

# REIGIKAI SKIF LAS VEGAS

(Sports & Traditional Japanese Karate-do Club)



## 2018 - Student Handbook

Rules and by-laws may be amended and/or revised with or without notice by the  
Founder, Instructors and Board members.

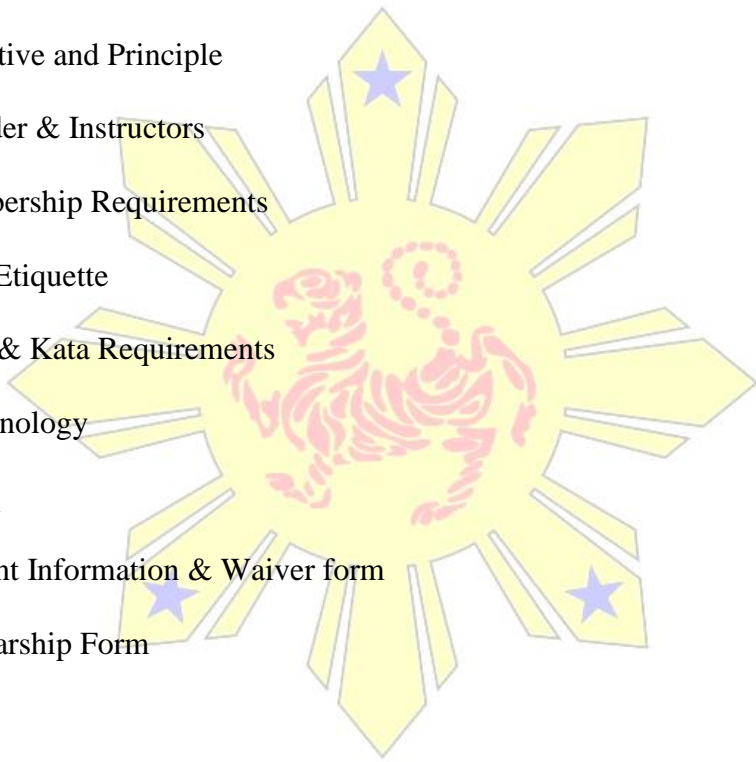
Revised: 5/2018

# Reigikai SKIF Las Vegas

<http://www.702karatedo.com/>

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# Reigikai SKIF Las Vegas

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## History of Reigikai SKIF Las Vegas

Reigikai SKIF Las Vegas was originally called Shotokan Karate-do Club Las Vegas and was set-up as an after-school karate program for Mabel Hoggard Elementary School. **Sensei Ronald Tolentino** first organized Shotokan Karate-do Club in February 2006 with the approval of his sensei, Sensei Jonathan Tani of Reigikai Karate Hawaii. As a courtesy and respect to other local shotokan instructor in the Las Vegas area, Sensei Ron also asks permission and the approval to operate from other local traditional karate school. First official group karate training happened on December 01, 2006 at Mabel Hoggard Elementary School. We have approximately 14-students that day.

