halfway marks between full kyu grades. 'b' grades are awarded if more training is needed to attain the full rank.

The colored belt system used is:

10 kyu - 9 kyu	White belt
8b - 8 kyu	Yellow belt
7b - 7 kyu	Orange belt
6b - 6 kyu	Green belt
5b - 4 kyu	Purple belt (2 levels)
3b - 1 kyu	Brown belt (3 levels)

Once 1 kyu is attained, students will train for one year before attempting shodan.

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FAQ INTERESTED?

CAN I WATCH? Absolutely!! You should watch to make sure this is what you're looking for. Visitors and spectators are welcome at Butler Shotokan Karate Club. Watch an all-ranks or beginners class. This is what you'll be experiencing. See our SCHEDULE for times at www.butlershotokan.com. We are conveniently located at St. Luke Lutheran church and School in Cabot, PA.

I DON'T WANT TO FEEL STUPID. Nobody does! As with any new experience, there is a certain amount of anxiety. You will feel awkward for a short time, but that will quickly change. Everybody starts at zero. We've all been there and understand the feelings of the first couple of classes.

WHAT IF I'M NOT IN SHAPE? This is a great place to start!! You will build flexibility, strength and endurance gradually. You may still get sore muscles....but that's a good sign! Shotokan karate provides excellent over-all body conditioning while also learning self-defense and other skills. If you have concerns, a visit with your doctor may be a good idea. Additionally, the Butler Shotokan Karate Club requires physician clearance for certain conditions.

WILL I GET HURT? Typically, shotokan karate has fewer injuries than most sports. The stretching and warm-up at the beginning of class help prepare the body and prevent injury. Additionally, the Butler Shotokan Karate Club is a non-contact club. We don't hit each other; we only make contact with things. Over time you will gain enough skill to decide where your target will be: one inch away, at the skin or deeply penetrating. Students learn to execute techniques at full speed and power without injury during training, or to inflict devastating damage in a self-defense situation. Even though shotokan karate is very safe, there is still risk; there is potential for mild bruising, particularly when blocking or being blocked.

WHAT WILL IT COST? Butler Shotokan Karate Club's fees are extremely reasonable, and there are no contracts. There is a monthly fee for training (family rates are available) and an annual membership fee to belong to the ISKF (International Shotokan Karate Federation). Eventually, once you have tried it and are committed, you will purchase a gi (white training uniform), which is priced based on size; your first gi usually will last 2-3 years. Since they are not readily available locally, Butler Shotokan Karate Club orders them.

Size chart

Size	Height
000	3' 2" to 3' 6"
00	3' 7" to 4' 0"
0	4' 1" to 4' 4"
1	4' 5" to 4' 7"
2	4' 8" to 5' 2"
3	5' 3" to 5' 5"
4	5' 6" to 5' 8"
5	5' 9" to 6' 0"
6	6' 1" to 6' 4"
7	6' 5" to 6' 7"

Some alterations may be needed

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No other equipment is required. Testing is conducted about every four months. A nominal fee is charged to host an examiner from the ISKF; the fee includes belt, certificate and expert instruction before and/or after the test. Call to inquire about prices (724-285-5948).

WHEN DO I START? You can jump in and start mid-session or you may start as a group with other new students at the beginning of a new session after rank testing. See the TRAINING SCHEDULE page on our website at <http://www.butlershotokan.com> for more info. (724-285-5948).

WHAT WILL MY CHILD GAIN? First, it's fun. Second it's hard work, providing a sense of accomplishment, increasing self-esteem. You will see improved physical fitness: strength, endurance, coordination, balance, flexibility. You will see improved mental fitness: self-discipline, concentration, confidence. And, of course, they will learn self-defense skills and gain friendships.

How much does it cost?

St. Luke school students and St. Luke members receive a discount.

Monthly dues are \$25. A family discount, 2 or more family members, \$20 each. Since the Butler Shotokan Club is a ministry of St. Luke Lutheran Church, you will see a witness to Jesus Christ. You will be trained according to the ISKF (International Shotokan Federation). Yearly membership dues will be made payable to the ISKF.

Non- St. Luke school students and Non- St. Luke members Fees

Monthly dues are \$35 per month for students or kids under 17 and \$40 for non-student adults. There is a family discount; 2 family members \$65, 3 family members \$90, four or more family members please see on of our instructors. Kyu testing for belt ranks are currently \$28. Drop in fees, \$5 per training session.

