



MORGAN MOSS KARATE
& SPORTS CONDITIONING CENTRE

076 336 5351

info@morganmosskarate.co.za

www.morganmosskarate.co.za

2018 KARATE INFORMATION BOOKLET



www.morganmosskarate.co.za

Black Belts: **13**
National Team Members: **31**
Provincial Team Members: **62**
Regional Team Members: **78**
SA Goju Team Members: **27**
Club Members: **+/- 110**
Years Open: **2006 - 2018**

Morgan Moss (4th Dan)

BA Hons Sport Science (UJ), BA Child and Family Psychology (UJ), BA Sport Psychology (UJ), Sport Nutrition and Supplementation (HFPA), Sport Massage Therapy (HFPA), Level 3 First Aid (First on Scene), Instructors Diploma (IBA), World Karate Federation Accredited Coach (WKF)

Affiliated to: Seiwakai & Goshukan International, Champions International Karate Association (CIKA), West Rand Karate Federation, Gauteng Karate Federation, Karate South Africa (KSA), Union of African Karate Federations (UFAK), World Karate Federation (WKF), African Goju-ryu Karate Federation (AGKF), World Goju-ryu Karate Federation (WGKF)



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The style of karate being taught is Traditional Goju-ryu Karate-do. This is a very traditional style that originated in Okinawa, Japan. The teaching incorporates the art of karate-do, fitness, self-discipline, confidence, mental awareness, respect and responsibility. The primary focus is on learning a system which will help you when the situation arises as well as building the individual and allowing him/her to reach their full potential not only in the art, but life as well as sport. The dojo has a team of helpers who have internationally recognized grades.

The head instructor in the dojo is Mr. Morgan Moss who is currently a 4th Dan black belt with 25 years karate experience. Morgan has the following titles to his name:

- WORLD PREMIER LEAGUE CHAMPION (WKF)
- WORLD CHAMPION X 4 (WGKF)
- Commonwealth Champion X 5
- African Champion
- African Student Champion
- Zone 6 Champion
- Korea Open Champion
- Vienna Open Champion
- Basler Open Champion
- Finnish Open Champion
- Sugihara Open Champion (Team)
- SA Open Champion
- Botswana Open Champion
- Mozambique Open Champion
- South African Champion
- South African Student Champion

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- South African Goju-ryu Champion
- Gauteng Champion/West Rand Champion

Morgan also has a number of qualifications which also add to this unique karate experience:

- BA Hons Sport Science (UJ)
- BA Child and Family Psychology (UJ)
- BA Sport Psychology (UJ)
- Level 3 First Aid (FOS)
- Sport Massage Therapy (HFPA)
- Sports Nutrition and Supplementation (HFPA)
- Instructors Diploma (IBA)
- World Karate Federation Accredited Coach (WKF)

The dojo is affiliated to the following provincial, national and international federations:

- Seiwakai & Goshukan International
- Champions International Karate Association (CIKA)
- Champions International Karate Association – South Africa (CIKA-SA)
- West Rand Karate Federation (WRKF)
- Gauteng Karate Federation (GKF)
- Karate South Africa (KSA)
- Union of African Karate Federations (UFAK)
- World Karate Federation (WKF)
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TRAINING TIMES

MONDAY	
16:15 – 17:15	Jnr Yellow/Yellow
17:15 – 18:15	Orange/Green
18:15 – 19:30	Cadets, Junior and Senior Tournament Class (14/15, 16/17 & 18+)
TUESDAY	
15:45 – 16:15	Pre-Karate (Ages 4/5)
16:15 – 17:00	White
17:00 – 18:00	Blue/Purple
18:00 – 19:15	Brown/Black
19:15 – 20:30	Adults
WEDNESDAY	
16:15 – 17:15	Jnr Yellow/Yellow
17:15 – 18:15	Orange/Green
18:15 – 19:30	Cadets, Junior and Senior Tournament Class (14/15, 16/17 & 18+)
THURSDAY	
15:45 – 16:15	Pre-Karate (Ages 4/5)
16:15 – 17:00	White
17:00 – 18:00	Blue/Purple
18:00 – 19:15	Brown/Black
19:15 – 20:30	Adults
FRIDAY	
15:30 – 17:30	Children's Tournament Class (7-13)
17:30 – 19:30	Cadets, Junior and Senior Tournament Class (14/15, 16/17 & 18+)
PRIVATE CLASSES	
Private classes can be arranged during the week at an additional cost with Sensei Morgan.	

