

HICKEY KARATE CENTER

Dragon CLUB



Hickey Karate Center

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A Word to Parents about Hickey Karate Center Programs

We would like to thank you for the opportunity to provide a unique and meaningful educational experience for your child. Over the past 20 years, the instructors at Hickey Karate Center have used their unique programs to facilitate dramatic, positive changes in young lives. Hickey Karate Center programs, while designed to be fun, at the same time provide physical, mental, emotional, and social growth as well as schooling in the fundamentals of the martial arts. We are so enthusiastic about the quality and effectiveness of our programs, that we are always eager for the opportunity to share them with new youngsters. Some of the many benefits we can, with your support, help your child achieve include:

- Self-control
- Self-discipline
- Self-confidence
- Self-esteem
- Self-defense skills
- Sports Skills

And the desire to lead a healthy lifestyle.

The self-images our children are developing today cannot help but have a serious impact upon the level of happiness and success he or she will be able to experience as an adult. Science has proven that Karate training can, among many other positive qualities, aid your child in developing self-discipline and a strong, positive self-image placing him or her on track towards a happier and healthier life. Karate programs help give your child improved grades, respect for others, increased concentration, coordination and dexterity, goal setting and achievement skills (stick-to-it-tive-ness), and improved performance in physical activity.

We constantly stress to all of our students that their Karate skills can never be used abusively or offensively. Students are taught that their formidable self-defense skills are to be used only to protect themselves, their families or another in need. Since children will develop behaviors consistent with their role models, Shihan Patrick Hickey and Shihan Pamela Hickey insist that all instructors at the Hickey Karate Center be outstanding role models.

Understanding the reasons for conflict is important. At the Hickey Karate Center, we teach the causes of conflict and how to resolve such conflicts. Every parent's nightmare is to have their child abducted or succumb to pressure to abuse drugs or other improper peer influence. The keys to minimizing the potential for such tragedies are enhanced education and helping your child develop a strong sense of family and self worth. The Hickey Karate Center is dedicated to providing a nurturing environment in which your child will want to avoid those things that may be harmful to their physical or mental health and subsequently place a higher value on education, family and a healthy lifestyle.

Hickey Karate Center Programs can augment and enhance your child's performance at school. This is achieved by improving motivation, direction, self-discipline, self-confidence, mental alertness, and goal setting and achievement skills. Our Red Star Program encourages good grades and effort by awarding red stars (which may be worn on their uniforms) to all who do their best in school during each

reporting period. Many parents have attributed their child's improved performance at school to our programs.

At Hickey Karate a Center, young people learn that through dedication and perseverance all worthwhile goals in life are possible. Your child will learn to set and achieve three levels of goals - short term, intermediate, and long term. All three are important to achieving success in Karate and in life. The development of goal setting skills in your child begins when he or she presents themselves for their first advancement and continues through each subsequent promotion. Every student's ultimate goal is becoming a Black Belt. This long-range goal serves as an important tool for building desire, tenacity, and the importance of follow-through in everything they do. The promotion examinations evaluate much more than mere physical skill. Promotions are based upon degree of improvement (relative to each student's own unique potential), amount of effort, and self-control and discipline as demonstrated in their daily lives - at home, in school and at the Karate Center.

What Happens After Dragon Club?

Near the end of each four month enrollment period, your child will be evaluated by the instructor as to whether they should move up to the regular program. This is a function of age and the ability to handle a faster paced class rather than skill. Most children somewhere between their fifth and sixth birthday will be able to enter the regular program. Check with the instructor and we may permit your child to take a few of the regular classes in lieu of the Dragon Club classes as a prelude to joining the regular program.



Tuition Costs

The initial tuition costs for new registrations at Hickey Karate Center includes:

- ◆ Four Months Tuition
- ◆ Special Merit Badge Program
- ◆ Dragon Club Red Stripe Promotions
- ◆ Red Star Program
- ◆ Karate-gi (uniform)
- ◆ White Belt
- ◆ Book

Renewal registrations are reduced by the cost of this package.

A 20% discount is available for the second or more children enrolled in the Dragon Club. This Dragon Club discount does not extend to the regular program.

