

The Shorin-Ryu Karate of Williamsburg Official Student Handbook



Student Name: _____

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General Information

We welcome you to the Okinawan Shorin-Ryū Karate-Dō and Kobudō Dōjō as a full member. It is a privilege for us to share our knowledge of karate with you. We approach the study of karate with the greatest humility and deep respect for those who have gone before us in the true “way.” Karate is unique. It is the most powerful of all the martial arts. However, it is so only for the serious student who practices in the proper frame of mind...no winning or losing...no friend or foe, only training...for which there is no substitute!

Your training should start slowly. You will be using muscles that are rarely used. As you progress in skill and knowledge, you should demand more of yourself. Remember, there is no shortcut to perfection in karate or in life. If you truly dedicate yourself to serious training, a vast wealth of knowledge, self-satisfaction and enlightenment await you. But it comes only through hard work and training; it comes only as a direct result of your total effort.

Karate is a fighting art. You must train with deep seriousness from the first day. Each punch, block or kick must be delivered with the power of your entire body in unison. No matter how much time you devote to training – months or years – if your training consists of no more than moving your arms and legs. . .you may as well be dancing, and you will never understand the true meaning of karate. When your instructor tells you to do something, do it exactly as you are taught without complaining. Only those students unwilling to face up to themselves resort to complaining. Cultivate a deep respect for courtesy, tradition, and discipline. These elements are not confined to the dōjō. At home one is respectful and obedient to parents; at school to teachers; at work to superiors, and in the military to officers. . .so it is in true Karate-Dō and life.

Think of everyday life as karate training. Do not think of karate as belonging only in the dōjō or only as a method of fighting. The spirit of karate training is applicable to each and every aspect of our daily lives. The indomitable spirit born of bearing down and gritting your teeth against the pain of a thousand kicks, or blinking sweat from your eyes from doing kata over and over will serve you well in everyday life. One whose spirit and mental strength have been forged by hard physical training will face any challenge with a “can do” attitude. One who has undergone long hours of hard physical training and mental agony to learn one technique can face any task and carry it through to a successful conclusion. When you have done this, you can truly say that you have begun to understand the true “way.”



Sensei John R. Spence

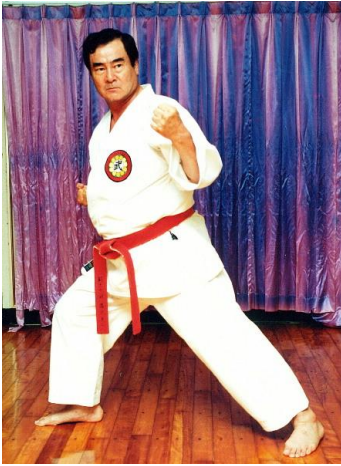
Sensei John Spence began his study of Shorin-Ryu Karate in his hometown of Williamsburg, Virginia kickboxing with Sensei Larry Doggett. He is ranked a Rokudan/6th Degree Black Belt in Shorin-Ryu Karate and 4th degree black belt in Okinawan Kobudo. He also holds a Nidan/2nd Degree Black Belt in Isshin-Ryu Karate and was a member of his college judo club. He is the USA Representative of Shorin-Ryu Butokukan Karate under Hanshi Sokuichi Gibu in Okinawa, Japan.

He has conducted seminars in the United States and South Africa on Shorin-Ryu karate and Okinawan Kobudo and also created an 11 video/dvd series on Okinawan Karate and Kobudo that sell worldwide today.

He has trained with some of the top martial arts instructors in the United States and Japan and traveled to Okinawa in 1999 to compete in the World Karate and Kobudo Tournament. Aside from karate, Sensei Spence has trained in Mugai-ryu Kenjutsu, Escrima, and Shotokan Karate under Sensei Takayuki Mikami's group in Louisiana. He also has trained in Muai Thai Kickboxing and shootfighting. He has served as the self-defense instructor for the LSU Law School and the American Institute of Banking.

Aside from a karate instructor, Sensei Spence is a fifth grade teacher at Matoaka Elementary School in Williamsburg. He has a wife, Lorie and two daughters, Emily and Madison. He earned his B.A. from Catawba College and his Master's Degree in Education from the College of William & Mary. He was also the recipient of the 2003 Fulbright Memorial Fund Japanese Scholarship where he studied education for a month in Tokyo and Chiba Prefecture.

Sensei Spence is a lifetime resident of Williamsburg and graduated from Lafayette High School where he was a varsity member of soccer and wrestling. He is also an Eagle Scout from Boy Scout 103.



Hanshi Sokuichi Gibu

Hanshi Sokuichi Gibu was born in Chinen Village in Southern Okinawa on December 7, 1941. He began studying Goju-Ryu at age 14 and then in 1956, he began studying with Shorin-Ryu Master Shugoro Nakazato. After years of dedicated practice, he became the first 8th dan in the history of the Shorinkan, and was the vice-president of the organization. He built his own dojo, called the Butokukan in 1979 in Urasoe City where he has taught every week.

In 1991, Hanshi Gibu resigned from the Shorinkan and started his own ryuha of Butokukan. The style followed the same curriculum as his teacher, Shugoro Nakazato and was recognized by the Zen Nihon Karate-Do Renmei whose members included such karate greats as *Shoshin Nagamine*, *Kanei Uechi*, *Meitoku Yagi* and *Yuchoku Higa*.

Hanshi Gibu has made great efforts in his organization to return to the kata that Chibana Chosin Sensei once taught. Over time, kata begins to change from one instructor to the next but Hanshi Gibu believes that it is of the utmost importance to preserve the kata in their original form. Not only has he done this with empty hand kata, but he has made sure to catalog and teach the kobudo kata in the same form that they were passed on to him over 50 years ago.

Hanshi Gibu has kept his organization very small in hopes to avoid commercialization and politics. Outside of Okinawa, there are only two shibu dojos; one in Argentina and one in the United States.

A well-respected businessman, Hanshi Gibu is also a devoted husband with a beautiful family. His son, Makato, follows in his father's footsteps by having extremely strong karate and his famous father's kind nature. Hanshi Gibu is blessed with four grandchildren, two of which practice karate at the Hombu dojo and are very gifted karateka.

Chosin Chibana



Chosin Chibana was born in Shuri on June 5, 1886, into a modest family. As a boy, he worked in the fields to help with his family's livelihood. He attended Okinawa Prefectural Grammar School. In 1898, Chibana successfully met the requirements necessary to enter Okinawa Prefectural Daich Middle School, but left school in mid-course in 1900 to become a student of the widely known authority of Karate, Ankoh Itotsu. Chibana devoted his total life to the study of Karate under Itotsu Sensei for 13 years.

During this time, Chibana was a classmate to men like himself, who were to leave their mark on Karate across the world. Students studying under Itotsu Sensei with Chibana were Kenwa Mabuni, Choki Oshiro, and Masashige Shiromo, to just name a few. In 1920, Chibana Sensei opened two dōjōs, one in Shuri and one in Naha. Shortly before this time, Karate had been introduced to mainland Japan by several of Chibana's classmates, Kenwa Mabuni and Gichin Funakoshi. During this surge of interest in Karate, many Karatemen sought ways of making what they knew more appealing, but Chibana Sensei maintained that it would take him a lifetime to understand thoroughly what he had been taught by Itotsu Sensei. He devoted his life to this principle. He could often be heard saying, "Karate is teaching Kata (form) we have taken from forefathers without changing it at all." When the many changes were taking place in Karate with the naming of different systems by Ryū names, Chibana Sensei named his system Shorin-Ryū to denote that he was teaching exactly as he had been taught by Itotsu Sensei. While training his students, he also coached students at three universities in mainland Japan: Takushoku University, Tyo University, and Nihon University, through explanation of military exercise before the Pacific War.

After the war and Okinawa had recovered from the destitution, Chibana Sensei started to teach again to those students who had no been killed in the war. Many of his top students served and died for the Japanese Imperial Army. Having devoted his total life to teaching Karate and never having another vocation, in 1956 at the age of 71, he organized the Okinawa Karate Federation and took office as its first president. This was a big step for Chibana Sensei because the Okinawa Karate Federation was made up of main Ryū's that had developed in Okinawa. This was the beginning of the end of the quarreling between school and system as to whose system was the best. In 1957, because of his efforts to unite Karate on Okinawa and his total dedication to Karate, he was given the degree of "Hanshi no Sogo" (Doctoral Master) by the Dai Nippon Butokukai. This was the highest rank ever given to any Karate instructor and no one has received this rank since. In 1960, he was awarded a special athletic prize by the Okinawa Times.

In 1961, he seceded from the presidency of the Okinawa Karate Federation to devote more time to his disciples. At this time, he organized the Okinawa Shorin-Ryū Karate Association made up of his disciples. From this time, although 76 years old, he devoted all his energies to his followers. In February 1969, at the age of 84, Chibana Sensei passed away after a short illness, leaving behind him a life completely devoted to Karate and the almost impossible feat of having trained five of his disciples, Chozo Nakama, Katsuya Miyshira, Kensei Kinjo, Yucho Ku Higa, and Shugoro Nakazato, to the stage of Kyudan (9th Degree) Karate Master.

The Okinawan Karate Dojo

In Okinawa the karate dōjō is a highly respected place. It is where the art of self defense is raised to a way of life. The student of karate is strengthened both physically and mentally while his character is polished through training in the art's moral principles. The dōjō is held in such high regard that even cleaning and maintenance tasks are handled exclusively by its members.

On the following pages are principles and guidelines that have been handed down by karate masters for the practitioner to train and live by. Read them carefully and think about them deeply.

Dojo Training Precepts—written by Grandmaster Shugoro Nakazato, Shorin-Ryu Shorinkan, Okinawa, Japan



1. Keep to the rules of this dōjō and never be self-righteous.
2. Observe decorum towards the Instructor and superiors and also toward equals. Students should always be courteous to fellow practitioners and should strive to cultivate the virtue of modesty.
3. Endeavor to cultivate perseverance, a sound body and indomitable spirit by training to learn more than just the techniques of karate.
4. Strive for:
 - Elevation of the soul
 - The formation of character
 - A peaceful existence
5. Always be prudent in conduct and never provoke a quarrel out of a conceited form of karate knowledge.
6. In karate training, practice forms and techniques in an orderly fashion, one-by-one, step-by-step, and increase training time and strength gradually. Do not carry out a rigorous exercise regimen from the beginning.
7. Use makiwara and other training aids habitually in order to train the fists and other parts of the body.
8. It has been said from olden times that it takes at least three years to master a single kata completely, and consequently, unlimited time is needed to master all kata and variations of the techniques of karate. Never be self-conceited. Self-conceit will prevent progress and will cause the karateka to become anti-social in behavior.
9. Practice each and every form of karate in an orderly fashion, and evenly, so as not to make strong and weak points.