Term 1: 8 Jan – 1 April (2 – 6 APRIL 2018 – HOLIDAY/SKELETON CLASSES)

Term 2: 7 April – 24 June (25 JUNE – 13 JULY 2018 – HOLIDAY/SKELETON CLASSES)

Term 3: 14 July – 30 September (1 – 5 OCTOBER 2018 – HOLIDAY/SKELETON CLASSES)

Term 4: 6 October – 2 December (3 – 14 DECEMBER 2018 – HOLIDAY/SKELETON CLASSES)

DOJO HOLIDAYS (School/Public/Dojo Holidays) – No Karate

2, 21, 23, 30 March, 2 April, 1, 4 May, 22 June, 9 August, 21, 24 September

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TRAINING COSTS

	ANNUALLY
Affiliation (All Members) (Due end of January)	R 550.00
Development & Equipment Fee (Due end of March)	R 300.00
	MONTHLY
Tuition Fee (Karate: Children to Adults) (1 Member)	R 385.00
Tuition Fee (Karate: Children to Adults) (2 Members)	R 700.00
Tuition Fee (Karate: Children to Adults) (3 Members)	R 900.00
Tuition Fee (Karate: Children to Adults) (4 Members)	R 1000.00
Tuition Fee (Pre-Karate: 4 - 5 years)	R 250.00
Children's Tournament Class (Invited)	R 250.00
Cadet, Junior & Senior Tournament Class (Invited)	R 350.00
Conditioning Centre/Gym Membership - Tournament Class	R 75.00
Conditioning Centre/Gym Membership – u/18's	R 150.00
Conditioning Centre/Gym Membership - Adults	R 200.00
	TERMLY
Pre-School Karate (Pre-Schools)	R 500.00
School Karate (Primary/High Schools)	R 500.00
	HOURLY
Private Coaching (1 Member)	R 200.00
Private Coaching (2 Members) (R 160.00 X2)	R 320.00
Private Coaching (3 Members) (R 120.00 X3)	R 360.00
Private Coaching (4 Members) (R 100.00 X4)	R 400.00

Your fees are paid monthly in advance before the 7th day of the new month, if paying after this a 20% levy will be imposed. An annual affiliation fee, development & equipment fee is payable each year. This covers International, National, Provincial Associations and Dojo registrations. Gradings and compulsory gashuku's take place during the year, cost vary on these.

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BANK DETAILS

Bank: **First National Bank**
Branch: **Westgate**
Branch Number: **250841**
Account Holder: **Morgan Moss Karate and Sports Conditioning cc**
Account Number: **62386436606**
Account Type: **Business Account**
Reference: **Childs Name and Surname**

For further information regarding Morgan Moss Karate & Sports Conditioning contact Mr. Morgan Moss at 076 336 5351 or email morganmosskarate@gmail.com or info@morganmosskarate.co.za.

Also, please feel free to check out our website www.morganmosskarate.co.za.

Disclaimer: Morgan Moss Karate and Sports Conditioning and its instructors hereby indemnifies themselves against any accident, injury or loss caused in any way what so ever or cost incurred on account of such injury or loss that may occur as a result of the training or participation in Karate Classes, Seminars, Grading's, Camps and Competitions.

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MEMORANDUM OF AGREEMENT

Between
 Morgan Moss Karate and Sports Conditioning cc
 (Herein after referred to as "the Dojo")
 and

Parent/Guardian:	
Identity Number:	
Student:	
Identity Number:	
Date of Birth:	
Residential Address:	
Postal Address:	
Contact Numbers:	
E-mail Addresses:	

The parties agree that:

1. The student member shall for a period of one (1) month commencing on.....2018 commence membership of the dojo. Membership shall continue thereafter until terminated by one (1) calendar months notice, in writing to the Dojo or at the end of the calendar year by the member or guardian.
2. The student member or guardian agrees to undertake to pay the annual affiliation fee as well as the monthly fees which are set in advance by the 7th of each month. A 20% levy will be imposed on all late payments. Should the student member or guardian fail to make due and punctual payment of fees or any other valid amounts due in terms hereof or at law, the balance of the account then shall become immediately due and payable upon written notice to this effect to the student member or guardian. The student member or guardian fully understand and are aware that they are liable and responsible for the payment of the fees and any other amounts due, irrespective whether or not the student attends classes regularly.
3. The student member or guardian warrant and confirm that they are aware that karate involves a high level of physical endurance, training and combat, and that by its nature karate involves risk of bodily injury and possible actions, claims, demands, costs and expenses (medical or otherwise) arising out of or incurred in connection with or as a result of, or which may be attributed to the bodily injury incurred by the student member in consequence of his/her karate training, combat and related activities carried on as a member of the Dojo.
4. There will be classes for 12 months of the year excluding certain holiday periods. The student member is expected to train for two (2) classes per week and will inform the Dojo when unable to attend classes.
5. The student member or guardian are obliged to disclose in the space below any medical or health related conditions or problem of what so ever nature afflicting the student member. These are (if any).....

