

Allegheny Shotokan Black Belt Notes

- About 1400 years ago, **Daruma Bodhidharma**, founder of Zen Buddhism, left India to go to China. He was the first person to successfully complete the trip across the Himalaya Mountains. One can imagine the greatness of Daruma's spirit and physical strength for the length of his journey was several thousand miles.

Daruma felt the soul and the body ever inseparable. With his following, he built the Shaolin Monastery. Daruma developed a unique system of physical conditioning, weaponless fighting and mental concentration. This was the beginning of the Shaolin fighting system.

The Monks were religious men, wishing to harm no one and carrying no weapons, they would kill their attackers without a qualm. The Monks became great fighters. Their daily exercise, meditation, and diet enabled them to live to ages that would seem impossible today.

The monastery had **three doors: a front, side and rear**. Any one coming or leaving from the monastery used the rear door.

If a monk could not take the strict discipline, he would leave by the rear door.

Monks who had the ability to succeed, but chose to leave the monastery, left by the side door.

The front gate was used so seldom that it was almost rusted closed. It was reserved exclusively for those who had successfully completed the examination - Master of Shaolin Fighting. Because of the high rate of failure, few undertook the trial of examination.

First requirement; 25 years of study.

The material from the Shaolin Temple was passed by word of mouth. There is no written documentation on the early development of Karate. From the Monks, spread the fighting art through China.

There is no doubt that the many people traveling between China and Okinawa contributed heavily to bringing Karate to Okinawa.

The government of Japan prohibited the use of weapons and collected all the existing ones in Okinawa. About 500 years ago, training in Karate was conducted with the utmost secrecy, with no one teaching or training openly in the art. For this reason, **books or written records on Karate are almost nonexistent.**

The government sent inspectors to make sure there were no weapons and martial art training. If you were caught, you could face death.

To classify, Karate and Kata fall broadly into either the Shorie ryu or Shorin ryu:

1. **Shorie ryu** – emphasizes primarily development of physical strength and muscular power – very forceful.
2. **Shorin ryu** – very light and quick rapid motions – example swift flight of a falcon.

With no weapons in Okinawa, the people developed their farm tools into Martial Arts weapons.

Time Setting

The moral and ethical code existed long before there was such a thing as written history in Okinawa. They were passed on from their ancestors. The **Chinese culture was at its peak in Japan.** For example, if you did not have a complete set of furniture from China, you were not socially accepted in the Higher Class.

Chinese boxing was at its height. It is thought that the Okinawan people altered the existing Martial Art weeding out its bad points and adding good points.

Gichin Funakoshi (1868-1957)

1. **Only son**
2. **Very sick as a child**

With these problems, he received a lot of attention from his parents and grandparents.

He was sent to live with his grandparents. In the process of going to primary school, he became friends with another little boy. They became great friends. The boy's father was **Azato, a great Karate Master. Azato was a great horseman and fencing master. He was of the Upper Class, as well. Little Funakoshi talked Azato into training him in Karate. Remember, Karate was banned by the government and all sessions had to take place in secret,** so they trained at night. They trained on the same Kata for 8 hours a day for years before being permitted to move on. His master would say, "Gichin, little more work".

Azato was friends with all the other masters on the island, which gave Gichin exposure.

Returning late at night after his Karate studies, neighbors unable to account for his nocturnal behavior soon decided that he was visiting a brothel. But when a typhoon whipped across the island and the villagers saw him climbing to his roof to practice stances by bracing himself against the violent winds, they simply thought he was crazy.

There are different ideas and skill of types of the Art (Also Sokon Matsumura-Nirgoki-Peichn Kiyuna).

Two ideas at this time:

1. Arms and legs are like a sword
2. Train your body to take any blow

Two classes of Karate on Kata

1. Shorie ryu – emphasizes primarily development of physical strength and muscular power – very forceful.
2. Shorin ryu – very light and quick rapid motions – example swift flight of a falcon.

Funakoshi was exposed to all of this!

He continued his Karate study through the primary school system.