Attendance Policy

Classes are one half hour long. Parents are responsible to see that their child attends class. Hickey Karate Center does not keep track of “make-ups”. The tuition is designed to be fair throughout the year as some months have more weeks than others.

Make-up Policy

Makeup classes are not available. Pricing allows for vacations, other activities and so forth. There will be a \$15 service charge for all lesson cancellations prior to the start of the first class. Refunds after the first class will not be available.

Hickey Karate Center can consider permitting your child to attend a regular class as a make-up in certain circumstances if they believe your child can handle such a class. For any other special arrangements or circumstances that may arise, please contact Shihan Patrick or Pamela Hickey and they will see what can be worked out. Our goal is to do whatever is in the best interests of your child and to be fair.





Hickey Karate Center Programs

Hickey Karate Center Merit Badge Program

The merit badge program is a parent driven program designed to reinforce the skill requirements of the Dragon Club. A kit of 12 merit badges is included as part of the initial registration. Requirements are included for each badge. When the child has completed the requirements, the parent can sign off on the merit badge and bring the form and badge to the instructor. The instructor then awards the completed merit badge to the child at the end of class. We ask that the child is not allowed to earn more than one merit badge at one time and no child will be awarded more than one badge at any class.

Hickey Karate Center Red Star Program

Hickey Karate Center's Dragon Club Red Star Program recognizes success at school. Success doesn't just include good grades. It means attitude and improvement. To be eligible for a red star, the child must show "good" or better grades on the report card or show that he/she has made a good effort at doing better (trying harder) in school. We are not rewarding the outcome (good grades); we are rewarding the effort to try hard to do their best in school. In order to receive a red star, which is worn on the sleeve of the karate uniform, your child will have to bring in the current grading period report card and show it to an instructor. Home school children must bring in evidence that they are learning and working hard.

Hickey Karate Center Karate Promotion and Ranking Program

The instructor will reward Dragon Club members as they reach and show an understanding of the requirements for each level. As this is a non-competitive structure, parents should be aware that the levels reached are based on the judgment of the instructor and the child's interest, attentiveness and effort. Karate rank is not given preference over proper development of the Dragon Club. A child who tries hard but is not as skillful as another child can receive the same reward. Our goal is to provide a developmental program in a fun environment where the child can be successful without peer pressure. Although it is possible for Dragon Club members to earn higher belt ranks, most Dragon Club members who develop a long term interest in karate will probably enter the regular program long before they make it to the higher belt colors.

The purpose of the Dragon Club is to provide a wholesome program for developmental skills and coordination in a karate setting where young Dragon Club members can earn their karate rank. Dragon Club members are expected to understand the basic rank requirements for the beginning belt rankings when they are tested, but this is tempered by their age and abilities. Dragon Club ranking is based on red stripes. Adding red stripes to the white belt indicates the level attained. There is no limit on the number of red stripes earned. There is no cost for each of the red stripe levels as they are included in the initial registration. When your child is ready to move up into the regular program, their goal is an orange belt. For the orange belt there is a testing fee that includes the cost of the belt and certification in the Kwanmukan International organization. When your child is ready, the instructor will talk to you.

Dragon Club promotional evaluations are held periodically. There is no limit on the number of red stripes earned.

Dragon Club Merit Badge Packets

At Hickey Karate Center Dragon Club members can earn karate badges that are worn on the sleeves of the karate-gi. There are 12 badges that the Dragon Club can earn. The requirements for each badge are given below. The cost for the merit badge program is included in the initial registration. To earn merit badges, each badge requires home study or practice over a period of time. A parent or other responsible party signs off that the required work or practice has been accomplished. The form and badge is given to the instructor at the beginning of the next class. If required, the child will demonstrate their efforts to an instructor for approval. If all requirements are met, the merit badge will be awarded at the end of the class.