Dojo Etiquette and Courtesy

The use of dojo courtesies and Japanese customs in the karate school is absolutely deliberate. The attention to these humble actions allow us to let go of ego and embrace the culture from which karate comes from. Everyone treats one another with mutual respect and understanding during and after training and makes every effort to carry that into their everyday lives. Respect and etiquette makes everyone a better person and allows students to always be learners but also people of great character.

Dojo members who demonstrate these courtesies and humble attitudes are more likely to be treated like a student by their sensei rather than a participant.

- 1) Always bow before and after walking into or out of the dojo.
 - 2) If you are a student of the dōjō, arrive before class begins. If you arrive late, bow in at the dojo door and sit seiza until the head instructor gives the command of "*yoroshii*" to enter. Please stand, bow and line up in the back of the last row until the first break and then join your ranks.
 - 3) Students rei (bow) anytime a Black Belt approaches (especially if the Black Belt chooses you for demonstration, he bows to ask you and to thank you for being his assistant, in the same token you bow to accept and to thank him for allowing you to be a model in the demonstration). You should always bow to a Black Belt before you ask a question and after they have answered. Do not bow if you are in street clothes.
 - 4) During the session, students must work with a serious attitude and complete concentration. Therefore, laughing, chewing gum or asking questions not relevant to what is being taught is not allowed. Silence and seriousness are two rules that must be followed if a high level of training is going to be sustained.
 - 5) No jewelry of any kind is to be worn while in class.
 - 6) When not in class, students should train and stretch quietly while awaiting their class to start.
 - 7) When in class, utmost respect and attention will be given to those instructing the class.
 - 8) If a student must stop working during a session, they must report to Sensei Spence or the senior student.
 - 9) You have one sensei. When he is present on the floor, make sure that you ask him questions about techniques, kata, etc.
 - 10) If a Black Belt is using you to demonstrate a technique, it is a very great mark of disrespect to move. If you move, you are implying that you do not trust him.
 - 11) Keep your uniform clean.
- 8 Do not duplicate

- 12) There is NO kumite for anyone without the supervision of Sensei Spence or a Black Belt.
 - 13) Your obi is a symbol of your effort, even if it is white. You should not disrespect your belt by allowing it to drop to the floor.
 - 14) There is absolutely no horseplay in or outside the dōjō.
 - 15) Visitors from other martial arts schools and disciplines will be treated with the utmost respect.
 - 16) Anyone who is higher rank than you is considered your sempai (senior) and should be treated with respect. Your sempai (higher ranking students) have reached their ranks through dedication, spirit and attitude. If you have questions about class, go to them first for the answers.
 - 18) Arrogance, bad attitudes or malicious behavior will cause a student to be expelled
- Students are required to train diligently both in and out of the dojo

HELPFUL HINTS FOR THE MARTIAL ARTIST

These helpful hints are just a few things (not all!!) that our instructors have discovered in their martial journeys. Remember, that many of these topics had to be learned the hard way, which is what is intended. But, the few examples that are given here are simply to remind the student that there are ancient traditions and etiquette that must be observed to get the foot in certain doors and to get certain questions answered. Please remember that your Sensei has a plan for you. There is a lifetime of information to be learned, therefore, you will be taught certain “hush” topics when you are ready.

1. Budo begins and ends with respect
2. Do not “what if” any instructor.
3. It is disrespectful to adjust your uniform or tie on your belt facing a black belt...or anyone for that matter, or facing the front of the dojo.
4. Being the “uke” is the most important and fruitful activity in the dojo.
5. Train hard...don’t fake it.
6. Learn from whom you are training...even if they are not a black belt or are of lesser rank.
7. There are no stupid questions.
8. There are many answers to the simplest question.
9. Do not be pre-occupied with rank.
10. Bow...a lot.
11. When you are ready to learn it, Sensei will teach it.
12. There is more to learn than you can know...don’t rush it.
13. Remain loyal to your art and dojo
14. Martial arts are for self defense only; to protect yourself, your family, and loved ones

Shorin-Ryu Questions and Answers

Q: Why do we bow?

A: Bowing is sign of respect used in the orient and is very important. It shows courtesy to others and is similar to shaking hands. By bowing when we enter the dōjō, we are showing respect to not only the teachers, but to your fellow students.

Bowing should be done at the following times:

- 1) When entering and leaving the dōjō.*
- 2) Before asking a question or addressing an instructor or senior.*
- 3) When ANYONE, instructor or dōjō member, enters the floor. This is a sign of mutual respect to all ranks and is very important. It is also a courteous way to say hello.*
- 4) After an instructor has explained or demonstrated something to you personally or to the class. This is not just a sign of respect or thanks but an acknowledgement that you understand what has been taught and are ready to begin practice.*

Q: What is the patch that people wear on the left sleeve?

A: It is the patch of our dōjō, the Shorin-Ryū of Williamsburg. The red circle is the flag symbol of Okinawa and the kanji (Japanese writing) says “Okinawa Karate-Dō and Kobudō.

Q: Do I have to do Kobudō (weapons)?

A: Kobudo is required once you reach green belt. It is one of the most exciting areas of training in karate and is a ¼ of our system.

Q: When do I test for belts?

A: You are selected by Sensei Spence for testing when he feels that you have satisfied the requirements for rank in an ABOVE AVERAGE performance. You must have mastered all requirements, not memorized, up to your current rank. Do not ask when you can test but feel free to ask your instructors what things you can improve on.

Q: Do all students have to participate in Kumite?

A: Yes. All students begin to learn kumite at yellow belt level. Kumite is taught in a very safe manner and students are carefully trained through drills first. Kumite training is important and builds reaction skills as well as physical stamina, focus and spirit.

Q: How come everyone wears a white uniform? I have seen other schools with many different colors.

*A: The white uniform was first used in Japan as a way of stripping people of the social status they may have enjoyed outside the dojo. When the samurai and class system was abandoned people still expected to be treated according to their former status. In an authentic dojo, however, everyone is treated with the same respect, no one is special, **and** everything must be earned. There are no special exclusive clubs, groups or differentiations in uniform other than the simple cotton belt.*

Shorin-Ryu Karate

Formal Opening and Closing Dialogue

These commands are performed by the most Senior student lined up, not the Sensei.

Beginning of Class

- ▶ **Shomen Kiotsuke**(show-men key- yo- s- kay)
- ▶ **Seiza** [say-zah] - Command to sit formally. Sit back on feet, hands rested lightly on thighs.
- ▶ **Mak so** [maah k soh] - Command to begin meditation, eyes closed, breathe in deeply, quietly through nose, out through mouth.
- ▶ **Mak so Yamae** [ya-may] - Meditation is over. Open eyes.
- ▶ **Shomen Ni Rei** [Show-men-knee Ray] - Seated bow. Left hand then right hand together on the floor. Bow head to the floor in between hands.
- ▶ **Sensei** -The instructor turns to face the class.
- ▶ **Sensei Ni Rei** - All bow to the instructor and **SAY** “Onegaishimasu”[Oh-Knee-Guy-She-Mas] - This is the formal way of saying please do me the favor of teaching.
- ▶ **Yoi-Dachi** [Yo-e-Datch] - Return to ready stance.

End of Class

- ▶ **Seiza** - same as above
- ▶ **Mak so** - same as above
- ▶ **Mak so Yame** - same
- ▶ **Shomen Ni Rei** - Bow to the front.
- ▶ **Sensei** - The sensei turns around.
- ▶ **Sensei Ni Rei** - Bow to the teacher and
- ▶ **SAY** “Domo Arigato Gozaimasu”[doe-moe-air-I-got-toe go-zye-e-mas]

Dojo Courtesies	
Anata wa ikaga desu ka?	And how are you?
Arigato gozaimasu	Thank you very much.
Arigato	Thank you (very casual form, not to be used to a senior).
Dō itashimashite	Not at all. You are welcome.
Dōmo arigato gozaimasu	Thank you very much (most polite form).
Dōmo	Thanks. Sorry (very casual form).
Dōzo	Please (do this). (very casual)
Genki desu, arigato.	I am fine, thank you.
Gomen nasai	Excuse me (informal form, not to be used to a senior).
Hajime shaste kudasai	Permission to begin, please.
Ikaga desu ka?	How are you?
Konban wa	Good evening.
Konnichi wa	Good afternoon.
Kudasai	Please give me the favor of (polite form).
Ohayō gozaimasu	Good morning.
Omedeto gozaimasu	Congratulations.
Onegai shimasu	I humbly request. Please teach me.
Oyasumi nasai	Good night.
Sayōnara	Good bye (do not use to a senior).
Shitsurei shimasu	Excuse me. Good bye (when departing from someone who is your senior).

Dojo Commands	
Hajime	Begin
Hayaku	Hurry up. Quickly
Ki o tsuke	Attention
Matte	Wait, Stop
Mawatte	Turn
Mōichido	One more time
Mokusō hajime	Meditation begins
Mokusō yame	Meditation ends
Naotte	Return to the original position (usually yoi dachi)
Narande	Line up
O tagai ni rei	Bow to each other
Rei	Bow
Sensei ni rei	Bow to the teacher
Shōmen ni rei	Bow to the front
Suwatte	Sit / Sit up
Yame	Stop
Yasume	Rest
Yōi	Ready

Kunren (drills)

Uke kunren(each set starts with the right hand, 2 blocks each)

- 1) Soto uke
- 2) Chudan uke(uchi uke)
- 3) Jodan Uke
- 4) Gedan Barai
- 5) Shuto Uke
- 6) Sagurite Uke

Empi Kunren

- 1) Step Left foot forward, zenkutsu dachi, rising elbow(rt)
- 2) Right foot to left foot, Heisoku dachi, dropping elbow(Rt)
- 3) Right foot slide to side, shiko dachi, augmented side elbow
- 4) Right foot to left and then to back, augmented rear elbow
- 5) Left foot to right foot, Heisoku dachi, dropping elbow
- 6) Right foot steps forward, zenkutsu dachi, side elbow

Keri Kunren(start from kamaete/right leg back)

- 1) Hiza geri, rear leg and then set down in front
- 2) Rear leg mae geri, set leg down in front
- 3) Rear leg mawashi geri, set down in front in side shiko dachi
- 4) Same leg, rechamber, yoko geri, back down in shiko
- 5) Pull the right leg back in neko ashi dachi, look over left shoulder
- 6) Right Ushiro geri, right leg down behind you
- 7) Face front, suri ashi twice,(slide twice to establish distance)

Shuto Kunren

- 1) Step forward (rt), Fukyugata shuto(rt hand)palm up
- 2) Step(lft) shuto(palm down)
- 3) Step back turn 90, side shuto
- 4) Turn to back, double high shuto
- 5) Step through, dropping shuto, zenkutsu dachi
- 6) Shift stance to front facing shiko dachi, x block
- 7) Step through with rt, neko ashi dachi, shuto uke
- 8) Step with lft, neko ashi dachi, low double shuto
- 9) Step through in shizentai dachi, double shuto strike to neck

Shorin-Ryu Kata

Kata is a formal prearranged exercise. A karate kata consists of movements which can be applied as kicks, punches, blocks, strikes, leg sweeps, throws, holds, chokes and joint punishment techniques. Kata is the heart of Karate-Dō. All techniques, principles and strategies are derived from kata. Its practice makes the body stronger, more flexible and better coordinated. Kata should be practiced with the following points in mind.

