

FAQ

Welcome and OSU! These frequently asked questions are designed to give you some basic information on the karate class at Mount St. Mary's University. Enjoy this section and please browse the many other categories on the website for information. OSU!

What style of karate is taught at the University?

The Japanese style of Kyokushin karate as founded by the late Mas Oyama Sosai. Members of the Club are also members of the Phoenix Karate-do Association Kyokushinkai International, which was founded at the Mount in 1981 with a legacy dating back to 1964.

Is the class a credit course?

Yes, it is a one credit course, listed as MSCI 103. The class meets formally twice a week, Tuesdays and Thursdays, at 8:00AM, in the ARCC on the East Campus. Classes run one hour. Students can register for the class through the Registrar and class registration.

Is the class open to everyone?

Beginners and advanced students are encouraged! Many Mount students have gone on to advanced rankings and have become accomplished karate champions and instructors.

What is the makeup of the class?

Classes vary but usually are pretty even between male and female, beginner and advanced students. Classes are designed to help all students progress and advance in their study of the art. Phoenix dojo, including the Mount classes, pride themselves on offering small classes for individual attention.

Are other classes available?

Yes. Members of the class may attend Saturday classes at the University or train in any Phoenix dojo. In addition, special gashuku (training sessions) are held every year. A popular summer camp, celebrating its 25th year in 2008, is held every year with students attending from the USA and overseas.

What our classes like?

Classes are taught in a traditional setting with the proper etiquette and formalities that go along with historical teachings. Training is done every class and often is vigorous, but progressive. Also under this section of the website is the syllabus which gives more detail of class expectations and goals.

What special equipment is required?

Other than a required dogi (uniform) and a modest text, nothing else is required. With proper care both will last a very long time and serve you well. Karate really uses very little equipment and relies much more on you!

Can students be promoted?

Yes. Ranks are earned by accomplishment and testing. The emphasis on the class is student development through training and understanding the curriculum. But simply put, the harder one is willing to work and study, the faster the rewards at all levels. Classes may be repeated every semester and new credit earned each time. This allows students to advance through the curriculum and earn their way through the belt system.

Who teaches the class?

Soller Kancho teaches all classes unless he is traveling, when another certified instructor will teach. Kancho also serves as the Executive Vice President of the University and has trained in karate for almost forty years. He remains very active and takes an interest in all his students. Kancho is an extremely friendly and open instructor, but does take his karate obligations and teaching seriously.

If I have rank in another style, may I keep that rank?

Your rank is always respected at a Phoenix dojo. However, in order to properly acknowledge your standing in the Association, those unfamiliar with the Phoenix way usually start with a white belt or wear an orange belt. The orange belt designates special students and alerts others of that special status. Orange belts usually test into the system at a higher level than white with decisions being made between the instructor and student.

Do students get injured?

Rarely. Karate is a pretty safe activity as proper instruction is progressive and safety is always a priority. However injury is always possible as much of karate is an athletic endeavor. The "bumps and aches" that go along with any physical activity should be expected.

Will I learn self defense? What is the class philosophy?

Of course. Self defense remains a vital part of karate, realizing the ultimate aim in traditional karate is a perfection of character through training in the physical, mental and spiritual aspects of the curriculum. Karate is an art and the Phoenix way is one of self improvement through training. Actual training is based on three core principles: Kihon (basics), Kata (prearranged sequences) and Kumite (fighting). The underlying philosophy of the Kyokushin style and the Phoenix way is the "spirit of OSU", teaching perseverance and emphasizing patience, respect and appreciation.

When I graduate can I continue in the system?

There are a number of Phoenix Dojo and all share the same curriculum and rules of rank. All our taught by certified instructors.