



KICKBOXING

WELCOME TO ATLANTA BUDOKAN

2508 Cobb Pkwy, Smyrna 3579 Cantrell Rd, Acworth

678.574.7879 www.atlantabudokan.com

Atlanta Budokan is a traditional martial arts dojo teaching to people of good character.

Welcome to Atlanta Budokan, a family owned and operated business for over 25 years. We are glad you have chosen to join our dojo through one or more of the programs we offer: Aiki-jujutsu, Kid's classes, Shinkendo (Traditional Japanese Sword), or Fitness Kickboxing.

This new student information packet covers our rules, policies, required and suggested equipment, and financial information. For Aiki-jujutsu, Shinkendo, and Kid's classes, you will also find a requirements sheet that outlines what you must know for the first promotion and a basic vocabulary sheet. As you progress in the program, you can find a more extensive glossary on our website www.atlantabudokan.com. Parents with children in our Kid's classes, please take a moment to go over with your child the dojo rules sheet you will find in their student packet.

If you have any questions about the materials enclosed or any other questions at any time, please feel free to ask Shawn Forristall (owner/ instructor, sforristall@atlantabudokan.com), Stacey Forristall (owner, stacey@atlantabudokan.com), or Beth Volden (office manager, beth@atlantabudokan.com). We will be happy to get your questions answered.



DOJO RULES

Parents: Please review these rules with your child(ren).

- We are a traditional dojo, and as such we follow the practice of soji or cleaning. Students will be expected to participate in soji such as keeping personal items neatly put away while in class, and floor cleaning at the end of class. This instills a sense of pride and responsibility through helping maintain something important to them and others.
- All shoes must be removed before going onto the dojo floor. Shoes worn outside of the dojo track in dirt and debris that damages our mats.
- Please check in at the computer before each class. This computer is for check-in only!
- Change in the locker rooms. Place all shoes in racks, stack clothes and bags neatly away.
- Dojo floor should be entered through the locker rooms for classes (A).
- No running through the locker rooms!
- No playing out on the dojo floors during classes. There is a children's playroom for younger children; older children, with permission, may play in the upstairs recreation room. Please note that these areas are unsupervised. Parents are responsible for their children in these areas (A).
- The front room is a sitting area for adults. Children should not play in the front room (A).
- Food is not permitted in the front room. Please take all food to the table in the upstairs viewing area and clean area when you are done(A).
- A dogi, or uniform, must be worn to every class. Your dogi should be neat and clean.
- Kids may attend class twice per week with standard tuition. Additional classes may be taken at a cost of \$5.00 per child per class. Please talk to Shawn Forristall about additional classes or if you are going to have extended absences of more than a week.
- Parents can watch class from either the bench at the back of the dojo floor, or the upstairs viewing area (A). Do not walk onto the mats or interrupt the instructor during class.
- Children who are dropped off may be dropped off no sooner than 15 minutes prior to class start and must be picked up within 10 minutes after class ends.
- If parents have questions, they can speak with Shawn Forristall between classes, or email him at sforristall@atlantabudokan.com.
- No one under the age of 14 is allowed in the weight room (A).
- Misplaced items will be placed in Lost & Found. After 30 days, items in Lost & Found will be donated to a local charity.
- All found socks will be thrown away immediately!!

Items designated with an (A) are specific to the Acworth dojo.



EQUIPMENT LISTS FOR ALL PROGRAMS

Aiki-Jujutsu Equipment List

Required equipment:

White uniform (dogi) – This can be purchased from us at a cost of \$29.95+tax for a cotton-blend uniform or \$59.95+tax for a heavyweight 100% cotton uniform. We recommend the heavyweight uniform because the cotton breathes and wears better.

Mouthguard –You can purchase from us for \$9.95+tax

Protective cup (men)– You can purchase from us for \$14.95-\$34.95+tax depending on style.

Suggested equipment:

Sparring gloves- You can purchase from us for \$64.95-\$89.95+tax depending on brand.

Headgear – You can purchase from us for \$99.95+tax. This is a high quality leather head guard.

Notebook – For handouts, requirements, rules, notes, etc.

Books: Mastering Aikido by Goza Shioda

 Total Aikido by Goza Shioda

 Aikijutsu by Toshishiro Obata

DVD's: Aikijutsu by Toshishiro Obata

 Ashisabaki by Toshishiro Obata

Kickboxing Equipment List

Required equipment:

Comfortable workout clothes, you will want to dress in weather appropriate layers.

Hand wraps - Can be purchased from us for \$8.95+tax

-OR- Bag gloves – Can be purchased from us for \$19.95-\$49.95+tax

Suggested equipment:

Comfortable gym shoes that are only worn inside of the dojo.

Water bottle

Shinkendo Equipment List

Required equipment:

White uniform (dogi) – This can be purchased from us at a cost of \$29.95+tax for a cotton blend uniform or \$59.95+tax for a heavyweight 100% cotton uniform. We recommend the heavyweight uniform because the cotton breathes and wears better.

Bokken / Practice sword – You can purchase this from us for \$24.95+tax.

Suggested equipment:

Hakama – Pleated traditional pants. You can purchase these from us. Cost varies depending upon materials ranging from \$59.95 to \$200.

Iaito – Dull blade practice sword - Can be purchased from us for \$285.95+tax

Weapons carry bag – Can be purchased from us for \$84.95+tax

Notebook – For handouts, requirements, rules, notes, etc.

Books:

Shinkendo by Toshishiro Obata

Tamishigiri by Toshishiro Obata

DVD:

Ashisabaki by Toshishiro Obata