



introduction

Zen Do Kai is a Martial Arts System which has developed over the past three decades. It has evolved from adding the principles and techniques of many martial arts disciplines with the strong fighting tradition it has always had. Put together, it forms a modern, effective and comprehensive self defense system. With schools across the whole of Australia & New Zealand, it is by far the largest Martial Arts organization in Australasia, boasting nearly 1000 classes per week catering for all walks of life. For us it translates as - **"the best of everything in progression"**.

Modern Principles with traditional values. We seek to improve the system, improve ourselves and to be aware of creating the opportunities for the individuals within to achieve their personal best. We are proud, not only of our system, but of the many thousands of students that have developed from it. Train in Zen Do Kai and we are sure you will find the experience fulfilling, exciting and most of all enjoyable.

our name and logo's

Our Name The formal name of our system or style is Zen Do Kai Martial Arts. This is because the full gamut of what we teach does not fit into one category of martial art.

Our syllabus not only includes what can be described as Karate techniques and does include Karate Forms (or Kata), but also includes, locks & holds, throws, vital point striking, grappling and principles and practices of boxing; kick boxing and Muay Thai Boxing. Traditional weaponry is another aspect of this. Hence to encompass all these element, the term "Martial Arts" sits comfortably along side Zen Do Kai.

Our Logo As the Bushido and Isha Crosses are synonymous with Zen Do Kai, so is our corporate logo. It epitomizes everything that Zen Do Kai has represented since its inception in 1970. The mind, body and spirit of Zen Do Kai can all be seen through the eyes of the Zen Do Kai Red Dragon. The name's origins hark from the days when Kyoshi Sama Bob Jones competed in tournaments and was dubbed 'The Red Dragon' due to his ferocious fighting style. 'The Red Dragons' was the name given to Kyoshi Sama's first generation family. The Red Dragon's family "Mon" carries this on it.





FOUR DRAGONS - UPPER HUTT

Location: Upper Hutt School hall - Martin St, Upper Hutt

Little Dragons Kids Karate class timetable	Monday night	5.30 - 6.00pm
Kids Karate classes timetable	Monday night	6.15 - 7.15pm
	Thursday night	6.15 - 7.15pm
Adults Karate classes timetable "ZDK" ZDK & Muay Thai Muay Thai	Monday night	7.15 - 8.30pm
	Thursday night	7.15 - 8.30pm
	Sunday morn	7.30 - 8.30am

Contacts:

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Visit our websites: www.4dragons.co.nz , www.zdk.co.nz or www.zendokai.com.au



Getting geared up for Zen Do Kai!!!

What gear do I need to get started?



Shin & instep guards, hand mitts & mouth guard set
Junior & adult \$40.00 per set of 3

ZDK Karate uniform
Junior sizes 00-2 \$85
Adult size 3 – 7 \$100

- Please note that most uniforms now come from Wellington, but title uniforms may attract a small freight cost out of Australia.
- Shin guards & hand mitts can be purchased through ZDK management
- Mouth guards can be purchased from any sports outlet or pharmacy (It pays to spend a little more & get one that fits correctly)
- Additional club badges are also available from ZDK management - cost \$15.00 each

How much will it cost me & family to join Zen Do Kai? & when do I pay?

At Four Dragons, Upper Hutt we offer 2 FREE sessions as a trial... We want you to make sure that Four Dragons, Upper Hutt is right for you...

The Little Dragons (5-7year olds) train 1 night a week - Monday night only, cost to you \$40 per school term...

ZDK Juniors (7- 14year olds) train 2 nights a week - That's Monday & Thursday night, cost to you \$60 per school term...

Adults training 2 nights a week - That's Monday & Thursday night, cost to you \$75 per school term...

If you have two people from the same family training at Four Dragons, Upper Hutt - the 2nd person will only be charged \$40 per school term. If you have 3 or more family members training within Four Dragons Upper Hutt, the 3rd will be only charged \$25per school term...

WHO IS IT FOR?

Zen Do Kai can meet individual needs through specially designed training programs to allow everyone to reach their maximum potential

FOR ADULTS

Young adults through to students in their sixties, from all walks of life participate in classes every week right around the country.

Each of them train for their own personal reasons and each find their own rewards from it.