Dragon Club Merit Badge Requirements		
1	<i>Language</i>	Count to 10 in Japanese and follow commands during class: Ritski, Rei, Yoi, Hajime, Yame, Matte. Address the instructors correctly (Shihan, Sensei, Sempai, Mr. or Mrs. etc.) all the time and acknowledge their commands with “Hai” or “OSU”.
2	<i>Stances</i>	Practice each stance (forward, back, and kibandachi) for 5 minutes each day for one week and demonstrate during class that you have improved.
3	<i>Blocks</i>	Practice the four basic blocks (high, middle, low and outside inside) 25 times each day for one week and show during class that you have improved.
4	<i>Strikes</i>	Practice the four basic strikes (punch, backfist, hammer fist and shuto) 25 times each day for one week and show during class that you have improved.
5	<i>Kicks</i>	Practice the four basic kicks (front, side, roundhouse, and back kick) 25 times each day for one week and show during class that you have improved.
6	<i>Belt Tying</i>	Practice tying your belt at home each night for one week and tie your own belt so that it stays tied for a whole class.
7	<i>Good Deed</i>	Do two good deeds each day for one week. One must be for making you a better person. The other must be something that helps your family.
8	<i>Rolling</i>	Practice rolling at home each night for one week and be able to do a forward roll and a backward roll quickly coming up into a back stance with a proper guard and kiai (shout).
9	<i>Self Defense</i>	Practice 4 self defense techniques at home each night for one week and correctly demonstrate them to an instructor. You must also demonstrate that you can be a good partner.
10	<i>One Step Sparring</i>	Practice 4 one step sparring at home each night for one week and correctly demonstrate them to an instructor. Also demonstrate that you can be a good partner by showing knowing to attack correctly.
11	<i>Taikyoku Shodan</i>	Practice the kata at home each night for one week and be able to perform the kata without help in front of class.
12	<i>Attendance</i>	Attend 12 consecutive classes. The only exception is a true sick day. We will rely on the parent’s judgment here. But the child must make 12 straight classes (sick days excepted).

Depending on the instructor’s judgment, the instructor may review the practice after class and award the badge at the next class.

Dragon Club Merit Badge Record Forms

Use this form to keep track of practice records and to record the accomplishments of the Dragon Club. Give the earned badge to the instructor at the beginning of class. You do not need to bring this form to the dojo. It is merely for your own purposes.

1	Student's Name:							
	<i>Language</i>	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	<i>Date Completed</i>	<i>Date Awarded</i>		<i>Signature</i>				
2	Student's Name:							
	<i>Stances</i>	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	<i>Date Completed</i>	<i>Date Awarded</i>		<i>Signature</i>				
3	Student's Name:							
	<i>Blocks</i>	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	<i>Date Completed</i>	<i>Date Awarded</i>		<i>Signature</i>				
4	Student's Name:							
	<i>Strikes</i>	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	<i>Date Completed</i>	<i>Date Awarded</i>		<i>Signature</i>				
5	Student's Name:							
	<i>Kicks</i>	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	<i>Date Completed</i>	<i>Date Awarded</i>		<i>Signature</i>				
6	Student's Name:							
	<i>Belt Tying</i>	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	<i>Date Completed</i>	<i>Date Awarded</i>		<i>Signature</i>				
7	Student's Name:							
	<i>Good Deed</i>	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	<i>Date Completed</i>	<i>Date Awarded</i>		<i>Signature</i>				
8	Student's Name:							
	<i>Rolling</i>	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	<i>Date Completed</i>	<i>Date Awarded</i>		<i>Signature</i>				
9	Student's Name:							
	<i>Self Defense</i>	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	<i>Date Completed</i>	<i>Date Awarded</i>		<i>Signature</i>				
10	Student's Name:							
	<i>One Step Sparring</i>	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	<i>Date Completed</i>	<i>Date Awarded</i>		<i>Signature</i>				
11	Student's Name:							
	<i>Taikyoku Shodan</i>	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	<i>Date Completed</i>	<i>Date Awarded</i>		<i>Signature</i>				
12	Student's Name:							
	<i>Attendance</i>	Class 1	Class 2	Class 3	Class 4	Class 5	Class 6	
		Class 7	Class 8	Class 9	Class 10	Class 11	Class 12	
	<i>Date Completed</i>	<i>Date Awarded</i>		<i>Signature</i>				

DRAGON CLUB DOJO RULES AND ETTIQUETTE

1. RESPECT THE TEACHER

- a) Always watch and listen carefully. When the teacher speaks, do not interrupt or ask unnecessary questions. Never talk back.

