

I can be a black belt, I will be a black belt,
I must be a black belt

空手

Advancement WORKBOOK

Black Belt pledge
I promise to:



- To be a leader
- To be a role model
- Take responsibility
- To be a mentor
- Be humble
- Always finish strong
- Inspire
- Earn my black belt!

Signature: _____



PROPERTY of _____



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12591 Route 30 North Huntingdon, PA 15642 call/text 724-201-9285 or 724-640-2111

Black Belt TIMELINE



Q: How long does it take an average person to earn a black belt? A: The average person does not earn a black belt.

<input type="checkbox"/>				Date Earned:
<input type="checkbox"/>	White Belt Day 1		Kihon (basics)	_____
<input type="checkbox"/>	Yellow Stripe		Kihon (basics)	_____
<input type="checkbox"/>	Yellow Stripe @ 4 Months		1/2 Heian Shodan	_____
<input type="checkbox"/>	Yellow Belt @ 8 months		Heian Shodan	_____
<input type="checkbox"/>	Orange Stripe 1 year		1/2 Heian Nidan	_____
<input type="checkbox"/>	Orange Belt @ 4 months		Heian Nidan	_____
<input type="checkbox"/>	Blue Stripe @ 8 months		1/2 Heian Sandan	_____
<input type="checkbox"/>	Blue Belt @ year 2		Heian Sandan	_____
<input type="checkbox"/>	Blue Belt 1 Tip		Heian Sandan	_____
<input type="checkbox"/>	Blue Belt 2 Tips @ 3 years		1/2 Yodan	_____
<input type="checkbox"/>	Green Belt		Heian Yodan	_____
<input type="checkbox"/>	Green Belt 1 Tip		Heian Yodan	_____
<input type="checkbox"/>	Green Belt 2 Tips @ 4 years		Heian Godan (1st half)	_____
<input type="checkbox"/>	Purple Belt		Heian Godan	_____
<input type="checkbox"/>	Purple Belt 1 Tip		Heian Godan	_____
<input type="checkbox"/>	Purple Belt 2 Tips @ 5 years		1/2 Bassai Dai	_____
<input type="checkbox"/>	Brown Belt (3B)		Bassai Dai	_____
<input type="checkbox"/>	Brown Belt 1 Tip (3 KYU)		Tekki Shodan	_____
<input type="checkbox"/>	Brown Belt 2 Tips (2B)		Join	_____
<input type="checkbox"/>	Brown Belt 3 (2 KYU) Tips		Tekki Nidan	_____
<input type="checkbox"/>	Brown Belt 4 (1B) Tips		Kanku Dai	_____
<input type="checkbox"/>	Brown Belt 5 (1 KYU) Tips		Free / tournament kata	_____
<input type="checkbox"/>	Pre-Black Belt Test @ 7 years	1-on-1 Lesson/Review	Bunkai	_____
<input type="checkbox"/>	Black Belt Test		All Above kata	_____
	Jr Black Beltt < 14 Shodan 14+			_____

Character _____

Sincerity _____

Effort _____

Etiquette _____

Self-Control _____

7 years is estimated timeline of a dedicated injury free student. 6 Years minimum.

Viola Shotokan Karate Dojo Traditions:



The dojo motto:

“Building Champions in Life” You can’t “buy” **character**, but you can “build” it! We teach perfection of character by building a strong mind, body and spirit.

The secret to karate:

Shihan Viola has always famously replied that the secret is, “Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday.” Our dojo believes in **100% work ethic**: Practice-Practice-Practice / Basics-Basics-Basics. We follow a “will over skill” mentality. **Every black belt in our dojo is a white belt who NEVER quit!**

The way we train:

“The more you sweat in here, the less you bleed out there.” Unfortunately we live in a dangerous world, and Shihan has always preached “Intensity” to prepare students to defend themselves. The dojo follows the ancient tradition of “Ikken Hittasu” (finish/defeat with one strike). It’s a philosophy that a “single” powerful technique will end a fight, but always be mentally prepared to strike again, and again, and again if necessary. Over the years we adopted a battle cry, “Tora no me” which translates into Eye of the tiger.

The way we lead:

The formula is simple, each rank above must be a role model for the next group. It’s a domino effect. The passion and desire for self-improvement is contagious.

Our Attitude:

In class, at tournaments, or in life we live by the words, “Either I win, or I learn. I never lose.” Stay positive!

Our method of Self-Defense:

The best defense is having the will power and confidence to avoid dangerous situations. We vow to never start a fight, but always finish.

Our Legacy:

The Viola family traditions have been passed on from generation to generation since 1969. Shihan chose “Allegheny” as our dojo name because the first location was in Allegheny County (East Allegheny Highschool).

CHANCES OF SUCCESS



- 0%. I won't
- 10%. I can't
- 20%. I don't know
- 30%. I wish I could
- 40%. I want to
- 50%. I think I might
- 60%. I might
- 70%. I think I can
- 80%. I can
- 90%. I am
- 100%. I did

Our Pledge: To Inspire.

A mediocre teacher tells. A good teacher explains. A superior teacher demonstrates.
A great teacher inspires.

松涛馆空手道 REQUIREMENTS

“A Black Belt is a White belt who never quit.”



BROWN BELT KIHON:

Elbow strikes
Progressive 1-10
x5 Pump moving
Rebound kick
Front thrust kick
180 punches
180 downward block reverse punches
Vertical jump kick in place
Palm strikes
Double punches (nijushiho) moving

EXTRA CREDIT:

Saturday Kihon Class Attendance

BONUS:

2-touch kick (offensive or defensive)
540 Kick
Axe-hold kick

WRITTEN REQUIREMENT:

Each tip requires a 1-page typed essay of one Dojo Kun (Maxims).
Paper due on test date.

SELF-DEFENSE:

Students must have knowledge of all sweeps and positions: (guard, mount, half guard, takedown sprawl) and submissions (arm, wrist, choke holds).

Each Brown Belt Tip requires a Self-defense performance
Prepare a series of (4) attacks and counters with a partner

*Students should also be prepared for a possible freestyle grappling exhibition to demonstrate self-defense.

Check list:

Kobudo: Bo Kata

- 1 Tip: Tekki Shodan 30 push ups Maxim (1) Essay Sport Karate: Jump Back Kick
- 2 Tip: Join 35 push ups Maxim (2) Essay Sport Karate: Split Kick
- 3 Tip: Tekki Nidan 40 Push ups Maxim (3) Essay Sport Karate: Tornado Kick
- 4 Tip: Kanku Dai 45 push ups Maxim (4) Essay Sport Karate: Charlie Horse
- 5 Tip: Free Kata 50+ Push ups Maxim (5) Essay Sport Karate: Enkei Kick
- Pre-Test: Review

FYI

Dojo Etiquette



MAT (Tatami): Students are asked to train in bare feet. Parents are not permitted on the mat during class. If a parent must enter mat for a photo etc., please take off your shoes.

NOISE: Parents keep your volume to a **whisper** and take all calls outside. Please respect the class. Please refrain from cheering “your child” during games or sparring or speaking/yelling at them during class. There is a time and place for clapping and encouragement. Sensei will let you know if it is ok.

ARRIVAL: All students should sit in Seiza (samurai position) sitting on knees as soon as they arrive at the dojo. NO loitering in the waiting area! Please take a position behind the class that is in progress and wait quietly until Sensei is ready. No eating, drinking or chewing gum is permitted on the mat. You are encouraged to stay hydrated off the mat with permission.

LINE UP: All students line up by rank (belt color). Highest belts are positioned to the left furthest away from the main door (Samurai Tradition) a strategic position of protecting the emperor. Each class begins and ends with Master Funakoshi’s 1st precept: “Karate begins and ends with Respect” Advanced students recite in Japanese: “Karate wa rei ni hajimari rei ni owaru.”

BELT/UNIFORM: It is considered sacred and should be treated with the utmost respect. It should NEVER touch the ground (or left on the floor). Don’t wash your belt. If you forget your belt, you line up in the last space (back of class) at the end of line. *If your belt is left at the dojo, be prepared to earn it back with push-ups. If your belt comes untied during class, please **DON’T** ask Sensei to tie it (it disrupts class). Please bow out and have a high rank or your parents assist you. If you must adjust your uniform or belt during class, always spin around (facing the back). Turn back around and bow. You must be able to tie your own belt by Orange belt.

LATE: If you are late for class, perform late push-ups before taking your place in line. Novice students (White-Orange) 10 push-ups intermediate students (blue-green) 20 push-ups advanced students (purple-brown) 30 push-ups. Students NEVER walk in front of the instructors (always walk behind). You should not be a distraction. This also applies when you must leave class for any reason. Step behind your line; don’t cut in front. *Exception is a belt presentation.