- **Taught at adult level and pace**
- **Professional instruction**
- **Fitness**
- **Self Defense**
- **Improving personal best**
- **Social interaction**



FOR WOMEN

For women in today's society, it is becoming more and more important for women to learn the basics of self defense and to be able to protect themselves.

At a Zen Do Kai classes, women can train comfortably in a non-threatening environment and learn techniques specific to their needs building self esteem, confidence. They can also share experiences in a supportive and gender specific training environment.



FOR CHILDREN

Zen Do Kai Instructors, in conjunction with qualified school teachers, have developed a special training syllabus designed especially for young children.

They gain the same benefits and more from martial arts training as adults but it is presented in a way to specifically meet their needs.

Zen Do Kai - "Kidz Kickstart Karate" clubs are springing up everywhere and are proving to be extremely popular with primary school age children.

This innovative program was designed specifically for primary school aged children between 7-13 years.



**ZEN DO KAI
KIDZ KARATE**

"Giving kids a kickstart....."

**To find out more about Kidz Karate
click here and visit**

www.bobjonesmartialarts.com.au/kidz/



The aims & objectives of the Zen Do Kai Kidz Karate Program are:

To provide basic Martial Arts based training
To provide basic self defense skills
To develop a healthy attitude to sport
To develop a healthy attitude towards self
To develop basic motor skills
To develop group socialization
To develop co-operation with others
To develop basic discipline
To have fun!

So what happens during a class??

First we warm up our muscles to get ready for karate.

Then we will stretch our arms and legs.

The rest of our class is a mix of the following:

Skills & drills	set routines or techniques that we work on to improve our personal ability e.g.. Side kicks
Partner work	using each other as a training partner we can practice our skills by holding bags and focus mitts for each other
Forms or kata	these are a set routine of moves which we practice for our gradings. They are different for each coloured belt and black belt level that we do. They help develop our co-ordination and concentration
Non-contact sparring	this is where we practice our moves with an "opponent". The emphasis is on safety and learning from each other
Games	we also play "karate" games.



And at the end of the hour

we know that we have worked hard but had a lot of fun too!

Our Name:

The proper name for our program is: Zen Do Kai Kidz Karate

This describes that the program as being part of a much larger curriculum. It is intended to be a "stepping stone" for children who turn to teenagers to continue their martial arts training on a longer term, where they will continue to learn new and more advanced techniques.

Our Logo:

This is our logo for our Zen Do Kai Kidz Karate Program....



Our Motto for the Kidz: *"Giving Kids a Kickstart"*

GRADINGS

In class, students are divided into groups according to their experience, each group identified by the wearing of different coloured belts.

Brand new students wear a white belt before progressing to blue, then green, brown and finally black.

Gradings are held to give students the opportunity to demonstrate what they have learned in class and to progress to the next level.

It is important for students to experience a feeling of "elevation" and a sense of achievement.

These are held at regular intervals throughout the year, students attempt a grading when they and their instructor believe they are ready to progress to the next level, working their way through the levels at their own pace.

After successfully completing a grading students receive the next level belt and a certificate of achievement.

Usually, students attempting coloured gradings, do so locally at the club.

More senior gradings, such as **Black Belt and above** are held at special grading days, where students and instructors all come together from a variety of areas. This is done so to promote on going standards and ensuring that there is more formality in this important achievements.

When grading, the essence is in *competing against yourself*.....that is, to better your last performance, to overcome fear, apprehension and indecision and to display commitment and effort.

It is because of these elements that ultimately see the students reach their goals.

Zen Do Kai Belt Ranking System

Coloured Belt

Yellow Belt	<i>"The first step on the journey of a thousand miles seemingly the hardest step"</i>
Orange Belt	<i>"The first sign of strength, it is considered a great loss of face to lag behind the pace"</i>
Blue Belt	<i>"Set yourself apart.... You are now at the intermediate stage of the beginners"</i>
Green Belt	<i>" Conceive, Believe & Achieve"</i>
Brown Belt	<i>"When you see a worthy person endeavour to emulate him...when you see and unworthy person then examine your inner self"</i>



Black Belt

"A true Black Belt following the path of Bushido unwittingly changes their way of life, for they can never be the same person again"