2. RESPECT THE DOJO

- a) Help keep the dojo clean by not leaving food, clothes, trash and other assorted items about the place. Take your shoes off when entering the building. Volunteer to sweep the floor and mats or to do other necessary jobs before class.

3. UNDERSTAND KARATE AS AN ART, A SPORT AND AS A SELF-DEFENSE

- a) Practice Karate always as an art. Karate must never be used as an attack unless a life is in danger.

4. TAKE A SERIOUS ATTITUDE

- a) Keep quiet, restrained and courteous. Have patience. Always acknowledge instructions by “yes sir” or “hai”. True skill comes only after much work and continued dedication to learn. Concentrate hard.

5. PRACTICE WHAT IS TAUGHT

- a) During class, follow the directions of the instructor closely and only practice what the instructor permits.
- b) Show interest and attentiveness.
- c) Learn how to get along with classmates.

6. ALWAYS BE CAREFUL

- a) Safety is part of health. Karate techniques can maim or kill. Practice only with utmost seriousness. Never take your eyes off your opponent. Move in with strategy and think about your actions.
- b) Never act foolishly in the dojo. Misbehavior can cause injuries. Always line up correctly, listen to directions and follow them carefully.
- c) Do not discuss or demonstrate Karate techniques outside of the dojo, except among other students or with close friends in confidence or with your parents.
- d) Be a good partner allowing your partner to learn correctly and the class to be safe.

7. USE COMMON SENSE AND COURTESY

- a) High standards of courtesy are demanded by from students of the dojo at all times.
- b) When students are in the dojo, traditional rules apply.
 - i) Always acknowledge the master instructor when he enters the dojo.
 - ii) Acknowledge seniors by calling them Mister, Sir or Ma'am.
 - iii) Stand erect at yoi, the ready stance, during class.
 - iv) Ask permission to enter and leave class.
 - v) Bow before entering or leaving practice areas and the dojo.
 - vi) Sit properly during instruction.
 - vii) Always stand and sit without using your hands.
 - viii) Make sure your shoes and coat and other items are put in the right place.
 - ix) When sitting, do not play with your feet.
 - x) Come to class with the face, hands and feet clean and washed.
 - xi) All students must sign in each class.
 - xii) No shoes to be worn on the mats for any reason.
- c) Beginning students will line up to the left of and behind colored belts.
- d) Students should get in the habit of going to the bathroom before class so they do not disturb the class.

Hickey Karate Center Orange Belt Requirements

1. STANCES

Attention Stance (Toes Turned Out, Heels Together)	Listening Positions
Open-Leg Stance	Front Stance
Back Stance	Straddle Stance

2. KICKS

Front Leg Lift	Front Kick	Side Kick
Side Leg Lift	Roundhouse Kick	Back Kick
Knee Lifting		

3. HAND TECHNIQUES

Hand Blocks	
High Defend	Outside-Inside Defend
Middle Defend	
X-Block	Low Sweeping Defend
Hand Attacks	
Punch	Backrest v
Lunge Punch	Sword Hand

4. DEMONSTRATE 4 IPPON KUMITE (Formal one-step Sparring)

Chose from a punch, front kick, sidekick, and roundhouse kick to left or right sides.

5. EXECUTE Self Defense Techniques:

- | | |
|--|------------------------|
| 1. Hold lapel by two hands | 2. Hold arm by wrist |
| 3. Hold shoulder by one hand from rear | 4. Hold neck from side |

6. KATA REQUIREMENT (Not required but practiced)

1. Taikyoku Shodan. Student learns to trace a capital I pattern on the floor using low blocks and lunge punches.
2. Kwan Bu Level One - Appropriate karate techniques for age and comprehension level performed in a four directional pattern -- turn left, turn right, turn forward, turn backwards and end forwards.