1. **Form** - Each move should be done exactly as taught with correct body positioning.
2. **Speed** - Each move should be executed quickly.
3. **Eyes** - The eyes should look straight in the direction of each technique, never out of the corners of the eye sockets.
4. **Kiai** - Every kata has 2 kiai, each in a prescribed place. The kiai should be executed forcefully from the abdomen.
5. **Concentration** - The mind should stay focused on each move of the kata, from the beginning Yoi Dachi to the ending Yoi Dachi.
6. **Breathing** - Breathing should be natural with an exhalation where strength is applied (i.e. a punch).
7. **Expansion and contraction** - The body should be relaxed (expanded) during movement to gain speed and should contract at the end of a movement to apply strength.
8. **Commitment** - Each movement should be executed as if it were real. Master Itotsu said “kata should be practiced as if you were on a battlefield.”

Each movement of kata can be applied more than one way. The study of the various applications is the realm of the senior student. The beginning and junior students will generally be shown one basic application of block, kick, punch or strike to avoid confusion while they are learning the movements of each kata.

The following are the fourteen kata taught in the Shorin-Ryū Butokukan system:

Naihanchi Shodan	Pinan Shodan	Passai Sho	Chinto
Naihanchi Nidan	Pinan Nidan	Passai Dai	Goju Shiho
Naihanchi Sandan	Pinan Sandan		
	Pinan Yondan	Kusanku Sho	
	Pinan Godan	Kusanku Dai	

Basic exercise kata

Kihon Kata are practiced regularly at Hanshi Gibu's dojo in Okinawa. They teach proper hop rotation as well as focus and use of power.

1. Kihon Shodan

- A. Stepping forward in natural stance (shizentai dachi): middle grab (first time only), reverse punch (gyaku tsuki); repeat per instructor's command.
- B. Stepping back in cat stance (neko ashi dachi): middle block (chudan uke); repeat per instructor's command.

2. Kihon Nidan

- A. Stepping forward in natural stance (shizentai dachi): middle grab (first time only), face high reverse punch (jodan tsuki); repeat per instructor's command.
- B. Stepping back in cat stance (neko ashi dachi), roundhouse block (soto chudan uke), followed by downward block (gedan barai); repeat per instructor's command.

3. Kihon Sandan

- A. Stepping forward in natural stance (shizentai dachi): upward block (jodan uke); repeat per instructor's command.
- B. Stepping back in cat stance (neko ashi dachi): roundhouse block (soto chudan uke); repeat per instructor's command.

4. Kihon Yondan (all stances are zenkutsu dachi)

- A. Stepping forward (three times)- high punch, middle punch, low punch-one punch per count.
- B. Turn-High block, middle inside block, low block-one block per count

5. Kihon Godan- same as kihon yondan but do all three punches per count and all three blocks per count alternating hands.

Fukyu Gata

Practicing Fukyu No Kata develops quick striking and blocking techniques. It incorporates turning drills, which are an essential part of Kata training.

Fukyukata Shodan

- Step into forward stance (zenkutsu dachi), lunge punch (oi tsuki), back knuckle (uraken);
- Step back into cat stance (neko ashi dachi), middle block (chudan uke);
- Step into zenkutsu dachi, three chudan punches
- Repeat per instructor's command; (usually three times)
- Turn (mawatte) into zenkutsu dachi, downward block (gedan barai);
- Repeat steps 1 through 5.
-

Fukyukata Nidan

- Step into zenkutsu dachi, upward block (jodan uke), middle outside block (soto chudan uke), downward block (gedan barai);
- Repeat per instructor's command; (usually three times)
- Mawatte into zenkutsu dachi, gedan barai; repeat steps 1 and 2

Fukyukata Sandan

- From the last gedan barai in Part two, mawatte into natural stance (shizentai dachi), middle outside (soto) and knife-hand (shuto) block simultaneously.
- Slide forward into zenkutsu dachi, double gedan barai, front snap kick (mae geri)
- Step forward into shizentai dachi, soto knife-hand; repeat step 2.
- Repeat per instructor's command.

Kumite

“Kumite”, and its true meaning and intention, is misunderstood by most Occidentals studying karate today. Americans take kumite to mean fighting or sparring with a winner and loser. This is not the true meaning; Kumite literally means “crossing of hands” or “deciding hand.” It is a restricted form of training whereby the practitioner can, in conjunction with a “partner” (not an opponent), practice karate techniques which are derived from Shorin-Ryū Karate-Dō.

In this dōjō the following guidelines will be strictly adhered to:

- Each participant will be required to wear protective headgear, approved gloves, padded boots, shin guards, mouthpiece and groin protection (males). Chest protectors are recommended for female participants.
- Each shiai (match) between students will be controlled and officiated by a yudansha (black belt holder).
- The target area is from the upper chest area to the obi only (if you can score on this target, you can score on any target).
- Light contact to the mid-section is permitted.
- No one, including yudansha, will participate in kumite without a yudansha in attendance.
- Remember . . . you have a “partner,” not an “opponent” . . . you are responsible for the safety of your partner.

The foregoing guidelines are for the safety and protection of all Karateka. Any malicious or intended violation will be cause for immediate dismissal from the dōjō.

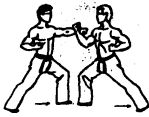
Yakusoku kumite 1-3

YAKUSOKU KUMITE : ADVANCED SPARRING DRILLS

No.1



A attacks right Chudan Michue Uchi Uke.
B retreats, blocks left Chudan Uchi Uke.



A attacks left Chudan Michue Uchi Uke.
B retreats again, blocks right Chudan Uchi Uke.



A attacks 3rd line right Chudan Michue Uchi Uke.
B retreats again, blocks left Chudan Uchi Uke.



A counter-attacks with knee heel.
B shifts feet at the right knee hand downward block.



side view



A turns Mu clockwise and punches at A's face. A shifts to face Mu. B does a crescent block.



A turns Mu and throws a left low punch at B. B shifts Mu to face A and does a right downward block.



A counter-attacks with a left Chudan Michue Uchi Uke. B retreats, blocking with a right Chudan Michue Uchi Uke.



A counter-attacks with a left Chudan Michue Uchi Uke. B retreats, blocking with a right Mu Uchi Uke.



A does right mu uchi uchi. B shifts Mu, blocks open hand downward block.



A follows with a face punch at Mu standing in place. B does a crescent block.

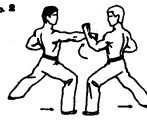


B delivers final crescent punch to A's flexing knee.



A and B return to their respective places. End drill.

No.2



A attacks right Chudan Michue Uchi Uke. B retreats, blocking with left Mu Uchi Uke.



A attacks again, left Chudan Michue Uchi Uke. B retreats again, blocking with right Mu Uchi Uke.



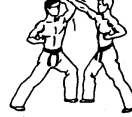
B counters with left Mu uchi uchi. A stops Mu, blocks down with a right palm-heel.



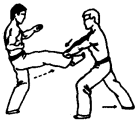
B follows with a left Judan Michue Uchi Uke. A does Judan Age Uchi Uke.



A attacks again with right Mu uchi uchi. B retreats again, blocking with left downward palm-heel.



B follows with a right Judan Michue Uchi Uke. A blocks with a left Judan Age Uchi Uke.



A counter-attacks with a right Mu uchi uchi. B steps back, does a double palm block.



(view from top)



A follows with a double punch to the shoulders. B shifts into a high stance, does a double open-hand block.



A follows with a double punch to the shoulders. B shifts into a high stance, does a double open-hand block.



B grabs A behind the neck, pulls him in for a knee kick to the midsection.



B pushes A away. End drill.

A attacks high staying in place, A punches low A does 3rd punch low B finishes w/front kick

0.3



B open hand reverse block



B blocks down, holds



B blocks down, holds



B finishes w/front kick

Yakusoku kumite 4-5

No. 4

Taking 3 walking steps, B follows A. On 3rd step, B grabs shoulder. A turns, does Chudan-uke

A attacks chest, B Chudan-uke.



B attacks back, A shifts back shiko-dachi. B punches again; elbow block
A shifts in, front elbow strike
back fist and wado strike to groin.



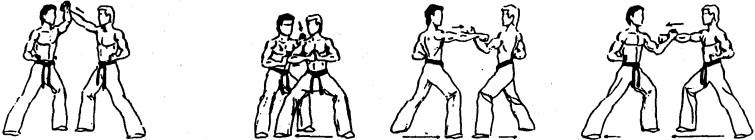
No. 5

A attacks chest, B Chudan-uke. B attacks chest, A Chudan-uke. A attacks high... ..and does elbow strike. B checks, pushes back, kick-



and punches high...

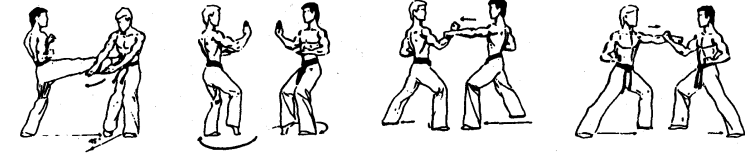
...and does elbow strike. A checks, pushes back, punches chest. B returns attack chest



A front kicks, B blocks; both turn 180, kamae cat stance.

A attacks chest

B returns attack chest (twice)



A does stutter reverse punch high...and side kicks. B catches, sweeps, and takes down.



Kobudo



Kobudō or weapons training is another integral part of martial arts training in the Shorin-Ryū style. Weapons training helps to complete a martial artist in the sense that they know how to defend themselves both empty-handed as well as armed. In the Shorin-Ryū Shorinkan style of karate, 6 different weapons are studied:

- **Bo:** A six-foot wooden staff. It resembles a long pole, but can be used in long-range self defense situations.
- **Sai:** A three-pronged metal weapon which resembles a large fork-shaped object. Usually used in pairs, it can be used to both strike and spear an attacker.
- **Nunchaku:** Two short pieces of wood held together by a chain or rope. It is used by holding one piece of wood in one hand, while whipping the other piece around in a flailing motion.
- **Tonfa:** A wooden weapon which is often used in pairs (see picture below). They are similar to today's police batons. They are held by handles near the middle of the weapon and can be used to either strike with the butt of the weapon or swung to strike an attacker.
- **Kama:** A sickle-shaped bladed weapon, also often used in pairs. They are held by their wooden handles and was once used by Okinawan farmers to harvest grain crops.
- **Eaku:** A boat oar, which is handled similarly to the bo. It was a weapon used by Okinawan fisherman.