Other Fees

Any individual who wishes to take an examination for advancement (when eligible) must become a member of the ISKF prior to grading. This payment is due when you take the first examination. This entitles you to an ISKF membership card and a periodic ISKF newsletter. Exams are held every four months. The instructor will provide information as it becomes available.

Students must purchase their Gi (training uniform) by the time they take their first test. This can be done through the instructor if the student wishes.

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Class Instruction

Classes are run in a disciplined, structured manner. The usual sequence of events for each class is:

1. Opening ceremony

2. Warm ups consisting of light stretching exercises

Proper warm-up is essential for a good training. Neglecting the warm up will ultimately lead to injuries; therefore we put a special emphasis on warm-up.

3. Basic practice (stances, kicks, blocks, strikes and punches, etc.)

During this part of the work-out the different techniques are practiced many times. The instructor (sensei) highlights the important points about each technique, illustrates the proper execution of them as well as common mistakes and improper executions. The main emphasis during this part of the work-out is that the students will understand how to perform various techniques and why to perform them in a certain way.

4. Kata practice (forms training)

Kata training combines basic punches, kicks, and blocks into set forms that have to be executed according to their proper rhythm, speed, and timing. These exercises simulate real-life fights; therefore they have to be executed with a fighting spirit.

5. Sparring practice (basic to advanced, depending on proficiency level)

During sparring exercise safety is of primary concern; therefore free sparring is reserved for advanced students (brown belt and above), however, we don't use any protective gear during practice. Beginners and intermediate students spar in a very controlled manner. During these controlled sparring exercises the attackers announce the target area and the techniques they will use, so the defender can execute proper defense.

6. Self-defense practice

Self defense training is for everyone, beginners and advanced students alike, however, exercises will be tailored to the experience level of the individual.

7. Warm downs (similar to warm ups)

8. Closing ceremony (recite the Dojo Kun)

Dojo Kun

**Seek perfection of character
Be faithful
Endeavor
Respect others
Refrain from violent behavior**

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Training philosophy

Kihon - Basics (stances and techniques)

Karate stances are somewhat peculiar if not strange at first for Westerners. However, they strengthen muscles that are indispensable for proper technique and develop balance (among other things). Most of the basic stances are not useful for free sparring, but are necessary to master for good form. The beginner should think of the stances as training tools.

Karate techniques are quite unique and, if practiced correctly and diligently, are effective. However, they have to be applied according to the situation at hand.

Kata

Kata, or pattern training, are prearranged sequences that involve all the basic blocks of karate. Kata, besides being the signature of each karate style, are effective training tools in order to develop and master the use of basic techniques, rhythm, turning, shifting, balance, and footwork. There are many kata, each emphasizing different aspect(s) of Shotokan karate. A good karate practitioner can perform kata seemingly effortlessly and definitely beautifully.

Kumite - Sparring

In kumite the sequence of attacks and defense can be prearranged or spontaneous, depending on the rank of the student. In order to develop proper sparring techniques, students normally begin with simple 3- and 5-step sparring, advancing to more varied 1-step sparring. Semi-free sparring and free sparring are only practiced by advanced students and black belts.

Strength

Strength is an essential part of Shotokan karate, because properly executed techniques are ineffective without adequate strength. We believe, however, that regular and committed practice is usually enough to develop strength in the appropriate muscle groups. In other words, a hard practice is probably more beneficial than weight training alone for karate purposes. Weight training has some other advantages for karate practitioners.

Endurance

Endurance is indispensable for proper karate techniques. Diligent practice of karate techniques develops endurance. As opposed to weight training, building endurance outside karate practices is encouraged. It is really important, however, that proper and proportionately long stretching is performed before and after endurance training.

Flexibility/Stretching

One cannot emphasize the importance of adequately long stretching, especially after practice. Stretching should involve most of the muscles of the body, especially those that are used extensively during karate practice (quadriceps, gastrocnemius, biceps, triceps, and back muscles). Weight training can be especially beneficial in strengthening those muscles that counteract the often over-exercised (and therefore shortened) muscle groups (e.g., weight training of the hamstrings so they can balance the quadriceps).