7. LANGUAGE REQUIREMENTS

1. Count to ten in Japanese: ichi, ni, san, shi, go, roku, shichi, hachi, ku, ju.
2. Shihan - chief instructor, Sensei - instructor, Sempai - assistant instructor, Waza - technique, Dojo - training hall, Karate - empty hands, Kiai - spirit yell, OSU - we are one, Kihon - basic technique
3. Ritski - attention, Rei - bow, Hai - yes, Yame - stop, Yoi - ready, Hajime - begin, Matte - be quiet and pay attention, Seiza - Japanese style of sitting on the knees.

8. UNDERSTAND CLASS PROCEDURE

How to bow in and bow out	How to address the instructor
How to sit in class	How to stand in class
Show ability to concentrate	Show ability to follow directions
Get along with classmates	Stay quietly in a kibandachi without moving
Show Interest and attentiveness	Show ability to follow and perform the class exercises
Practice proper etiquette in the dojo	Know left and rights and have a good, strong Kiai (shout)
Show ability to be a good partner	How to enter and leave the dojo and workout area

9. For Second Orange Belt, the requirements are the same except that the student is expected to improve his/her performance.

Dragon CLUB

STUDENT CREED #1

I will only use karate to protect those in need!

STUDENT CREED #2

I will always keep my word and tell the truth.

STUDENT CREED #3

I will do my best to finish what I start.

STUDENT CREED #4

I will avoid things that hurt my mind or body.

Count to Ten in Japanese

<u>English</u>	<u>Japanese</u>	<u>English</u>	<u>Japanese</u>
1	Ichi	6	Roku
2	Ni	7	Shichi
3	San	8	hachi
4	Shi	9	Ku
5	Go	10	Ju

Karate Words To Learn

Commands

<u>Word</u>	<u>Meaning</u>	<u>Word</u>	<u>Meaning</u>
Karate	Empty Hand	Ritski --	Attention
Dojo	Training Hall, Place where karate is practiced	Rei	Bow
Shihan	Chief Instructor	Yoi	Get Ready
Sensei	Teacher, Instructor	Yame	Stop
Sempai	Assistant Instructor	Matte	Be quiet and pay attention
Kiai	Spirit Yell	Hajime	Begin
Hai, Osu	I understand, Okay	Seiza	Japanese style of sitting on the knees
Waza	Technique		
Kihon	Basics		

How to introduce yourself.

Stand at attention facing your partner. Look your partner in the eyes the whole time. Perform a karate bow. Reach out and take a firm grip with your right hand. Shake hands at the same time you introduce yourself with the special two-handed shake used by karate students.

Introduce yourself by saying, "Hello, my name is -----." Your partner responds by saying, "It is nice to meet you, (he repeats your name), my name is -----." You reply, "It is nice to meet you to, (repeat your partner's name)"

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GOAL FOR WHITE BELT ONE STRIPE

1. Demonstrate how to stand in the basic stances (attention stance, listening positions 1, 2, and 3, Front Stance, Saddle-leg stance and back stance.)
2. Follow the commands for class structure (ritski, rei, yoi, hajime and yame).
3. Demonstrate counting to ten in Japanese.
4. Demonstrate the proper forms of address (Shihan, Sensei, Sempai).
5. Demonstrate standing and sitting correctly.
6. Demonstrate the bow and how to introduce yourself.
7. Demonstrate sitting still during class.
8. Recite the Student Creed #1.
9. Encouraged to have earned at least 3 merit badges.

STUDENT CREED #1

I will only use karate to protect those in need!

Suggested Merit Badges

		
Belt Tying	Language	Stances

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GOAL FOR WHITE BELT TWO STRIPES

1. Demonstrate punching with a good strong kiai.
2. Demonstrate knee lifting and front kicks.
3. Demonstrate hopping on one foot and front kicking while hopping.
4. Demonstrate a roundhouse kick.
5. Demonstrate a forward roll coming up into a fighting stance and shouting.
6. Demonstrate left and right on command.
7. Demonstrate interest and attentiveness during class.
8. Recite Student Creed #2.
9. Encouraged to have earned at least 6 merit badges.