Bo-Shushi no Kun, Kubo No Kun, Sakugawa no Kun

Sai-Sai ichi no Kata, Sai ni no Kata, Sai san no Kata

Tonfa Tunfa no kata, Hama Higa no Tonfa, Yaragwa no Tonfa

Nunchaku- Nunchaku ichi no kata, Nunchaku ni no Kata

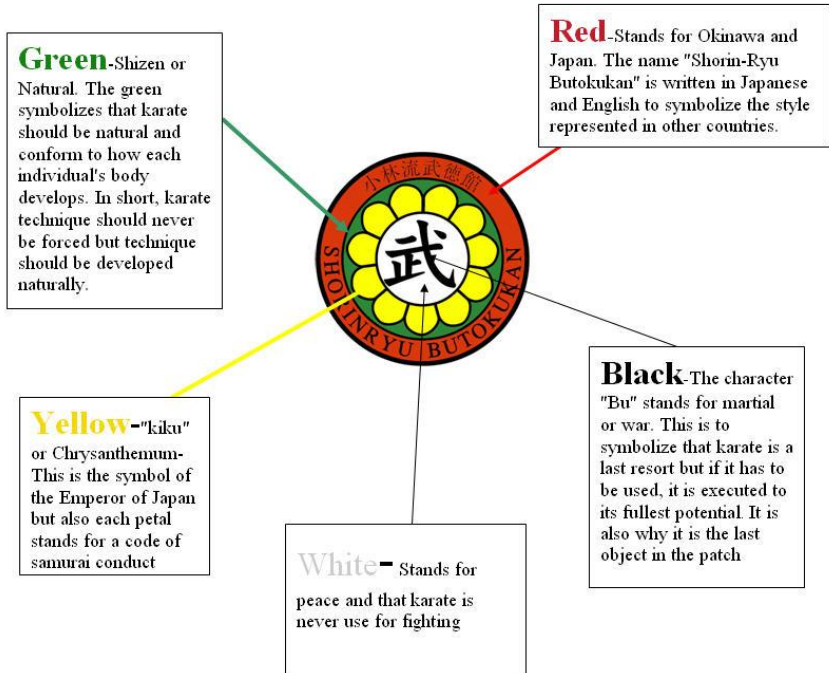
Kama-Kama no Kata

Eku/Kai- Eku no Kata

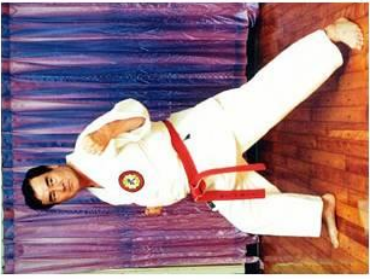
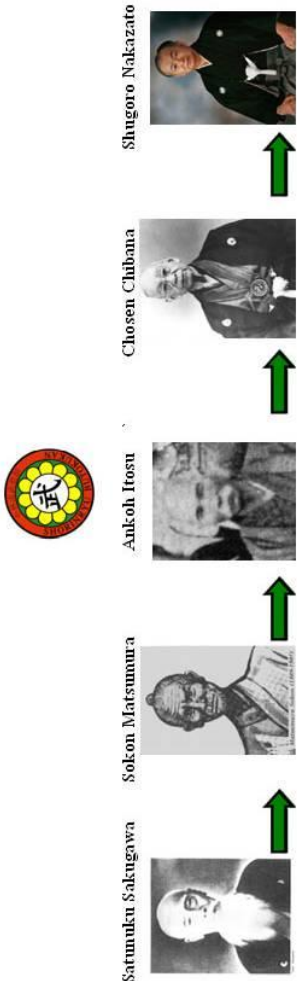
Tekko - Maezato No Tekko

Timbe/Rochin- Kanegawa no Timbe

Butokukan Patch Explanation



BUTOKUKAN FAMILY TREE



Hanshi Sokuichi Gibu, 10th Dan

Important Dojo Shodo(calligraphy)

Shomen(front)



Kenkyo-be humble



Nintai-Be patient



There is no secrets to karate, just effort.



Ichi go ichi ee-*One life one encounter*(over the door)

“Treat every person like it is the last time you will ever see them”

徳武
沖縄小林流空手道協会会長
範士知花朝信

Butoku-*Martial character*

Be a person that does their best in life and for others.

May your heart be as strong as your karate....

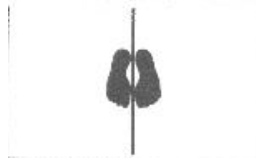
Stances

One of the most important things in karate is to have good stance. If a house does not have a strong foundation, then it can fall. Your stance makes the techniques of your upper and lower body have power, maneuverability and speed. Here are the stances that are used in Shorin-Ryu Shorinkan Karate and the guidelines to forming them correctly.



Stance #1 **HEISOKU DACHI**

This stance is formed by putting the feet together, big toe to big toe and having the knees slightly bent.



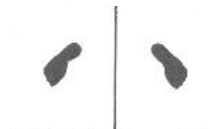
Stance #2 **MUSUBI DACHI**

This is the same as heisoku dachi but with the feet opened to a “V” and ankles together.



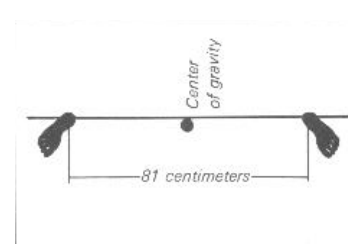
Stance #3 **YOI DACHI**

The “ready stance” or Yoi is formed by moving the left leg out so that the feet are shoulder width apart and toes pointed at 45 degrees. The fists should be at a natural position.



Stance #4 **NAIHANCHI DACHI**

Naihanchi dachi is formed by pushing the heels out from ready stance and turning the toes inward. The knees should be bent forward towards the big toe and flexing slightly out. The hips should flex slightly up so that the hamstrings also lock the stance down. This stance is slightly wider than yoi dachi.

Stance #5 **SHIKO DACHI (sumo stance)**

This is called hajimonji dachi in Okinawan Hogen dialect and is found in many kata. The stance should be double shoulder's width and the knees should be pushed outward so that they are over the first or second toe. The knees should NEVER be inside of the legs!!! Always make sure that width of your stance allows for the proper alignment with the knees and feet. Lower your hips and make sure your hips do not go lower than your knees. SIT DEEPLY.

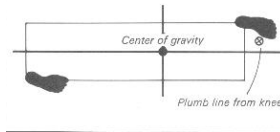
Stance #6 **SHIZENTAI DACHI (natural stance)**

Natural stance is a forward stance with a length that would be the same as your stride the easiest measurement of the stance's length is that the heel of the front foot should be in line with the big toe of the back foot. Both knees should be bent and the back should be straight. VERY IMPORTANT: When moving forward in this stance, it is necessary to turn the front toes 45 degrees out before you step through.

Stance #7 **ZENKUTSU DACHI (Forward Stance)**

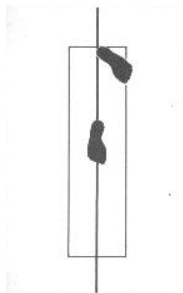
26 Do not duplicate

Forward stance is a shizentai dachi, just longer. The feet should be wider than the shoulders and long enough so that the back heel does not come off of the floor and so that the front knee can be bent over the foot. It is very important that you push the hips forward and the shoulders should be back.



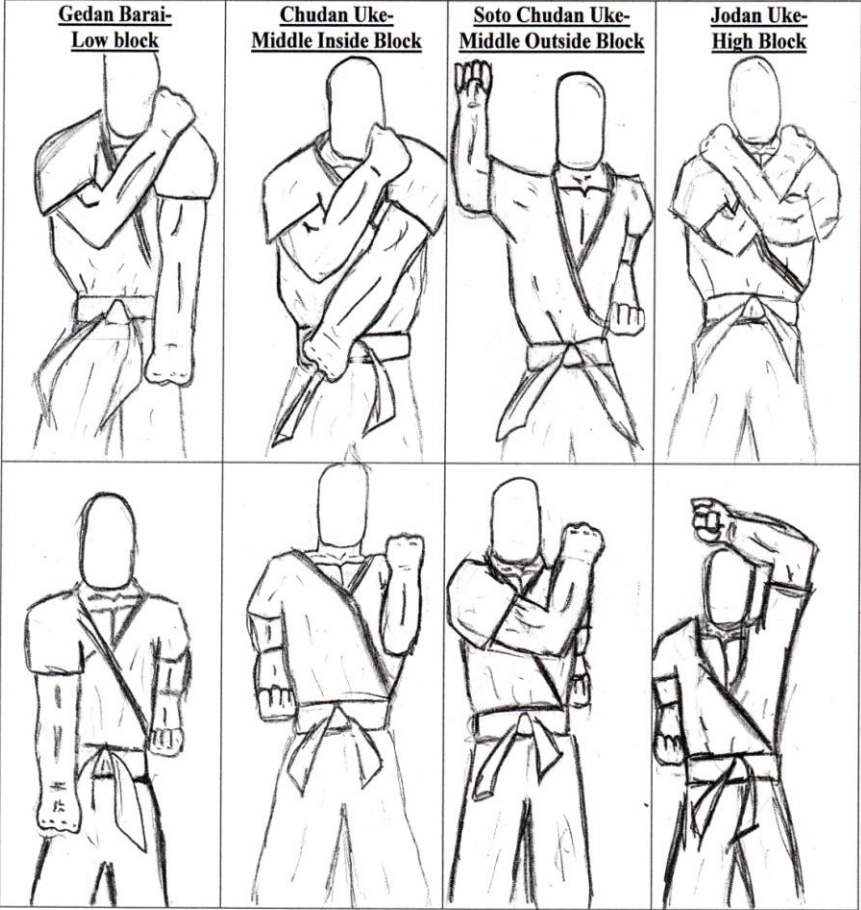
STANCE #8 NEKO ASHI DACHI(cat stance)

Cat stance is formed by having your back heel point at forty-five degrees outward from the front and the front foot place about a foot and a half in a straight line from the back heel. The back knee should be bent deeply toward the toes while lowering your hips deeply without leaning forward or back. The front knee should also be bent with the front heel lifted off the floor about two inches. Keep your back straight as with all stances.



