



Welcome to Karate North. You are embarking on a program of life long physical fitness, fun and learning. We hope you will be with us a long time. Please take a few minutes to fill out this questionnaire. Thank you!!!

- 1. Your age (optional) _____ 2. Male/Female
3. Are you a student of:
Grade School College
Junior High School Does not apply
High School Other (Describe below)

4. Have you taken karate before? Yes No
If yes, please state your previous school and rank.

- 5. How did you hear about this class?
Friend Newspaper Television
Demonstration Pro-Am Fights Other (Describe below)
Poster Radio

6. Do you have friends or acquaintances that you would recommend for this class?
(name) (phone)
1.
2.
3.

Thank you very much and enjoy your study of karate!!

I agree to abide by all the rules of Karate North. I further agree that I will not hold Karate North Inc. or any instructor or member of Karate North, or facility where Karate North Instruction is given, in any way responsible for any injury that I might sustain as a result of my participation in the Karate North Program.

This waiver is to be interpreted to waive any claim against Karate North Inc., any instructor of a Karate North class, and any facility where Karate North Instruction is offered, arising out of personal injuries sustained while participation in the Program and while on the premises on which the program is presented; but is not limited to waiving actions for personal injuries.

Signature of Parent or Guardian if under 18 Signature Date



RULES OF KARATE NORTH KARATE

1. Bow when entering and leaving the gym.
2. Do not enter class late or leave early without the permission of the instructor.
3. Ask for permission if it becomes necessary to leave class.
4. Bow before speaking to instructors. Instructors should be addressed as Sir or Mister.
5. In class, come to attention while speaking to your instructor or any other Black Belt. Also, be considerate (i.e. Yes Sir, No Sir, Pardon Me Sir, Thank you Sir).
6. Always bow to your partner as a sign of mutual respect.
7. Use of profanity, obscene gestures or actions, and unnecessary roughness toward another student is prohibited.
8. It is important to help fellow students. It is impolite to criticize a senior student who is helping you.
9. Loud conversation, laughing or giggling, or chewing gum are inappropriate.
10. Personal hygiene is your responsibility (i.e. clean uniform, clean feet and hands, clean hair, and trimmed nails).
11. Treat substitute teachers with respect.
12. Do not engage in any activities that might negatively reflect on Tae Kwon Do or the reputation of Karate North.
13. Do not hold a demonstration or teach Tae Kwon Do without the approval of the instructor.
14. A student must have the approval of his instructor for any tournament competition.
15. During class, give 100% effort. This is an individual sport and art. The more effort you put into it, the more individual benefits you will receive.

How To Stretch

Stretching is easy to learn. But there is a right way and a wrong way to stretch. The right way is a relaxed, sustained stretch with your attention focused on the muscles being stretched. The wrong way (unfortunately practiced by many people), is to bounce up and down, or to stretch to the point of pain: these methods can actually do more harm than good.

If you stretch correctly and regularly, you will find that every movement you make becomes easier. It will take time to loosen up tight muscles or muscle groups, but time is quickly forgotten when you start to feel good.

The Easy Stretch

When you begin a stretch, spend 10-30 seconds in the *easy stretch*. No bouncing! Go to the point where you feel a *mild tension*, and relax as you hold the stretch. The feeling of tension should subside as you hold the position. If it does not, ease off slightly and find a degree of tension that is comfortable. The *easy stretch* reduces muscular tightness and readies the tissues for the developmental stretch.

The Developmental Stretch

After the *easy stretch*, move slowly into the *developmental stretch*. Again, no bouncing. Move a fraction of an inch further until you again feel a mild tension and hold for 10-30 seconds. Be in control. Again, the tension should diminish; if not, ease off slightly. The *developmental stretch* fine-tunes the muscles and increases flexibility.

Breathing

Your breathing should be slow, rhythmical and under control. If you are bending forward to do a stretch, exhale as you bend forward and then breathe slowly as you hold the stretch. Do not hold your breath while stretching. If a stretch position inhibits your natural breathing pattern, then you are obviously not relaxed. Just ease up on the stretch so you can breathe naturally.

Counting

At first, silently count the seconds for each stretch; this will insure that you

hold the proper tension for a long enough time. After a while, you will be stretching by the way it feels, without the distraction of counting.