School system 1 – 4 – Required

5-8 – no compulsory

Funakoshi was well learned in the Philosophy of Confucius. He decided to become a school teacher and taught school in the day and studied Karate every night.

1907 – End of Secrecy

Times were changing. The military noticed during the physical examination of drafters, some young men had clearly defined muscular development, better balance and much more strength. It was determined that it was due to Karate training. They proposed that Karate be used in the public school as Physical Education. This was the first time Karate had ever been introduced to the general public.

1906 – 1916

Funakoshi and a group of outstanding masters put on a demonstration throughout the country.

1917

First time Karate was demonstrated outside of the country.

1921

Emperor of Japan was visited Okinawa on his way to Europe. At this time, he saw a Karate demonstration and was greatly impressed.

1922

Ministry of Education of Japan to demonstrated Karate in Japan. He was accepted by the High Class of Japan.

- Remember – Judo was the big sport of the time. Kano, the head of Judo, asked for a lecture on Karate. Kano was impressed, so he asked Funakoshi to teach him a few Katas. Remember that Kano was a great person of this time. This was a big honor for Gichin.

At this time, Funakoshi began to write and change things in Karate.

KARATE

Kara – empty or Chinese; two meanings due to the fact of China influence, the Chinese hand was the word used. Funakoshi with a research team studied the meaning and came up with “EMPTY” – this caused a lot of criticism.

Te –means hand.

The meaning now became “empty hand”.

It was decided that the Art would be of Japan. This changed the name of the Katas. Examples: Empi, Gankaku, Hangetsu

They kept some Okinawan names like Bassi and Jion. This is why we get different versions of Kata. Instructors started on their own to change some more or forget a move which resulted in different Katas.

Funakoshi was the man that made Karate known outside the country. Being a teacher, he wrote books and developed a system of Karate.

Now he started teaching Karate in Japan. Funakoshi sometimes didn't have enough money. He had a humble beginning. He started a club at Kuo University which gave him popularity.

At this time, he was sure he would support his wife and family. But his wife refused to come to Japan. In Okinawan religion, the veneration of ancestors is a very important element and his wife a devout Buddhist would not entertain the idea of moving her ancestral grave to another place.

Karate was very popular. Newspapers and magazines were interested in articles. Funakoshi was on his way to popularity.

1923

An earthquake struck down Tokyo and Gichin had to stop teaching Karate while the city was rebuilt. He was invited to teach Karate at a Kendo dojo but there were too many students. This did not work out.

1935

This was a nation wide committee of Karate support, which collected funds for the first Karate dojo in Japan. On the top of the door was the name "SHOTOKAN". Funakoshi did not know they picked this name. It was his pen name that he used in his youth to sign his poems. He was now 70 years of age.

Shoto-Kan in Japanese means literally "pine waves". Funakoshi used to walk along Mount Torao. Most of the time there was a little wind and one could here the rustle of the pines. This was a very peaceful place after a hard work day; he would go the mountain and write poems.

Sad Time

War broke out. A lot of promising students were being drafted and killed in the war. (Two gifted students died [Shinoda],[Gigo 3rd son of T.B.]

1945

The dojo was destroyed by a raid. Japan was in total chaos. Gichin returned to Okinawa to find his family scattered and his wife dead. (Karate teaching stopped for three years.)

1947

Funakoshi returned to Japan to live with his oldest son. He was very humble and a great person to promote the new Art. Before the war, very few non-Japanese knew anything about Karate.

Funakoshi – man of change

1. Name of Karate – empty hand
2. Name of Katas altered
 - a. Pinan Kata to Heian
 - b. Chinto to Gankaku
 - c. Kusanku to Kwanki
3. Stances narrowed and high equals better mobility
4. Did away with outdated exercises
5. Front kick not delivered with ball of foot – not tensed toes
6. Kick now above the waist
7. Roundhouse kick added into Karate
8. Throws rarely stressed
9. Weapons – bo used only for upper level black belts
10. Strategy – ikken – kill with one strike
11. White Gi

Kata changes – The order of the movements and the shape of the Kata have not changed greatly.

