# LUU Karate: Code of Practice 2021-2022

## Intro & Committees

* LUU Karate are a society within Leeds University Union, with the aim of teaching and practicing karate to all who want to participate regardless of background.
* LUU Karate club teaches the Shito-Ryu style of karate to beginners, but we try to encompass the styles of others who have trained elsewhere and are able to teach both Shotokan and Wado-Ryu styles to those who would like to carry on in these disciplines. As a group we try to be as encompassing and as inclusive as possible.

Core committee members of the club include President, Secretary and Treasurer. For the club to run efficiently, there needs to be these three key members, else the club cannot function correctly. Roles include:

* President
	+ The president has the responsibility to oversee the work of the committee, acting as a manager of the society and making sure the committee are working efficiently within their roles.
	+ The president acts as the main point of contact for the club members and for the University Union.
	+ The president is responsible for organising the AGM or any necessary EGM and oversees committee re-elections.
	+ Hold responsibility for the decision making concerning the society, along with the other committee members.
	+ Always be informed of the present activities, calendar, events, financial position and memberships to the society.
	+ Conduct any trials necessary for competitions and make selections of participants based on this alongside the coach, and the other key committee members.
	+ Ensure that members have the necessary training aids to participate in the activity and discuss the financial needs of this with the treasurer.
	+ Act as an account signatory.
* Secretary
	+ The secretary is responsible for all room bookings and arranging any committee meetings.
	+ The secretary is the main communicator for the society between the committee and its members for relaying any necessary information.
	+ Responsible for keeping up to date records, constitution and paperwork.
	+ In charge of collecting necessary information from members for licenses and associated paperwork.
	+ Attend all correspondence on behalf of the society.
	+ Keep up to date financial records with the treasurer to ensure that all admin costs are feasible in within the year.
	+ Complete all admin tasks associated with competitions.
	+ Respond to all club emails.
	+ Account signatory.
* Treasurer
	+ Keeping a record of all financial incomings and outgoings for the society.
	+ Preparing a budget at the start of the financial period.
	+ Control societies expenditure and all cash handling duties.
	+ Ensure the society is kept on budget and liase with any Union representatives concerning funding.
	+ Complete all grant / funding applications.
	+ Liase with both the President and the Secretary concerning budget and necessary costs for the year.
	+ Account signatory

Alongside these key committee members, the club also has positions for a Social Secretary and a Publicity Officer.

* Social Secretary
	+ Organise all social events for the club.
	+ Commit to maintaining inclusive, moral and positive group dynamics to enable growth of club membership.
	+ Club kit for events such as BUCS Nationals
* Publicity Officer
	+ Monitor and run all social media content /channels
	+ Responsible for all printing for events such as GIAG and Freshers Fairs, or any other event concerning the society, and creating events on Social Media for these events.
	+ Publicizing any good-press the club receives, such as events, competition results, and notable club stories.

It is the responsibility of all committee members to promote the inclusion and support of club members and should be aware of how to direct members to areas of help they may need.

## Memberships

### Membership Fees

To purchase memberships for this club, people are directed to the Leeds University Union website, and to search for ‘karate’, or using the link ‘https://www.luu.org.uk/karate/’. Memberships are available throughout the year, though we do ask regular trainers to buy these within 5 sessions, and grading or competition is not permitted without membership due to insurance requirements.

There are some different membership options available based on people’s needs:

* Standard membership – includes license book and insurance and a syllabus book: (£21)
* Membership with gi - includes license book and insurance and a syllabus book, along with a basic ‘do-gi’ – the traditional training attire for karate: (£30)

### Session Fees

Alongside these memberships, session fees are also expected to be paid. The club offers 3 free training session a year, which is the same for attending GIAG or not, after this there are a number of session fee options depending on how often people attend:

* 1 session per week, over 1 semester: £30
* 2 sessions per week, over 1 semester/ 1 session per week over 2 semesters: £40
* 2 sessions per week, over 2 semesters: £60
* £3 per session pay as you go for members
* £5 per session pay as you go for non-members

## Calendar

### Training Times

Within term time, there are 2 training sessions per week:

* Thursday’s 8pm -10pm, Cromer Terrace Studios
* Sunday’s 7pm -9pm, The Edge Studio 2

Outside of term time training will be discussed and booked on an ad-hoc basis by a committee member depending on need and numbers wanting to train.

### Grading Calendar

Each year the club will hold minimum 3 gradings, with possibility of a 4th if people have trained over the summer.

* Grading 1 – End of Semester 1
* Grading 2 – End of Semester 2
* Grading 3 – End of year
* Grading 4 – Before the next term starts in September subject to amount of training.