The Stretch Reflex

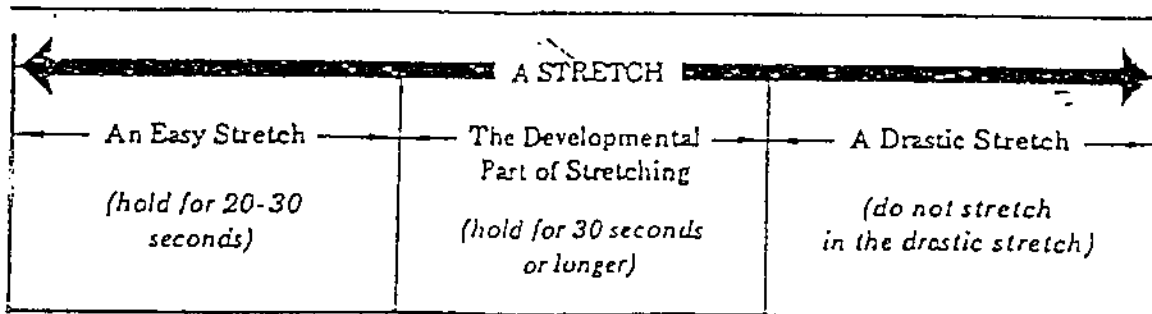
Your muscles are protected by a mechanism called the *stretch reflex*. Any time you stretch the muscle fibers too far (either by bouncing or overstretching), a nerve reflex responds by sending a signal to the muscles to contract; this keeps the muscles from being injured. Therefore, when you stretch too far, you tighten the very muscles you are trying to stretch! (You get a similar involuntary muscle reaction when you accidentally touch something hot; before you can think about it, your body quickly moves away from the heat.)

Holding a stretch as far as you can go or bouncing up and down strains the muscles and activates the stretch reflex. These harmful methods cause pain, as well as physical damage due to the microscopic tearing of muscle fibers. This tearing leads to the formation of scar tissue in the muscles, with a gradual loss of elasticity. The muscles become tight and sore. How can you get enthused about daily stretching and exercise when these potentially injurious methods are used?

Many of us were conditioned in high school to the idea of "no gain without pain." We learned to associate pain with physical improvement, and were taught that "... the more it hurts, the more you get out of it." But don't be fooled. Stretching, when done correctly, is not painful. Learn to pay attention to your body, for pain is an indication that something is *wrong*.

The easy and developmental stretches, as described on the previous page do not activate the stretch reflex and do not cause pain.

This Diagram Will Give You an Idea of a "Good Stretch":



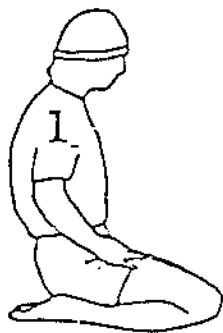
The straight line diagram represents the stretch which is possible with your muscles and their connective tissue. You will find that your flexibility will naturally increase when you stretch, first in the easy, then in the developmental phase. By regularly stretching with comfortable and painless feelings you will be able to go beyond your present limits and come closer to your personal potential. □

Before and After

Martial Arts

Approximately 17 Minutes

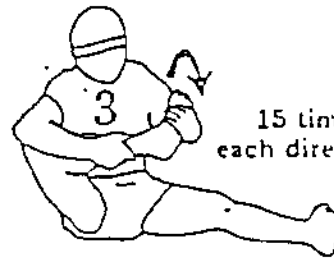
Note: These stretches are not intended to replace your traditional routine, but can be used for improvement of overall flexibility.