STUDENT CREED #2

I will always keep my word and tell the truth.

Suggested Merit Badges

		
Blocks	Strikes	Kicks

Dragon Club

GOAL FOR WHITE BELT THREE STRIPES

1. Demonstrate all four blocks -- high, low, middle (inside outside), and outer forearm (outside inside) blocks.
2. Demonstrate moving with strikes, punches, blocks and kicks.
3. Demonstrate kicking the mat correctly and at the right height and at the right time.
4. Demonstrate how to be a good partner.
5. Demonstrate how to do “open door” and “sliding door.”
6. Demonstrate a backward roll to a fighting stance and shout.
7. Demonstrate two self defense skills
8. Recite Student Creed #3.
9. Encouraged to have earned all 12 merit badges.

STUDENT CREED #3

I will do my best to finish what I start.

Suggested Merit Badges

		
Good Deed	Rolling	Self-defense

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GOAL FOR 12th KYU ORANGE BELT

1. Demonstrate how to attack in one step sparring.
2. Demonstrate four one step sparring defends.
3. Demonstrate Taikyoku Shodan up to the first kiai. (Older children may have to demonstrate the entire form.)
4. Stand quietly and still in a kiyadachi for two minutes.
5. Demonstrate an understanding of how to do Kwan Bu.
6. Demonstrate stances, blocks, kicks, punches, and strikes while moving.
7. Obtain the instructor's approval by proper behavior in class that you are ready to be an orange belt.
8. Follow all the dojo rules of etiquette
9. Recite Student Creed #4.
10. Encouraged to have earned all 12 merit badges.

STUDENT CREED #4

I will avoid things that hurt my mind or body.

Suggested Merit Badges

		
One Step Sparring	Taikyoku Kata	Attendance



For Parents

Twelve Phrases To Be More Encouraging

Many times you forget that “what” and “how” you say something has a huge impact on the way someone responds. You need to try to make your corrections and suggestions in a positive way as much as possible. Take a few minutes to review the following examples. Try to come up with additional examples from your own experiences.

<i>Negative Phrase</i>	<i>Positive Alternative</i>
1. Don't bend over	Try to keep your back straight
2. Don't hold your breath	Breathe as you punch
3. No talking in class	Keep your eyes focused and your ears open
4. You almost hit your partner	Remember to use awesome control
5. Don't let your leg drop after you kick	Remember to re-chamber
6. Your hands dropped	Keep those hands up
7. I haven't seen you in class for a while	It's great to see you back in class
8. You missed the target	Try to hit in the middle this time
9. You're looking tired	You're doing great today
10. You're not twisting your hips	Remember to twist your hips this time
11. You only did 11 reps	I'll bet you can do 12 next time
12. You need to jump higher	I'll bet you could jump 1 inch higher next time

30 Ways to Praise a Child

- | | | |
|-----------------------|-----------------------------|-------------------------------|
| 1. Hip, hip hurrah | 11. Super job | 21. You're growing up |
| 2. Bingo | 12. Fantastic job | 22. You tried hard |
| 3. Magnificent | 13. Exceptional performance | 23. You care |
| 4. Marvelous | 14. You're a real trooper | 24. Super great |
| 5. Terrific | 15. You are responsible | 25. Awesome |
| 6. I appreciate you | 16. You are exciting | 26. Good |
| 7. Phenomenal | 17. You learned it right | 27. Okay |
| 8. You're sensational | 18. What an imagination | 28. That's Great |
| 9. Super work | 19. What a good listener | 29. That's the way (to do it) |
| 10. Creative work | 20. You are fun | 30. You make it look simple |

Words to Replace Okay

Everybody have it
Understand
All right, let's go

Do we all have it?
Got it?
Now!

Will you do it?
Ready?

Dragon CLUB

I avoid anything that hurts my mind or body.

I will do my best to finish what I start.

I will do my best and encourage others to also do their best.

I will obey my parents and teachers, and I will help others in need.

I will do what I say and always tell the truth.

I will only use karate to protect my family, my country and myself.



Lunge Punch