- Summer of 2007, a Saturday class was added at Gibson Middle School Community Center.
- Last quarter of 2007, Sensei Jun Odal joined the group and start assisting-teaching karate class at Mabel Hoggard Elementary School. Arnis/Escrima was introduced as add-on style during those times.
- In April-2008 our group competes for the first time and it was in Ozawa Cup. We bring home our first competition medal.
- November-2008, Sensei Ron help Las Vegas – Clark County Commissioner Lawrence Weekly in his local community project, a version of DARE program in Martial Art format. Sensei Ronald Tolentino re-organizes the group and found a new home in Dr. W.U. Pearson Community Center. The program last for 18-months & extended for 5-years by the help of Clark County Urban League.
- In January-2010, the class at Gibson Middle School was transferred to Stupak Community Center. At this time, SKC operates and trains at Mabel Hoggard Elementary School, Dr. W.U. Pearson Community Center and Stupak Community Center.
- June-2010, SKC became an official branch school of S.K.I.F. Japan.
- July-2010, Brazilian Jiu-Jitsu class was introduced as an add-on Martial Arts Style for SKC.
- March-2011, SKC became an affiliate-member of USA-NKF (USA-Karate).
- September-2011, six SKC student qualified to SKIF National Tournament and USA Team Trials. November-2012 three SKC (plus Sensei Ron) travelled to Sydney-Australia to compete and represent USA at 2011 SKIF World Karate Tournament. The SKIF-Las Vegas teams are composed of Sensei Ron Tolentino (USA Coach), Joshua Tolentino, Joseph Tolentino (land 4<sup>th</sup> place) and Angela Ouimette (land 5<sup>th</sup> place).
- October-2011, SKC host the very first local Shotokan Tournament here in Las Vegas. Five local Shotokan School and 1-california Shotokan School joined and participated in the tournament.
- July-2013, Sensei Joshua Tolentino competed at USA-Karate National and Team trials and became our groups' first Elite student/member to earn a spot and become a USA-Junior Olympic alternate team member.
- September-2013, Shotokan Karate-do Club officially change its name to REIGIKAI SKIF Las Vegas.
- October-2013, class at the two-community center (Stupak Community Center and Pearson Community Center) was officially cancelled. Reigikai SKIF Las Vegas officially starts training at the new Honbu Dojo at The Orleans Commercial Center. 2015-September moved to new Sahara Dojo.
- July-2014 Sensei Joseph Tolentino became our second Elite student/member to be part of USA-Junior Olympic alternate team member.
- July-2015 Sensei Joseph Tolentino once again earned a spot as USA Junior Olympic alternate Elite team member. He won 3<sup>rd</sup> at WKF Junior PanAm Championship.
- 2016 USA Open – Sensei Joseph Tolentino, Princeton Cambia & Angela Ouimette won the Elite Division.
- Summer 2016 – Sensei Joshua & Joseph Tolentino competed at the Shihankai International Championship in the Philippines (PKF & WKF Sanctioned Event). Both placed 2 & 3<sup>rd</sup> place in Mens Elite Kata & Kumite Division.
- July-2016 Sensei Joseph Tolentino once again earned a spot as USA Junior Olympic alternate team member.
- July-2017 Hana Sourjah & Sensei Joseph Tolentino earned a spot as USA Junior Olympic team member. Sensei Joseph earned the spot to travel to Argentina to represent USA for the WKF Junior PanAm Championship.
- 2017 – Keoni Sylva is the first Reigikai & Las Vegas local athlete to win Gold Medal in every USA-NKF Sanctioned & other Local events (ie USA-Open, Jr International, Regional, State, Qualifier, Nationals, Nikkei, LV Friendship, etc.).
- 2017 – Reigikai SKIF Las Vegas hosted a 3-day seminar with WKF World Champion & Ranked Top Coach 'Sensei Junior Lefevre'.

# **Reigikai SKIF Las Vegas**

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## **Objective**

Reigikai SKIF Las Vegas is a not-for-profit Martial Arts group. Our purpose is to spread the style, teaching and principle of Shotokan Karate-do to those who are willing to learn.

## **Principle**

Instructor, Student and members of Reigikai SKIF Las Vegas follow the percept of DOJO KUN as set by Master Gichin Funakoshi (founder of Shotokan Karate & Father of Modern Karate).

## **Dojo Kun**

**Seek perfection of character**

**Be faithful**

**Endeavor**

**Respect others**

**Refrain from violent behavior**

## **Meaning of REIGIKAI**

Rei = Bow, to give respect.

Reigi = The way of expressing the concept of respect.

Kai = Club

Reigikai = A group who teach and practice respect inside and outside the Dojo.

A group that follow and give importance on the 4<sup>th</sup> concept of Dojo Kun.

