



Gabriola Island Kyokushin Karate Club



How to get the most out of your training...

(Maybe you can't do all of these things straight away but if you work up to it you'll thrive)

- ❖ Keep an open mind and have fun!
- ❖ Commit to coming to training classes regularly, especially when you don't feel like it or think you have a better option. You'll be happy you made yourself go.
- ❖ Endeavour to be on time and train at least twice a week if you can.
- ❖ Don't worry if you are fit enough- by coming regularly you will be.
- ❖ Mistakes are fine; give yourself permission to make them, its how you learn.
- ❖ Always do your best, the only way to let yourself down is by not trying.
- ❖ Learn and follow dojo etiquette.
- ❖ Find ways to appreciate even the most tedious of activities.
- ❖ Push yourself a little bit beyond your comfort zone.
- ❖ Set goals. Short and long term. Write them down. Tell someone.
- ❖ Make S.M.A.R.T. goals – Specific, Measureable, Achievable, Realistic, Time limited.
- ❖ Find safe everyday ways to practice your karate techniques.
- ❖ Respect yourself and others.
- ❖ Always strive to be first – It does not matter if you are or not – just try.
- ❖ Strong “Osu” (respectful greeting and response).
- ❖ Strong Kiai (focussed shout).
- ❖ Move with your tanden (centre of balance and energy).
- ❖ Good posture.
- ❖ Steady gaze.
- ❖ Get involved in the club beyond training.
- ❖ Always bring all your gear.
- ❖ Make Karate your “thing” and have fun!