POLITE MANNERS:

If you must use the rest room, please raise your hand and ask, “O-Tearai Kudasai”

It is disrespectful to:

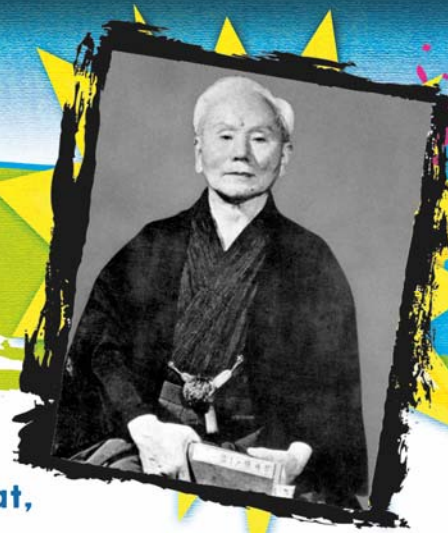
Yawn, Talk, Complain, Play with your uniform

EXCUSE ME	Sumimasen	(sue-me-ma-sen)
I’M SORRY:	Gomen nasai	(go-men-nah-sigh)
YES	Hai	(hi)
THANK YOU	Domo Arigato	(doe-moe-err-e-got toe) or just “Domo” for Thanks
WATER PLEASE	Mizu Kudasai	(me-zoo cue-da-sigh)
HELLO:	Konnichi wa	(koe, knee, chi, wah)
GOODBYE:	Sayonara	(sigh, O, narr, ah)

5 Maxims

Dojo Kun

Shotokan Code of Ethics



“The Ultimate Aim of Karate-do lies not in victory nor defeat,
but in the perfection of the character of its participants.”

-Master Funakoshi

首席師範
中山正敏

THE JAPAN KARATE ASSOCIATION
Masatoshi Nakayama
Chief Instructor

一、人格完成に努むること
一、誠の道を守ることに
一、努力の精神を養うことに
一、礼儀を重んずることに
一、血気の勇を戒むること

訓

Character-Sincerity-Effort-Etiquette-Self-Control

1 2 3 4 5

Each begin with the kanji (一) for ichi or “Hitotsu” showing equal importance

- 一 Seek perfection of character (Jinkaku kansei ni tsutomuru koto)
- 一 Follow the way of sincerity (Makoto no michi o mamoru koto)
- 一 Strengthen your spirit with resolution (Doryoku no seishin o yashinau koto)
- 一 Abide by the rules of ethics (Reigi o omonzuru koto)
- 一 Refrain from violence and cultivate self-control (Kekki no yuu o imashimuru koto)

5 Maxims

Shotokan Karate

aka "The Dojo Kun"



"The Ultimate Aim of Karate-do lies not in victory nor defeat, but in the perfection of the character of its participants."

-Master Funakoshi

*You are required to submit 1-page minimum (250-500 words) typed essay on this maxim for your 1st brown belt tip. It should explain the maxim, how it applies to karate and how it has applied to your life.

General rule of thumb a typical paper with 1-inch margins typed in 12- point font with standard spacing elements would be approx. 500 words. If you use double spacing, it would take approximately 250 words to fill the page.

CHARACTER

I. Seek perfection of character

(Jinkaku kansei ni tsutomuru koto)

This is the most famous of all the maxims.

一、人格完成に努める事

Notes:



5 Maxims

Shotokan Karate

aka "The Dojo Kun"



"The Ultimate Aim of Karate-do lies not in victory nor defeat, but in the perfection of the character of its participants."

-Master Funakoshi

*You are required to submit 1-page minimum (250-500 words) typed essay on this maxim for your 2nd brown belt tip. It should explain the maxim, how it applies to karate and how it has applied to your life.

General rule of thumb a typical paper with 1-inch margins typed in 12- point font with standard spacing elements would be approx. 500 words. If you use double spacing, it would take approximately 250 words to fill the page.

SINCERITY

2. Follow the way of sincerity (be faithful)

(Makoto no michi o mamoru koto)

一、誠の道を守る事

Notes:



5 Maxims

Shotokan Karate

aka "The Dojo Kun"



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-Master Funakoshi

*You are required to submit 1-page minimum (250-500 words) typed essay on this maxim for your 3rd brown belt tip. It should explain the maxim, how it applies to karate and how it has applied to your life.

General rule of thumb a typical paper with 1-inch margins typed in 12- point font with standard spacing elements would be approx. 500 words. If you use double spacing, it would take approximately 250 words to fill the page.

EFFORT

3. Strengthen your spirit with resolution

(Doryoku no seishin o yashinau koto)

一. 努力の精神を養う事

Notes:



5 Maxims

Shotokan Karate

aka "The Dojo Kun"



"The Ultimate Aim of Karate-do lies not in victory nor defeat, but in the perfection of the character of its participants."

-Master Funakoshi

*You are required to submit 1-page minimum (250-500 words) typed essay on this maxim for your 4th brown belt tip. It should explain the maxim, how it applies to karate and how it has applied to your life.

General rule of thumb a typical paper with 1-inch margins typed in 12- point font with standard spacing elements would be approx. 500 words. If you use double spacing, it would take approximately 250 words to fill the page.

ETIQUETTE

4. Abide by the rules of ethics (courtesy/respect)

(Reigi o omonzuru koto)

一 礼儀を重んずる事

Notes:



5 Maxims

Shotokan Karate

aka "The Dojo Kun"



"The Ultimate Aim of Karate-do lies not in victory nor defeat, but in the perfection of the character of its participants."

-Master Funakoshi

*You are required to submit 1-page minimum (250-500 words) typed essay on this maxim for your 5th brown belt tip. It should explain the maxim, how it applies to karate and how it has applied to your life.

General rule of thumb a typical paper with 1-inch margins typed in 12- point font with standard spacing elements would be approx. 500 words. If you use double spacing, it would take approximately 250 words to fill the page.

SELF-CONTROL

5. Refrain from violence and cultivate self-control

(Kekki no yuu o imashimuru koto)

一 血気の勇を戒むる事

Notes:



ikken

Hissatsu...

"The more
you sweat
in here, the
less you bleed
out there."

-Shihan Viola



A Philosophy of intensity

Ikken Hissatsu 一拳必殺 means "One Fist, Certain Death"

The term "Ikken Hissatsu" should **NOT** be taken literally. It is a Japanese philosophy or attitude of the "effort" in your training. Kihon should be practiced so intense that in theory, you could "annihilate" (defeat) the opponent with one single blow or strike.

Shihan has always preached "Intensity" to prepare students to defend themselves. The dojo follows that ancient tradition of "Ikken Hittasu" (finish/defeat with one strike). It's a philosophy that a "single" powerful technique will end a fight, but always be mentally prepared to strike again, and again, and again if necessary. Over the years we adopted a battle cry, "Tora no me" which translates into Eye of the tiger. Every technique should be performed with maximum effort, 100% "intensity" and "Everything you got!"

FYI There is an ancient Okinawan saying, "**Kisshu fushin**"

Translation? "Demon's hand, saint's heart." In other words, you have the skill or ability to crush someone, but have the character and compassion to know when it is right or wrong... Example: You are clearly better than your opponent and already winning by a sizeable margin. You can choose to "take it easy" or move around the rest of the match so you don't embarrass them (maybe give them a free point). Advanced belts must understand this deep concept or respect and humility.

一拳必殺



**“KARATE builds
CHAMPIONS in LIFE.”**

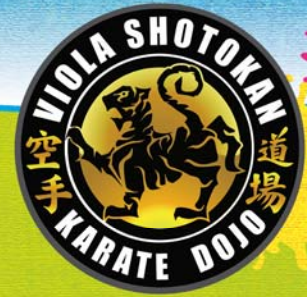
LIFE SKILLS:

Month	Lifeskill	Kiai Animal	Japanese
★ January	Respect	Bear	Kuma
★ February	Courtesy	Cat	Neko
★ March	Discipline	Monkey	Saru
★ April	Focus	Eagle	Washi
★ May	Teamwork	Bee	Mitsubachi
★ June	Determination	Turtle	Kame
★ July	Patience	Butterfly	Chocho
★ August	Effort	Tiger	Tora
★ September	Confidence	Dragon	Tatsu
★ October	Friendship	Dog	Inu
★ November	Good Manners	Mouse	Nezumi
★ December	Sportsmanship	Bull	Ushi



LIST

Zanshin & Mushin



Zanshin 残心

“Remaining Mind”

Zanshin is a state of relaxed but total awareness. Zanshin is a superior sense of mental alertness. In karate, this means being aware of your surroundings and enemies, while being prepared to react.

“See how nature – trees, flowers, grass – grows in silence; see the stars, the moon and the sun, how they move in silence. We need silence to be able to touch souls.”

– Mother Teresa

Mushin 無心

“Empty Mind”

Mushin is when your mind is “not” fixed by any thought or emotion. In this state you can be to everything. Mushin is free from anger, fear, or ego during combat. In moments of silence, a purer side of ourselves can emerge. Some call it living in the moment. This “void” is a difficult concept to grasp. In Japan there is an expression, “mizu no kokoro” which means “mind like water.” The idea is to “become one” with your attacker in order to make an “instant” reactions (just like still water reacts when its touched).



FYI

Fudōshin 不動心 “immovable mind”
(immovable heart) Mental dimension of a master.

Shōshin. 初心 “beginner’s mind”
Attitude of openness to study

Empty your mind, be formless shapeless – like water. If you put water into a cup, it becomes the cup. You put water into a bottle and it become the bottle. You put it in a teapot, it becomes the teapot. Now, water can flow or it can crash. Be water, my friend.
– Bruce Lee



KARATE 空手

“EMPTY HAND”

“I come to you with empty hands”

No weapons (self-defense)

Karate is made up of 2 “Kanji” or symbols (ideograms)

1. Kara (empty) 空

2. Te (hand) 手

FYI: Karate developed in the Ryukyu Islands (Okinawa) Japan, often just called “Te.” Long ago it meant 唐手 (Chinese hand or Tang hand) but it was changed to 空手 (empty hand) at the turn of the century to distinguish the Japanese. Both were pronounced “Karate” but the first kanji changes the meaning. Modern karate uses the kanji below which means empty. Practice drawing the kanji underneath.