Among the ancient – it was said that when the one faces any opponent, he must be in a state of mind in which he is ready or able to die. Thought is of no value you simply act. **Example: no antagonism, no fear, no hatred**

Explain: Mind and Body – cleanse the mind

Rinzai Zen Priest – In the state of being dead while still alive, one's actions are at their best.

Shotokan – leading form in Japan (5 million members)

After the war, some American soldiers visited Japan and saw Karate for the first time. After the treaty of peace between Japan and the United States was signed, Karate made its way to the US.

1951 – Kumite started

The US Air Force invited Funikoshi to come to the States for a demo. He took along with him Masataski Nakayama. Now in the middle 1950's and early 1960's, Japan started sending karate instructors to the States.

Nakayama became the head of the J.K.A.. Karate owes its profound impact on Americans to promotions of mass media – T.V. , Motion Pictures, newspapers and magazines. Bad Adv. Example – New hero – Mr. Karate the weaponless warrior.

J.K.A. problems – people still remember the war, so that did not want their children associating with people that they were at war with (attitude problems). Changed to All American Karate Federation, which was a much closed system, having only one or two tournaments per year. Nakayama was probably the best instructor in the world but he got off to a bad start.

1946 – Trias first Karate School

1948 – Trias started U.S.K.A.

Trias Dojo = 14x14 feet

1954

Ed Parker opened the first commercially successful Karate school in Prouu, Utah

1956

Pure Style of Karate – Ohshima Shotokan Karate – one of Funakoshi's main students. After some time, Ohshima arranged for the well known Hidetako Nishiyama to come to California. Nishiyama branched off and formed A.A.K.F.

1955

Robert A Trias – first tournament to be very large

1957

First all Japan Karate do Championships

Karate Sparring

Kata judged with points and flags

Kata – everyone did the same Katas

1958

First Tournament in US – Ohshima Shotokan

1961

J.K.A. changed to A.A.K.F.

1965

First International Tournament (Japan and US)

1863

Central Pacific Railroad – importation of Chinese Laborers – their culture was cemented into the Chinese communities known as Chinatown's.

There were problems inside Chinatown between underworld groups over gambling and prostitution. This developed into "Tong Wars" between secret societies. Hatchet men – they were really hit men or assassins who killed by pin blowing, razors, sharp coins or used meat cleavers.

Impossible to trace the transmission of Kung Fu due to the fact they were not legal residents or US Citizens. Kung Fu was practiced, but it was limited to immediate ancestry.

1922

Chinese Physical Culture Association – Founded in Honolulu, HI to promote physical culture among the island inhabitants. They practiced Kung Fu – remained unavailable to non Orientals on the island.

Count Dante
1966-1968

He was the wealthiest man in Martial Arts. Book – *The World's Deadliest Fighting Art, Dance of Death*

John used mostly Kung Fu punches and gouging tactics. He taught in close fighting techniques. His main training was bar room fighting. School – Black Dragon Society

He advertised his book in magazines and comic books. He stated that Orientals cannot fight, but he had respect for the J.K.A. and Shotokan.

1968

First Contact Tournament -- \$10,000 prize money – only paid out \$100 because only 8 participants competed.

Real Forte was promoting it. He once walked down State Street in Chicago accompanied by a bull claiming to kill it. For reasons undisclosed, violently altered his Martial Arts philosophy in 1966.

Dim-Mak – “Death Touch”

Dynamiting other schools

Dojo war – Jim Koncevic was killed attacking a competitor’s karate studio

Early 1953

Mas Oyama, slayer of bulls and basher of bricks, toured the US giving Karate exhibitions of considerable skill. He appeared in Madison Square Garden and defeated an unknown boxer in the ring. This gave karate its first real American endorsement.

Oyama left actual witnesses with a distinct impression of the power of Karate.

Count Dante – John Keehan

Dojo War – 1 person killed and 3 others injured; made millions of dollars as a con, but at one time was a very good Karate person

1966

Lee Dun Fan – Bruce Lee

Television series “Green Hornet” Lee played Kato. Kung Fu spread during this era. Lee was an International film star who created worldwide interest in the Martial Arts. (Fist of Fury)

He rejected traditional methods – no Kata

1973

Kung Fu television series – David Carradine

1973

Jhoon Rhee – developed and marketed the now famous safety equipment. This permitted moderate contact without injury and methods could be tested. This was the most dramatic change in American Karate.

