

Constitution:

Name of the club:

Daffodil International University (DIU) Karate-Do Club.



Definition of karate:

Karate is a Japanese martial art whose physical aspects seek the development of defensive and counterattacking body movements. The themes of traditional karate training are fighting and self-defense, though its mental and moral aspects target the overall improvement of the individual. This is facilitated by the discipline and persistent effort required in training. If karate had to be described in only one sentence, then the most suitable one may arguably be "You never attack first in karate." This is a maxim of Gichin Funakoshi (1868-1957), the Okinawan who brought karate to Japan in 1922, and who is accepted as the father of modern karate. Now in the World there is Various styles such as Shito-Ryu karate, Fighter karate, judo, kung-fu, kenpo, Shaelyn karate, tae-kwan-do, etc.,

The word *karate* is a combination of two *kanji* (Chinese characters): *kara*, meaning empty, and *te*, meaning hand; thus, karate means "empty hand." Adding the suffix "-dō" (pronounced "daw"), meaning "the way/path," karate-dō, implies karate as a total way of life that goes well beyond the self-defense applications. In traditional karate-dō, one is supposed to compete and strive to excel against him/herself.

Today there are four main styles of karate in Japan: Shotokan, Goju-ryu, Shito-ryu, and Wado-ryu.



Benefits of the karate-Do club:

Karate can be a great benefit to all who practice it on many levels - physically, spiritually & emotionally. Listed below are just some of the benefits of karate.

Confidence - karate improves general well - being and vitality whilst encouraging assertiveness and self - confidence.

Concentration - karate requires mental activation and therefore helps to improve focus and concentration. Karate also helps with co - ordination as the movements learned and encourage of student to master their own body.

Fitness and Stamina - karate is a good cardiovascular workout and provides excellent cross training for a variety of sports. Karate also encourages perfect posture as it relies on the core stabilization and hence strong abdominal muscles.

Self – Defense Skills – Karate is an effective martial art for self - defense as well as being an exciting dynamic sport. Karate also improves muscle strength and speed enabling you to react faster in life threatening situations.

Motivation- Coming to the classes each week and seeing progress over a period of time can be extremely rewarding. As students are graded regularly their progress is formally recognized - and students feel proud of their achievements.

Well-Being - Being fit and healthy and enjoying regular exercise helps to improve the mood and can make feel happier.

Fun - Karate can be fun for the whole family.



Purpose of karate-do club

The purpose of this club is to learn and train in martial arts, particularly, Shitoryu Karate is a traditional Japanese style. Karate training offers the physical benefits of cardiovascular fitness, improved muscle tone, weight control flexibility, well-balanced mind and body, through training in fighting techniques. Traditional Karate also share the ultimate aim with Budo, which is to cultivate great human character of a higher class that prevents any violent attack before an actual fight occurs. Karate is not only an art, but it is an international game and including the Olympic (2020).



OBJECTIVES

"In traditional karate victory is not an ultimate aim. Tradition karate is an art of self-defense which uses only and in the most efficient way human body. It employs mainly blocking, blowing, punching and kicking techniques"

The objectives of this club shall be:

To Perform in National & International fight Competition.

To raise concern in campus as well as create realistic awareness of the value and Potential of working.

To form a bridge between the existing senior, junior and passed out students of DIU.

To improves mental and physical strength. Learning martial arts strengthens the body, mind, and spirit.

To inspire the students of DIU karate-do about self defends techniques help to develop physical strength and keep the body fit and flexible..

The Important values and principles can be learned, such as hard work, dedication, and perseverance, as well as the importance of maintaining personal relationships.

To Memorization. Karate requires the memorization of things such as self-defense moves, techniques, and specific movements.



DIU Karate –do club Mission Statement:

1. To enhance our community and its citizens through the positive personal development skills of our training.
2. To provide a safe haven of positive energy and support for our students mental and physical growth.
3. To provide inspiration of personal excellence through our example as Black Belts both in and out of our karate school.
4. To ensure the long-term growth of the school and its staff by providing legendary student
5. Self Defense:



Rules to Train By

1. Listening creates reflexes. It is not necessarily the words but the vibration of the command.
2. Balance, keep your weight centered.
3. Posture, not just yours but learning how to read your opponent.
4. Coordination, make your hands and feet become one.
5. Self-confidence, I can do this in a matter of time. Knowing you can do it even though you never have before.



Marketing of Karate-Do club:

“Those who are not our student of karate Club can present in a demo class by pay a short payment” in workshop.



Membership:

Membership of this shito-Ryu Karate club is free and open to up to December 31th. Students of DIU are welcome to come and observe a session without obligation to see if Karate meets their needs. Please don't worry about feeling out of your depth or about being unduly held back in the sessions. After a joining warm up, Karate sessions divide, with one instructor for the less experienced in Karate and another for the higher Kyu and also Dan grades, all will normally train with students close to own their belt or grade.



Training & Membership Fees:

Short Term Membership

A 4-month membership fee is available - ideal for students or short stay visitors to Leicester

Tk 2,000 ~ 4 months

Long term membership Fee:

Annual membership includes basic insurance and membership to our Karate Governing Body

Tk 5,500 per annum



Advisory Committee:

An **Advisory** committee will be formed by the proper permission and concern of the Honorable Vice Chancellor of DIU including four (4) Officials of DIU, one (1) Faculty members. The Executive Committee is liable to inform and take proper permission from the higher authority Through advisor panel and Students Affairs Department for any club activities.



