

残心

THE ZANSHIN



SHINDO JINEN RYU KARATE DOJO

Affiliated to JKR-UK, EKF, JKR and WKF

Established in 1976.

## YOUR INTRODUCTORY PERIOD IS OVER?

Well done you have completed your induction period to the Zanshin and if you are reading this document then you have decided to carry on your commitment to the Dojo and will be starting to work towards your first grading.

Once you have taken your first grading you can attend most of the training sessions at the Zanshin. If you have not obtained a full list of training times please do so, from Oliver Sensei or Parkin Sensei. The only classes that are not recommended are listed below:

### **THURSDAY 8:00pm to 9:00pm & SUNDAY 11:00am to 01:00pm**

These sessions are generally reserved for the Senior Dojo members.

### **You are now required to obtain the following:**

- A Full Zanshin Dojo Membership.  
*(Application forms are available at the training reception desk.)*
- A Full Japan Karate-do Ryobukai Licence and Grading Book.  
*(Application forms are available at the training reception desk.)*
- A White Dojo Gi (karate suit.) with a white belt and Dojo Mon (Badge).

These can be ordered at the Dojo considerably cheaper and of a higher quality than those purchased in the City sport shops. Please no badges from other Dojo's or styles are permitted after the induction period. Until Items 1 and 2 are obtained you are not insured to train and without item 3 you will not be allowed to grade.

### **Training Kobujitsu (Traditional Weapons)**

You will not be allowed to study any Kobujitsu until you are 6<sup>th</sup> Kyu (Green Belt), you are over the age of twelve and then only at the discretion of Oliver Sensei.

### **Training in Kenjitsu (Japanese sword training) and Iaijitsu (Japanese sword drawing)**

**UK Jimukan** branch is available to all over 12 years of age and is taught and licenced separately to the Shindo Jinen Ryu Karate training.

*DOJO TUTION & PRIVATE LESSONS AVAILABLE DAILY  
AT THE  
SNEINTON HERMITAGE COMMUNITY CENTRE  
SNEINTON BOULEVARD SNIENTON NOTTINGHAM NG2 4GN ENGLAND  
FOR FURTHER DETAILS TELEPHONE +44(0)7899 967522  
EMAIL: [budopromo@aol.com](mailto:budopromo@aol.com)  
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