

TSU SHIN GEN INTERNATIONAL



INSTRUCTORS MANUAL

**BASIC
KNOWLEDGE**



Soke David C. Cook 10th Dan

Soke David C. Cook's Biography:

In 1972 he was promoted to 1st Dan Black Belt by Hanshi Steve Arneil, 8th Dan.

In 1974 he was promoted to 2nd Dan Black Belt by Shihans Tadashi Nakamura, 8th Dan, and Shigeru Oyama, 8th Dan.

In 1974 he moved to Sweden from England and took over the Uppsala Karate Club.

In 1977 he was one of the first two Europeans to complete the 50 Man Kumite (Fifty rounds of full contact Kyokushin knockdown fighting, two minutes each, without any rest periods) and was promoted to 3rd Dan Black Belt by Hanshi Steve Arneil, 8th Dan.

In 1979 he was elected as Chairman of the Swedish Karate Kyokushinkai.

In 1980 he published the first edition of his popular book Kyokushin Power Karate.

In 1983 he was promoted to 4th Dan Black Belt by Sosai Mas Oyama, 10th Dan.

In 1985 he was promoted to 5th Dan Black Belt by Soke J. Ruiz, 10th Dan.

In 1987 after training with Kancho Hideyuki Ashihara, 10th Dan, in Japan, he took over the development of Ashihara Karate in Europe.

In 1990 he was elected as the President of the European Ashihara Karate Association. He developed the Ashihara International Karate system.

In 1991 he was invited to the Soviet Union, where he introduced Ashihara Karate. He has made more than 40 trips to Russia to teach various groups of people and to hold seminars.

In 1991 he was promoted to 6th Dan Black Belt by Soke J. Ruiz, 10th Dan and the European Ashihara Karate Association.

In 1993 he was promoted to 7th Dan Black Belt by Soke J. Ruiz, 10th Dan and the European Ashihara Karate Association.

In 1995 he was promoted to 8th Dan Black Belt by Kenji Kurosaki 10th Dan, Japan and Jon Bluming 10th Dan, Holland.

In 1995 he began to develop his own Martial Arts systems: TSG-KARATE and TSG-Japanese Mix Fight system.

In 1996 he became Chairman of the International Budo Kaikan Foundation (IBK) with its headquarters in Holland.

In August 2002, he was inducted into the "World Head of Family Sokeship Council" Hall of Fame.

(Soke is the title used for a person who is the founder of a style. He is the Grand Master of the system.)

In 2008 he was promoted to 9th Dan by Soke J. Ruiz 10th Dan, in recognition of his contribution to Budo during the previous 40 years.

In December 2014 Soke Cook was awarded 10th Dan.

Up to the year 2016 Soke has taught Karate and Japanese Mix Fight in a total of 25 Countries

TSG Dojo Etiquette

A **student of Martial Arts** should always show good discipline and respect for others.

In the Dojo one should have good manners and never use swear words or bad language.

At all times in the Dojo correct titles must be used when talking to a Black Belt or Instructor.

Soke	10 th Dan
Hanshi	8 th Dan – 9 th Dan
Shihan	5 th Dan – 7 th Dan
Sensei	1 st Dan – 4 th Dan

When entering or leaving the Dojo one should always bow to the Dojo and whoever is in the Dojo and say "Osu".

When addressing a Black Belt or Instructor in the Dojo all conversations or questions start with a bow, the word "Osu" and the correct title in the Japanese tradition.

Students who are in the Dojo before a lesson starts must stand and greet a Black Belt with "Osu" when they enter the Dojo.

One should always come to the training in time but if one should come late, one should sit in Seiza by the entrance and wait until the Instructor says that one may join the class.

If one needs to leave the Dojo for any reason one should first get the permission of the Instructor and then leave with caution.

To avoid injuries no jewellery, watches, rings etc, should be worn during the training. Jewellery that can't be removed must be taped over.

Personal hygiene is very important. Finger and toe nails must be short and clean.