Signed aton this.....day of.....2018.

Parent/Guardian.....Student.....

Signed aton this.....day of.....2018.

Parent/Guardian.....Student.....

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MEDICAL AND GENERAL INFORMATION: KARATE

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Students Name(s):	
Date of Birth:	
Current School:	

CONTACT DETAILS

Student:	(c)	(h)
	(E-mail)	

PARENT/GUARDIAN DETAILS

Name(s):		
Contact Numbers:	(c)	(c)
	(h)	(h)
	(w)	(w)
E-mail Addresses:		
Identity Numbers:		
Residential Address:		
Postal Address:		

MEDICAL AID DETAILS

Name of Medical Aid:	
Number:	
Principle Member:	
Next of Kin (Other than Parent):	
Contact Numbers:	(c)
	(h)
	(w)
Student Allergies/Medical Conditions:	

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DOJO ETIQUETTE AND RULES

The practitioner must constantly be guided by a deep respect for the dojo, for all the people in it, and for the purpose of the practice. Good manners, politeness, courteous behavior, and maintenance of formal etiquette are part of a practitioner's code training, and essential to developing a respectful attitude to the art. The practitioner should memorize the rules, and always obey them.

Instructors should monitor the practitioner's commitment to self-improvement, and insist on constant self-control. The goal is self-confidence, to be able to achieve a peaceful resolution of conflict wherever possible.

The following are several basic rules on how to conduct oneself in the Dojo:

THE BOW

If standing, bend forward at the waist. You should retain eye contact with the person to which you are bowing. If kneeling, place your hands flat on the floor in front of you so that your hands are touching or overlapping. Touch your forehead to your hands.

When a higher Black Belt member enters the Dojo with a class in session the instructor will stop the class, and acknowledge his presence by having the class bow to him or her.

ENTERING/EXITING THE DOJO

No practitioner should join or leave the class in progress without the instructor's permission. Face the room and bow as you enter and exit the Dojo.

WORKING WITH A PARTNER

Show respect by bowing to your partner both before and after working together.

SITTING SEIZA

Whenever sitting in class, sit in seiza or with your legs crossed: never sit with your legs outstretched.

STEPPING ON/OFF THE DOJO SURFACE

Always take off your shoes before you step onto the Dojo surface.

Line up, sitting seiza, facing the front of the Dojo. When you hear "shomen-ni rei" bow to the front of the class and when you hear "sensei-ni rei" bow to the sensei. For the close of class you will line up the same, but the bows are in reverse order.

JOINING/LEAVING CLASSES IN PROGRESS

In order to join a class in progress, stand at the edge of the Dojo and wait for the sensei to bow you on. When you must leave before class is concluded, tell the sensei you wish to leave before class or the duration period and then when you have to leave bow off before leaving the Dojo.

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SAFETY

It is the responsibility of all the participants to maintain a safe environment. When you feel uncomfortable about a technique, the safe thing to do is to pass. Inform the Sensei whenever you feel another participant is not working safely. Notify the Sensei before class if you have any mental or physical limitations that may restrict the techniques that are safe for you to receive and/or do to others.

INJURIES

Injuries must be taken seriously. If you injure yourself stop where you are and call the Sensei over. Immediately bring any and all injuries to the instructor's attention. Do not leave the Dojo surface to attend to the injuries without notifying the instructor as to why you are leaving.

THE TAP

This is not really a rule of etiquette, but is a very important safety rule. If you are in pain or placed in a dangerous position, tap your partner, yourself or the Dojo surface so that your partner is aware that you wish him/her to stop. This means that the tap should be loud and/or distinctly felt.

THE ART STAYS ON THE MAT

Much of what we practice routinely with each other will seriously injure the uninitiated. It is not to be demonstrated or practiced on others outside of the Dojo. The first rule of self-defense is to avoid situations that require self-defense.

There are also some additional rules to etiquette that should be practiced:

- No profanity in the Dojo.
- No smoking in the Dojo.
- All senseis should be addressed as Sensei.
- No practitioner should ask or challenge a higher grade belt or free spar.
- No jewellery should be worn during class.
- Practitioners should not chew gum during class.
- Practitioners should always work out of clean uniform
- Practitioners should always keep fingernails and toenails trimmed.
- No practitioner should test for promotion if behind on lessons or payments.