Uke Waza

Drawings by Grant Stinson (2003)





Junior Kata Requirements

White belt/Black stripe

No kata,

Yellow belt/white stripe

Kihon 1, 3

Yellow Belt

Kihon 1, 2, 3, 4, 5

Orange Belt/white stripe

Fukyugata 1, 2, 3

Orange Belt/10th Kyu

Naihanchi shodan

Green Belt/ 9th Kyu

Pinan Nidan

Green Belt/ 8th Kyu

Nihanchi Nidan, Pinan Shodan

Blue Belt/ 7th Kyu

Naihanchi Sandan,

Blue Belt/6th Kyu

Pinan Sandan, Pinan Yondan, Shushi No Kun

Purple Belt/5th Kyu

Pinan Godan, Nunchaku Dai ichi

Purple Belt/4th Kyu

All kata, Sakugawa no kun

Brown Belt/ 3rd Kyu

Passai Sho, Tunfa no Kata

Brown Belt/ 2nd Kyu

All kata,

Brown Belt/ 1st Kyu

Passai Dai, Kubo No Kun

Junior Black Belt/ Shodan-Ho

Kusanku Sho, Sai Dai ichi



ADULT KATA REQUIREMENTS

White belt/Black stripe

No kata, all basics

Yellow belt/white stripe

Kihon 1, 3

Yellow Belt

Kihon 1, 2, 3, 4, 5

Orange Belt/white stripe

Fukyugata 1, 2, 3/

Orange Belt/10th Kyu

Naihanchi shodan,

Green Belt/ 9th Kyu

Nihanchi Nidan, Pinan Nidan,

Green Belt/ 8th Kyu

Pinan Shodan, Naihanchi Sandan,

Blue Belt/ 7th Kyu

Pinan Sandan, Pinan Yondan

Blue Belt/6th Kyu

Pinan Godan, Shushi No kun

Purple Belt/5th Kyu

Passai Sho, Nunchaku Dai ichi

Purple Belt/4th Kyu

All kata, Sakugawa no kun

Brown Belt/ 3rd Kyu

Passai Dai, Tunfa no Kata

Brown Belt/ 2nd Kyu

Kusanku Sho, Kobudo Retest on all

Brown Belt/ 1st Kyu

All kata, , Kubo No Kun

Black Belt/ Shodan

Kusanku Dai, Sai Dai ichi

2nd Dan/Nidan

Chinto, Sai dai ni, Eku no kata

3rd Dan/ Sandan

Gojushiho, Kama dai ichi, Nunchaku dai ni

Rank Requirements

White w/ Black stripe

1) **Time Requirements:** 2 months minimum

2) **Terms you must know:**

Karate - Empty hand

Obi - Belt

Rei - Bow

Kiai - Spirit shout

Counting - 1 to 10 (in Japanese)

Gi - Karate uniform

Kiotsuke - Come to Attention

Yoi - Step out to ready

O negai shimasu - Please teach me

3) **Dojo Courtesies and Etiquette**

4) **Stances** (must know Japanese names and translation)

	Japanese Term	Translation
Stance 1	Heisoku Dachi	Formal attention stance
Stance 2	Musubi Dachi	Attention stance
Stance 3	Yoi Dachi	Ready stance
Stance 6	Shizentai Dachi	Natural stance
Stance 8	Neko Ashi Dachi	Cat stance

5) **Te Waza (Hand techniques)**

Middle Punch

High Punch

- must demonstrate making a proper fist
- punches must show focus (targeting) , speed, snap and power

6) **Keri Waza (kicking techniques)**

Front Snap Kick - must demonstrate all four positions

7) **Uke Waza (blocking techniques)**

Gedan Barai	Low Block
Chudan Uke	Middle Block
Jodan Uke	High Block

8) **Strong Spirit**

Kids Only:

Letter of Recommendation from Teacher and Parents

Promoted on (month/day/year)_____

Yellow w/ White Stripe

1) **Time Requirements:** 2 months minimum

2) **Terms you must know**

Kiotsuke - Come to attention	Kiai - Spirit shout
Hajime – Begin	O Negai Shimasu - Please teach me
Kamae - Beginning position	Yasunde - Relax and straighten your uniform
Yame – Stop	Domo Arigato Gozaimasu - Thank you
Hai - Yes/I understand	Yoi - Step out to ready stance
Mawatte – Turn	Counting – 1 to 20 in Japanese

3) Dojo Courtesies and Etiquette

4) Dachi (Stance) Kata – **Must know Japanese term and translation**

	Japanese Term	Translation
Stance 1	Heisoku Dachi	Formal attention stance
Stance 2	Musubi Dachi	Attention stance
Stance 3	Yoi Dachi	Ready stance
Stance 4	Naihanchi Dachi	Horse stance
Stance 5	Shiko Dachi	Square / Sumo Stance
Stance 6	Shizentai Dachi	Natural stance
Stance 7	Zenkutsu Dachi	Forward Stance
Stance 8	Neko Ashi Dachi	Cat stance

5) **Uke Waza** (blocking techniques)

Gedan Barai - Low Block	
Chudan Uke - Middle Block	Jodan Uke - High Block
Shuto Uke -Knifehand block	Soto Chudan Uke - Middle Outside Block
Uke kunren (blocking drill)	

6) **Keri Waza** (kicking techniques)

Mae Geri- **front snap kick-front and back leg**

Must show: A) Proper knee position; B) Correct striking surface on the foot;
C) Four steps (up, out, back, down); D) Speed, snap, balance, flexibility

7) **Te Waza** (hand techniques)

Chudan Tsuki - middle punch	Jodan Tsuki - high punch
Gyaku Tsuki - reverse punch	Oi Tsuki - lunge punch

8) **Kata**

Kihon Shodan, Kihon Nidan, Kihon Sandan

9) **Proper Attitude and etiquette**

Kids Only:

Letter of Recommendation from Teacher and Parents

Promoted on (month/day/year) _____

Yellow Belt

- 1) **Time Requirements:** 2 months minimum
- 2) **Terms you must know** (also terms from prior test requirements):
 - Do** - The way or path
 - Tachi** – Stance
 - Seiken** – Forefist
 - Te** – Hand
 - Sensei** - Black belt instructor
 - Sempai** - Assistant instructor
 - O Negai-Shimasu** - Please teach me
 - Hai** - yes/I understand
 - Yasunde** - Relax and straighten your uniform
 - Mawatte** – turn
 - Yoi** - Step out to ready stance
 - Hajime** – Begin
 - Yame** – Stop
 - Kiotsuke** - Come to attention
 - Kamae** - Beginning position
 - Kiai** - Spirit shout
 - Domo Arigato Gozaimasu** - Thank you

ALL BASICS MUST SHOW power, speed, focus, balance, timing and posture

- 3) **Dachi kunren** (stances)
 - Dachi (Stance) Kata – Must demonstrate all 8 stances and know the names in Japanese.
- 4) **Te Waza** (hand techniques)
 - Middle Punch - chudan tsuki
 - Reverse Punch - gyaku tsuki
 - High Punch - jodan tsuki
 - Lunge Punch - oi tsuki
- 5) **Keri Waza** (kicking techniques)
 - Mae Geri** - Front Snap Kick front and back leg
 - Hiza Geri**- Knee Kick
 - Mawashi Geri** - roundhouse kick-with correct hip alignment
- 6) **Uke Waza** (blocking techniques)
 - Low Block - gedan barai / gedan uke
 - Middle Outside Block - soto chudan uke
 - Uke Kunren-Blocking Drill-with stepping
 - Middle Inside Block - chudan uke
 - High Block - jodan uke
- 7) **Kata**
 - Kihon Shodan**
 - Kihon Nidan**
 - Kihon Sandan**
 - Kihon Yondan**
 - Kihon Godan**

- 8) **Proper Attitude and etiquette**
- 9) **All required Kotoba (Japanese terminology) and history**

Kids Only:
Letter of Recommendation from Teacher and Parents

Promoted on (month/day/year) _____

Orange w/ white stripe

1) Time Requirements: 20 classes minimum

2) Explain the meaning of the Butokukan patch

ALL BASICS- MUST SHOW 1) power 2) speed 3) focus 4)balance 5) timing 6) posture

3) All Previous Blocks

4) Te Waza (hand techniques)

Chudan Tsuki - middle punch

Jodan Tsuki - high punch

Gyaku Tsuki - reverse punch

Shuto Uchi - Knife- hand strike (inside, reverse, downward)

Empi Kunren(Elbow Drill)

Empi Uchi - elbow strike

Uraken Uchi - backfist strike

Oi Tsuki - lunge punch

5) Keri Waza (kicking techniques)

Yoko Geri - side kick

- Must demonstrate Kekomi (thrusting)
- must show: A) proper knee position; B) Correct striking surface on the foot; C) Four steps (up, out, back, down); D) Speed, snap, balance, flexibility E) Proper foot position

Mawashi Geri - roundhouse kick-with correct hip alignment

- must show: A) proper knee position; B) Correct striking surface on the foot; C) Four steps (up, out, back, down); D) Speed, snap, balance, flexibility

6) Kata

Fukyugata Shodan _____

Fukyugata Nidan _____

Fukyugata Sandan _____

7) Proper Attitude and etiquette _____

8) All required Kotoba (Japanese terminology) and history _____

Kids Only:

Letter of Recommendation from Teacher and Parents

Promoted on (month/day/year) _____

Orange Belt (10th Kyu)

Inst. init

1) **Time Requirements:** 30 hours minimum after passing 10th kyu (3 months)

ALL BASICS MUST SHOW 1) power 2) speed 3) focus 4) balance
5) timing 6) posture

2) **Te Waza** (hand techniques)

Chudan Tsuki - middle punch

Jodan Tsuki - high punch

Gyaku Tsuki - reverse punch

Shuto Uchi - Knife- hand strike (inside, reverse,
downward)

Shuto Kunren-Shuto Drill

Empi Uchi - elbow strike

Uraken Uchi - backfist strike

Oi Tsuki - lunge punch

5) **Keri Waza** (kicking techniques)

Ushiro Geri

Mawashi Geri

Mae Geri

Keri Kunren-kicking drill

5) **Kata**

NAIHANCHI SHODAN

7) **Proper Attitude and etiquette**

8) **All required Kotoba (Japanese terminology) and history**

Kids Only:

Letter of Recommendation from Teacher and Parents

Promoted on (month/day/year) _____

Green Belt (9th Kyu)

1) **Time Requirements:** 30 hours minimum after passing 9th kyu (3 months)

2) **Dachi Kata** (stance kata)

3) **All basics up and down the floor at random**

Footwork, Power, speed, focus, snap, timing

4) **Keri Kunren** (all previous kicking techniques)

Mikazuki Geri - crescent kick (inside and outside)