## **Meaning of OSS (OSU)**

From the book SKIF Kumite Kyohan

The word “OSS”, of Japanese origin, has become an almost vernacular word in the world of KARATE, understood and exchanged among numerous practitioners of many nationalities, not only on the occasion of every day greetings but also in place of expression such as “Thank You” “Glad to meet you” “Goodbye” “Understood” and “Understand”. It must be uttered from the lower abdomen with properly executed bow, showing respect, sympathy, and trust to the other party.

# Reigikai SKIF Las Vegas

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## INSTRUCTORS



Joseph Tolentino, Sensei  
(Instructor)



Ronald Tolentino, Sensei  
(Chief Instructor - Founder)



Joshua Tolentino, Sensei  
(Instructor)



Steven Olivares  
(Assistant)



Princeton Cambia  
(Assistant)



Miguel Pangilinan  
(Assistant)



Angelica Poblador  
(Assistant)



Angela Ouimette  
(Assistant)



Jun Odal, Sensei  
(Advisor Instructor)



Joey Abas, Sensei  
(Advisor Instructor)



Wayne Tanaka, Sensei  
(Advisor)



Ernie Cabala, Sensei  
(Advisor)

# **Reigikai SKIF Las Vegas**

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## **Membership Requirements**

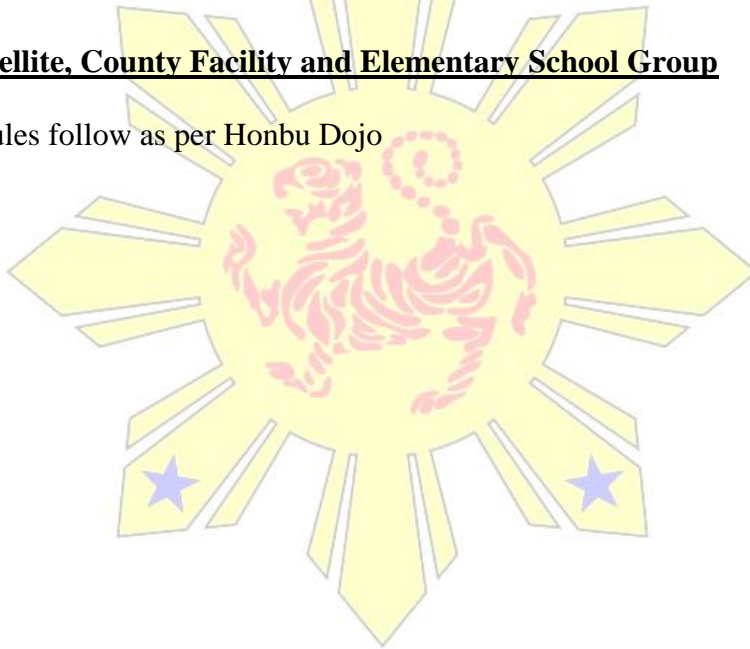
**Reigikai SKIF Las Vegas reserved the rights to deny service, membership and training to any individual.**

### **For Main-Honbu Dojo**

1. Student must be at least 5 yr old.
2. Student must be in good healthy condition.
3. Student that have criminal records that restrict them on training any form of Martial Arts by justice-of-court will be denied of membership and training.
4. Student/Parents must sign the membership and waiver form.