TRACE KANJI x2



FREE HAND DRAW



Training Karate 空手 involves

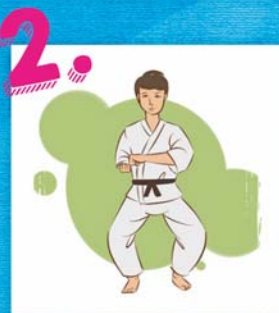
4 aspects:

- **Kihon** 基本 (Basic techniques: blocks, punches, kicks, stances)
- **Kata** 型 (Memorized form of the basics) like an imaginary fight
- **Bunkai** 分解 (Analysis and application of what the kata means)
- **Kumite** 組手 (Sparring)



In Kihon, you learn proper punching, blocking, kicking and movement.

Kihon are the **BUILDING BLOCKS** of karate. This also included proper breathing, attitude, spirit, body connection and form. Kihon build muscle memory, strength and reflexes necessary to kata and kumite.



In Kata, you learn to combine kihon (the basic techniques) in a memorized pattern.

Every kata begins with a “block” because karate is an art of self-defense. Kata is explosive, dynamic and is performed with the mental focus of a real fight. Kata are classical techniques passed from generation to generation. We carry on the tradition of Shotokan kata created by Master Gichin Funakoshi the “Father of Karate.”



In Bunkai, you analyze every move and technique in the kata. It is an imaginary fight, so you must understand the combat of the form.

Once the student learns the meaning of each move, the actual Bunkai is usually performed with partners. The student performing the kata responds with the correct blocks, strikes, counterattacks, according to the kata. Bunkai is a transition step to kumite.

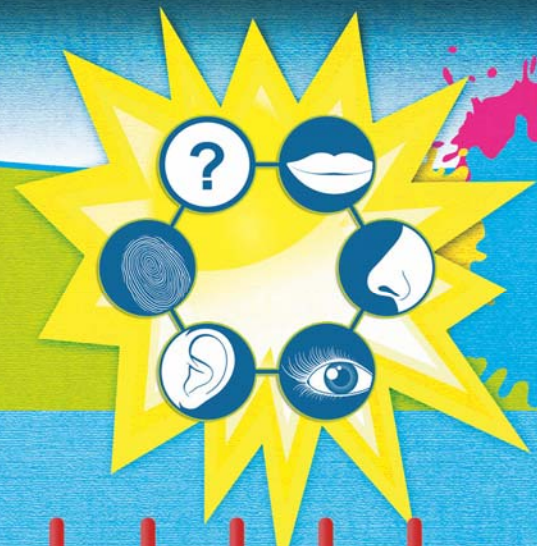


In kumite, you apply kihon and bunkai in a controlled “sport” environment.

Kumite is one step towards real combat, but is practiced with safety gear, equipment and rules. We practice point based kumite where each technique with the appropriate amount of control and power are counted as “points.” The more difficult technique you score, the more points it is worth. Kumite teaches timing, endurance, and courage. Students must learn how to hit and take a hit in order to defend themselves.

“SEN”

Kumite Senses 3 types of timing



SEN 先 SEN AS IN “SENSEI” (ONE BORN BEFORE)

Before or Prior SEN IS SHORTENED FROM “SENTE” OR BEFORE HAND

AFTER THE PRIOR

1. GO NO SEN 後の先

Block & Counter “GO”(後) IN THIS CASE MEANS BEHIND OR AFTER

PRIOR TO PRIOR

2. SEN NO SEN 先の先

Simultaneous SEE THE ATTACK, BEAT THE ATTACK. (TIMING)

PRIOR TO PRIOR TO PRIOR

3. SEN SEN NO SEN 先先の先

Anticipation INTUITION (PREDICT AND ATTACK BEFORE THEIR ATTACK)

FYI

THE SIXTH SENSE

DEAI:

DEAI IS A KUMITE “SENSE” THAT YOU FEEL WHEN AN ATTACK IS EMMIENT AND YOUR PREMPTIVE STRIKE ATTACKS AT THE EXACT MOMENT “BEFORE” THEY DO. (MYSTERIOUS) SIMILAR TO A “SIXTH” SENSE

DO

“The Way”

Karate-do is a way of life



Dō (sounds like pizza dough)

“Do” is the vocalization of the Japanese kanji 道

It means “the way” or path. It is what makes karate a lifestyle not just a fighting art. “Do” includes the lifeskills and character traits we teach.

*In Mandarin Chinese 道 is called Dào or Tao (way, path, route, key, doctrine or principal).

道

SOME FAMOUS “DO”

Dojo: “Way Place”

Budo: “Martial (military) Way”

Bushido: “Way of the warrior”

Karate-do: “Way of the empty hand”

Judo: “Gentle Way” Created by Jigoro Kano.

Taekwondo tae “to stomp” kwon “fist” do “way” *Hanja is korean name for Chinese characters). 跆拳道

Tangsoodo “Way of the Chinese Hand” Hanja 唐手道

Hapkido Korean marital art of self-defense (similar to Aikido).

Iaido: “Way of sword drawing”

Aikido: “Way of unifying life energy or spirit/harmony.”

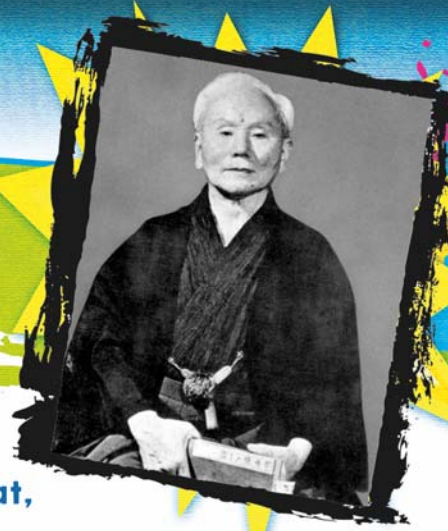
Kendo: “Sword Way” 劍 ken (sword) is different than 拳 ken (fist)

DoJang: “Way Place” Korean Martial Arts School

Jeet Kune do: The way of the intercepting fist.
JKD is an non-classical martial art founded by Bruce Lee in 1967.

Precepts 1-10

Shotokan Karate



“The Ultimate Aim of Karate-do lies not in victory nor defeat, but in the perfection of the character of its participants.”

-Master Funakoshi

松濤翁二十訓

- 空手道は礼に始まり礼に終ることを忘るな
- 空手に先手なし
- 空手は義のたすけ
- 先づ自己を知れ而して他を知れ
- 技術より心術
- 心は放たん事を要す
- 禍は懈怠に生ず
- 道場のみの空手と思ふな
- 空手の修業は一生である
- 凡ゆるものを空手化せよ
- 其処に妙味あり
- 空手は湯の如し絶えず執度と与えざれば元の水に還る
- 勝つ者は持つが負けぬ者は必要
- 敵に因つて轉化せよ
- 戦は虚実の操縦如何に在り
- 人の手足を剣と思へ
- 男子門を出づれば百万の敵あり
- 構は初心者以後は自然体
- 形は正しく実戦は別物
- 力の強弱俚の伸縮技の緩急を忘るな
- 常に思念工夫せよ

1. Karate-do begins with courtesy and ends with rei.
2. There is no first strike in karate.
3. Karate is an aid to justice.
4. First know yourself before attempting to know others.
5. Spirit first, technique second.
6. Always be ready to release your mind.
7. Accidents arise from negligence.
8. Do not think that karate training is only in the dojo.
9. It will take your entire life to learn karate, there is no limit.
10. Put your everyday living into karate and you will find "Myo" (subtle secrets).



Precepts II-20

Shotokan Karate



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-Master Funakoshi

- 松濤翁二十訓
- 空手道は礼に始まり礼に終ることを忘るな
 - 空手に先手なし
 - 空手は義のたすけ
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 - 人の手足を剣と思へ
 - 男子門を出づれば百万の敵あり
 - 構は初心者以後は自然体
 - 形は正しく実戦は別物
 - 力の強弱伸の伸縮技の緩急を忘るな
 - 常に思念工夫せよ

11. Karate is like boiling water, if you do not heat it constantly, it will cool.
12. Do not think that you have to win, think rather that you do not have to lose.
13. Victory depends on your ability to distinguish vulnerable points from invulnerable ones.
14. The outcome of the battle depends on how you handle weakness and strength.
15. Think of your opponents hands and feet as swords.
16. When you leave home, think that you have numerous opponents waiting for you.
17. Beginners must master low stance and posture, natural body positions are for the advanced.
18. Practicing a kata exactly is one thing, engaging in a real fight is another.
19. Do not forget to correctly apply: strength and weakness of power, stretching and contraction of the body, and slowness and speed of techniques.
20. Always think and devise ways to live the precepts of karate-do every day.

Ultimate

“Character”



“THE ULTIMATE AIM OF KARATE
LIES NOT IN VICTORY NOR DEFEAT,
BUT IN THE PERFECTION OF THE
CHARACTER
OF ITS PARTICIPANTS.”

