

## OD Karate Rules

(Compiled in line with the SAGA regulations as per SAGA Handbook)

The dojo is open during The year except on public holidays and school holidays.

The fees are payable for every month, including December.

All possible precautions are taken to prevent injury of members, but the dojo head and assistant instructors accept no liability for any injury or accident before, during or after classes.

1. Gradings. Grading assessments are conducted on merit. A member's progress will depend on regular attendance of classes and special seminars or Gashuku's, presented from time to time. It is accepted that a person training four times per week will progress faster than a person attending the normal two classes per week. The general SAGA regulations regarding gradings are as follow:

### 1.1 Yellow to Blue Belt.

Members training twice weekly can grade (3x) times annually provided:

\* a minimum of **25 scheduled classes** had been attended in the period between gradings continuously - non-attendance of classes for one calendar month or more, entails that a person is back to 'square one!'. Attendance of a Regional Gashuku gives a member a credit of five classes.

\* All membership and affiliation fees must be paid up.

Members training once a week can grade twice (2x) annually provided:

\* a minimum of **18 scheduled classes** had been attended in the period between gradings continuously - non-attendance of classes for one calendar month or more, entails that a person is back to 'square one!'. Attendance of a Regional Gashuku gives a member a credit of five classes.

\* All membership and affiliation fees must be paid up.

### 1.2 Brown Belt

Members training twice weekly can grade (2x) times annually provided:

\* a minimum of **45 scheduled classes** had been attended in the period between gradings continuously - non-attendance of classes for one calendar month or more, entails that a person is back to 'square one!'

\* All membership and affiliation fees must be paid up.

Members training once a week can grade twice (2x) annually provided:

\* a minimum of **25 scheduled classes** had been attended in the period between gradings continuously - non-attendance of classes for one calendar month or more, entails that a person is back to 'square one!'

\* All membership and affiliation fees must be paid up.

**Note that Brown Belt gradings are only done at Regional level at a Gashuku and the SAGA Fitness test must be passed to qualify.**

### 1.3 General

\* Grade expires: There are specific conditions regarding the expiry of kyu grades.

1.4 **Black Belt Gradings:** A member is required to have attended a minimum of three Regional Gashuku's during his/her Brown belt period to qualify for Shodan grading.

2. **Competitions.** Two competition opportunities are presented annually - the Free State Goju Ryu Championships and the SAGA National Championships for members qualifying.

Requirements for members to take part are:

\* All membership and affiliation fees must be paid up.

\* A member must have been training **continuously** since the beginning of the calendar year to the time of the tournament.

\* A person who has missed more than one consecutive (kyu) grading opportunity may be refused participation.

### 3. Attire and Appearance

\* Only a **clean white karate gi (washed regularly), with the IOGKF logo on the left breast, is worn by members.**

\* **Ladies and girls may only wear either a plain White or Black t-shirt or leotard underneath the karate jacket, men and boys do not wear any t-shirts underneath the karate jacket.**

4. **General Dojo Rules and Protocol.** As per the SAGA Handbook.

5. **Fees.** Ensure that you have proof of all payments done by yourself to the dojo. In the event of electronic transfers or direct payments, ensure that you state your name on the electronic record/deposit slip.

6. **Classes missed due to unforeseen circumstances.** Classes are presented in a progressive manner. If you should miss a class, you might lag behind the rest of your class - it is possible and in your own interest to catch up on classes missed. If you were sick it is your responsibility to catch up.