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Avoiding injuries

Karate is a contact sport; therefore minor injuries (bumps and bruises) are unavoidable. What we would like to consider here is how to avoid the unnecessary injuries, like pulled muscles and joint pains. Most, if not all, of these injuries happen because of either improper execution of a technique, too much force, generalized muscle tension, or imbalance in the strength of antagonistic muscle groups.

Improper execution of a technique

In short, if there is pain during execution of a given technique (e.g., side thrust kick) then it is done incorrectly. One should try the technique slower and with less power to see if the pain goes away. Usually it does. Then one has to try to determine what part of the technique causes pain, and then try to modify the movement till it does not cause pain anymore. If the pain is caused by an inherent, exercise-related muscle problem (e.g., muscles are shortened due to inadequate stretching) performing the technique slowly will enable one to identify the muscle group that needs more stretching. Doing the technique initially slowly and with minimal muscle tension has other advantages as well: (1) they help the practitioner to study the individual moves in detail and (2) the moves are easier to execute because of the reduced tension in uninvolved or antagonistic muscles

Too much force

It is self evident that too much muscle power can put joints under unnecessary stress by hyper extending or hyper flexing them.

Generalized muscle tension

This is a common problem among beginners: they tend to tense up their whole body during executing techniques. As a consequence their techniques will become short and jerky, slow, and they tire themselves out much faster. If they also forget to breathe, then the whole workout becomes even more exacting.

Imbalance in the strength of antagonistic muscle groups

This phenomenon - in our opinion - is the most neglected and can have long term effects, sometimes leading to chronic joint pain. Unfortunately the current thinking of being in shape emphasizes a single-minded approach: large pectoral muscles, biceps, and quadriceps. Nobody - except for physical therapists - speak about the proper balance between antagonistic muscle groups. If one neglects to exercise the opposing muscle groups to the same extent, then discomfort and later chronic pain are inevitable. So what does it mean for us karate practitioners? Just a few examples:

- If one has strong pectoral, abdominal muscles, and biceps, sooner or later posture will suffer, unless one exercises the muscles of the back and the triceps.
- If one only focuses on the strength of the quadriceps muscles and neglects the biceps femoris, semitendinous, and semimembranous muscles, then chronic knee pain awaits at the end of the road. One good way to avoid this is to develop a habit of performing ushiro geri (back kick) after mae geri (front kick) with the same leg.

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REGISTRATION AND RELEASE OF LIABILITY

First Name _____ Last Name _____

Street Address _____

City _____ State _____ Zip _____

Phone (H) _____ (W) _____ (M) _____

Date of Birth ____ / ____ / ____ Email: _____

_____ Male _____ Female (Place "X" in appropriate area)

Please provide the name and contact information for a person to contact in case of emergency:

Name _____ Relationship _____

Address _____

Dino Capestrani, dba Butler Shotokan Karate Club (BSKC) agrees to furnish lessons and instruction and the use of its equipment designated for the purpose of martial arts instruction to the applicant at the location of St. Luke Lutheran Church and School - School Gymnasium, or other class rooms at said location - 330 Hannahstown Road · Cabot, PA 16023. This agreement or the payment of any fee, in no way obligates said customer to make any future payment or to take any further instruction extending beyond the paid services. The customer realizes and agrees that these fees when paid are non-refundable for any reason unless conditions do not permit the use of facilities and the event is cancelled. The applicant warrants, represents, and acknowledges that Dino Capestrani, dba Butler Shotokan Karate Club (BSKC) has fully informed him or her of the nature and risks involved in the athletic activities conducted and taught by Dino Capestrani, dba Butler Shotokan Karate Club (BSKC) and their employees and contractors. Applicant agrees that he or she is physically and mentally fit to participate in such activities. The applicant further agrees that in further consideration for the instruction furnished Dino Capestrani, dba Butler Shotokan Karate Club (BSKC), he or she assumes the risk of any and all accidents and injuries of any kind sustained at any and all locations, and the applicant hereby releases, discharges and absolves Dino Capestrani dba Butler Shotokan Karate Club (BSKC), its agents and employees of any and all liability or responsibility for any accidents, or injuries, whether the same are caused by or attributed to their negligence or the negligence of any of them. The undersigned applicant also agrees to assume the risk of any accident or injury of any kind sustained anyplace in the training location of St. Luke Lutheran Church and School - School Gymnasium, or other class rooms at said location - 330 Hannahstown Road · Cabot, PA 16023 including, but not limited to the building of which is occupied by Dino Capestrani dba Butler Shotokan Karate Club (BSKC), or locations where activities of Dino Capestrani dba Butler Shotokan Karate Club (BSKC) is conducted, or on entering or leaving such building or premises and hereby releases, discharges, and absolves Dino Capestrani dba Butler Shotokan Karate Club (BSKC), its agents and employees of any and all liability or responsibility for any accidents or injures, whether the same are a result of the knowledge and skills acquired from Dino Capestrani dba Butler Shotokan Karate Club (BSKC). Applicant further agrees that he or she will abide by the rules and regulations set forth by any other agency in which activities by Dino Capestrani dba Butler Shotokan Karate Club (BSKC) takes place. The applicant consents to the use of and waives any compensation whatsoever for, all pictures, movies, tapes, TV, media coverage, etc. by Dino Capestrani dba Butler Shotokan Karate Club (BSKC) or those designated by them. The undersigned student agrees that covenants and agreements extending to and between Dino Capestrani dba Butler Shotokan Karate Club (BSKC) also extends to any fictitious business names operations operated by Dino Capestrani dba Butler Shotokan Karate Club (BSKC), now and in the future.