空手道は勝敗も究極
の目的とするものではなく、
練磨を通じ人向の完
成を信條とするものあり

松本



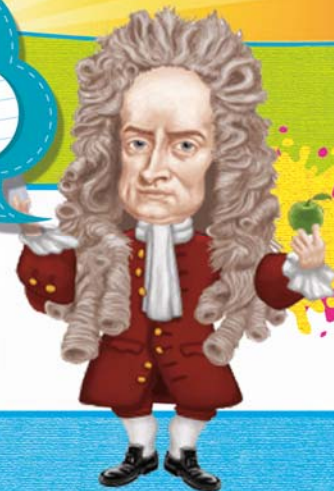
~Gichin Funakoshi
The Father of Modern Karate



Sensei "Vi"

THE SCIENCE GUY!

"This will really help Funakoshi"



Sir Isaac Newton (a.k.a. "The Big Fig") learned a lot from his famous apple-on-the-head incident, and we use that science in karate today!

STANCES:

Newton's first law (inertial) basically says if something is moving, it will continue to move the same direction and speed until some force stops it. This is why a strong stance (foundation) is so important in karate. Stances and stepping drills are designed to give you a rooted position so you aren't run over by an opponent. Once a technique is executed, it will continue forward until it meets an unbalanced force. If the target cannot move or block, it will be hit.

Shihan Viola was a Science teacher for over 30 years. Our teaching style is a "Practical" approach to karate with methods that are proven to work.

FYI

FORCE:

Newton's second law states that the greater the mass (size/weight) of an object, the more force it will take to accelerate the object. (Force = mass x acceleration or $F=ma$). Simply put, the harder you kick the more it will hurt. You need to use your entire body to deliver a punch. The faster you can move and the more mass behind the punch, the harder the strike will hit the target. So train with "intensity" and "Tora no me."

REACTION ARM

Newton's third law of motion and "Sensei's Favorite" says that for every action (force)... there is an equal and opposite reaction (force).

Forces are found in pairs. Think about sitting in a chair. Your "shiri" (butt) is the force downward. The chair, (you hope) has equal force upward or it will collapse (symmetry).

How many times have you heard Sensei yell "pull" your reaction arm? If you are a black belt, you have heard it and said it thousands of times. Why? Because it works, and we have science to prove it.

Pulling the "reaction arm" (Hiki-Te) is my #1 law in karate. The harder you pull your passive arm, the harder your technique will be, Period. Your reaction arm is the "non-active" arm. Combine that speed and power with a solid stance and proper hip thrust (rotation) and there you have it—the perfect punch.

*Don't stop there. You should visualize "pulling" something towards you when you execute the technique. Maybe it's pulling in an opponent's head towards an elbow strike or grabbing an arm while you execute a block. Why?

THINK OF YOUR PUNCH AS AS A CAR WRECK.

1. If a car is parked, and another car hits it: Small bang.
 2. If both cars are moving and collide head on: Huge bang.
- This type of crash is the hiki-te (reaction arm). It multiplies the impact.



Try to apply all 3 laws of motion into your techniques (waza). If you want to maximize your waza, your body must work in harmony. Everything must be in synch, that includes proper timing, breathing and distance.

Talk the Talk

Sounds & Symbols

空手

Hanzi: “Han” logograms (Chinese Characters) read left-right

Hanja: Korean name for Chinese Characters

Kanji: Japanese name for Chinese Characters

Katakana: Japanese alphabet for romaji (Latin) non-japanese words

Hiragana: Japanese alphabet phonetic “simple” system as opposed to Kanji lettering system

あ い う え お

a i u e o

Japanese
Vowels

	Sound	English	Japanese	sound it out
A	ahh	pat	Karate	Ca rah tay
I	eee	seat	Kumite	Koo me tay
U	eww	mood	Kumaete	Koo my eh tay
E	eh	late	Me	May
O	ohh	coat	Dojo	Doe Joe

Most people pronounce “karate” as ka raw tee... it really should be pronounced ka ra tay.

1-10 Counting



ICHI

sounds like the word "each"



ROKU

sounds like "row" "kew"



NI

sounds like the word "knee"



SHI CHI

sounds like "she" "chee"
"nana" also means seven



SAN

sounds like the word "sawn"



HACHI

sounds like "hach-ee"



SHI

sounds like the word "she"
"yon" also means 4



KU

sounds like "kew"



GO

sounds like the word "go"



JU

sounds like "jew"

“ KIHON Basics ”



Basic Punches (zuki):

Shotokan Karate punches are “straight line” (quickest way to any point) with a twist of the wrist near the point of impact. Make sure that your elbow is not overextended. Always pull the fist that isn't punching back to your hip. This is called reaction arm (Hikite) and will make your punch explosive. The harder you pull, the harder the punch.

Most common punches: Gyaku-zuki (reverse punch) Oi-zuki (stepping punch)



Rising (high) block (Age Uke) 上げ受け

The rising block always has a slight slant in order to deflect the attack so you don't absorb the full power of the strike.

“Uke” or block means to receive in Japanese.



Outside / Inside middle block (Ude Uke) 受け

Soto Ude Uke for (outside)
Uchi Ude Uke (inside).



Downward block (Gedan Barai) 下段払い

The term barai (sweep) is often used instead of uke due to the swinging motion of the technique. The downward block is identical to the Kamaete.



Front kick (Mae Geri) 前蹴り

Hit with the ball of the foot. The front kick is always performed with a chamber, snap, chamber sequence. You strike with the ball of your foot. Imagine bubble gum stuck on the bottom of your foot. This is the snapping motion you should feel when performing the mae geri.



Side kick (Yoko Geri) 横蹴り蹴

Hit with the knife edge of your foot. Yoko Geri Kekomi (thrust) emphasis on the support foot pivot and holding the kick. Yoko Geri Keage (snap) emphasis on speed



Roundhouse kick (Mawashi Geri) 廻し蹴り

Hit with the ball of the foot, curl your toes up and try to turn your foot sideways. For sport Mawashi Geri, strike with the instep of your foot. You must open your hips by pivoting your support foot.



Hook Kick (Ura Mawashi Geri)



Back kick (Ushiro Geri)

This is a kick behind you, make sure you look where you're kicking

Jōdan: high level
Chūdan: middle level
Gedan: lower level

vocab:

Te: hand
Ken: fist
Koshi: hips
Ashi: foot/leg
Waza: techniques
Mawate: turn
Yame: stop
Hajime: begin

KIAI

Spirit Shout



**KIAI (気合) is short yell when doing a karate move...
AKA "Hi-yah, Aiyah, Eeeeyah!"**

The term is a compound of ki (気) meaning energy or mood, ai (合) join. It is the convergence of your energy. When you kiai, you release your "stored energy. Think of when a football player tackles and screams or a weight lifter yells to get that last rep. It's the same idea.

In martial arts we teach students how to cultivate their primal "fighting spirit." Survival is the very first law of nature and should come automatically to everyone, but the truth is, it doesn't. In karate we teach that fighting spirit and it starts and ends with a kiai.

How to perform a kiai.

Think of when a Tiger Roars, he seems intimidating. It's a natural boost to your fighting spirit! It should originate in your soft belly (hara) not your throat. Hara (tanden) is not to be confused with the stomach. In the Japanese medical tradition, the hara is the energy field of the body. Now, imagine rolling thunder and at the moment that lightning cracks down, explode. That noise should be your kiai. Never say "Keey Eyeey." Everyone has their own unique sound or yell. There is no right or wrong. Just push your energy out.

K'ihap is the Korean version. Hap is the Korean reading of the same characters

FYI

When you should kiai?

1. To channel your energy
2. Startle your opponent
3. During Kata/Kihon
4. Attacking or countering
5. To Fire up your spirit!



*Example: you just got the wind knocked out of you.

You can cry or you can get up, bang your gloves and kiai. We choose the Kiai!

Bonus Voacb: "KIME" Kime is another popular term commonly used for focus or commitment, but it literally means "fixating." The verb Kimeru means to decide, fix or set. So kime is the fixation at the end of a certain technique due to muscle tension. I like to think of it as that moment right before you get that perfect snap with your gi...

FYI

Some martial artists share a metaphysical belief of internal "life" energy (Chinese "chi/qi" Japanese "ki" Indian "prana" or "vital energy" to Westerners). In laymen's terms, followers believe these masters to have supernatural power; they can "use the force," an idea most can relate to from Star Wars. Traces of this can be seen in movies and tv. Demonstrations of breaking boards or even walking on shards of glass sometimes seem to defy physics, but it is just a "wow factor." Those performances take precision and skill but remember, "Boards don't hit back." At our dojo we make contact with each other, not things that can't defend themselves. It seems silly, but you can have all the skill in the world, but if you've never been hit, that skill becomes useless.

KARATE 空手

Karate (空手) is a Japanese martial art and system of self-defense developed in the Ryukyu Islands (Okinawa) often called called te (手) literally "hand"

Kanji	Mandarin Pronunciation	Japanese Pronunciation	Meaning
唐	Tang	"Tou" or "Kara"	China
空	Kong	"Kara" or "Sora"	Empty or Sky
手	Shou	"Te" or "De"	Hand

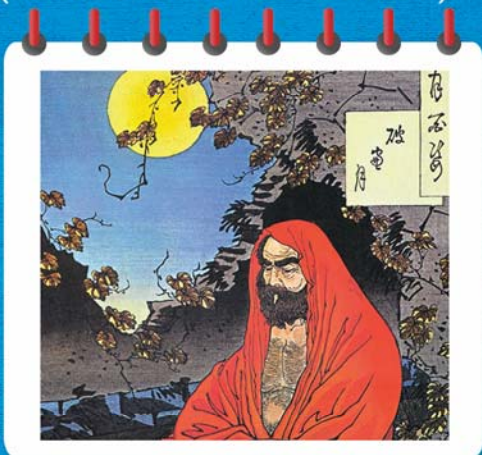


The switch from 唐 → 空 was the result of "homonym" *both are pronounced "kara" in Japanese "China" hand → became "Empty" hand in early 1900's (now with a Japanese emphasis)

Where Did Karate come from?