60 seconds

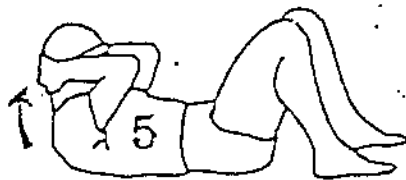


8 times
each direction



15 times
each direction

30 seconds



3 times
5 seconds each



25 seconds
each side



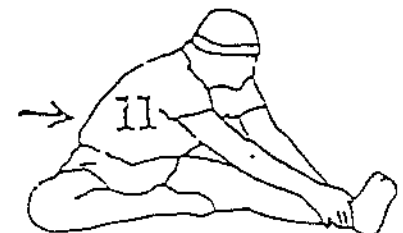
3 times
8 seconds each



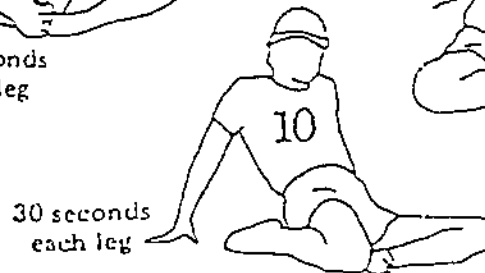
30 seconds



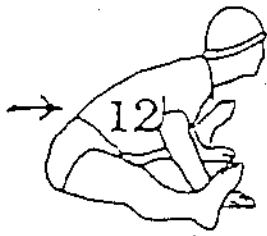
30 seconds
each leg



30 seconds
each leg



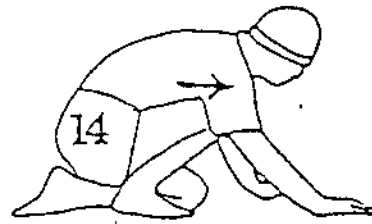
30 seconds
each leg



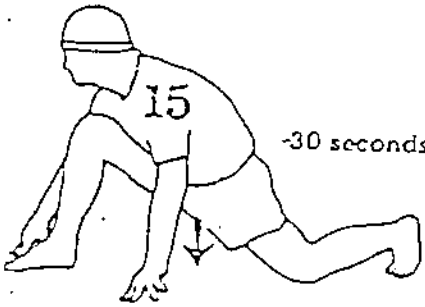
30 seconds



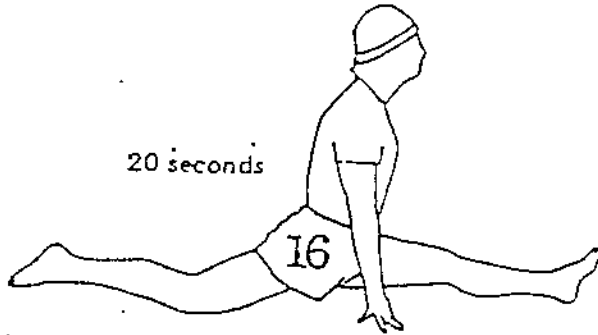
30 seconds



15 seconds

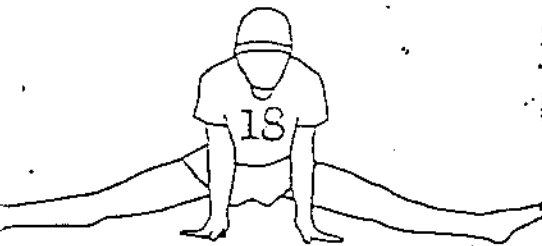


30 seconds

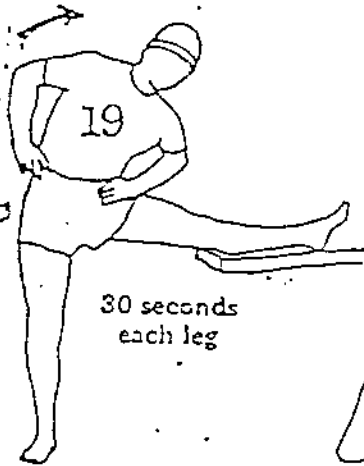


20 seconds

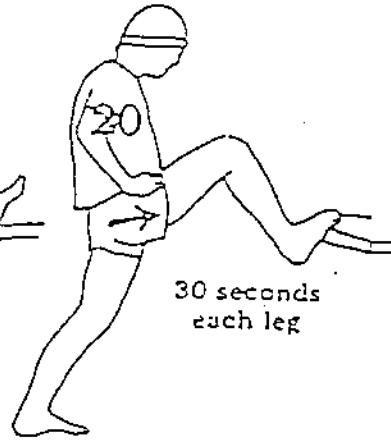
17
Repeat
14, 15, 16
other leg



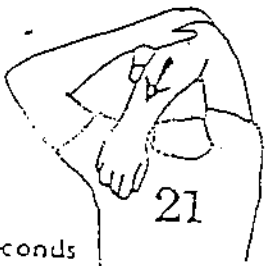
30 seconds



30 seconds
each leg

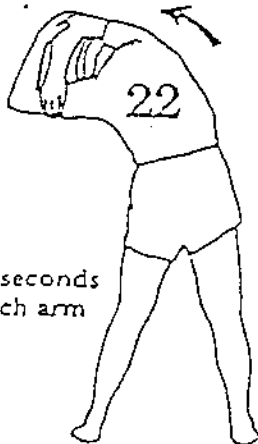


30 seconds
each leg



21

seconds
each arm



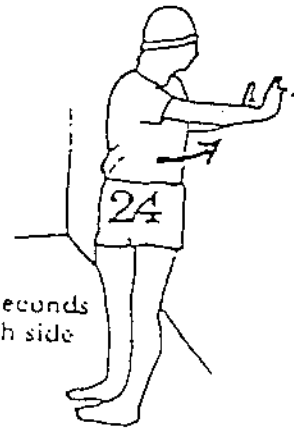
22

15 seconds
each arm



23

20 seconds



24

20 seconds
each side