

# HOSHIN JUTSU AUSTRALIA-PACIFIC



## Code of Conduct

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## Welcome

Welcome to the Hoshin Jutsu School of martial arts.

As a new member, you will have lots of questions to ask as you travel along the path to black belt. This book will help to make your journey easier and more informative along the way.

The Code of Conduct is a guide to your behaviour within the dojo. It is expected that you will demonstrate good conduct before, during and after training. This will allow a more effective, enjoyable class to be taught, as instructors are able to focus on teaching rather than discipline.

The Student Creed sets the high standard which we endeavour to maintain in a world which can be confusing and full of negative influences, through a constant reminder of who we set out to be. It is difficult to climb a high mountain, or even find the mountain when we do not have a clear pathway guiding us through the forest. The creed is a clear pathway that will allow us to fulfil our highest aspirations.

The grade requirements are a guide to ensure that you fully understand the techniques in a level before moving on to the next grade. All basics need to be learned to have a safe training environment enabling more complex movements to be integrated once a good foundation has been established. Grades are used as a guide to your progress to show your understanding of techniques.

The first year of your training has been set down in this manual to encourage effective home study as well as use as a reference in class. Please bring this manual to your regular classes.

*"It is not the will to win - it is the will to prepare to win".*

This is a famous statement which rings true, so let's prepare ourselves to succeed in life by doing the extra ten minutes of study at home when we find the time rather than watching the repeats on TV again, or committing to home study training sessions. It has been proven that the more training you perform on a weekly basis, the better your retention skills due to familiarity.

The Red Belt Challenge is a stepping-stone for increased willpower and discipline in your life in overcoming those things that hold you back the most from achieving your full potential.

Although you are studying a martial art and not a language degree, it is very helpful and interesting to have a reference to assist you in understanding the meanings of some terms that will be used in class. Japanese will mainly be used: this will also enable you to understand much martial arts literature as well as giving some insight into the culture.

## Hoshin Jutsu Australia Code of Conduct

### ***Hoshin Jutsu Australia Key Objectives:***

1. Providing instruction in a safe environment.
2. Developing the mental and physical tools for improving personal safety and security.
3. Promotion of good health and vitality.
4. Development of positive self-esteem and self-confidence.
5. Development of a person as a positive role model in the community.
6. Creating expertise in confrontation management.
7. Pro-active crime prevention through increased awareness and positive attitudes
8. Developing healthy community attitudes and values.

All persons participating in a class or course conducted by Hoshin Jutsu Australia must agree to be bound by this Code of Conduct.

## ***Participant Understanding***

Hoshin Jutsu Australia is a contact martial art. As in any other physically demanding recreational activity, there is always a risk of injury. Any person participating in a class conducted by Hoshin Jutsu Australia does so with the full understanding that whilst it is the policy of Hoshin Jutsu Australia to minimise this risk, the nature of contact physical activity prevents its total elimination. Persons participating in a class do so of their own volition and at their own risk, and indemnify Hoshin Jutsu Australia against any claim arising out of the participant incurring any injury.

## **Instructor Qualifications**

1. All unsupervised Instructors must have either a current National Coaching Accreditation Scheme (NCAS) accreditation or National Martial Arts Instructor Accreditation Scheme (NMAS) accreditation.
2. All unsupervised Instructors are bound by the "Instructors Code of Ethics" of the Martial Arts Industry Association.
3. All unsupervised Instructors must have a current St John Ambulance Senior First Aid certification.
4. All unsupervised Instructors must have in place appropriate public liability and professional indemnity insurance.
5. All Instructors will be bound by this Code of Conduct.

## **Safety Rules**

In order to co-ordinate any activity it is necessary to have order and discipline. This is certainly important in the martial arts when we are practicing the practical application of potentially dangerous defence techniques on one another. To avoid any injury or disturbances of any kind, we must follow certain rules:

1. Instructors will ensure that the training area is clear of any dangerous objects that may provide a risk of injury.
2. Instructors will have access at all times to a fully equipped first aid kit.
3. Persons must not wear jewellery or watches during training.
4. All persons participating in training agree to maintain self-control at all times and maintain all care in the application of any technique.
  - **NO** student is permitted to intentionally strike another student with malice. Any person participating in training who exhibits behaviour that in the judgement of the Instructor is a danger to other participants, shall not be allowed to continue training until the Instructor determines the danger is no longer present.
  - Students are advised that in the interest of safety they wear: a mouth guard, groin guard, head gear, fist and instep protectors while sparring and/or when they believe there is a risk of injury.
  - A student **should not** participate in any activity she or he believes is beyond their physical capacity.
  - A student is not compelled to partake in any activity against their will. It is important to appreciate that practitioners of the martial arts take their training seriously. Instructors will overlook minor infringements of etiquette and excuse them as acceptable ignorance on the part of the new student, but it is preferable to acquaint yourself with the rules as soon as possible.