Karate is just one of thousands of martial arts from around the world. There is no way to know where martial arts were first created. (Please reference "Mixing Martial Arts" article). Hand to hand combat have been part of culture since the dawn of mankind. Martial Arts or the "Arts of Mars" in Latin (named after Roman God of War) are military arts (Bu in Japanese). The origins are a mystery, but many experts credit the conquests of "Alexander the Great" as main reason why early mixed martial arts (ie: Pankration) spread across the world including, India. Popular folklore glorifies the teachings of Bohidharma.

Bodhidharma was an Indian Prince turned Buddhist Monk who in 6th century traveled across the Himalayas to spread "Zen" to China. His story is layered in "Legend." Many believe is responsible for training the Shaolin Monks which lead to the creation of Shaolin *Kung Fu (Quán fa / Kenpo) that influenced Okinawan "te." *Kung fu 功夫 aka gong fu (Pinyin Spelling). means "Hard work or effort"



In Japan he is known as Daruma

Circa 1372 - cultural exchanges between the Chinese and Okinawans. The Okinawans mix their native fighting arts known as 'de' or 'te' or 'tote' or 'tode' with the Chinese arts. 1429 Kingdom of Ryukyu was established. King Sho Shin banned all martial arts in 1477. Tōde or Tote (唐手 Tuudil, Tang hand, China hand) was practiced in secret. 1806 - Kanga "Tode" Sakugawa (1762-1843) begins teaching fighting arts in Shuri. His teachers are Takahara Peichin and Kusanku. 1816 - Sokon "Bushi" Matsumura (1798), a student of Sakugawa, is recruited by Okinawan King Sho Ko as the chief martial arts instructor for the king's bodyguards. His fighting art becomes known as Shuri-te. Matsumura taught Anko Itosu and Yasutsune Azato who in turn taught Gichin Funakoshi. 1881 - Kanryo Higaonna returns from China and founds what becomes known as Naha-te. Countless styles (Ryu) and schools are born in this era.



In the 18th century different martial arts were developed by village/cities: Shuri-te (Capitol), Tomari-te, Naha-te (Seaports) Collectively they were called Te 手Tode-jutsu or To-de. Karate was brought to the Japanese mainland in the early 20th century during a time of cultural exchanges between the Japanese and the Chinese. In 1922 the Japanese Ministry of Education invited Gichin Funakoshi to Tokyo to give a karate demonstration. In 1924 Keio University established the first university karate club in mainland Japan and by 1932, major Japanese universities had karate clubs. In this era of escalating Japanese nationalism the name was changed from 唐手("Chinese hand" or "Tang hand") to 空手 ("empty hand") – both of which are pronounced karate After World War II, Okinawa became an important United States military site and karate became popular among servicemen. As they returned, they spread what they were taught. Robert Trias was the first to open a karate school in continental USA in 1946 in Phoenix, Arizona.

Okinawan Styles: Shorin & Shorei.

- Shorin** (Japanese pronunciation of Shaolin) flexible, soft / slow with quick /sharp movements. (Shuri-Te) Aka smaller man
- Shorei** Legend says it was named after the Soreiji Temple in Southern China (strong solid movements with hard foundation (Naha-Te) Aka for the bigger Man ie: Goju-Ryu, Uechi Ryu

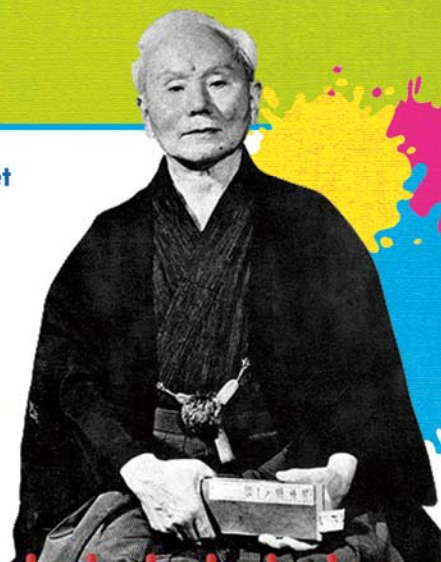


Shotokan

松涛館

Master Gichin Funakoshi 船越 義珍 (1868-1957), the founder of Shotokan 松涛館 was a teacher and poet who used the pen name (nickname) of "Shoto." He is considered the "father" of modern karate.

When Funakoshi was a young man, he enjoyed walking in solitude among the pine trees that surrounded his home town of Shuri (Okinawa) and would often walk up Mt. Torao to write. From a distance, the road going up the mountain resembles a tiger's tail. Funakoshi explained that the cool breeze that blew through the pines on Mt. Torao made the trees whisper so he chose the pen name (nickname) of "Shoto," or "Pine Waves." In the late 1930's Funakoshi's students created a sign for his dojo reading shōtō-kan. Funakoshi himself never gave his system a name, just calling it karate.



FYI The dojo was destroyed in 1945 as a result of an allied bombing.

Shoto (松涛), meaning "pine-waves"

Kan (館), means "house" or "hall"

"Shotokan" is literally "Shoto's House," (or basically, the Funakoshi Building)

Our Symbol is the **Tiger (Tora)**



FYI The Shotokan Tiger drawing was created by a student (Hoan Kosugil). The tiger design was created for the cover of Funakoshi's first book: "Ryukyu Kempo: Tode," edited by Bukyo-Sho in 1922. *In Japan, an official document was called "Tora no maki" or The Tiger Scroll. Funakoshi's book was considered the master text at the time, hence it was a "Tora no maki." The tiger became the inspiration also because it represented strength, power and tenacity. The circle around the tiger is a traditional Chinese design that implies the tiger never sleeps, a keen alertness of the wakeful tiger and serenity of the peaceful mind. The power of Shotokan is contained in the circle. Power is only broken from the circle in self-defense.

Karate "Empty Hand"

Karate (空手) is a Japanese martial art and system of self-defense developed in the Ryukyu Islands (Okinawa) originally called called te (手) literally "hand"

A karate practitioner is called a karate-ka (空手家).

空手

Karate Creed

I come to you with only Karate; "empty hands."
I have no weapons, but should I be forced
to defend myself, my honor, or my principals,
should it be a matter of life or death, of right or wrong,
Then here are my weapons, Karate,
My empty hands.

I pledge to honor the creed, to never use my karate unless
I absolutely have no other choice. I will never start a fight, but
if forced to, I will always finish.

Student Signature

Date



15

FAMOUS KANJI

空

KARA
空
“Empty”

日本

NIHON
日本
Nippon
“Japan”
(Sun’s Origin)

道

DO
道
“Way”

手

TE
手
“Hand”

礼

REI
礼
“Bow”
show respect

虎

TORA
虎
“Tiger”

気

KI
気
“Energy”
internal
spirit

組

KUMI
組
Intertwined
Grappling
Entangled
Unite

松

SHO
松
Pine
“Tree”

合

AI
合
“Join”
Harmony

愛

AI
愛
“Love”

涛

TO
涛
“Waves”

武

BU
武
“Military”
Martial

力

CHIKARA
力
“Strength”

館

KAN
館
“House”

15 MARTIAL ARTS SYMBOLS



Shotokan
松濤館
"House of Whistling Pines"
Tiger (Tora)
Est. 1936
Gichin Funakoshi



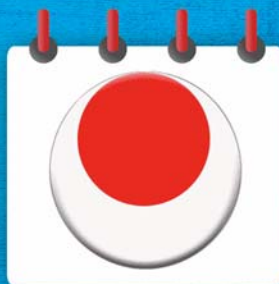
Legendary Symbol of Okinawan Karate
Some call it 3 tears
"Death before dishonor"
Similar to Mitsudomoe (man, earth sky)



Shito-Ryu
系東流
Kanji
Est. 1931
Kenwa Mabuni
Named after his teachers. "Shi" (Itosu) and Higashi also read "To" (Higashionna)



Jeet Kune Do
截拳道
"Way intercepting fist"
Ying Yang (Dark-Bright)
Est. 1967
Bruce Lee
Jun Fan *birth name



Inyo
JKA Symbol
Japanese Ying Yang
2 energies
negative (In) ying
positive (yo) yang



WKF
Est. 1990
Successor to WUKO
Member IOC
Headquarter Spain
Olympic Karate



Goju-ryu
"hard-soft" style
剛柔流
Chojun Miyagi
Est. 1930
The fist was designed by Gogen Yamaguchi



Kenpo
拳法
"Fist Law"
Mitose Family
Chinese "quán fǎ"
American Kenpo
Ed Parker
Pronounced "M" spelled with "N"



Wado-ryu
和道流
"Harmony Way"
Hironori Ohtsuka
Est. 1934
Dove represents peace contains strength



Isshin-Ryu
一心流
"One heart way"
Tatsuo Shimabuku
Est. 1956
Megami (goddess) half-sea-snake woman



Tang Soo Do
"Way of Chinese Hand"
Won Kuk Lee
Hwang Kee
당수도
Kwans (Major styles)
Moo Duk Kwan Symbol
"School of Martial Virtue"



Kyokushin
極真
"Ultimate Truth"
Mas Oyama
Full Contact Style
Est. 1964
Kanku symbol



Shorin-Ryu
少林流
"Small Forrest"
Chosin Chibana
Est. 1933
Student of Itosu



Chito Ryu
千唐流
"1000 year old Chinese Style"
Tsuyoshi Chitose
Est. 1946
Symbol represent fingers clasping hand



Ensō
円相
"Circle"
represents the universe and mu (the void)
Mind is free for body to create

8

VIRTUES of the Samurai



Rectitude (gi)

Rightness, integrity, truth and honesty to the rules prescribed for moral conduct and justice



Benevolence (jin)

Mercy or Compassion. The power they develop is used for good.