Beginners may wear normal training clothes during their first few lessons, otherwise a Gi is compulsory at all times. If one attends a training session in which other clothing than a Gi is stipulated, one still starts and finishes the session in a Gi.

Our Gi is our uniform and it should be worn with respect. It should be clean and ironed and in good condition. No other logos than those of the TSG which are stipulated for Gis may be worn.

It is compulsory for females to wear a black T-shirt under the Gi.
Males may wear a black T-shirt under the Gi.

Only the approved TSG sparring gloves or similar may be used during sparring or fighting.

Only white Budo shoes may be worn in the Dojo.

The dress code of the TSG International is a very important part of the concept. The way we present ourselves towards others will affect the way others perceive us. This applies not only in the Dojo but also at Tournaments and Training Camps etc.

Remember that you as an Instructor are a role model for the students. You must set a good example. If you do not follow the Dojo etiquette, how can you then demand it from the students?

If a student or an Instructor has problems adhering to the TSG Dojo etiquette then they have a serious ego problem! We are a Team, we all wear the same uniform and follow the same rules otherwise a very important part of the Martial Arts discipline will be lost.

The Seven Signs of TSG The Tsu Shin Gen Instructor's Code



Rectitude



Loyalty



Benevolence



Respect



Honesty



Valour



Honour

The seven signs are the bushido code that the Japanese samurai lived by. The Tsu Shin Gen International Budo Association has incorporated this code as guidance for instructors so they can set the standard for their students.

Rectitude “Gi”: Uprightness as a consequence of being honourable and honest.

As we rarely use the term, the virtue of rectitude is somewhat difficult to grasp for western minds. The term not only suggests the honourability it seems to, but also implies that doing the honourable thing is difficult. Someone who is displaying rectitude is not only acting honourably, but is also willing to suffer the consequences of acting honourably.

Loyalty “Chugi”: loyalty in Bushido is the selfless devotion to a cause.

To be a part of our family as an Instructor we want you to be loyal to the Tsu Shin Gen styles and teach them to your students. As an Instructor you are a person for the students to model themselves on, therefore do not do anything that would be embarrassing for Soke and the Organisation

Benevolence “Jin”: kindness, politeness, helpfulness, and tolerance towards your fellow beings.

For example: As an Instructor you will meet students who need more or less help in their way in Tsu Shin Gen. With some you need a lot of tolerance, maybe they are slow learners or persons that do not go well with your own personality, but if you show tolerance and are kind and helpful they will learn your way in the end. This politeness should not stem from a fear of offending others; rather it should come from a sympatric regard for the feelings of others.

Respect “Rei”: This is something you cannot demand, you have to earn it.

Your position as an instructor in the organisation is not a right it is a privilege therefore you can't demand your students to show you respect, you have to earn it with your character.

To follow the etiquette in a Dojo and use the right titles to an instructor is also a way of respect. It is up to you to teach the students the proper way to act.

To show respect is also to follow the guidelines set by the Organisation.

Honesty “Makoto”: Fairness and straightforwardness of conduct.

Always be honest at all times. If you are doing something wrong during a class it is better to correct the mistake than hope that the students did not see it or else they can begin to question your character as an instructor.

Being honest does not mean that you can say everything straight out in every situation; you still need to choose your words and place for it, but be honest in your communication to your student and to the Organisation.

Valour “Yu”: Strength of mind in regard to danger; that quality which enables a man to encounter danger with firmness, courage, prowess and personal bravery.

For example: Taking a Dan Grade test requires great valour, but don't forget that for a beginner the first test can also be demanding.

Honour "Meiyo" Character is defined as “a distinctive quality, an attribute of feature that makes up and distinguish an individual, one who possesses moral excellence and firmness.” Honour is built on good character.

As an instructor your character is more important than your physical abilities. Being an excellent fighter does not mean that you will be a good instructor, instead it is more about you as a person, keeping your knowledge up to date and your way of teaching. If you show good character you will honour Soke, the Organisation and yourself.