First Tournament that required the use of safety equipment by all Black Belts – Mike Anderson
Bill Wallace – Tournament Winner

Sport Karate Comes In

Big shift from Kata to Free Sparring

Kata teaching became poor – loss of traditional Karate

1970 – 1984

American Karate very dominant

Olympics went back to traditional Karate

Shotokan – The division

J.K.A. (SSKF) ↔ Shotokan Karate of America

Shotokan – The most traditional and fundamentalist of Japanese Karate each formed at the same time and each trace its line to Gichin Funakoshi.

Shotokan Karate of America – Tsutomu Ohshima, Head Instructor

Two groups have differences on personal and technical differences existing in kata and in basics such as the alignment of the shoulder or movement of the hips in executing a punch.

Shortly after Funakoshi died the differences in technique between the two Shotokan groups started. Ohshima was teaching karate in U.S.

J.K.A.

The J.K.A. began making minor changes in the hope of making Karate principles more "scientific". They decided, for example, that the hips should rotate sharply in the direction of a punch to add momentum and bodyweight to the blow. Also lock the hip forward which would increase a solidly based technique.

The other thought, Shotokan of America was motivated in a search for precisely those methods and precisely that level that Funakoshi had brought to Japan.

The difference in philosophy between the two groups was perhaps the major distinction leading inevitably to the split that continues on. The JKA abandoned some of the Kata and went on to introduce minor changes in the entire system to SKA. This was almost sacrilege.

Funakoshi's main theme or idea was that Karate should always continue to grow. He felt that Karate should be built on firm tradition but should not be allowed to stagnate in the method and level of the past.

So what we have here is Samce against tradition. JKA were based on a lot of Colleges and had more exposure to Samtefi principles. Samce has brought a whole new understanding of the functioning, capacities and the limits of the human body.

A house divided against itself will not stand!

Funakoshi introduced the practice of awarding the brown belt to intermediate students to mark individual progress in some external manner. His highest belt ranking awarded was 5th degree.

Older the white belt the darker it turned – this became the color belts. Darker the color, the more the student knows.

Ninja

Why were the various secrets of the Ninja Family's closely guarded?

The Ninja of one clan would often be in the hire of a local lord and this pitted against the Ninja of a rival clan in the employ of an enemy lord. It said to have a few tricks that were not generally known to other Ninja. In its prime, there were 25 Ninja schools in Japan.

Tricks

People in those days were very superstitious, so it was only natural that the Ninja take advantage of their fears with tricks.

They would live in farm houses with trap doors and secret panels and secret tunnels.

THE MOST FREQUENTLY ASKED QUESTIONS PERTAINING TO THE MARTIAL ARTS

Bushido – Code of Bushido means the way of the warrior. It was a code of ethical behavior followed by the Samurai – loyalty to one Lord. If a warrior died in the service of his Lord, the deed was considered admirable.

Bushido Award in Karate – account for such virtues as humility, honor and discipline.

2000 years ago

Ninja – you were born a Ninja and you died a Ninja (cloak and dagger – sinister bands of espionage (spy) experts.

Ninja – literally means “an invisible assassin” – a trained military spy of ancient Japan. His art was Ninjutsu which embraced Bushido discipline and numerous other martial arts and weapons.

12-17 Century was the setting of the Art of the Ninja

Iga and Koga systems – they were really the provinces of Japan that the Ninja resided.

They learned:

- 1. Methods of escape**
- 2. Under water training**
- 3. How to climb cliffs**
- 4. Deceive their pursuers**
- 5. Slip out of knots**
- 6. Concealed his name to the death**
- 7. Worked for the War Lords**

Often had 2 or 3 wives and different houses

Supernatural tales – Ninja were able to fly, walk on water, become invisible at will – some logical explanation for this is their rugged training in all martial arts and weapons, muscular control of body movement to climb cliffs and walls.