## Dojo Etiquette

### **Respect**

Respect is a word you will hear again and again in the martial arts and its importance cannot be overemphasised. This is not to say that you should appear excessively humble, more that you should show genuine respect rather than make any pretentious display of it.

Martial arts are exceptionally practical and showing respect is a part of this. Without it there would be no trust between students or between student and instructor. Trust is a prerequisite to serious training. You will find that you are expected to take many things on trust during your initial training and respect will help you to do this in instances when you are unable to see the immediate reasons for doing some of the things you are told to do.

As members of Hoshin train with other martial art organisations, we are representing our instructors every time we train. Therefore we carry ourselves with the utmost dignity and show heartfelt respect in all classes.

### **Bowing**

Bowing is a sign of respect. It is a custom and ritual in many countries from which we have receive the martial arts. To disregard tradition is to disregard the spirit of the martial arts.

When bowing, both hands are at the side. Bowing should always be done with respect and thoughtful action, not hastily as a routine. We should regard it as something that represents the philosophy of the goodness taught in martial arts.

### **Entering the Dojo**

Students entering the Dojo (training hall) either in a Gi (training uniform) or in street clothes shall bow as they enter the training area. This should be done without exception.

### **Opening the Class**

The instructor will take position in front, centre of the class with the students lining up according to rank and seniority.

- ⊞ Seniority is determined by the belt colour of the student.
- ⊞ In cases of students with the same belt level, the student who has trained in the school longest is considered senior.
- ⊞ If this seniority is the same then the senior is determined by age.
- ⊞ The highest-ranking member of the class will call for the class to bow to the instructor (*Sensei Ni Rei*).

### **During the Class**

Proper respect and discipline will be maintained at all times and all rituals will be performed in the proper manner.

- ⊞ When the head instructor, master of the school or visiting instructor enters the Dojo, the instructor on the floor or the highest ranking member of the class should call everyone to attention and have the class bow. After this respect has been paid, the class should immediately return to training. When a student comes late to class they should wait until the instructor recognises them, by bowing and receiving permission to enter class. Shoes must be taken off before entering the training area unless the shoes are special martial arts footwear approved by the Instructor.
- ⊞ Persons must not chew gum whilst training.
- ⊞ Food and/or drink (including water) must not be consumed whilst on the training area.
- ⊞ When a student must leave the Dojo during training they should first receive permission from the instructor.
- ⊞ If a student has a question relating to training, they must refer to the instructor/s.

- ⌘ Students should be clean and showered before coming to class.
- ⌘ No student should train under the influence of alcohol or drugs (prescribed or otherwise). If a student comes to the Dojo under the influence they will be severely reprimanded.
- ⌘ Students should have clean tidy uniforms.
- ⌘ Students and visitors seated on the sidelines should remain still and make no unnecessary noise, so as not to disturb the students on the floor.
- ⌘ When the instructor addresses a student or the class they will respond appropriately.
- ⌘ Instructors will be called by their respective teaching titles eg: Sensei, Sempai

### ***Closing the Class***

The students should line up by seniority and rank. The highest-ranking member will call the bow to the instructor. At the end of the class, students should thank the instructors and fellow students they have trained with. After this they should leave quietly, discreetly and bow when leaving the Dojo.

### ***Sickness or Injury***

1. Persons must not train if they are suffering from the 'flu or other viral infection that may be passed on to other persons.
2. Persons must advise the Instructor if suffering from any injury or condition, either permanent or temporary, which may be adversely affected by certain types of training. Some examples of this may include blood pressure problems and cardiac disorders, neck and back injuries, diabetes and asthma.
3. Persons with the above or like conditions must show this Code of Conduct to their physician and secure a medical certificate clearly stating that the person is able to participate in classes conducted by Hoshin Jutsu Australia and whether there are any restrictions or conditions applicable.

