



Nintai DoJo, LLC
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Springfield YMCA
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Welcome to the club! We are excited you have decided to join the world of traditional Shotokan Karate. Here are a few beginning tips to help you feel at home right from the start.

What we wear:

GI: The white outfit we wear. Ladies wear a white t-shirt, gentlemen go bare chested underneath. See Jan Sensei with your height and weight and she can get you one for ~\$25. Until then, shorts and a t-shirt work well. Males must wear a cup for every class.

Kumite: Saturday mornings are when we practice sparring. You need a mouthpiece (from any sport goods place) and small hand pads (we have these available at the DoJo).

Classes: Arrive a bit early so you can change and get warmed up. This gives you the full benefit of the lesson.

Testing:

Testing is held at the Springfield DoJo every three months. You must join our parent organization, to test within our system. A pre-test is held 2 weeks before the test to see if you are ready to test for your next rank. Regular training with spirit and effort is necessary and required at every lesson in order to be eligible for belt advancement.

We look forward to training with you for many years to come!