All Kicks must show: A) proper knee position; B) Correct striking surface on the foot; C) Four steps (up, out, back, down); D) Speed, snap, balance, flexibility

5) **Te Waza** (hand techniques)

Chudan Tsuki - middle punch

Jodan Tsuki - high punch

Gyaku Tsuki - reverse punch

Oi Tsuki - lunge punch

Empi Uchi - elbow strike

Shotei Uchi - palmheel strike

Shuto Uchi - knife hand strike (3)

Uraken Uchi - backfist strike

Nukite Uchi - spearhand strike

Kisami Tsuki - snap punch/jab

6) **Uke Waza** (blocking techniques)

Soto Chudan Uke- Middle Outside Block

Shuto Uke- Knife Hand Block

Chudan Uke- Middle Block

Sagurite Uke- Searching Hand Block

Augmented Block

Jodan Uke- High Block

Gedan Barai- Low Block

7) **Kunren-** Dachi waza Shuto Waza

 Empi waza Keri waza

8) **Kata**

Kids-**Pinan Nidan**

Adults-**Pinan Nidan, Naihanchi Nidan**

9) **Proper Attitude and etiquette**

10) **All required Kotoba (Japanese terminology) and history**

Kids Only:

Letter of Recommendation from Teacher and Parents

Promoted on (month/day/year) _____

Green Belt (8th Kyu)

- 1) **Time Requirements:** 30 hours minimum after passing 8th kyu (3 months)
- 2) **Regular attendance in kobudo**
- 3) **Dachi Kunren**
- 4) **All basics up and back on the floor at random**
- 5) **Keri Waza** (all previous kicking techniques)

Spinning back kick-gyaku ushiro geri

- Must demonstrate Kekomi (thrusting) on yoko and mae geri
- All Kicks must show: A) proper knee position; B) Correct striking surface on the foot; C) Four steps (up, out, back, down); D) Speed, snap, balance, flexibility

6) **Te Waza** (hand techniques) *Shown with application against a punch*

Chudan Tsuki - middle punch	Shuto Uchi - knife-hand strike (3)
Jodan Tsuki - high punch	Uraken Uchi - backfist strike
Gyaku Tsuki - reverse punch	Nukite Uchi - spearhand strike
Oi Tsuki - lunge punch	Kisami Tsuki - snap punch/jab
Empi Uchi - elbow strike	Haito Uchi - ridgethand strike
Shotei Uchi - palmheel strike	

7) **Uke Waza** (blocking techniques)

Gedan Barai - Low Block	Soto Chudan Uke - Middle Outside Block
Shuto Uke - Knife-Hand Block	Ude Uke - Forearm/Dead-arm Block
Chudan Uke - Middle Block	Jodan Uke - High Block
Augmented Block	Sagurite Uke - Searching Hand Block

- 8) **Kunren-** Dachi waza Shuto Waza
 Empi waza Keri waza

9) **Kata**

Kids-**Naihanchi Nidan, Pinan Shodan**

Adults-**Pinan Shodan, Naihanchi Sandan**

10) **Ashi Barai/Gari-** Demonstrate sweeping/reaping techniques

11) **Proper Attitude and etiquette**

12) **All required Kotoba (Japanese terminology) and history**

Kids Only:

Letter of Recommendation from Teacher and Parents

Promoted on (month/day/year) _____

Blue Belt (7th Kyu)

1) **Time Requirements:** 30 hours minimum after passing 8th kyu(3 months)

2) **Regular attendance in kobudo**

3) **Dachi Kunren**

4) **All basics up and back on the floor at random**

5) **Keri Waza** (kicking techniques)

Nidan Geri- double kick

Ura Mawashi geri-Hook kick

- Must demonstrate Kekomi (thrusting) on yoko and mae geri
- All Kicks must show: A) proper knee position; B) Correct striking surface on the foot; C) Four steps (up, out, back, down); D) Speed, snap, balance, flexibility

6) **Te Waza** (hand techniques)

Chudan Tsuki - middle punch

Shuto Uchi - knife-hand strike (3)

Jodan Tsuki - high punch

Uraken Uchi - backfist strike

Gyaku Tsuki - reverse punch

Nukite Uchi - spearhand strike

Oi Tsuki - lunge punch

Kisami Tsuki - snap punch/jab

Empi Uchi - elbow strike

Haito Uchi - ridgehand strike

Shotei Uchi - palmheel strike

7) **Uke Waza** (blocking techniques)

Gedan Barai - Low Block

Soto Chudan Uke - Middle Outside Block

Shuto Uke - Knife-Hand Block

Ude Uke - Forearm/Dead-arm Block

Chudan Uke - Middle Block

Jodan Uke - High Block

Augmented Block

Sagurite Uke - Searching Hand Block

8) **Combination kicking**

mae geri - mawashi ger(F)

mae geri - yoko geri(F,S)

mae geri - ushiro geri

mawashi geri - yoko geri(F)

kake geri-mawashi geri(F)

yoko geri - ushiro geri

9) **Kunren-**

Dachi waza

Shuto Waza

Empi waza

Keri waza

8) **Kata**

Kids-*Naihanchi Sandan*

Adults- *Pinan Sandan Pinan Yondan*

10) **Ashi Barai/Gari-** Demonstrate sweeping/reaping techniques

11) **Proper Attitude and etiquette**

12) **All required Kotoba (Japanese terminology) and history**

Kids Only:

Letter of Recommendation from Teacher and Parents

Promoted on (month/day/year) _____

Blue Belt (6th Kyu)

- 1) **Time Requirements: 30 hours minimum after passing 7th kyu (3 months)**
- 2) **Regular attendance in kobudo**

All basics up and back on the floor at random

3) Keri Waza (all previous kicking techniques)

Gyaku Mikazuki Geri - Spinning Crescent kick

- Must demonstrate Kekomi (thrusting) on yoko and mae geri
- Must show: proper knee position, correct striking surface on the foot, four points and speed, snap, balance and flexibility

4) Combination kicking

mae geri - mawashi geri	mae geri - yoko geri
mae geri - ushiro geri	mawashi geri - yoko geri
ake geri-mawashi geri	yoko geri - ushiro geri

5) Te Waza (hand techniques)-demonstrate their application/use

Chudan Tsuki - middle punch	Nukite Uchi - spearhand strike
Jodan Tsuki - high punch	Kisami Tsuki - snap punch/jab
Gyaku Tsuki - reverse punch	Haito Uchi - ridgehand strike
Oi Tsuki - lunge punch	Boshoken - thumb strike
Empi Uchi - elbow strike	Ippon Ken - first knuckle strike
Shotei Uchi - palmheel strike	Koken Uchi - Bent wrist strike
Uraken Uchi - backfist strike	Keiko - chicken beak strike
Shuto Uchi - knife-hand strike (3)	Nakadaka Ippon Ken - Middle knuckle strike

6) Uke Waza (blocking techniques)

Gedan Barai - Low Block	Ude Uke- Forearm/Dead - arm Block
Shuto Uke - Knife-Hand Block	Augmented Block
Chudan Uke - Middle Block	Jodan Uke - High Block
Sagurite Uke - Searching Hand Block	Soto Chudan Uke - Middle Outside Block

7) Kunren-

Dachi waza	Shuto Waza
Empi waza	Keri waza

8) Kata

Kids- ***Pinan Sandan, Pinan Yondan, Shushi no Kun***

Adults- ***Pinan Godan, Shushi no Kun***

8) Ashi Barai/Gari - Demonstrate sweeping/reaping techniques

9) Proper Attitude and etiquette

10) All required Kotoba (Japanese terminology) and history

Kids Only: Letter of Recommendation from Teacher and Parents

Promoted on (month/day/year) _____

Purple Belt (5th Kyu)

1) **Time Requirements:** 40 hours minimum (50-60 preferable) after passing 6th kyu(4 months)

2) **Regular attendance in kobudo**

3) **Te Waza** - Demonstrate all hand techniques and their application/use

4) **Keri Waza** - All kicks at random and:
Tobi Gyaku Ushiro Geri - jump spinning back kick

5) **Uke Waza** - Demonstrate all blocks at random and with application

6) **Ashi Barai/Gari** - All sweeps and reaping techniques

7) **Kata**

Kids-***Pinan Godan, Nunchaku ichi no kata***
Adults- ***Passai Sho, Nunchaku ichi no kata***

8) **Kunren-** Dachi waza Shuto Waza
 Empi waza Keri waza

9) **Combination kicking**

mae geri - mawashi geri	mae geri - yoko geri
mae geri - ushiro geri	mawashi geri - yoko geri
kake geri- mawashi geri	yoko geri - ushiro geri

10) **Combinations**

- a) Rear leg mae geri, high punch, Middle punch
- b) Rear leg mae geri, high punch, middle punch, low block, reverse punch
- c) Rear leg mae geri, high block, low block, reverse punch, low block
- d) Side kick, shuto, reverse punch

10) **Proper Attitude and etiquette**

11) **All required Kotoba (Japanese terminology) and history**

12) **Assistance with teaching class** (Little dragons or karate)

Kids Only:

Letter of Recommendation from Teacher and Parents

Promoted on (month/day/year) _____

Purple Belt (4th Kyu)

- 1) **Time Requirements:** 40 hours minimum (50-60 preferable) after passing 5th kyu (4 months)
 - 2) **Regular attendance in kobudo**
 - 3) **Te Waza** - Demonstrate all hand techniques at random with application
 - 4) **Keri Waza** - All previous kicks at random and in combination:
 - 5) **Uke Waza** - Demonstrate all blocks at random and with application
 - 6) **Ashi Barai/Gari** - All sweeps and reaping techniques
 - 7) **Kata-Kids and Adults-** All previous empty hand kata,
Sakugawa no kun
 - 8) **Fighting Combinations**

Mae Geri - Jab - Gyaku Tsuki	Mawashi Geri - Grab - Gyaku Tsuki
Yoko Geri - Uraken - Gyaku Tsuki	Kisami Tsuki-Gyaku Tsuki- Ashi Barai
 - 9) **Combinations**
 - a) Low block, soto uke, soto uke
 - b) Low block, soto uke, soto uke, reverse punch
 - c) Low block, chudan uke, soto uke, reverse punch, stepping reverse punch
 - d) High block in cat stance, forward leg mae geri, front leg push out to zenkutsu dachi, reverse punch
 - e) Rear leg mae geri, rear leg yoko geri, gedan barai, chudan uke, kizami tsuki, gyaku tsuki
 - 9) **Kunren-**

Dachi waza	Shuto Waza
Empi waza	Keri waza
 - 10) **Proper Attitude and etiquette**
 - 11) **Assistance with teaching class** (Little dragons or karate)
- Kids Only:**
Letter of Recommendation from Teacher and Parents