### ***Other Health Issues***

1. Persons training must exhibit clean grooming and ensure that fingernails and toenails are trimmed and clean.
2. Persons with a cut or bleeding injury must cease training immediately and receive appropriate first aid. Rejoining the training session will not be allowed until the instructor has deemed that is safe to do so.
3. Persons administering first aid to a person suffering a cut or bleeding injury must wear protective gloves.

### ***Dojo Ethics***

1. Persons must always be courteous and helpful to each other.
2. Physical contact between persons who are training must be appropriate to the situation and necessary for the skill development of those persons.
3. Sexual harassment, defined as being where a person is subjected to unwanted or uninvited sexual behaviour, will not be tolerated.
4. Any form of discrimination based on sex, ethnic origin, language, colour, or other form of differentiation will not be tolerated.

## The Student Creed

I believe in respect for all living things, that all people are equal, and I will show this respect through my words, thoughts and deeds.

I will honour my parents, teachers and seniors. Humbly I will respect their authority and never be obnoxious or angry.

I will try hard to become a skilled martial artist and never use my skills for wrongdoing. I will defend the weak and helpless and never stand by while others are suffering.

I believe in respect for myself and will never do anything to harm my physical, mental or spiritual development. My mind and will are strong.

I will not allow peers or pressure to push me into harming the skills I have trained and studied so hard to master.

I will do what is right because the warrior's path is righteous.

## The Hoshin Bow

Place hands together at face height.

When Sensei claps, please repeat the following

**“May we train well,  
May listen to our teachers  
and transform our physical energy into spiritual power”.**

Clap once then bow, the highest ranked student will then say

**“To the Sensei, bow”**

Bow once more.

Finish

## Grading Conditions

1. To secure grading under the Hoshin Australia syllabus a person must be a member of Hoshin Dojos.
2. Membership of Hoshin Australia requires a person to agree to be bound by this Code of Conduct.
3. Hoshin Australia reserves the right to revoke the grading of any person who breaches this Code of Conduct or is convicted of any criminal offence.

## Grade Levels

The coloured belt system is used in most martial art systems throughout the world today; Japanese with their judo, jujitsu, karate etc and the Koreans with their taekwondo etc generally wear gi's and belts while the Chinese Kung Fu styles use a lighter sash material.

Belts are worn to help assist the teacher and students to be able to quickly assess a person's capabilities, ensuring that correct techniques are taught when the student is of a level to understand them safely and confidently.

The various styles all have their own colour systems. Shown below is approximate time spent on each grade before progressing to the next level (these are a general guide based on a student training twice per week).

As a white belt level 0 you will be studying red belt level 1. After three months' of study you will be tested for red belt and if successful you will be able to wear a red belt and will move on to study red belt 1 stripe, level 2 etc.

### **Children's Dragon Grades**

| <b>Level / Belt</b>   | <b>Approximate time</b> | <b>Total Time</b> |
|---|-------------------------|-------------------|
| 0. White  | 1 month                 | 1 month           |
| 1. Red  | 3 months                | 4 months          |
| 2. Red strip  | 3 months                | 7 months          |
| 3. Orange   | 4 months                | 11months          |
| 4. Orange stripe  | 4 months                | 1¼ years          |
| 5. Gold   | 6 months                | 1¾ years          |
| 6. Gold stripe  | 6 months                | 2¼ years          |
| 7. Green  | 6 months                | 2¾ years          |
| 8. Green 1 Blue stripe  | 6 months                | 3¼ years          |
| 9. Green 2 Blue stripes   | 6 months                | 3¾ years          |
| 10. Green 3 Blue stripes  | 9 months                | 4½ years          |
| 11. Green 4 Blue stripes  | 9 months                | 5¼ years          |
| 12. Green with Blue Line<br>(Highest grade achievable<br>under 12 years of age) | 1 year                  | 6¼ years          |