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PARENT'S CODE OF CONDUCT

Goju-Ryu Wildcats Karate is committed to maintaining the highest possible standards of behavior and conduct at all karate classes/events.

- **I understand that my child's attendance is the key to his/her success.**
- I will not instruct my child/children on how to perform martial arts movements during class/event.
- If I have a concern about any aspect of the Dojo it is my responsibility to communicate that concern in private with the head instructor.
- If my child has been sick (persistent cough, runny nose, fever or vomiting) I will keep them at home to prevent the illness spreading to the other students.
- Spectators will remain outside the Dojo or in viewing areas and are not allowed in the training area.
- Spectators will put their phones on silent while watching the class in progress.
- Spectators may take photos but only with instructor's permission.
- **Spectators may not video tape any segment of class with a video camera or mobile phone.**
- Always compliment your child after class. Children should always associate karate with feelings of success and pride.
- **Never punish or belittle a child during or after class or at a competition for losing or making mistakes.**
- Help children to recognize good performance, not just results to avoid undue disappointment.
- Respect the rights, dignity and worth of every person, with the context of the sport.
- Treat everyone equally and sensitively, and do not discriminate on the grounds of age, gender, ethnic origin, religion, sexual orientation or disability.
- **At competitions** parents must publicly accept officials' judgments and abide by their instructions, providing they do not contradict the spirit of this code.
- Teach children to respect the event officials.
- Support your child's' involvement and help them to enjoy their sport.
- Remember the aim of the sport is for the children to have fun, improve and feel good. **Not for you.** Don't force your child to take part.

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- Set a good example by applauding all good performance, whether by your child or by another.
- Use correct and proper language at all times.
- Recognize the value and importance of volunteers, coaches, referee's and event organizers – it is their time and dedication that keeps the sport alive.

Remember that young people learn best through example.

I understand that I must abide by the following rules in order to watch my child in a karate event/class. I will be asked to leave if I do not follow the rules.

NAME SIGNITURE DATE

NAME SIGNITURE DATE

NAME SIGNITURE DATE

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PRACTITIONER'S CODE

To master an actual technique, mental culture should come first. Acquiring a technique requires a careful, modest, non-malicious, free and attentive mind. In other words a practitioner should do his utmost and nothing less. You are studying a traditional martial art. Conduct yourself in a **formal, respectful manner** at All times both in and out of the Dojo.

- Students are to wear uniform during training. This is a full gi with emblem on the front with white pants. Only white t-shirts can be worn under the gi for females.
- Out of respect for instructors and class mates, students must have good personal hygiene – clean gi, clean body, control body odor, long hair tied back and fingernails and toenails kept short. You may be asked to stop training if these requirements are not adhered to.
- **Maintain a desire to learn. Never tire of learning, anywhere, any time; this is the secret of knowledge. Be eager to ask questions and learn. Appreciate the thrill of learning**
- **Prompt attendance** is expected of all students. If you arrive late, proceed to the side of the class and sit in **sieza**, bow twice (respect to instructor and class mates) until your presence is recognized by the teacher. When this occurs, the instructor will turn in your direction and you will stand up, bow to your teacher, and proceed to the back of the class.
- **Be willing to sacrifice for the art and the Instructor. Respect the skills you are learning, and the efforts it took to bring them to you.**
- Remember that karate is a form of self-discipline studied with a view to forming **strong will, humility and good character.**
- Always refer to instructors as **SENSEI** (The instructor) or **SEMPAI** (The assistant teacher). Students must also respect each other, cultivating the virtues of **modesty and humility.**
- **Always be loyal to the instructor and the teaching methods. If you disagree with any procedure or technique, discuss it privately with the instructor.**
- **Practice what you learn and try perfecting your techniques to the best of your abilities. This includes spare time in the gym, and regularly doing conditioning exercises at home on off days.**
- **Discard any technique you have learned from another school if your instructor disapproves of it.**

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- **Always set a good example for lower belts. Be aware that they will try to emulate senior practitioners.**
- **Help other practitioners to learn to succeed. Recognize that you are all members of a strong group sharing common goals and interests.**
- **Remember your conduct inside and outside the Dojo reflects upon the art and the instructor. Keep in mind that you cannot discard your responsibility for the karate skills that you have learned, wherever you go.**
- **Behave honorably. Never be impolite. Try to live by the Dojo Kun that guides the art of karate.**

All teaching aids must be treated with respect, whether they are real weapons such as a sword, katana or stick, simulated weapons such as wooden or plastic knives, sparring equipment or mats.

Morgan Moss (4th Dan)

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