Promoted on (month/day/year) _____

Brown Belt (3rd Kyu)

1) **Time Requirements:** 40 hours minimum (50-60 preferable)
after passing 4th kyu (4 months)

2) **Regular attendance in kobudo**

3) **Te Waza** - Demonstrate all hand techniques up through 6th kyu green and their application/use

4) **Keri Waza** - All kicks at random from previous tests

5) **Uke Waza** - Demonstrate all blocks up through 6th kyu green and their application/use

6) **Fighting Combinations**

Mae Geri - Jab - Gyaku Zuki

Mawashi Geri - grab - Gyaku Zuki

Yoko Geri - Uraken - Gyaku Zuki

Kisami Tsuki-Gyaku Tsuki- Ashi Barai

7) **Combination kicking**

mae geri - mawashi geri

mae geri - yoko geri

mae geri - ushiro geri

mawashi geri - yoko geri

mawashi geri - ushiro geri

yoko geri - ushiro geri

8) **Combinations**

a) Rear leg mae geri, high punch, middle punch

b) Rear leg mae geri, high punch, middle punch, low block, reverse punch

c) Rear leg mae geri, high block, low block, reverse punch, low block

d) Side kick, shuto, reverse punch

e) Roundhouse kick, low block, hook punch (shiko dachi)

f) Low block, soto uke, soto uke

g) Low block, soto uke, soto uke, reverse punch

h) Low block, chudan uke, soto uke, reverse punch, stepping reverse punch

i) High block in cat stance, forward leg mae geri, front leg push out to zenkutsu dachi, reverse punch

j) Rear leg mae geri, rear leg yoko geri, gedan barai, chudan uke, kizami tsuki, gyaku tsuki

7) **Kata**

Kids- ***Passai Sho, Tunfa no Kata***

Adults- ***Passai Dai, Tunfa no kata***

Quality of Kata

Breath

Focus

Timing

Kiai

7) **Ashi Barai/Gari** - All sweeps and reaping techniques

8) **Proper Attitude and etiquette**

9) **Assistance with teaching class** (Little dragons or karate)

10) **Demonstration of leadership in the dojo (Sempai)**

Brown Belt (2nd Kyu)

1) Time Requirements: 60 hours minimum (70-90 preferable) after passing 3th kyu (5 months)

2) Regular attendance in kobudo

3) Te Waza - Demonstrate all hand techniques at random and with application

4) Keri Waza - All kicks at random

5) Uke Waza - Demonstrate all blocks with their application/use

6) Fighting Combinations

Mae Geri - Jab - Gyaku Zuki

Mawashi Geri - grab - Gyaku Zuki

Yoko Geri - Uraken - Gyaku Zuki

Kisami Tsuki-Gyaku Tsuki- Ashi Barai

7) Combination kicking

mae geri - mawashi geri

mae geri - yoko geri

mae geri - ushiro geri

mawashi geri - yoko geri

mawashi geri - ushiro geri

yoko geri - ushiro geri

8) Combinations

a) Rear leg mae geri, high punch, middle punch

b) Rear leg mae geri, high punch, middle punch, low block, reverse punch

c) Rear leg mae geri, high block, low block, reverse punch, low block

d) Side kick, shuto, reverse punch

e) Roundhouse kick, low block, hook punch (shiko dachi)

f) Low block, soto uke, soto uke

g) Low block, soto uke, soto uke, reverse punch

h) Low block, chudan uke, soto uke, reverse punch, stepping reverse punch

i) High block in cat stance, forward leg mae geri, front leg push out to zenkutsu dachi, reverse punch

j) Rear leg mae geri, rear leg yoko geri, gedan barai, chudan uke, kizami tsuki, gyaku tsuki

6) Kata

Kids-All empty hand kata, all previous kobudo

Adults- Kusanku Sho, all previous kobudo kata

Quality of Kata

Breath

Focus

Timing

Kiai

10) Assistance with teaching class (Little dragons or karate)

11) All required Kotoba (Japanese terminology)

12) Proper Attitude and etiquette, Demonstration of leadership in the dojo (Sempai)

Brown Belt (1st Kyu)

1) **Time Requirements:** 60 hours minimum (75-90 preferable) after passing 2nd kyu (5-6 months)

2) **Regular attendance in kobudo**

3) **Te Waza** - Demonstrate all hand techniques at random and with application

4) **Keri Waza** - All kicks at random

5) **Uke Waza** - Demonstrate all blocks with their application/use

6) **Fighting Combinations**

Mae Geri - Jab - Gyaku Zuki

Mawashi Geri - grab - Gyaku Zuki

Yoko Geri - Uraken - Gyaku Zuki

Kisami Tsuki-Gyaku Tsuki- Ashi Barai

7) **Combination kicking**

mae geri - mawashi geri

mae geri - yoko geri

mae geri - ushiro geri

mawashi geri - yoko geri

mawashi geri - ushiro geri

yoko geri - ushiro geri

8) **Combinations**

a) Rear leg mae geri, high punch, middle punch

b) Rear leg mae geri, high punch, middle punch, low block, reverse punch

c) Rear leg mae geri, high block, low block, reverse punch, low block

d) Side kick, shuto, reverse punch

e) Roundhouse kick, low block, hook punch (shiko dachi)

f) Low block, soto uke, soto uke

g) Low block, soto uke, soto uke, reverse punch

h) Low block, chudan uke, soto uke, reverse punch, stepping reverse punch

i) High block in cat stance, forward leg mae geri, front leg push out to zenkutsu dachi, reverse punch

j) Rear leg mae geri, rear leg yoko geri, gedan barai, chudan uke, kizami tsuki, gyaku tsuki

9) **Kata**

Kids-***Passai Dai, Kubo no Kun***

Adults- ***Kubo no Kun***, All kata from previous tests at random

9) **Ashi Barai/Gari** - All sweeps and reaping techniques

10) **Assistance with teaching class** (Little dragons or karate)

11) **All required Kotoba (Japanese terminology)**

12) **Proper Attitude and etiquette**

13) **Demonstration of leadership in the dojo**

Shodan/ 1st Degree Black Belt

1) **Time Requirements:** 60 hours minimum (75-90 preferable) after passing 2nd kyu (5-6 months) By nomination by Sensei Spence and Yudanshakai.

2) **Recommended Reading:** *Okinawan Karate* By Mark Bishop

3) **Required Paper** - Reflection paper on what karate has meant to you. Detail experiences, people, words, lessons or classes that have meant something in your training and/or development.

4) **All Blocks, kicks and strikes at random and in combination**

3) **Te Waza** - Demonstrate all hand techniques at random and with application

4) **Keri Waza** - All kicks at random

5) **Uke Waza** - Demonstrate all blocks with their application/use

6) **Fighting Combinations**

Mae Geri - Jab - Gyaku Zuki

Mawashi Geri - grab - Gyaku Zuki

Yoko Geri - Uraken - Gyaku Zuki

Kisami Tsuki-Gyaku Tsuki- Ashi Barai

7) **Combination kicking**

mae geri - mawashi geri

mae geri - yoko geri

mae geri - ushiro geri

mawashi geri - yoko geri

mawashi geri - ushiro geri

yoko geri - ushiro geri

8) **Combinations**

a) Rear leg mae geri, high punch, middle punch

b) Rear leg mae geri, high punch, middle punch, low block, reverse punch

c) Rear leg mae geri, high block, low block, reverse punch, low block

d) Side kick, shuto, reverse punch

e) Roundhouse kick, low block, hook punch (shiko dachi)

f) Low block, soto uke, soto uke

g) Low block, soto uke, soto uke, reverse punch

h) Low block, chudan uke, soto uke, reverse punch, stepping reverse punch

i) High block in cat stance, forward leg mae geri, front leg push out to zenkutsu dachi, reverse punch

j) Rear leg mae geri, rear leg yoko geri, gedan barai, chudan uke, kizami tsuki, gyaku tsuki

9) **Kata**

Kids- ***Kusanku Sho, Sai ichi no kata***

Adults- ***Kusanku Dai, Sai ichi no kata***

9) **Ashi Barai/Gari** - All sweeps and reaping techniques

10) **Assistance with teaching class** (Little dragons or karate)

11) **All required Kotoba (Japanese terminology)**

12) **Proper Attitude and etiquette**

13) **Demonstration of leadership in the dojo**

Kihon Combinations

1. **ICHIBANME**

Natural Stance
High Block
Reverse Punch

2. **NIBANME**

Natural Stance
Middle Inside Block
Reverse Punch

3. **SANBANME**

Natural Stance
Low Block
Reverse Punch

4. **YONBANME**

Forward Stance
High Block
Reverse Punch

5. **GOBANME**

Forward Stance
Middle Inside Block
Reverse Punch

6. **ROKUBANME**

Forward Stance
Down Block
Reverse Punch

7. **NANABANME**

Back Stance
High Block
Forward Stance

Reverse Punch

8. **HACHIBANME**

Back Stance
Inside Block
Forward Stance

Reverse Punch

9. **KYUBANME**

Back Stance
Down Block
Forward Stance

Reverse Punch

10. **JUBANME**

Cat Stance
High Block
Front Kick

Reverse Punch

11. **JUICHIBANME**

Cat Stance
Middle Inside Block
Front Kick

Reverse Punch

12. **JUNIBANME**

Cat Stance
Down Block
Front Kick

Reverse Punch

Japanese / English Pronunciation Guide and Dictionary

The following set of Japanese words is provided to give the Karate student a working vocabulary in the dōjō. The brief definitions given are as they would be used in relation to Karate and not necessarily in general conversation. Many Japanese words do not have an exact English counterpart so more than one definition may be listed. An example of this is the word “tsuki” which literally means to thrust but is generally given in English as punch.

The beginning Karate student should not feel overwhelmed at having to learn these terms. You will learn then through constant usage in the dōjō, not just be memorizing these lists. The serious Karate student will find that knowledge of the language, culture and history of the people who created this art is invaluable to their study.

Vowels

The key to correct pronunciation of Japanese lies in the vowel sounds. There are five and they are always pronounced the same way.

A	as in	Father	AI	as in	Sigh
E	as in	Say	EI	as in	Say
I	as in	Eagle	IE	as in	See
O	as in	So	OI	as in	Toy
U		OO			

Consonants

Consonants are pronounced the same as in English with the following exceptions:

G is always hard as in Go.

R is halfway between the English R and T sounding something like L.

Double Consonants

Double consonants are both pronounced. An example of this is the word “tettsui” which is pronounced [tet – tsui] with both t’s enunciated.

Long Vowels

Careful attention must be given to the long vowels which have a macron over them like this: Karate-Dō They are pronounced the same only held longer.

