



Welcome To Worcester Wado-Ryu

Club Instructor

- Humphrey Arnett
6th Dan Wado-Ryu

Assistant Instructor

- Mike Pogose 3rd Dan

Who are Worcester Wado-Ryu?

Worcester Wado-Ryu was established in 1985 by Humphrey Arnett, the Club Instructor. Humphrey Sensei is now living abroad - Mike Pogose instructs assisted by senior students of the club and guest instructors.



The emphasis on training is the development of character, especially a strong will and positive attitude. This is achieved through firm training in the tradition of Japanese martial arts with the development of each student's self-defence skills.

What is Karate?

Karate-Do "the way of the empty hand" is a martial art that originated in Okinawa. Karate-Do has its roots in Chinese martial arts introduced into Okinawa during feudal times.

Karate-Do was brought to the attention of the Japanese public at the start of the twentieth century by the Okinawan master Gichin Funakoshi. The art gained popularity and several styles were exported to the west from Japan. The style of Karate-Do practiced at this Club is *Wado-Ryu*.

What is Wado-Ryu?

"Wado" means "the way of peace and harmony"; "ryu" means "school". Wado-Ryu was founded in 1938 by Hironori Ohtsuka, our first Grandmaster. Ohtsuka Saiko-Shihan was already a master of *Shindo Yoshin-Ryu Jiu-Jitsu* when he began to study Karate with Funakoshi Sensei. Wado-Ryu, the first actual Japanese form of Karate, is thus a development of Okinawan Karate in combination with Japanese Jiu-Jitsu.

Affiliations

Worcester Wado-Ryu is affiliated to the Wado-Ryu Karate-Do Academy, of which the Chief Instructor is Mr. Masufumi Shiomitsu 9th Dan Hanshi Shihan.

Administration

- We ask all students to please complete a *student record form as soon as possible*, giving us contact and medical details to help in case of emergency.
- To obtain a *karate suit* ("gi") please ask at the club desk – you will be told the size you need, as well as the price of the gi complete with white belt and club badge.
- We also offer other items of protective gear and other training equipment that you will need as you progress in your karate training, at below retail price.
- You will have a *six week introductory period* in which you will be taught the basics of technique and safety. During this period you will be able to train without a martial arts licence. After the introductory period has elapsed however you will need to apply for a martial arts licence. A licence application form and instructions will be provided to you.
- Regularly training twice each week helps students to progress at a more reasonable rate than training only once per week. Therefore *after six weeks* beginners are welcome to train in our Wednesday general class as well as in the Saturday beginners' class.

Progression in Karate

Normally after the six week introductory period a beginner is ready to take the *grading test* for their first karate grade, 9th kyu, signified by a white belt with a yellow stripe. The timing of the grading test is at the discretion of the club instructors and is subject to the student having become proficient in a number of basic skills, signified by the awarding of *grading badges* for passing a number of quick tests.

Tests for grades above 9th kyu are held on a regular timetable, and each student is entered at the discretion of the club instructors, after the student has attended a given number of classes and other tests events, and has been awarded grading badges for passing the tests appropriate to their level. This will all be explained at the club.

No student will be considered for any grading unless they have an in-date martial arts licence or have filed an application and are waiting for the licence to arrive.

Training Times

Saturday at Nunnery Wood Sports Complex, Spetchley Road

Beginners all ages	2-3pm
Intermediate grades	3-4pm
Higher grades	4-5pm

Monday at Red Hill C of E Primary School, Midhurst Close

4 th Kyu and above, all ages	7-8:30pm
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Wednesday at Red Hill C of E Primary School, Midhurst Close

All students including beginners	6-7pm
Adult beginners and higher grades	7-9pm

Training Fees

The basic fee for training is £3 per one-hour session. As you progress to training for two or more hours at a time the fee becomes £5. *Family discounts are offered to reduce the overall cost when two or more members of the same immediate family train together: please ask for details.*

www.worcesterwadoyu.org.uk