### **For Branch, Satellite, County Facility and Elementary School Group**

1. Same rules follow as per Honbu Dojo



# Reigikai SKIF Las Vegas

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## Dojo Etiquette

**YOU SHOULD** follow the percept of DOJO KUN.

**YOU SHOULD** attend classes regularly.

**YOU SHOULD** be on time for the training sessions.

**YOU SHOULD** obey all instructions given by the senseis and sempais.

**YOU SHOULD** be sincere in your efforts at classes.

**YOU SHOULD** try to help the kohais whenever possible.

**YOU SHOULD** listen attentively to the senseis and sempais.

**YOU SHOULD** show respect for other members.

**YOU SHOULD** bow to your sensei before taking a break.

**YOU SHOULD** bow before Kumite (one step, multiple steps or free-style sparring)

**YOU SHOULD** acknowledge response with “OSS”.

**YOU SHOULD** refer to your instructors as sensei.

**YOU SHOULD** refer to black belts and brown belt members as sempai.

**DO NOT** wear jewelry during training (earrings, watch, necklace, bracelets, etc.).

**DO NOT** interrupt sensei and another students training, unless it's an emergency.

**NO** talking during class/training.

**NO** chewing of gum, candy, tobacco or similar product.

**NO** shoes on the dojo floor during training.

Personal Hygiene is a must (ie foul odor, long nail, dirty clothes, dirty feet/hand, etc.)

Use of illegal drugs or alcohol, before or during class is strictly prohibited.

### When Entering The Dojo:

1. Bow.
2. Bow to the sensei.
3. Bow to brown and black belt members.

### When You Are Late: *(We do not tolerate tardiness)*

1. Bow. As you enter the dojo.
2. Bow towards the class and the sensei. Kneel facing side of shomen.
3. Wait until the sensei motion you to join the class.
4. Bow and join the class – take your position according to your rank.

### When Leaving Training Early:

1. Obtain the sensei's permission before the class begins.
2. When it is time to leave, bow to the sensei, wait for his acknowledgement, bow again, then leave.
3. Bow when leaving the dojo.

### Dress Regulations:

A traditional regulation white karate-gi with designated belt is to be worn with the 'Reigikai SKIF Las Vegas' or 'SKIF' badge affixed to the left of the gi. Sleeve and pants must be long enough to cover both elbows and knees.

**If you cannot follow these rules of Dojo Etiquette - please find another Dojo!**

# Reigikai SKIF Las Vegas

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## Rank & Kata Requirements

### (Beginners - minimum 4-month promotion)

10 <sup>th</sup> Kyu	White - Beginner
	White + Red Stripe
	White + Yellow Stripe
	White + Orange Stripe
9 <sup>th</sup> Kyu	Red
8 <sup>th</sup> Kyu	Yellow
7 <sup>th</sup> Kyu	Orange

### Kata

No Kata  
(-7yr old : Taikyoku Shodan)  
(-7yr old : Taikyoku Shodan)  
(-7yr old : Taikyoku Shodan)  
Taikyoku Shodan  
Heian Shodan  
Heian Nidan

### (Intermediate - minimum 4-month promotion)

6 <sup>th</sup> Kyu	Green
5 <sup>th</sup> Kyu	Blue
4 <sup>th</sup> Kyu	Purple

Heian Sandan  
Heian Yondan  
Heian Godan

### (Advance – minimum 8-month promotion)

3 <sup>rd</sup> Kyu	Brown
	Brown with I black stripes
2 <sup>nd</sup> Kyu	Brown with II black stripes
1 <sup>st</sup> Kyu	Brown with III black stripes

Tekki Shodan  
Bassai Dai  
Tekki Nidan  
Kanku Dai  
Tekki Sandan  
Enpi  
Jion

### (Black Belt)

1 <sup>st</sup> Dan	Shodan (1st Degree Black Belt) <i>(minimum 8-months to 1-year as 1<sup>st</sup> Kyu)</i> <i>(minimum 16 yr. old = Sr. Rank)</i>
2 <sup>nd</sup> Dan	Nidan (2nd Degree Black Belt) <i>(minimum 2 yr. as Shodan &amp; 18 yr. old)</i>
3 <sup>rd</sup> Dan	Sandan (3rd Degree Black Belt) <i>(must learn &amp; know all 26-kata)</i> <i>(minimum 3 yr. as Nidan &amp; 21 yr. old)</i>
4 <sup>th</sup> Dan	Yondan (4th Degree Black Belt) <i>(minimum 4 yr. as Yondan &amp; 25 yr. old)</i>
5 <sup>th</sup> Dan	Godan (5th Degree Black Belt) <i>(minimum 5 yr. as Yondan &amp; 30 yr. old)</i>