Coloured kyu belts (up to 4th kyu purple belt) can grade at each one of these. At brown belt and above the time between gradings increases due to the amount of knowledge needed between each grading and will be a minimum of 6 months between each. These gradings may need to be organised separately due to the need of being able to demonstrate a much more comprehensive skill set and will be discussed on individual basis depending on who is eligible. Black belt (dan grades) can currently be given up to 3rd Dan (San-dan) and will again be discussed on an individual basis dependent on past training, time between gradings, proficiency and will be a strictly ‘black belt’ grading i.e. will not be held at the same time as kyu gradings.

### Competition Calendar

The Club attends the University Championships ‘BUCS Nationals’ every year. This event is held every February around the 3rd weekend. Dates must be checked in advance for the competition due to changing dates. Entries for this competition close in January, again the dates of which need to be checked before-hand. Due to limited spaces available (2 per kata group, 3 per kumite group), it is advisable to hold trials for the event to allow for fair selections, due to the nature of the competition being high standard.

The club has also participated in the ‘Christie Championships’ held around the Easter break in the past. Due to issues with rule sets being different between Leeds, Manchester and Liverpool, this has not been held in the last few years, and it is advisable to get in touch with the Union Sports Staff at the beginning of the year to find out if year to year this can be feasible.

Alongside this, competitions outside of the University calendar are introduced in classes and are open to anyone who wants to compete, with arrangements made between the necessary parties.

## Kit

To participate in karate, it is advisable to get a traditional ‘do-gi’. This is a definite requirement to take part in gradings and competitions, but if someone wants to come along just to train, it is not necessary. A basic training outfit can be purchased along with membership, or if bought outside of membership will be charged at the cost of our purchase, as funding can be asked for from the union to cover the losses on the cost of the gis, under the cost of sport grant. Gis can also be purchased by members off their own back or wear their existing gi from where they have trained previously. If members would like a gi that is not basic and more expensive we can source this for members through club trade discounts where possible.

Alongside this it is advisable to own a gum shield, and a pair of sparring gloves. There are also gender specific (biological) protections that are advisable – male/female groin guard and female chest guard. These will all be necessary (barring the gloves which can be borrowed) if competing and are advisable for gradings. There is also the option to buy shin/instep protectors, but again are available to borrow if needed.

Members are also able to purchase their own University Gryphons kit which is advisable to wear at competitions, or any university branded clothing.

## Coaching and Instruction

The head instructor is currently Sensei Oliver Thornton – 4th Dan Wado-Ryu karate, 3rd Dan Shukokai Karate. They are currently National Coach of FEKO (Federation of English Karate Orginisations), and coaching at their own Dojo for 10 years, practicing marital arts for over 20.

The lead assistant instructor is Sensei Adam Haigh – 3rd Dan Shotokan Karate and has practiced karate for over 20 years under various different instructors and has attended the University Union Karate club since its start up by students 7 years ago.

Main instruction is given mostly by Oliver, though anyone with a Shotokan background trains with Adam is needed. It is also expected that Dan grades in the club, especially those who have trained with the club a long time, will help out their fellow members when need be, though any contact (sparring) must be done under either Oliver of Adam due to insurance requirements.

## Health and Safety

Health and safety guidelines dictate that members will train bare-foot in either a gi or in loose sports clothing that is comfortable which they can move easily in.

When sparring, protective gloves must also be used, and it is advisable to also use a chest guard if needed, groin protection and gum shield. If these advisable protections are not used, only light body contact is permitted below the chest that would not be protected anyway, and head contact is only reserved if appropriate control can be demonstrated (generally dependent on grade). In all sparring training, aim is directed to either the chin or the forehead (not the nose or throat) and must be light and controlled.

First aid can be provided by the centres, either Cromer Terrace or The Edge Studio 2, both of which have first aid boxes in the rooms, for light injuries such as small cuts. Any blood must be cleaned from any surfaces.

The head instructor is first aid trained and any more serious injuries will fall under his care and direction. As this is a contact sport, people are advised before hand about the level of contact, though it is always reiterated with correct control, this should be safe though accidents can happen.

All members are taught to execute technique properly when using any contact so as to not injure themselves or anyone they work with. Members are also told how to ‘correctly fall’ as in break-falling for any techniques such as throws or sweeps. All of these are reiterated every time we undertake the activity, under the responsibility of the coaches.

When using focus mitts or shields, correct technique must be used in both hitting the pad or holding the pad, again this is reiterated at each use. When using mats, members are taught how to lay them out correctly to keep feet safe. This is both the responsibility of the committee and coaches.

## Partnership and Sponsors

The club currently holds membership to FEKO, where license slips (insurance) is given to all paid members.

There are currently no sponsorships for the club.

**President: Dario Luis Fernandez Ainaga**

**Treasurer: Oliver Martin**

**Secretary: Tobias Goldhill-Watts**

**Date: 09/09/2021**