Disposition to do good, charitable kindness, an altruistic gift or act.



Courage (yu)

Heroic. The quality of confidence. Not to be afraid or intimidated easily but without being incautious or inconsiderate; the ability to do things which one finds frightening.



Loyalty (chugi)

Duty. Unswerving and faithful in allegiance to a cause, ideal, custom, institution, or product; the state of being loyal; fidelity.



Honor (meiyō)

an objectification of praiseworthiness, respect



Respect (rei)

An attitude of consideration or high regard; good opinion, honour, or admiration; polite greetings.



Honesty (makoto or shin)

Sincerity. The act, quality, or condition of being honest; to be truthful. Speaking and doing are the same action.



Self-Control

Character. Absolute moral standard

SAMURAI 侍 (to wait upon)

Samurai were educated military nobility in feudal Japan and often called "bushi" loosely translated as "warrior" who served the Shogun and protected the emperor.

The samurai would dominate Japanese government and society until the Meiji Restoration of 1868 led to the abolition of the feudal system.

The heart and soul of a Samurai was his sword "nihontō." Samurai were recognized by their feared Daisho (big sword / little sword). Katana: Long Sword / Wakizashi: Little sword.

The wakizashi was used to take the head of an opponent and also used to ritually perform (hara-kiri). Part of the bushido code was to die with honor rather than fall into enemy hands or capital punishment if they brought shame. The "hara" was considered the soul.

BU 武 (military or martial)

- | | | |
|---------|-----|----------------------|
| Bujutsu | 武術 | Martial Science |
| Budo | 武道 | Martial Way |
| Bugei | 武芸 | Martial Arts |
| Bushido | 武士道 | Samurai code meaning |

"The way of the warrior"
Translations of "shi"
1. Japan: "shi" is warrior class
2. Okinawa: "shi" gentleman

FYI

10

THINGS THAT Champions do less



Complaining



Yelling



Blaming



interrupting



Arguing



Taking



Bragging



Judging



Resenting



Lying



THE FATHER of Modern Karate-do



船越 義珍 **Gichin Funakoshi**
November 10, 1868 - April 26, 1957

Notable Work:

(1922) Tō-te Ryūkyū Kenpō

Kenpo is Japanese pronunciation Quan fa meaning "fist law" Tōde 唐手 is China "Tang" Hand

(1925) Karate Jutsu aka (Rentan Goshin Toudi-jutsu) means to polish your courage for self defense

(1935) Karate-Do Kyohan 教範 or "Teaching Methods" Funakoshi publishes the kanji 空 meaning "empty" instead of 唐 meaning China. 空 gives a "Zen" philosophy of emptiness

(1943) Karate-Do Nyumon "Introductory"

(1975) Karate-Do: My Way of Life (Autobiography made from his antidotes).

A memorial to Master Funakoshi was established by the Shotokai at Engaku-ji, a temple in Kamakura, on December 1, 1968. To the right of Funakoshi's precept is a copy of the poem he wrote on his way to Japan in 1922. His stone reads:

“ Funakoshi Gichin Sensei, of karate-do, was born on November 10, 1868 in Shuri Okinawa. From about eleven years old he began to study to-te jutsu under Azato Anko and Itosu Anko. He practiced diligently and in 1912 became the president of the Okinawan Shobukai. In May 1922, he relocated to Tokyo and became a professional teacher of karate-do. He devoted his entire life to the development of karate-do. He lived out his eighty-eight years of life and left this world on April 26, 1957. Reinterpreting to-te jutsu, the Sensei promulgated karate-do while not losing its original philosophy. Like bugei (classical martial arts), so too is the pinnacle of karate “mu” (enlightenment): to purify and make one empty through the transformation from “jutsu” to “do”. Through his famous words “空手に先手なし” (karate ni sente nashi) meaning There is no first attack in Karate and 空手は君子の武芸 (karate wa kunshi no bugei) meaning Karate is the martial art of intelligent people, Sensei helped us to better understand the term “jutsu.” In an effort to commemorate his virtue and great contributions to modern karate-do as a pioneer, we, his loyal students, organised the Shotokai and erected this monument at the Enkakuji. “Kenzen ichi” (“The fist and Zen are one”). ”

TE 手

Japanese for “hand”



KARATE 空手

By now you know that karate means “empty hand.” Te of course means hand, as in raise your te. Before the term “karate” became popular, the fighting arts of Okinawa were simply called “Te.”

KUMITE 組手

As in “team kumite” or “kumite classic” literally translated means “grappling hands, entangled hands, or crossing of hands.” Kumu is the verb to unite. In martial arts it is the term used to describe “sparring” or fighting.

TEGUMI 手組

Old school
Tegumi

If you flip or “Revesre” the kanji for Kumite, the translation is now “hands grappling” In this case it refers to wrestling in old school karate. (more emphasis on throws, takedowns, submissions, and ground fighting). The “K” from Kumite is spelled with a “G.” In some circles they still call Kumite, “Gumite.”

KAMAETE 構え手

Kamaete is the most common command in the dojo. When Sensei yells “Kamaete,” everyone executes a low block (gedan barai).

The term is used in martial arts and traditional theater. It translates to “posture.” The first Kanji means “base.” Te 手 of course means hand. Together in karate they mean “on gaurd” a posture “ready to fight.”

HIKITE 引手

Reaction hand (arm)! Pull it. Harder. Faster. It is shotokan 101. Hikite is a Japanese word consisting of “hiki” meaning pull or draw and “te”, of course your hand.

Formal (seated) Bow: Za Rei

The bow is a form of etiquette rooted in Japanese culture and is a sign of respect. It does not have any religious significance. It symbolizes pushing your ego down. Za means "Seat"

礼



"Senpai" is commonly written with an "N" but pronounced with a "M" so it sounds like Sempai.

Senpai (senior student) commands:

- Seiretsu:** Line Up Command (wait for Sensei)
- Kiotsuke:** Attention (focus/ready stance)
- Ritsu Rei:** Standing bow (anytime master enters)
- Mokuso:** Focus (left hand on top of right forming a circle on your hara) *thumbs don't touch
- Mokuso Yame:** Mokuso Stop

Seiza: 正座 "proper sitting" Reishiki - Etiquette

Assume position by kneeling with left knee first on ball of feet then right knee (opposite when standing up right knee then left). *Samurai tradition was to always be ready (they often slept with their sword). Seiza tradition is left based because the samurai "sword" was drawn from the left side. Hands on thighs. Ladies: Knees touch. Guys: knees apart

FYI

Big toe cross over each other in seiza with right toe on top.

REI 礼

*Never make eye contact during a formal rei. Bowing you eyes shows trust and humility.

1. Shomen ni rei:

Bow to front

We bow to the photo of Master Funakoshi to honor his memory and all those masters who came before us.



2. Sensei ni rei: Bow to Sensei

Onegai shimasu *start class

Student reply:

"Please teach" (an exchange of good will)

Arrigato Gozaimashita *end class

"Formal Thank you" (Informal is "Domo")

3. Otagai ni rei: Bow to each other (mutual respect)

Student reply:

Chimuwaku (teamwork)

Each Rei is approx. 3 seconds. Hands form a triangular opening. The order is **left-right** out, then **right-left** back motion. Your head never touches your hands.

Sensei stands first and says "Tatte Kudasai" (stand please), right knee first. All students wait their turn and rise in order of rank in "Domino" order.

Entire class recites: "Karate wa rei ni hajimari rei ni owaru." Translation: Karate begins and ends with courtesy. A standing Rei is performed and class begins.

FYI

In Japan it is very common to rei from the "Musubi Dachi" for a formal bow. Musubi can be translated as "knot" as in the knot of our obi. Feet are positioned in a "V."

In any room the "Kamiza" is the top seat. It is typically the furthest from the door because it was the safest from attack during the feudal period. We follow this tradition by the way we line up in rank order. Highest ranks are farthest from door.



DO vs Jutsu

道

And everything in between

Do 道 (way, path)

Jutsu 術 (art, technique, skill, craft) ie: Jujutsu “soft skills”

Ryū 流 (school, system, flow, stream) Chinese: Liu

Kai 會 (organization, association, union) Chinese: Pai (liu-pai means school of thought)

Bu 武 (martial) Chinese: Wu

Bujutsu 武術 (martial technique alternatively science, art or craft of war)

Bugei 武芸 (martial art)

Kan 館 (building, house)



Japanese: Kan 館 Chinese (Cantonese): Kwoon: 館 Korean: Kwan 館

Refers to an actual school, a physical building where the art would be taught (house/building)

In Korean there were “5” original “Kwans”

Quan 拳 "fist" used to identify schools of Chinese martial arts.