Hangetsu  
Jitte  
Gankaku  
Bassai Sho  
Kanku Sho  
Chinte  
Meikyo  
Gojushiho Sho,  
Sochin,  
Jiin,  
Nijushiho  
Unsu  
Wankan  
Gojushiho Dai  
Seienchin  
Hyakuhachiho-1 (Suparinpei - JKA/SKIF)  
Hyakuhachiho-2 (Suparinpei - JKS)  
Koryu Gankaku (Gankaku Sho)  
Sansai

(See next page for complete list requirements)



REIGIKAI S.K.I.F. LAS VEGAS

Table with 12 columns representing different kyu levels (10th Kyu to 1st Kyu) and a Shodan section. Each cell contains technical details for various kata, including stance names (e.g., Zenkuzuki Dachi, Heian Sandai), step counts, and specific movement instructions in English. The table is organized into sections for different kata groups like Kihon, Kata, Kumite, and Shodan.

# Reigikai SKIF Las Vegas

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## Terminology – Basic & most common used

### Numbers

Ichi	=	1
Ni	=	2
San	=	3
Shi	=	4
Go	=	5
Roku	=	6
Sichi	=	7
Hachi	=	8
Ku	=	9
Ju	=	10

### Color

Aka	=	Red
Ao	=	Blue
Shiro	=	White
Kuro	=	Black



Dojo = training hall

Gi = uniform

Geri = kick

Karate-do = way of empty hand

Kata = form

Ki = spirit, energy

Kihon = basic

Kime = focus & coherence

Kohai = junior, lower ranking

Kumite = sparring, fighting

Kun = ethics, morals

Kyu = rank

Obi = belt

Sensei = teacher

Sempai = senior in rank (Brown/Black Belt)

Gedan Barai = Downward Block

Age Uke = Rising/Upward Block

Soto Uke = Outside Middle Block

Uchi Uke = Inside Middle Block

Shuto Uke = Knife-hand block

Nukite = Spear Hand

Uraken = Backfist

Kizami Tsuchi = Front-Hand Punch

Kizami Geri = Front-Leg Snap Kick

Mae Geri = Fron Snap Kick

Yoko Geri (Keage) = Side snap kick

Yoko Geri Kekomi = Side thrust Kick

Mawashi Geri = Round House Kick

Ushiro Geri = Rear Kick

Ura Mawashi Geri = Reverse Round House Kick

Uchi/Tsuki/Zuki = strike

Uke = block

Waza = technique

Jodan = upper level (neck/head area)

Chudan = middle level (solar plexus/chest area)

Gedan = lower level (below belt area)

Hajime = begin

Mawate = turn

Rei = bow

Yame = stop

Yoi = preparation, be ready position

Naore = recover to natural position

Dachi = Stance

Shizentai = Natural stance

Kiba Dachi = Horse-riding Stance

Zenkutsu Dachi = Front Stance

Kokutsu Dachi = Back Stance

Sochin Dachi = Rooted Stance

# **Reigikai SKIF Las Vegas**

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## **FAQ**

### **What is Shotokan Karate?**

Shotokan Karate is a Japanese system of Karate that originated from Okinawa and was brought to Japan by Gichin Funakoshi in the early 1920's. It is now the most popular and widely practiced Traditional Karate around the world.

Its main emphasis is the character development of the individual student. It is a "hard style" form of karate which emphasizes the explosive delivery of each technique using the entire body system to maximize impact force.

Shotokan Karate is a very structured style and it is practiced very close if not exactly the same from one karate dojo or school to the next wherever it is being practiced in the world.

### **What's the difference between Shotokan, Tae Kwon Do or Kung Fu?**

One of the main differences is that Shotokan Karate is Japanese based whereas Tae Kwon Do is Korean (even though it was derived originally from the Shotokan style) and Kung Fu is Chinese. As opposed to most Korean styles where kicking techniques are more emphasized, in the Shotokan system of karate, kicking and punching techniques are emphasized at about equal amount with hand techniques being emphasized slightly more than kicking techniques.