### **Adult Grades**

| <b>Level / Belt</b>    | <b>Approximate time</b> |                            |
|------------------------|-------------------------|----------------------------|
| 0. White               | 0-3 months              |                            |
| 1. Red                 | 3-6 months              | <b>Year 1 red/orange</b>   |
| 2. Red strip           | 6-9 months              |                            |
| 3. Orange              | 9 months to 1 year      |                            |
| 4. Orange stripe       | 1 year-1¼ years         |                            |
| 5. Gold                | 1¼-1½ years             | <b>Year 2 gold/green</b>   |
| 6. Gold stripe         | 1½ -1¾ years            |                            |
| 7. Green               | 1¾ -2 years             |                            |
| 8. Green 1 Blue stripe | 2-2¼ years              |                            |
| 9. Blue                | 2¼-2½ years             | <b>Year 3 blue/purple</b>  |
| 10. Blue with stripe   | 2½-3 years              |                            |
| 11. Purple             | 3-3½ years              | <b>Year 4 purple/black</b> |
| 12. Purple with stripe | 3½-4 years              |                            |

**Shodan** 1st Dan black belt will be achieved at some time around 4 years with a consistent effort and regular attendance. Minimum 18 years of age to grade to shodan. 16 years and older may be considered under special circumstances.

## Equipment Required

In the interests of safety and injury reduction the following equipment is required. An approximate cost is beside each item:

- ⊞ Gloves (\$20-\$30) Red belt level
- ⊞ Mouth guard (\$10-\$100) Red belt level
- ⊞ Groin guard (\$13-\$20) Red belt level
- ⊞ Shin and Instep Guards (\$25) Red belt level

## Syllabus Study

### ***Level 0-4 (Red and Orange Belts)***

The training regime for this first year of study will involve conditioning of the basic techniques until they become an expression of you own natural movements.

While the strikes, blocks and movements are being assimilated, hand/eye co-ordination exercises, reflex training and conditioning exercises will help to fast track your training to achieve speed, power and precision within the minimum time possible to enable you to become more street-effective sooner.

The key areas to be focused upon in the first few months are to be:

- ⊞ Body positioning, which is one of the Hoshin foundations. By placing yourself correctly you will be able to avoid being hit by one or more assailants and at the same time be within your opponent's guard, disrupting their attacking flow.
- ⊞ Bridging the gap techniques will assist you in finishing the confrontation quickly and effectively before it has a chance to get out of control. The bridging tactics will include various feints and strategies to allow you to close the distance and take control of the confrontation.
- ⊞ Solid defensive foundation through blocks, parries and evasive manoeuvres
- ⊞ Basic rolls and breakfalls as many injuries occur by people being pushed or punched and falling down hard. This will also lead us into ground fighting techniques.
- ⊞ Strikes, kicks that are bio-mechanically sound and use of defensive reaction theory and the strike concepts.

A strong focus will be placed upon defensive reaction time in a confrontation, in other words as soon as the physical side of the confrontation begins with punches, kicks or weapon attack, through effective training you will block and instantaneously follow-up with a number of appropriate responses depending upon the situation

Streetwise defensive scenarios from basic grabs, chokes, headlocks and other common attacks from single and multiple attack situations.

Emotional attitudes and positive use of the body's biological fight or flight responses will be discussed and incorporated into your training regime to overcome panic which is psychological fear when your mind perceives failure.

By knowing in advance that you will survive an authentic street fight where you have ethical and moral reasons to do so you will be resolute in your conviction with exponential emotional power to draw from.

Perseverance is the most important key to the martial way: you must commit to be successful in training as in all aspects of your life.

## The Red Belt Challenge

Upon reaching red belt you will have achieved a greater degree of physical balance, increased fitness and have good knowledge in the basics of self-defence. So far you have pushed yourself physically by becoming fitter and stronger and also improved mental focus

through discipline and attentiveness. Now we make the climb towards black belt just that bit steeper by adding the red belt challenge.

The Red Belt Challenge was created by one of Hoshin's founding instructors as a way of giving students who were at a serious disadvantage from drugs/alcohol or other addictive behaviours a way of cleaning up their act and being allowed to continue their training.

The challenge is one of mental and physical discipline: Students abstain from anti-social and unhealthy behaviours for 12 weeks. After the 12 weeks are up, most restrictions placed on them by the red belt challenge are lifted.

What is so difficult about this test is that you will be working on not what you are best at but what you feel you are lacking or not very good at. Your teacher will help you decide the exact nature of what your test will involve.

This information is private in many cases and confidentiality is respected, as many of the challenges are very personal goals.