Quan fa 拳法 means "fist principles" or "the fist law"

Quan fa is pronounced “Kenpo” in Japanese and was the name for many early martial arts that came from China and spread through Okinawa.



1. Koryū 古流 old style (aka old school) and kobudō 古武道 are considered ancient martial arts that predate the Meiji restoration (1868). Example: Bōjutsu 棒術 staff technique and jujutsu, kenjutsu, etc. Sumo is often by mistake considered Gendai budo, but it is ancient.

2. Gendai budo "modern martial arts" (or shinbudo "new martial arts") are schools / styles that developed after the Meiji Restoration: aikido, judo, karate and shorinji kempo, etc.

Niju Kun Ichi-ban

1st Rule of Karate-do



“Karate wa rei ni hajimari rei ni owaru”

-Ō Sensei Gichin Funakoshi

DOJO means “way place” **Do** (way) **Jo** (place).

The dojo is much more than a place to just punch and kick, It a place for self-improvement and mastering yourself; building character! “Champions in Life”

The niju kun 松濤館二十訓 are “twenty instructions” of Master Funakoshi.

They are also know as the 20 Precepts. A precept is basically a rule, principal or a life lesson. Funakoshi was a very educated man (poet & school teacher) His first rule was that “karate” begins and ends with a bow (a sign or respect and courtesy).

“ **Karate wa rei**
ni hajimari rei ni owaru ”

空手道は礼に始まり礼に終る事を忘るな

Karate begins and ends with a bow (respect/courtesy).

REI (pronounced RAY) 礼 means "etiquette, bow, gratitude"

The act of bowing symbolizes pushing your ego down.

The lower the bow, the more respect it demonstrates.



Niju Kun Ni-ban

2nd Rule of Karate-do



“Karate ni sente nashi”

Ō Sensei Gichin Funakoshi

DOJO means “way place” **Do** (way) **Jo** (place).

The dojo is much more than a place to just punch and kick, It a place for self-improvement and mastering yourself; building character! “Champions in Life”

The niju kun 松濤館二十訓 are “twenty instructions” of Master Funakoshi.

They are also know as the 20 Precepts. A precept is basically a rule, principal or a life lesson. Funakoshi was a very educated man (poet & school teacher) His second rule was that never attack first. AKA it is an art of self-defense and self-discipline

“**Karate ni Sente nashi**”

空手に先手なし

There is no first strike in karate

Rememeber “The Karate Creed” of Self-Defense:

“I come to you with only Karate, Empty Hands. I have no weapons, but should I be forced to defend myself, my principles or my honor, should it be a matter of life or death, of right or wrong, then here are my weapons, Karate, my Empty Hands. Never start a fight, but always finish!”

KATA 型

And everything in between

KATA 型 Translates as “Form”

or a mold, law, or model. This choreographed pattern of movements simulates a “**imanginary fight.**”

- Chinese pronunciation 型 “hsing”
- Korean pronunciation 型 “hyeong”

Words to Know:

Bunkai (analysis) **Oyo** (application) **Embusen** (kata line)

Circa 1891- The Japanese Army was very impressed with “te” but lost interest due to poor organization and outdated training methods. Master Itosu took steps to modernize karate by introducing the “Pinan” Kata as a form of physical fitness and removed the dangerous elements (tegumi). (Funakoshi later named them Heian to suit Japanese nationalism). In 1901, Itosu started teaching Karate at the Shuri Jinjo Elementary School and by 1905 he teaching at the First Junior Prefectural School. Karate became part of the official physical education of Okinawa’s school system, eventually making its way to mainland Japan via Funakoshi in 1922.



“Heian”

The word “Heian” is Japanese and shortened from two words - 平 **heiva** (peace) and 安 **antei** (stability)

Heian 1-5 are the most popular kata in the world.

- 平安 Pingan (Chinese) “stay safe”
- 平安 Pinan (Okinawan) “stay safe”
- 平安 Heian (Japanese) “peaceful”
- 平安 Pyong-an/Pyung-Ahn (Korean)

FYI

SHITEI 指定 Kata “designated” (Heian & Tekki Shodan)

- 平安初段 Heian Shodan – (peaceful mind, first level)
- 平安二段 Heian Nidan – (peaceful mind, second level)
- 平安三段 Heian Sandan – (peaceful mind, third level)
- 平安四段 Heian Yondan – (peaceful mind, fourth level)
- 平安五段 Heian Godan – (peaceful mind, fifth level)

Okinawan “Naihanchi” kata and naihanchi-dachi demonstrate elements of Tegumi and tai sabki. This Shōrei-Ryu kata was later renamed “Tekki” 鉄 Tetsu (Iron) 騎 (to ride or sit horseback) by Funakoshi who also renamed the straddle stance to Kiba-dachi (Cavalry Horse Stance)

- 鉄騎初段 Tekki Shodan – (iron horse riding, first level)
- 鉄騎二段 Tekki Nidan – (iron horse riding, second level)
- 鉄騎参段 Tekki Sandan – (iron horse riding, third level)

SENTEI 選定 Kata “Selection” are (4) required kata (compulsory):

- 9. Bassai Dai (Passai) 拔塞** (to penetrate a fortress – major/big) Japanese meaning of 拔(batsu) is “to pull out or to extract” in Chinese “拔 (bá)” can mean “to seize or capture” and 塞(sai/soku) means a “place of strategic importance” or fort. Bá sāi (拔塞) would mean “to seize or capture” a “place of importance. Some moves symbolize a battering ram used against fortress walls.
- 10. Kanku Dai 親空大 (Kushanku)** (to view the sky – major/big) The first movement views the sky, which symbolizes the universe and shows your opponent that you are unarmed. It was Master Funakoshi’s preferred kata.
- 11. Jion 慈恩** (love and goodness) or mercy is a term in Buddhism. It is also the name of a temple (Jionji 慈恩寺) in China.
- 12. Enpi 燕飛 (Wanshu/excellent wrist)** The quick up and down movements of this kata are reminiscent “flying swallow” where it gets its name. Enpi is one of the oldest kata in Shotokan.

The “Funakoshi 15” Heian 1-5, Tekki 1-3, +4 Sentei kata, + these (3)

- 13. Hangetsu 半月 (Seisan)** meaning half moon based off the hangetsu dachi (half moon stance).
- 14. Jitte 十手** (ten hands) also spelled Jutte is designed to fight against ten opponents.
- 15. Gankaku 岩鶴 (Chinto)** (crane on a rock) The main stance in this kata (tsuruashi dachi) resembles a crane ready to strike at its prey. The movements are supposed to simulate a fight in the narrow alleyways of Okinawa. The former name was Chinto.

Other Advanced Kata:

- 16. Bassai Sho 拔塞小 (Passai)** (to penetrate a fortress – minor/small)
- 17. Kanku Sho 親空小 (Kushanku)** (to view the sky – minor/small) Kanku Sho was created from Kanku Dai. The movements and performance line are similar.
- 18. Sochin 壯鎮 (Hakko)** (strength and calm) The name of this kata comes from its stance (sochin or fudo dachi), a strong, rooted stance. The purpose of this kata is to teach defense against a stick.
- 19. Chinte 珍手** (rare or extraordinary hand) Chinte has a lot of circular and roundhouse techniques. These are rare and are not typical of the shortest distance between two points concept of Shotokan.
- 20. Goju Shi Ho Dai 五十四步大** (fifty four steps – major/big) This kata is one of the most advanced kata of Shotokan. Master Funakoshi called it hotaku (knocking of a woodpecker) because some of the techniques resemble a woodpecker tapping its beak against a tree.
- 21. Goju Shi Ho Sho 五十四步小** (fifty four steps – minor/small) This is a smaller version of Goju Shi Ho Dai. It is also one of the most advanced kata of Shotokan.
- 22. Meikyo 明鏡 (Rohai)** (bright mirror) The first movements of this kata suggest the smoothing of water to make it as calm and even as a mirror. The triangle jump at the end of this kata is said to have a secret meaning portending to a miracle.
- 23. Niju Shi Ho 二十四步** (twenty-four steps) The movements in this kata resemble waves breaking on a cliff. The former name of this kata was ni sei shi.
- 24. Unsu 雲手** (cloud hands) Unsu has several techniques that symbolize parting the clouds with open hands. Classically pronounced “un-shu”

Considered Rare Kata:

- 25. Wankan 王冠** (king and crown) The shortest kata in Shotokan introduced by Funakoshi’s son (Gigo/Yoshitaka).
- 26. Ji’in 慈陰** (love and shadow) or inverted mercy. Along with Join and Jitte begin with left hand covering right (ancient Chinese)

Tokui kata 得意 is your “free” or favorite kata. It translates into: speciality, pride, triumph aka your best! Its pronounced: (toe ku eee)

*Kata has been described as the soul of karate. There are 26 standard Shotokan Kata. Some count Taikyoku “first cause” (Kihon Kata) as a 27th kata. Gigo Funakoshi also created partner kata “Ten no Kata” 天の形 Which translates as kata of the universe/heaven in 1930s.

IN.DOM.I.TA.BLE

Spirit

魂

Something “indomitable” can’t be beat!

People with an indomitable spirit have a “never say die” attitude and strength from within.

The adjective indomitable starts with the Latin prefix “in” which means “not” then “domitare” meaning “to tame.” So the word literally means “not able to be tamed.” Indomitable is often teamed with “spirit” to describe a winning attitude.