Uniform – Black main pieces, mask –body protection, a jacket resembling the top of a Gi with many pockets. They also carried a bag with things like weapons to drugs. They wore a sword on their belt or across their back.

Trained when they were old enough to walk. They were the super athlete of the day – they did nothing else but train all day. Ninja were great escape artists that could walk without making noise and cover long distances in a short span of time. They would choose death before surrender or capture.

Sometimes they would not dress in all black. They were masters of disguise. Example: One day a priest, or a carpenter, or an enemy soldier.....

Most missions were carried out at night in black. In winter with the snow, the Ninja wore white.

Ninja were proficient pharmacists that made their own medicine, explosives, energy food and they were their own doctor.

Ninja Ranks

1. Leaders
2. Sub leaders
3. Agents

Also, female mostly beautiful traded their charms for secrets. The secret of staying alive was to remain anonymous. (Ninja traitor were ruthlessly hunted down and killed).

The end of the Ninja – The unification of Japan. There was warfare among rival war lords over the 17th Century. The Shogun banned the practice of Ninjitsu and even mentioning the subject of Ninja was punishable by death. It set a seal of secrecy over the Ninja. Through the years, only a handful of men continued to practice as a Ninja. For the Ninja's entire life, from beginning to end, he was dedicated to the perfection of his techniques.

Why do karate practitioners go barefoot while Kung Fu practitioners wear shoed or boots?

The distinction principally reflects difference in the terrain where the arts were originally practiced centuries ago.

Kung Fu – China was rocky, uneven land so they chose to wear shoes to prevent lacerations of the feet

Karate – Okinawa terrain consisted of soft sand. Most of the natives as well as Karate

Advocates went without shoes always. They developed tough calluses on the soles of their feet.

What are the Japanese, Korean, and Chinese names for forms?

Japanese – Kata

1. Korean – Hyung
2. Chinese – Koo-en

Why are the masters of the Martial Arts in Japan and China older than the USA?

To be a Master in Japan or China, one had to devote a lifetime of study and practice to his art.

What are the names of the Japanese Black Belt rankings?

Shodan
Nidan
Sandan
Yodan
Godan
Rokudan
Shichidan
Hachidan
Kudan
Jodan

What degree black belt must you be to promote another person to black belt?

3rd degree or Sandan

What is the minimum age for a black belt?

18 years old

What are some of the major reasons why the people study the martial arts?

1. Self Defense
2. Physical Fitness
3. Sport – Careers now in Karate
4. Relief of Stress
5. Philosophy
6. Mental Calmness

What is the first thing one learns in a Martial Arts school?

To bow or rei

Why should you keep your eye's fixed on your opponent when bowing?

The bow is a gesture of respect. If you don't keep your eyes on them, you could be struck unexpectedly.

What does the word "os" mean?

Push ahead

What is the most frequently asked question in Karate?

How long does it take to get a black belt?

Why is the Martial Arts considered the defensive arts?

The Martial Arts were developed to a large degree by oppressed people who were prohibited from bearing arms. (Most Kata begin and end with a block).

Are breaking boards and bricks important in Karate?

To a low degree. Most feats can be accomplished by an inexperienced neophyte once he has learned the principles behind breaking. Usually the beginning student like the breaking stage used in mostly demonstrations.

What is the most difficult object to break?

A round stone

Degrees of difficulty in breaking:

Boards – size of the wood. If the boards are first warmed in an oven to completely rid them of the excess moisture, they will break easily.

Bricks – An excess of sand, an ingredient which composes many types of bricks. Markedly decrease the degree of difficulty. The more sand, the easier the brick is to break.

Is it necessary to build a callus on the knuckles for Karate?

No, This myth has been perpetuated by novices who didn't fully understand the purpose of the practices of hand conditioning. Very bad for your body.

$M \times V = I$, with this you can get the pounds per square inch.

Breaking - average kick or punch for an adult = kinetic energy of 100 joules
Board = 25 joules ; concrete = 10 joules The board is more elastic, hence harder to snap.
Breaking concrete hurts. In a Karate collision only part of the energy of a moving hand is transferred to the target. What remains behind is left as pain. The board absorbs it the most.

