

Emerald City  
ATHLETIC CLUB



## Interview Questions

Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_

*Being successful in Koei-Kan requires enthusiasm and perseverance. A key ingredient to accomplish this is to set goals and follow through with them, especially when it comes to showing up. We have found those students who begin with a candid initial interview and maintain communication with their instructor, are able to maintain a course that fosters growth inside and outside of the dojo. You may call or email your instructor at anytime.*

Answer the following questions truthfully.

Y/N Interest in learning Self-Defense applications and practice.

Y/N Positive Attitude

Y/N Ready to commit to austere training

Y/N Minimum Commitment of 2-4 hours a week

Y/N Desire to Learn through Japanese Tradition

Y/N Desire to improve self-reliance & responsibility

Y/N Desire to learn strategy.

Y/N Desire to increase mental focus and concentration.

Y/N Desire to improve strength, stamina, endurance, and flexibility.

Y/N Desire to engage in contact training

Y/N Desire to engage in full-contact sparring

Y/N Desire to improve muscle coordination

Y/N Desire to build character and spirit

Y/N Desire to be part of the Koei-Kan community

Y/N Physical ability to participate in rigorous training

Y/N Ability to fulfill tuition requirements

On a separate sheet of paper briefly touch on the following questions: Write what easily comes to mind. Your answers are going to remain open ended and fluid. Many responses to the same questions will change at any given time and you will be able to answer them with more thought and depth with training and experience.

1. What do you want to make sure you get from the program?
2. What do you want from your Sensei (teacher)?
3. What are you most proud of?
4. What has been your biggest disappointment?
5. How would you describe your satisfaction with your life direction so far?
6. What is the compliment or acknowledgement you hear most often about yourself?
7. What dream of yours is still unfulfilled?
8. What words describe you at your best?
9. Imagine you can have one wish fulfilled. What one thing would you change?
10. What do you do when you're really up against an obstacle or barrier?
11. What activities have meaning and spirit for you?
12. What needs in the world are you moved to meet?
13. What two steps could you take immediately that would make the greatest difference in your current situation?
14. When you are most "stuck," what can I say to return you to action?
15. What will make this student/teacher relationship rewarding for you?
16. How will you know you are receiving value from this program?
17. What else would you like me to know about you?

Please submit this information along with your health history and liability and sparring regulation waiver to your instructor.