The phrase Yamato-Damashii 大和魂 (also spelled Tamashii) is Japanese spirit. Yamato 大和 (great harmony) Damashii 魂 (soul).

Martial artists use the concept to define the spirit of a warrior or Samurai spirit. Bushido embraces the concept of “One Encounter, One Chance.” In life and death situations, there is no reset button so you must live with indomitable spirit.

Tamashii is also a skill of persistence. There is a saying in Japan: “nana-korobi, ya-oki,” which means fall down seven times, get up eight times.

How to practice Tamashii: Look at an opponent (someone who intendeds to beat you) and show no fear. Project an attitude of total confidence that the opponent has no chance of success. You give everything you’ve got until the very end!

Eye of the Tiger
“Tora no me”



indomitable

(in-dom-i-tuh-buhl) adjective.

(1) IMPOSSIBLE TO SUBDUED OR
DEFEAT: UNCONQUERABLE.

SPIRIT Strength and courage aren't always measured in medals and victories. They are measured in the struggles they overcome. The strongest people aren't always the people who win, they are the people who don't give up when they lose.

松涛馆空手道 TIMELINE



2-year Internship program

All brown belts enter the "Black Belt Internship Program." Students must keep a journal of their experience (including what was taught) and stamp their time log sheet. Students should keep accurate notes of the classes they help teach and the lessons they learned.

0 MO.	BASSAI DAI	YOU ARE HERE
4 MO.	TEKKI SHODAN CHARACTER MAXIM	1ST TIP (3 KYU) 16 TEACHING HOURS DURING TRIMESTER (1 HOUR PER WEEK)
8 MO.	JION SINCERITY MAXIM	2ND TIP (2B) 16 TEACHING HOURS DURING TRIMESTER (1 HOUR PER WEEK)
12 MO.	TEKKI NIDAN EFFORT MAXIM	3RD TIP (2 KYU) 16 TEACHING HOURS DURING TRIMESTER (1 HOUR PER WEEK)
16 MO.	KANKU DAI ETIQUETTE MAXIM	4TH TIP (1B) 16 TEACHING HOURS DURING TRIMESTER (1 HOUR PER WEEK)
16 MO.	FREE KATA SELF-CONTROL MAXIM	5TH TIP (1 KYU) 16 TEACHING HOURS DURING TRIMESTER (1 HOUR PER WEEK)
2 YEARS	1-on-1 Lesson/Review	PRE-TEST (EVALUATION) Schedule with Sensei Bill MAKE UP ANY MISC. HOURS
		Schedule with Shihan

If you keep pace of 1 hour per week = 4 hours per month → 16 hours per trimester
By your pre-test you will accumulate approx. 100 hours. Most students have more with bonus points, extra classes, birthday parties, etc. Teaching is the best way to understand the art.

*If martial arts is your passion, see Sensei about how you could make karate a career.

HISTORY OF MARTIAL ARTS

Beginning of Time: Indigenous/native fighting styles form around the world.
Martial Arts: The "Arts of Mars" Named after the Roman God of War



Alexander the Great (356 BC -323 BC)
Spread Pankration during conquests



Legend of Bodhidharma (circa 520 BC)
(Buddhist Prince who travels to China to spread Zen / Shaolin Temple)

"WANDERING MONKS"

*Hundreds of different styles and schools of Chinese martial arts (中國武術) are collectively called kungfu (功夫), wushu (武術), kuoshu (國術), or ch'uan fa (拳法) spread



Kung Kusanku (1670-1762)
Learned Ch'uan Fa in China from a Shaolin Monk



Chatan Yara (1668-1756)



Takahara Peichin (1683-1760)



Sakugawa "Tode" Kanga (1733-1815)



Sokon "Bushī" Matsumura (1809-1899)

Annan (Chinese Sailor)



Yasutsune (Anko) Itosu (1831-1915)

"Grandfather of Modern Karate" (Shorin-ryu) Itosu served as a secretary to the last king of the Ryukyu Kingdom 1901 he introduced Karate into Okinawan School curriculum and created the Pinan forms (Heian in Japanese) to promote physical fitness.



Yasutsune (Anko) Asato/Azato (1827-1906)

"Rinkakusai" Child Prodigy. His father was a Governor, Military chief. Asato excelled in archery horsemanship, and swordsmanship. Funakoshi was a classmate of Azatos son.



Gichin Funakoshi (1868-1957)



1922 introduced Karate to mainland Japan. (Ministry of Education) 1st public display in Japan. Founder of Shotokan Karate-do Teruyuki Okazaki was a direct student of Funakoshi who in turn tested Shihan Viola



FAMILY TREE

松濤館 空手



Teachers: Matsumura "Bushi" Sokon (Shuri-te)
→ Anko Asato & Anko Itosu



Gichin Funakoshi 船越 義珍
"The Father of Karate"

Born: November 10, 1868 Died April 26, 1957 (Age 88)



George E. Anderson
"Father of Olympic Karate"

Born: (1931-2009) 10th Dan

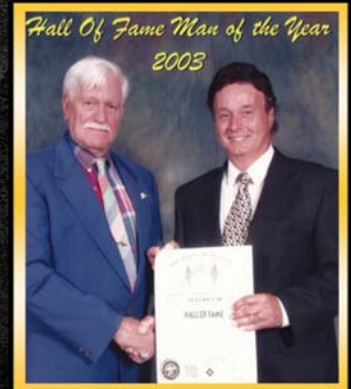
Byung Yoon → Chull Hee Park → Kim Pyung Soo
→ Il Joo Kim, Il Joo Kim/Tong Choo Choi (Song Moo Kwan Korean Shotokan), whose founder, Ro Byung Jick was a direct student of Gichin Funakoshi

Robert A. Trias
"Father of American Karate"

Born: (1923-1989) 10th Dan
Choki Motobu (1870-1944) → T'ung Gee Hsiang
→ Robert Trias → USKA
United States Karate Association.

岡崎 照幸

Teruyuki Okazaki



President and Founder USA Karate Federation
The National Governing Body for Karate
(Member of the United States Olympic Committee).



Founder of the first karate school in the mainland United States 1946 (Phoenix, Arizona)
Founder of the United States Karate Association.



Shihan Bill Viola Sr.

Shihan Viola began his journey in the 1950's learning boxing from the legendary Marion "Slugger" Klingensmith. As a teenager his first introduction to karate was from an older friend Medick Capirano who studied karate in West Virginia while in the ROTC. Soon, the pair discovered a JKA Dojo under the umbrella of Master Teruyuki Okazaki. He later trained and earned rank under Robert Trias and George Anderson respectively.



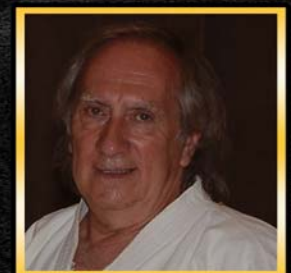
Sensei Jack Bodell

Shihan Viola's First Black Belt, Member of United States Secret Service (President Jimmy Carter's Bodyguard).



Viola Family

Addie, Jacque, Ali, Shihan, Bill Jr., Joce



Sensei Ray Walters

Senior ranking ASK Black Belt. Trained with Hidetaka Nishiyama, Shihan Osamu Ozawa, Master Fumio Deumra, Master Kenneth Funakoshi, Master Hidy Ochiai.

- WME-IMG buys UFC for \$4 Billion
- McGregor vs Mayweather spectacle

MAINSTREAM 2005+

Ultimate Fighter (2005) Saves UFC



2001 - ZUFFA ERA

- Monetized MMA
- Monopolizes market (buys Pride, Strikeforce merge WEC)
- Fox Partnership (2010)



1997 - PRIDE

1995 - UFC-SEG ERA

- Bob Meyrowitz takes the reigns
- Criticized by Senator John McCain
- Refined the sport by working with State Athletic Commissions.



1993 UFC-WOW ERA

- Global introduction of MMA: PPV
- Gracie Jiu-Jitsu explosion
- Key Players Art Davie, John Milius, and Rorion Gracie



1993 - PANCRASE

- Hybrid of pro wrestling and MMA
- Multiple events held before UFC
- (K-1 Kickboxing also emerges -1993)



1983 - MMA OUTLAWED

- "Tough Guy Law" PA Senate Bill 632 bans the sport. Major setback. First legal precedent in history.



1986 - SHOOTO SAYAMA SATORU

- Shoot wrestling hybrid



1979 - TOUGH GUYS

- Bill Viola writes first codified set of rules
- Birth of American MMA sport/league - 1980
- Introduction of organized/regulated MMA



1976 - ALI VS INOKI

- Boxer vs Wrestler contest



EARLY 1970'S BRUCE LEE

- Enter The Dragon boom
- (Kickboxing also gains popularity)



1963 - GENE LEBELL VS MILO SAVAGE

- First televised mixed-fight contest



1920'S - VALE TUDO

- NHB Mixed-fights "sideshows" popular contests around the world including catch wrestling.



1914 - MITSUYO MAEDA

- Prize-fighting Judoka settles in Brazil. Teaches the Gracies Judo who in turn morph the art into "Brazilian Jiu-Jitsu."



TURN OF THE CENTURY KARATE & JUDO SPREADS

- Influenced by ancient Chinese and Indian martial arts.



648 BC PANKRATION



“KARATE BUILDS CHAMPIONS IN LIFE”



Contact Allegheny Shotokan / Norwin Ninjas

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