Muting

Vowels are frequently muted after a soft consonant. Examples are:

mokusoo	mok’so
Renshi	Rensh’
desu ka	des’ka

Sound Changes

This is something that always confuses beginning students. The pronunciation of some consonants changes when combining words and when shifting to the combining form of verbs. Some examples of this are:

Geri	– mai-geri	K	→ G
tachi	– yoi-dachi	S	→ J or Z
kamae(ru)	– kamae	H	→ D
mawasu	– mawashi	H	→ B or P
		Tsu	→ Chi
		Su	→ Shi

In general it is very easy to speak Japanese if you keep in mind these simple guidelines. One other point of importance is that in speaking you should use your lips much less than in English. Basically just tensing or relaxing, not moving them.

Iro - Colors

White	Shiroi
Purple	Murasaki
Yellow	Kiirōi
Orange	Orenji
Blue	Aoi
Green	Midori
Brown	Chairo
Black	Kuroi
Red	Akai

Bango Numbers

1	Ichi (Sho)	20	Niju
2	Ni	21	Nijuichi
3	San	30	Sanju
4	Shi (Yon)	40	Yonju
5	Go	50	Goju
6	Roku	60	Rokuju
7	Shichi (Nana)	100	Hyaku
8	Hachi	500	Gohyaku
9	Ku	1,000	Sen
10	Ju	5,000	Gosen
11	Juichi	10,000	Ichiman
12	Juni	100,000	Juman

Karate Ranks and Titles

Mudansha	Kyu Ranks	Yudansha	Dan Ranks
Jukyū	10th Kyu	Shodan	1st Dan
Kukyū	9 th Kyu	Nidan	2nd Dan
Haichikyū	8 th Kyu	Sandan	3rd Dan
Nanakyū	7 th Kyu	Yondan	4th Dan
Rokyū	6 th Kyu	Godan	5th Dan
Gokyū	5 th Kyu	Rokudan	6th Dan
Yonkyū	4 th Kyu	Nanadan	7th Dan
Sankyū	3rd Kyu	Haichidan	8th Dan
Nikyū	2nd Kyu	Kudan	9th Dan
Ikkyū	1st Kyu	Judan	10th Dan

Kyu The 10 ranks before black belt. The mudansha grades.

Dan The 10 grades or steps of black belt level. The yudansha ranks.

Mudansha A person who holds a kyu rank.

Yudansha A person who holds a dan rank.

Karateka A student of Karate.

Sempai One's senior. A form of address for your senior.

Sensei A teacher. A title of respect for someone older and wiser.

Shihan A licensed instructor. Must be at least yondan to hold this title. Usually it is given at rokudan.

Renshi An honorary title usually given to godan and rokudan.

Kyoshi An honorary title usually given to nanadan and hachidan.

Hanshi A master instructor. An honorary title given to kudan and judan.

Glossary – Japanese to English	
A	
Age tsuki	Rising punch
Akai	Red
Aoi	Blue
Arigato gozaimasu	Thank you
Ashi	Leg or foot
Ashi barai	Leg sweep
Atama	Head
Atemi	Strike
B	
Bo	Wooden staff
Bojutsu	Art of bo
Budo	Martial way
Bujutsu	Martial arts
Bunkai	Analysis
Bushi	Warrior
Bushido	Way of the warrior
C	
Chairo	Brown
Chibana, Chosin	Creator of Kobayashi Shorin-Ryu and Shugoro Nakazato's instructor
Chudan	Mid-section
Chudan uke	Middle block
D	
Dachi	Stance
Dai	Large or major; prefix for numbers
Dai sempai	Most senior student
Dan	Black belt ranks
Do	The way
Do itashi masite	You're welcome
Dojo	Training hall

Dojo kun	Guiding maxims of a dojo
Domo	Thanks (informal)
Domo arigato gozaimasu	Thank you very much (polite)
Dozo	Please (informal)
E	
Eaku	Boat oar
Empi	Elbow
Empi waza	Elbow technique
f	
Fukyu	Fundamental
Fumikomi	Stamping kick
G	
Gakusei	Student
Gedan	Lower body
Gedan barai	Downward sweeping block
Gedan uke	Downward block
Geri waza	Kicking techniques
Gi	Karate uniform
Go	Five
Gomen nasai	Excuse me
Gyaku tsuki	Reverse punch
H	
Hachi	Eight (8)
Hachiji dachi	Ready stance
Hai	Yes
Hai shu	Back of hand
Haisoku	Instep
Haito	Ridge hand
Hajime	Begin
Hanshi	Master teacher, honorary title bestowed to Kudan and Judan
Hara	Abdomen

Hayaku	Quickly
Heiko danchi	Parallel stance
Heisoku dachi	Attention stance
Hidari	Left (direction)
Hiragana	Japanese phonetic alphabet
Hyaku	One hundred (100)
I	
Ichi	One (1)
Iie	No
Ippon	First
Itosu, Anko	Chosin Chibana's instructor
J	
Jiyu Kumite	Freestyle Karate
Jo	Short staff
Jodan	Upper body
Jodan uke	Upward block
Ju	Ten (10)
Jutsu	Art; science
K	
Kakato	Heel of foot
Kake geri	Hook kick
Kama	Sickle
Kamae	Fighting posture
Kanji	Japanese symbol which represents an idea
Kao	Face
Kara	Empty
Karate	Empty hand
Karate-do	The way of the empty hand
Karateka	A karate student
Kata	Prearranged exercise. Also means shoulders
Katakana	Japanese way of writing foreign words
Keage	Snap

Keage geri	Snap kick
Kekomi	Thrust
Keri (geri)	Kick
Ki	Lifeforce
Kiai	Spirited shout
Kiba daci	Straddled stance
Kihon	Basic
Kiiroi	Yellow
Kime	Focus
Kingeri	Groin kick
Kobayashi	Small forest
Kobudo	Ancient martial art
Koko ni kite kudasai	Come here, please
Kogeki	Attacker
Kohai	Junior student
Kokutsu dachi	Back stance
Konban wa	Good evening
Konnichiwa	Good day
Kosa dachi	Cross-legged stance
Koshi	Hips or ball of foot
Ku	Nine (9)
Kuchi	Mouth
Kudasai	Please (polite)
Kumite	Sparring
Kuroi	Black
Kyoshi	Honorary title bestowed to nanadan and hachidan
Kyosuke	Attention
Kyu	Rank below black belt
Kyusho	Vital point
M	
Ma-ai	Distance
Mae	Front

Mae geri	Front kick
Makiwara	Wrapped striking post
Matsubayashi	Pine forest
Matsumura, Sokon (Bushi)	Anko Itosu's Instructor
Matte	Wait
Mawashi geri	Roundhouse kick
Mawashi tsuki	Roundhouse punch
Mawatte	Turn
Me	Eyes
Midori	Green
Migi	Right (direction)
Mikazuki geri	Crescent kick (moon kick)
Mimi	Ears
Moichido	One more time
Mokuso	Meditation
Morote uke	Augmented block
Mudansha	Person with kyu rank
Mune	Chest
Murasaki	Purple
Musubi dachi	Ope-toed stance
N	
Nage waza	Throwing technique
Naha-te	Style of Karate that originated in Naha, Okinawa and developed into Goju-Ryu and Uechi-Ryu
Naihanchi dachi	Iron horse stance
Narande	Line up
Neko ashi dachi	Cat stance
Ni	Two (2)
Nicho	Two (when referring to kama)
Nihon	Second
Nihongo	Japanese language

Nukite	Spear hand
Nunchaku	Wooden flail
O	
Obi	Belt
Ohayo gozaimasu	Good morning
Oi tsuki	Lunge punch
Okii	Big
Onegai shimasu	I humbly request (formal)
Orenji	Orange
Otagai ni rei	Bow to each other
Ous	Yes; I understand
Oyasumi nasai	Good night
P	
Passai	Penetrating fortress
Pinan	Peaceful mind
r	
Rei	Bow
Renshi	Honorary title bestowed on rokudan
Renshu	Practice, drill, training
Roku	Six (6)
Romanji	Japanese words written with English alphabet
Ryu	Style of an art
Ryukyu	Chain of islands which includes Okinawa
S	
Sai	Trident
Sakugawa, Satsunuku	Bushi Matsumura's instructor; author of Dojo Kun
San	Three (3)
Sayonara	Goodbye (informal)
Seiken	Fist
Seiken tsuki	Straight punch
Seiza	Formal sitting position
Sempai	A senior student

Sen	One thousand (1000)
Senaka	Back
Sensei	A teacher
Sensei ni rei	Bow to the teacher
Shaolin temple	The place in Fukien Province in China wher Chinese Martial Arts originated
Shi	Four (4)
Shiai	Contest
Shihan	Licensed master instructor
Shiko dachi	Sumo stance
Shime	Chokehold
Shiroi	White
Shizentai dachi	Natural stance
Sho Hashi	First king of Okinawa
Shobayashi	Young forest
Shomen	Front
Shomen ni rei	Bow to the front
Shorin Ryu	Small forest way, or way of the Shaolin
Shuri-te	Style of Karate that developed in Shuri, Okinawa under Sakugawa and that evolved into Shorin-Ryu
Shuto	Knife-hand
Shuto uke	Knife hand block
Shuto waza	Knife hand techniques
Sichi	Seven (7)
Sokuto	Edge of foot
Soto uke	Roundhouse block
t	
Tai	Body
Tai sabaki	Body shifting
Taikyoku	First look (turning of body)
Tatami	Floor mat
Te	Hand. Also common name of ancient Karate

Te waza	Hand techniques, or weapons of the hand
Teisho	Palm heel
Tettsui	Hammer fist
To de	Ancient name for Karate
Tobi	To fly or leap
Tobi geri	Jump kick
Tomari-te	Style of Karate that developed in Tomari, Okinawa
Tonfa	Side handled baton
Tsuki	Punch
Tuite waze	Joint technique
u	
Uchi	Strike
Ude	Arm
Uke	Block
Uke waza	Blocking technique
Ukemi waza	Falling technique
Undo	Moving
Ura tsuki	Short punch
Uraken	Back knuckle punch
Ushiro	Back; rear
Ushiro geri	Back kick
w	
Wakarimasu	I understand
Wakarimasu ke	Do you understand?
Waza	Techniques
y	
Yakusoku	Prearranged (literal translation: promise)
Yakusoku kumite	Prearranged fighting (literal translation: coming together of hands)
Yame	Stop
Yoi	Ready: prepare
Yoi dachi	Ready stance

Yoko	Side
Yoko geri	Side kick
Yon	Four (4)
Yubi	Fingers
Yudansha	Person with dan rank
Yukkuri	Slowly
<i>Z</i>	
Zenkutsu dachi	Forward stance

How to Tie an Obi