Executive Committee:

An **Executive Committee** consisting of President, Secretary, and Treasurer shall be elected At the Annual General Meeting by the direct vote of the existing members. And rest of the Six Committee Members will be selected by the President, Secretary and treasurer with the Consultation of Advisory panel.

❖ The **President** shall be the Chairperson and Convener of the Executive Committee of The Club. The President is charged with the supervision, co-ordination and faithful conduct of The Club. He or she shall be responsible for the Club's communication and correspondence With the DIU Authority. The President shall be a signatory to the DIUBC bank account.

❖ The **Secretary** shall attend to all correspondence of the Club and ensure that a true and Accurate record is kept of all duly convened General Meetings and Executive Meetings of the Club. He or she shall maintain a file of the papers, records and documents of the Club. The Secretary shall make minutes of all General Meetings available to DIU. The Secretary shall be A signatory to the DIUBC bank account.

❖ The **Treasurer** shall attend to all matters concerning the Club's finances. He or she shall Be responsible for maintaining a file containing copies of requisitions, orders, and petty cash Vouchers and other essential documents of a financial nature. The Treasurer shall keep a Columnar cash book showing details of receipts, expenditure and balance, and shall present to The Annual General Meeting of the Club a financial statement of the Club's accounts, and make Records available to DIU at any time. The Treasurer shall be a signatory to the DIUBC bank Account.

▪ The **Vice-President** shall co-operate with the President and act on his or her behalf in The President's absence, illness or incapacity.

▪ The **Joint secretaries** shall co-operate with the Secretary and act on his or her behalf In the secretary's absence, illness or incapacity.

▪ The **organizing secretary** are responsible for communicate with the executive and

General members for arranging any activities smoothly. He/she also play role as a bridge Between general members and executive members.

- The **Office Secretary** is responsible to maintain a file of the papers, records and Documents of the Club with the concern of the Secretary. He has to report office activities to The General Secretary.
- The **Media Secretary** is responsible to advertise all the activities of the club through News Papers, e-mail, notice board, phone call etc. he/she has to prepare a report/story after Any important events then send it to different media as a press note.
- The **Program secretary** is responsible to arrange any sorts of internal and external Program with the guidance of organizing secretary.
- The Immediate Past President shall be a life time member of the Executive Committee.
- A member of the Executive may be removed from his or her position by a vote of “no Confidence” which shall require a simple majority at a duly convened General Meeting.
- Any member of the Executive who is absent from three consecutive Executive meetings May be removed from his or her position by a simple majority vote of “no confidence” at an Executive Meeting, only if quorum is not reached at a duly convened General Meeting.
- At any General Meeting of the Club or of the Executive, and internal events, the President Shall preside. The President may delegate the role of Chairperson of any meeting to another Person. If the President is not present, the Vice-President shall preside. If neither be present, The persons present at the meeting as members of the Club or of the Executive (as the case Maybe) shall elect one from their number to preside at the meeting as its Chairperson. The Chairperson shall have a deliberative vote and shall have a casting vote in the event of an Equal division of votes on any question.



General Meeting.

There shall be an Annual General Meeting of the Club held on or before October 31st each Year.

- ✓ Notice of the AGM shall be advertised at least seven days prior to the meeting under

Section 9.1

✓ The quorum at the AGM of the Club, and at all other General Meetings, shall be Equivalent to one half (50%) of the total of Club members or twenty members, whichever is Less of which ten must be physically present at the meeting.

✓ The Purpose of the AGM shall be to:

(a) Receive a report and statement of the accounts for the previous year.

(b) Elect the Executive members for the ensuing year

(c) Accept reports from outgoing executive committee.

✓ A Returning Officer shall be appointed by the Executive committee from the Advisory panel To preside over the election of executive committee at the AGM. The Returning Officer will be Responsible for ensuring that the elections are conducted fairly and in accordance with this Document.

✓ Interested candidates have to apply for the nomination with the prescribed form to the Existing committees on before 15 days from the AGM.

✓ Nominations for the position of President, Treasurer and Secretary must be received in Writing by the Returning Officer 48 hours before the AGM.

✓ If there is only one nomination for the position of President, Secretary or Treasurer, the Returning Officer may confirm the election without calling a vote. If there are no nominations For the position of President, Secretary or Treasurer, the Returning Officer can call for Nominations at the AGM, for that position. The Returning Officer shall call for nominations for Committee members at the AGM.

✓ All General Meetings must be held on University campus, and on a weekday during term.



Communications:

One weeks' notice of General Meetings shall be placed by the Secretary on the DIUSC Notice Board. Notice should also be sent to members either in a publication or by special Notice, or by phone or e-mail, where possible.

The Secretary shall give all Executive members forty-eight hours' notice of all meetings. In The case of an emergency Executive meeting, notice by method of phone to all executive

Members shall suffice.



Mandatory Activities:

The Club is responsible to arrange at least one program/competition among the different departments of DIU, one program/competition at Intra-University and one program/competition at Inter-University level with the supervision of student affairs department, DIU.