### **Is there grappling or weapons training in Shotokan Karate?**

There's generally no grappling or weapons training in a Shotokan Dojo. Of course there are always exceptions where the instructor has trained in some form of grappling art and has trained in weapons from another style. Sweeping techniques is a big part of the Shotokan system however that would render the opponent off balanced or be taken down to the floor, but these are immediately followed by a striking technique such as kicking or punching.

Our group also offer weapon training (Arnis/Escrima) and grappling (Judo/Jujitsu) as an add-on to our style. It is not a mandatory or required style; these are usually conducted only after the Karate class.

### **Is Karate good for my health?**

Because Karate involves both stretching and cardiovascular exercise, it is extremely good for your health. Furthermore, unlike many other activities, Karate uses almost all muscle groups. This means that your body becomes very well balanced rather than overworked in specific muscle groups.

# **REIGIKAI SKIF LAS VEGAS**

(Shotokan Karate-Do Club Las Vegas)



Student Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Parent or Guardian (if below 18yrs old): \_\_\_\_\_

Telephone No.: \_\_\_\_\_ Email Address: \_\_\_\_\_  
(if you like to receive email news & updates)

Address: \_\_\_\_\_

Any physical or health problems that will restrict the students training? \_\_\_\_\_ YES \_\_\_\_\_ NO

If YES, please describe: \_\_\_\_\_

Contact person in case of emergency: \_\_\_\_\_ Telephone No.: \_\_\_\_\_

## **LIABILITY RELEASE & WAIVER AGREEMENT**

I, the student, hereby acknowledge that there are possible risks of bodily injuries involved in participating in this Martial Arts class. I hereby waive and release any and all claims, causes of action, losses, damages, cost expenses including but not limited to attorney fees, either known or unknown, now existing or arise in the future, that may have of whatever kind or nature against the Martial Arts organizer, CCSA, SKIF-USA or anyone else involved in any way with this Martial Arts Class. I hereby acknowledge that any individual, team, or other pictures listed in connection with this Martial Arts class can be used by the Martial Arts Class organizer for publicity or promotion without compensation to me.

## **MONTHLY TUITION/DUES**

All tuition/dues and/or payments are non-refundable. Tuition/Dues are billed monthly, in advance, on the first day of each month, due and payable at the time of billing – regardless of usage of the club. At the end of the initial Term, monthly tuition/dues will continue on a month-to-month basis at the agreed upon rate of this signing. Monthly Tuition/Dues are \$90.00 per month and will not increase while your account is kept current.

Lapses in training (over 30 days), will be subject to one of the following at the discretion of REIGIKAI SKIF LAS VEGAS:

- Continue as an active student without paying for missed month(s) of training fees (notification and approval from REIGIKAI SKIF LAS VEGAS MUST be given prior to the period of inactivity)
- Reinstate your account by paying the missed Monthly Tuition/Dues (including late fees)
- Enroll as a new student, subject to the current Monthly Dues and Tuition

Payments not received by the 10th of each month, are subject to a \$ 10.00 late fee and MAY prohibit the student from training until the account is brought current.

Testing fees are not included in the monthly dues and tuition fees; and are subject to change without prior notification.

## **DECLINED OR DELINQUENT PAYMENTS**

If any payment, including, but not limited to, a check charge or bank draft is declined, REIGIKAI SKIF LAS VEGAS will assess a charge of \$35.00 for each payment so declined, in addition to any other recourse it may have.

In the event Student/Member fails to pay any obligation in accordance with the terms of this Agreement, REIGIKAI SKIF LAS VEGAS may refuse to honor the Student/Member's membership. In addition, should Student/Member be in default of any payment for more than 30 days, all amounts due hereunder shall become immediately due and payable. REIGIKAI SKIF LAS VEGAS reserves the right to use an attorney to enforce any terms under this Agreement and Student/Member shall be liable, in addition to any other obligations, for the cost of such enforcement.