Why is Karate an Art?

Karate or any form of combat can be considered an art when much of the emphasis is placed on form or correct body dynamics. Aesthetic purposes rather than effectiveness. Much like ballet, Karate initially teaches a student to maneuver in an aesthetic manner. To make one's movement crisp and flawless requires perfect form.

Major styles of Karate?

Japanese

1. Shotokan
2. Shito Ryu
3. Wado Ryu
4. Goju Ryu

Okinawa

1. Shorin Ryu < Three in this style
2. Isshin Ryu

Chinese – related to Zen philosophy

Kung Fu – means hard work, task and special skills

1. Northern – mountain area developed strong legs
2. Southern – paddy fields, water, travel – strong arms

Innumerable subdivisions

Kung Fu related to regions from which the various styles originated

Korean

1. Tang Su Do
2. Ti Kwon Do

Major differences between Japanese, Okinawan, Chinese and Korean styles.

1. Japanese – move in linear patterns, style techniques are formed by straight lines
2. Okinawans – use linear patterns, but they also incorporate circular blocks
3. Chinese – wears a different uniform, boots or shoes and techniques are smoother and more graceful. Many low stances and circular hand patterns.
4. Korean – High stances – 80% kicks

Why do you think linear (straight) techniques are better than circular techniques?

1. You can attack quickly in the shortest possible time
2. Thrusting type movements are stronger than circular

Which style of Karate is the most prevalent in the US?

Korean

What is a Makiwara?

A board use to condition the hands for punching

Which part of the body is most important to Karate?

Hand, because they can be both offensively and defensively.

Is Karate still evolving or has it reached its final form?

Reflecting on the history of Karate and its many variations and methods of practice, once can only surmise that it will evolve indefinitely. It will never become a stale art.

SPORT KARATE

Where does the United States rank in relations to other countries in Sport Karate competition?

USA is now considered the stronghold of competitive play.

Why do Karate fighters bow to one another before and after a match?

To show respect

What is the most commonly used technique in a Karate tournament?

Reverse punch

Who started membership in the Amateur Athletic Union?

S.K.A Oshima

Also trying Trais and Nishiyama

What effect did the safety equipment have on sport Karate?

There was more excitement and because contact was permissible.

What was the P.K.A.?

Professional Karate Association – started by Mike Anderson and Don and Judy Quine

Where is Kick Boxing most popular?

Thailand

What do animals have to do with Kung Fu?

The movement of animals has been the basis of the movements.

What is Chinese Kenpo?

Introduced in 1954 by Ed Parker – first style of the Chinese art taught publicly in the US.

OTHER MARTIAL ARTS

Aikido – means harmony

Aikido – Japanese method of self-defense. Founded in 1942 by Morihei Uyeshiba – attempts to use the opponents force against him by turning around the center axis (no type of competition)

Kendo – Modern art of Japanese fencing performed with bamboo swords. Developed on seven efficient blows and one thrust. Kendo means the way of the sword. Ancient Samurai warrior skills are used.

Judo – Japanese martial art founded by Jigoro Kano . It is a method of unarmed combat developed from Jujitsu. Judo means gentle way (5 stages – 8 in each stage)

Jujitsu – Early Japanese hand to hand combative discipline applied to both armed and unarmed combat. (joint locking, throwing, holding, choking)

Iaido – Art of drawing the Samurai sword from its scabbard.

Sumo Wrestling – Japanese gigantic participants – a victory is conducted when the opponents body (any part) meets the ground.

Kobudo – “weapons way” Okinawan developed to conceal the weapons.

Sai

Bo

Nunchucku

Kama or sickle

T.V. and MOVIES – MARTIAL ARTS

Early 50's

Ozzie and Harriet

The Detectives

Green Hornet – Kung Fu

Bruce Tenger and Ed Parker – 1959

James Bond - (Gold Finger – Harold Scatto [“Odd Job”]), (You Only Live Twice)

Who was the first Martial Artist to appear in a movie?