Some challenges have been to stop smoking or to run 5 km; here are a few others just to give you some ideas as to what your own test could be:

- ⊖ Control bad temper
- ⊖ Increase fitness levels
- ⊖ Stop listening to negative music
- ⊖ Stop drinking alcohol for 1 year
- ⊖ Have discipline to train everyday for 3 months
- ⊖ Dramatically improve eating habits
- ⊖ No swearing (100 push-ups per swear word used, a very effective method)

## **Rules**

The rules of the challenge are as follows:

1. no smoking
2. no drinking
3. no alcohol
4. no violent music, movies, video games, animé etc
5. no porn of any variety / explicit material
6. no junk food
7. no swearing
8. no negative music / movies etc
9. you must train a minimum of twice a week in class
10. you must choose two areas in which you wish to improve your life

## **What happens if the rules are broken?**

People often say "but no one is going to tell you if they break the rules". Surprisingly enough, people *do* tell us if they break the rules. In doing so, they open their hearts and learn from their experiences. Why? Because every time someone breaks the rules of the challenge, the whole group on the challenge gets punished. Punishment might be 100 push ups, a 2k run, extra exercise or a couple of weeks extended onto the challenge.

If the break is a severe one, then the entire class or dojo, or ALL the dojos may participate in the punishment. If you are wondering why it is effective, it's quite simple: no one wants to punish the school for their negative actions.

We don't ever tell anyone who "broke" the rules by the way. It is always kept anonymous - another reason perhaps why people are so honest about it.

### ***What happens if someone keeps breaking their challenge?***

If people are really struggling, they will be assigned peer support to help them through. This might range from people phoning up to say "hi" to extra training or social times with the supporters. Students will be reset their challenge; in serious cases it is not unusual for the challenge to last up to 12-18 months. At all times an instructor will keep up to date with the student. We have only had one case of a student being asked to leave because they did not want to do the challenge.

## **Payment**

When you join Hoshin, you will be asked to sign a form that allows you to pay by cash, cheque, debit or credit card. If you choose to pay by debit or credit card, you will be billed MONTHLY.

If you choose to pay by cash or cheque, you will pay three months' at a time (quarterly). The billing periods fall in January, April, July and October.

Initially, students under 12 can join for a period of three months. AFTER three months, if not notified in writing, Hoshin Jutsu Australia students automatically agree to continue their training for a further period of **SIX** months.

When you join up, you are signing a contract with Hoshin Australia agreeing to train for a set period of time. We honour our commitment to our students and provide quality lessons and instruction, and always turn up to our classes. We expect our students and their families also to honour their commitment to us by turning up to their lessons and completing their training.

This is also why it is good practice for parents to sit and talk with their children about what kind of commitment they are making to their training. We do not consider ourselves to be a "fun hobby" that is attempted only half-heartedly. We are a serious martial art - what we teach not only works, it can hurt other people if misused, including the student. Discipline and commitment are required. (And yes, we STILL have FUN!)

If for any reason a student or their family cannot afford to pay their training fees, immediately let the instructor know. We have never turned anyone away for lack of money. However, if you simply do not turn up to class, and do not contact us, you cannot expect us to understand.

If you are paying cash or cheque, it is expected you will pay your fees on the billing dates due, regardless of whether or not you are going away for a weekend or a month. If you contact us IN WRITING to inform us that you will be away, we will put your payments ON HOLD; however as soon as you return, normal billing procedures will resume.

If you pay by debit or credit card, likewise you will be billed. If you let us know IN WRITING that you will be away, payments will be put on hold.

An important note for those who pay by debit or credit card: Any chargeback, insufficient fees or invalid account details charges incurred by us after processing a payment will be billed back to the account or card holder.

This is a lesson in courtesy, commitment and communication for all concerned.

**PLEASE NOTE:** *Hoshin Australia only has TWO weeks off at CHRISTMAS and ONE weekend at EASTER.* This information also appears on our website.

## **Conflict Resolution**

We are available to discuss any issue on which a student finds they are dissatisfied with the service provided by Hoshin Jutsu Australia–Pacific.

Contact may be made before or after classes, or by telephone during regular office hours, as follows:

Avalon dojo:            Sensei Rose Smith            0418 855 630

If a resolution cannot be mutually agreed upon, Hoshin Jutsu Australia–Pacific will refund the current quarter's fees.

Let us train hard, train smart and prepare to win in life.

May training polish your heart and strengthen your resolve.