## **DAMAGE TO PROPERTY**

If Student/Member willfully or neglectfully does damage to any REIGIKAI SKIF LAS VEGAS property the cost of repairing or replacing such damaged property shall be paid for by Student/Member.

## **MEMBERSHIP RULES & REGULATIONS**

Student/Member hereby agrees to abide by all rules and regulations of REIGIKAI SKIF LAS VEGAS, which may be posted or issued verbally, as amended from time to time. REIGIKAI SKIF LAS VEGAS may terminate this Agreement for violation of any rule or regulation, or any conduct which is detrimental to the welfare or character of REIGIKAI SKIF LAS VEGAS or its students/members.

## **ENTIRE AGREEMENT**

This Agreement constitutes the entire agreement between Student/Member and REIGIKAI SKIF LAS VEGAS. Amendments or modifications to this Agreement must be in writing and signed by both Student/Member and REIGIKAI SKIF LAS VEGAS.

Student (signature): \_\_\_\_\_ Date: \_\_\_\_\_

Parents/Legal Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

REIGIKAI Representative/Management \_\_\_\_\_ Date: \_\_\_\_\_

# SCHOLARSHIP APPLICATION FORM

REIGIKAI SKIF LAS VEGAS

REIGIKAI SKIF LAS VEGAS Scholarship is awarded to individual student (7yrs old to 17yrs old) who is in need of financial assistance. Applicant must meet minimum qualification to receive financial assistance; a) current and active member of Reigikai SKIF Las Vegas, b) attend karate class regularly, c) help promote Reigikai SKIF Las Vegas, d) follow the percept of Dojo Kun & Reigikai SKIF Las Vegas Dojo Etiquette, e) recommended by Sensei/Instructor to receive financial assistance.

*REIGIKAI SKIF LAS VEGAS reserved the rights to deny scholarship or revoke the scholarship agreement for any reason(s).*

## STUDENT GENERAL INFORMATION

Applicant's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
Address: \_\_\_\_\_ Gender: \_\_\_ Male \_\_\_ Female  
Phone No.: \_\_\_\_\_ Email.: \_\_\_\_\_ Present Rank: \_\_\_\_\_

## PARENT/GUARDIAN INFORMATION

Parent/Guardian Name: \_\_\_\_\_ Phone No: \_\_\_\_\_  
Address: \_\_\_\_\_ Email: \_\_\_\_\_  
Employer: \_\_\_\_\_ Work Phone No: \_\_\_\_\_

## ON A FINANCIAL BASIS, HOW IN NEED OF SCHOLARSHIP ARE YOU?

*(Please Circle)*

0    1    2    3    4    5    6    7    8    9    10

Not in financial need

Semi-need

Very much in financial need

## What kind of financial help you need from REIGIKAI SKIF LAS VEGAS?

*(Please check one)*

\_\_\_ 1-Month of Karate Tuition

\_\_\_ Karate Uniform

\_\_\_ Tournament Fee

\_\_\_ Kyu/Rank Examination Fee

\_\_\_ Karate Seminar Fee

\_\_\_ Other

Please explain why you deserve financial assistance from REIGIKAI:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*If application is approved, REIGIKAI SKIF LAS VEGAS expects this student to follow the DOJO Etiquette and keep a good training attendance. REIGIKAI SKIF LAS VEGAS reserved the rights to deny scholarship or revoke the scholarship agreement for any reason(s).*

Applicant's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

## Do not fill this area:

\_\_\_ Not Approved, Reason(s): \_\_\_\_\_

\_\_\_ Approved, for the amount of \$ \_\_\_\_\_

NOTE:

\_\_\_\_\_  
Ronald Tolentino - Date

\_\_\_\_\_  
Instructor Signature – Date

\_\_\_\_\_  
Instructor Signature - Date