

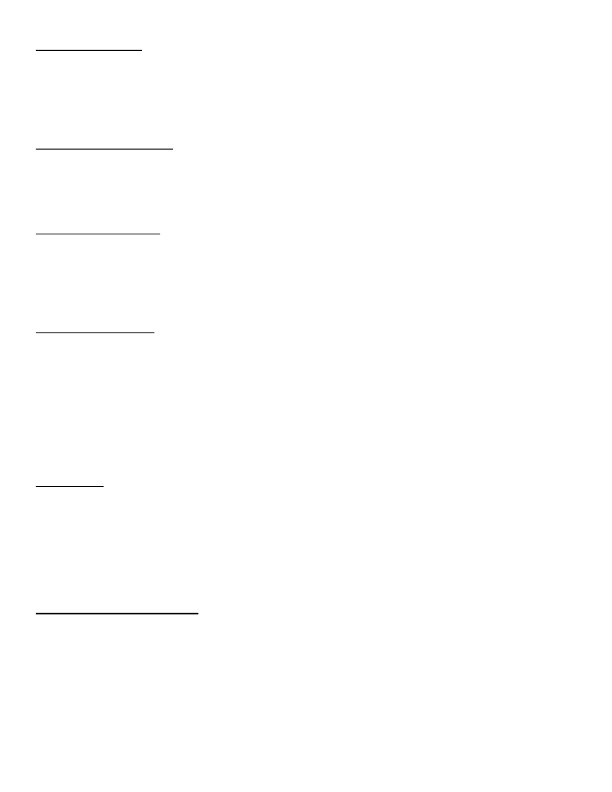
***THE ART OF CLOSE COMBAT***



Student Handbook

INTERNATIONAL SESSENDO

MARTIAL ARTS



Students typically test every 3-6 months. Your Instructor will inform you who is eligible to test and when, this

information is also available on the calendar on our website. Your Instructor will do everything possible to get

you ready for your grading. All testing fees are $40 per adult, $30 per student.

Black Belt testing fees are $200 per student and are due at least one week before the date of the test.

Please refer to our website, sessendo.com.au for class dates and times. Try to arrive ten minutes before your class

begins, you are responsible for showing up on time! When your class is finished, please gather your belongings

and exit quickly/quietly so that the next class may begin on time.

**ATTENDANCE**

We recommend that you attend class at least 2 times a week to get the maximum benefits of training. Being

present for class is crucial in your journey to becoming a Black Belt. Make sure that when you step into the

training hall that your mind and body are present. Shut off all outside distractions and focus on class. If you are

unable to attend a class, please contact your Instructor.

**CLASS SCHEDULE**

**VIEWING CLASS**

Parents are encouraged to watch classes. Our only request is that you respect the classes by remaining quiet.

Put cell phones on vibrate, if you have to answer your phone please step outside of the training hall. If you

bring younger children we ask that you please keep them quiet and under control. Your child is here to learn,

try not to hinder that process and allow them to have the best opportunity possible to do so.

**CLASS TUITION**

Payments are done on a class or monthly basis. We believe that our intense passion and knowledge of martial

arts is more than enough to keep you coming back for more.

Tuition fees are due prior to class or on the same day of the month of joining. Please turn in payments in a timely

manner, your monthly payments keep our doors open! If you are unable to make a payment please let the

Instructor know in advance and they will do their best to accommodate your needs.

**GRADINGS**

**TYING YOUR UNIFORM**

1. Put the uniform on.

2. Put the right side inside the left and tie, just as you would your shoes.

3. Put the left side over the right and tie, just as you would your shoes.

**Flag Patch-**Placed on the right upper arm 5 cm down from shoulder.

**Sessendo Patch-**Upper left chest.

**Torabushido Patch-**Placed on the upper left arm 5 cm down from shoulder.

**Note:** Your uniform should already have the traditional Japanese Mon/Crest on the back of your Gi Jacket.

International Sessendo Martial Art’s grading system is based on the Five Elements in the Book of Five Rings by Miyamoto Musashi.

Level One, Ku (Nothing)

Level Two, Fu (Wind)

Level Three, Ka (Fire)

Level Four, Sui (Water)

Level Five, Chi (Earth) Blackbelt

Level Six, Sora (Sky) Second Dan Blackbelt

**TYING YOUR BELT**

1.

2.

3.

4.

5.

6.

7.

8.

Find the center of your belt and place it beneath your belly button.

Wrap the left side around bringing it to the front.

Wrap the right side around bringing it to the front.

Tuck the left side underneath the belt from bottom to top.

Pull both ends to tighten.

Flip the left side over.

Place the right side on top and pull through.

When you’re finished, both ends should be even with an arrow pointing to the left.

**PATCH PLACEMENT**

**BELT RANKING SYSTEM**



Bow when entering or leaving.

Make your presence known and say, “Hello Sir/Ma’am,” to the Instructor when you enter.

No food or drinks inside, water is okay.

No smoking inside.

No talking when the instructor is speaking, and no foul language.

Do not interrupt a class in progress.

Turn off your cell phone or put it on vibrate, do not answer a call during class, take it outside!

Do not take a break unless you have been given permission.

If you are feeling faint or urgently need to go to the bathroom, just put your hand up, bow and leave the Class/Dojo.

Keep your uniform clean and odor free but do not wash your belt.

Maintain the highest level of personal hygiene.

Keep your nails trimmed at all times.

No horseplay, respect your time in the training hall, do not waste it.

Always answer the instructor in a respectful way.

Students seated on the floor must remain cross-legged or kneeling, it is disrespectful to sit with your legs

extended in front of you.

Do not cross your arms or put them on your hips, as this is disrespectful.

No jewelry may be worn while training.

Tuck in any undershirts under your uniform.

Never say, “I can’t.”

If the Instructor is not in the school and walks in, the highest ranking student will call the class to

attention to bow towards the Instructor.

A student trying to master martial arts techniques should maintain an open mind and should not be

jealous or easily agitated.

Have fun!!!

**CLASSROOM ETIQUETTE**

**Kanji-stands for The Art of Close Combat**

**The Zen Circle represents the World and the longitude and latitude lines connect us all together. The Art of being in the moment as one.**

**The Two snakes represent our true spirit and the guardians of who we represent.**

**SESSENDO EMBLEM**