Continued...

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By signing this document below, I acknowledge and agree to the following:

1. I have requested to participate in activities associated with Dino Capestrani, dba Butler Shotokan Karate Club (BSKC).
2. I understand that it is possible that I may be injured and that these injuries may include (but are not limited to) muscle-skeletal injuries, cardiovascular trauma, neurological impairment, heart attack, and even death. I also understand that it is possible that I may be injured as the result of negligence of Dino Capestrani, dba Butler Shotokan Karate Club (BSKC). I voluntarily agree to assume all risks associated with my use of the equipment and instruction provided by Dino Capestrani, dba Butler Shotokan Karate Club (BSKC), and that I alone must exercise the due caution to ensure my own safety.
3. I understand that I am solely responsible for limiting my activities to levels appropriate for me.
4. I understand that I may be questioned by Dino Capestrani, dba Butler Shotokan Karate Club (BSKC) staff about my health history and current health status but that I am under no obligation to provide this information. Should I agree to provide such information, I certify that all such information (including about medications, treatments, and medical conditions) is, to the best of my knowledge, complete and accurate, and that it is my responsibility to inform the staff of any changes in such information. Should I refuse to provide such information, I certify that to the best of my knowledge, I have no medical conditions, which might limit or prevent me from safely participating in activities conducted by Dino Capestrani, dba Butler Shotokan Karate Club (BSKC) in any way. I understand that it is my responsibility to inform Dino Capestrani, dba Butler Shotokan Karate Club (BSKC) of any medical conditions, which may result in my requesting or needing special assistance. If I require emergency medical assistance or treatment in the sole judgment of any Dino Capestrani, dba Butler Shotokan Karate Club (BSKC) employee or staff, I authorize disclosure of any health or medical information concerning me that may be on file with Dino Capestrani, dba Butler Shotokan Karate Club (BSKC) or that otherwise used for statistical analyses or other study without naming me or attributing such information to me.
5. I understand that it is entirely my own responsibility to consult with my own personal physician regarding my participation in any fitness program or any other use of the location of St. Luke Lutheran Church and School - School Gymnasium, or other class rooms at said location - 330 Hannahstown Road · Cabot, PA 16023. I represent that I have read and understood the Informed Consent and Release of Liability and that I have had an opportunity to consult with legal counsel before signing it to the extent I wish to do so. In signing this document, I am not relying on any promises or representations other than those that are expressly stated in this document. I acknowledge that Dino Capestrani, dba Butler Shotokan Karate Club (BSKC) is relying on my agreement to the terms of this document in permitting me, to use their equipment and participate in activities associated with Dino Capestrani, dba Butler Shotokan Karate Club (BSKC)
6. I understand that at any time I may review this document by requesting a copy from the Dino Capestrani, dba Butler Shotokan Karate Club (BSKC) staff.

Participant Signature

Date

Print name(Participant) - If under 18 years of age:

Parent/Guardian signature Parent/Guardian (Print Name)

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