James Cagney – Judo Black Belt in 1942

SAMURAI

Samurai – No law

Vendetta – the principal of the vendetta has been inculcated by the teaching of Confucius. The Philosopher laid down a rule that no man should live under the same sky with the slayer of his father. Even women undertook the duty of vengeance if there were no men in the family.

Samurai would be soliciting to constitute himself an avenger of blood.

Sword – the sword ranked above all other possessions of the Samurai.

Swordsmiths have been handed down from generation to generation when the act of forging became a great accomplishment. The name of the maker was on the sword. The Samurai was a man of pure life and high morality. Offering prayer to the God's and exclude evil influence.

3 Processes of producing a blade:

Forging – The smith began by welding together several strips of steel to form a rectangular ingot 6 " long by 2 ½ " thick. He pounded it out, then folded it, and then forged it out to its original size. He did this 12 to 18 times and then added another strip and then folded it over 12 more times. He now beat it out into a shape of a blade.

Tempering – A clay-like composition for which each master had a recipe was applied to the whole blade except the edge, which was heated by passing it several times through a bright charcoal fire at a certain temperature estimated by the master's eye. The blade's edge still exposed was plunged into water to instantly cool the metal making it very hard.

Polishing and Sharpening – This process required weeks of labor and only a few experts in each generation attained perfection.

Swordsmiths were of high rank in Japan because they were considered great artists.

Swords had their superstitions – example is Excalibur which was summoned from its depths by a mystic arm.

Katana – one edged sword used around the 7th Century.

Samurai carried two swords

Long sword – Dai

Short sword – Sho

Only men of military class had the right to wear two swords.

Short sword (Sho) was not used in combat. It was used to cut off the head of an enemy after killing him in combat or it was used as a last resort sword

Long sword (Dai) was not over three feet in length.

Etiquette required that the long sword be removed before entering a friend's home, but not the short sword. The Samurai of Japan could not be dissociated from his sword. He called it his soul.

Samurai wore armor that looked like protective curtains suspended from the person rather than fitted into it- iron and leather together with colored cords.

In war, the first to ride up to the foe was held in high honor and the Samurai strove for that duty. Men fought as individuals and not as a unit. The engagement consisted of personal duels. It was habit to proclaim his name and title in the presence of the enemy or his father. The duelists could reckon on finishing their fight undisturbed but the victor frequently had to fight other comrades.

After the fight, the Samurai returned to the commander and submitted for inspection the heads of those he had killed.

The Japanese Samurai was the best fighting unit in the Orient. Probably the best the world has ever produced.

Human virtue practiced surrendering life - not the Samurai, they regarded death inflicted by his enemy or own hand as normal reality.

He made suicide so painful and shocking to tell oneself was a feat not easy to conceive.

His method was to plunge a short sword into the left side of the abdomen, swipe it across to the right, giving it a sharp upward turn. Then to withdraw it, thrust it into the neck cutting toward the throat.

Assistance was often rendered by a friend – he would decapitate the victim immediately after the stomach was sliced. The reason was it was the soldier's privilege to commit a crime with his sword, not under the hand of the executioner. He might not be handed before a legal tribunal like a common person.

Heaviest penalty given to a Samurai:

1. Deprivation of his sword
2. Death
3. Banishment

A Samurai never lies – his pledge or promise must never be broken – code of morality.

Right of Sakkatsu – jizai (the right to kill and walk away)

He was free from legal punishment (though not necessarily from responsibility) for his actions. They did not hesitate to use their weapons and they took considerable pride in the quality of their swords.

QUESTIONS

When you are ignorant of the enemy, but know yourself, your chances of winning or losing are equal. Explain.

If ignorant both of your enemy and of yourself, you are certain in every battle to lose. Explain.

Know the enemy and know yourself and your chances of losing are very small.

For to win one hundred victories in one hundred battles is not the highest skill. To subdue the enemy without fighting is the highest skill.

A Karate practitioner should not have a timetable for success, nor should he measure his success in comparison with other students.

Never losing does not mean always winning. (Means etiquette, courtesy and decorum)