

# The Shorin-Ryu Karate of Williamsburg Official Student Handbook



Student Name: \_\_\_\_\_

## General Information

We are glad that you have chosen our school to begin your or your child's journey in the martial arts. This handbook contains very important information regarding the guidelines and procedures of our school to better inform you of expectations and procedures regarding training.

The quality of instruction and the training at our dojo are of the highest reputation and are designed to bring the best out of our students. We teach a code of personal and work ethics that produce citizens of strong physical ability but most importantly of high character. Students are expected to train with the utmost seriousness and always give their maximum physical effort when executing techniques in class. Instructors are always observing and evaluating our students based on their physical improvements but most of all, their development of respect, courtesy and discipline.

Practicing karate is very similar to taking music lessons- there are no short cuts. As in music, there are people that possess natural ability and others that have to work harder to reach goals. There are no guarantees in music instruction that say someone will become a professional musician as in karate there are no guarantees that a student will achieve a certain belt. This will fall only on the student and whether they dedicate themselves to the instruction given to them. Our school does not offer quick paths to belts for a price as many commercial schools do. Practice outside of the dojo is crucial to improvement and advancement. The rewards that karate practice offers are life-changing for those who are willing to dedicate themselves to training.

Students are nominated to test for their next belt when they can demonstrate all of the requirements for that belt rank from the curriculum by heart and with focus, speed and power. Although attendance is another important pre-requisite towards being nominated to test, time does not guarantee it, only practice and mastery of the requirements. These requirements are available at the dojo and at our website at <http://www.shoryukan.com/student%20resources.html> .



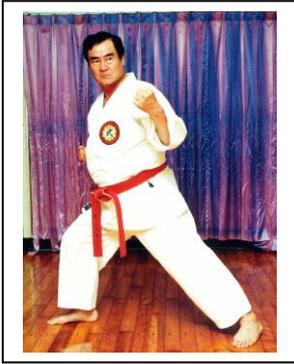
Sensei John R. Spence

Sensei John Spence began his study of Shorin-Ryu Karate in his hometown of Williamsburg, Virginia kickboxing with Sensei Larry Doggett. He is ranked a Nanadan/7th Degree Black Belt in Shorin-Ryu Karate and 4th degree black belt in Okinawan Kobudo. He also holds a Nidan/2nd Degree Black Belt in Isshin-Ryu Karate and was a member of his college judo club. He is the USA Representative of Shorin-Ryu Butokukan Karate under Hanshi Sokuichi Gibu in Okinawa, Japan.

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

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

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



## Sokuichi Gibu, *Hanshi/10<sup>th</sup> Dan*

Sokuichi Gibu was born in Chinen Village in Southern Okinawa on December 7, 1941. He began studying Goju-Ryu at age 14 and then in 1956, began studying with Shorin-Ryu Master Shugoro Nakazato.

After years of dedication to his teacher and his dojo, Nakazato Sensei awarded the first 8th dan in the history of the Shorinkan to Gibu Sensei, who served as the vice-president of the organization. He built his own dojo, called the

Butokukan, in 1979 in Urasoe City where he taught every week. Gibu Sensei was considered one of the toughest fighters of the Shorinkan but was considered to also be a master kata technician whose form “mirrored that of Nakazato Sensei.”

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

In December of 2005, Hanshi Gibu was promoted to 10th degree black belt/Judan by the *Zen Nihon Karate-Do Renmei* at the Butokukan Hombu dojo and a celebration of this great achievement was held at the Ginowan ANA hotel in April of 2006. He was later also recognized and promoted to 10th dan by the *Okinawa Karate Association* alongside his contemporaries Morio Higaonna(Goju-Ryu) and longtime friend Naoboru Ahagon who were also promoted to 10th dan.

Gibu Sensei passed away suddenly on August 27, 2012 and left a tremendous legacy in Shorin-Ryu Karate around the globe. Gibu Sensei was well known for his incredible strength, spirit and considered one of the most talented instructors of his generation however he was probably more recognized for his humbleness and kind nature towards every person he met.



His son, Makoto Gibu, was named the Kaicho (president) of the association in January of 2013. Gibu Kaicho started training with his famous father when he was only 4 years old and not only is known for his tremendous abilities in all areas of karate and kobudo, but his is recognized for having his father's kind heart and personality.

## Chosin Chibana



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

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

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

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

## The Okinawan Karate Dojo

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

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

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



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



## Dojo Etiquette and Courtesy

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

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

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

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

### **HELPFUL HINTS FOR THE MARTIAL ARTIST**

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

1. Budo begins and ends with respect
2. Do not “what if” any instructor.
3. It is disrespectful to adjust your uniform or tie on your belt facing a black belt...or anyone for that matter, or facing the front of the dojo.
4. Being the “uke” is the most important and fruitful activity in the dojo.
5. Learn from whom you are training...even if they are not a black belt or are of lesser rank.
6. There are no stupid questions.
7. Do not be pre-occupied with rank.
8. When you are ready to learn it, Sensei will teach it.
9. There is more to learn than you can know...don't rush it.
10. Remain loyal to your art and dojo

## Shorin-Ryu Questions and Answers

### **Q: Why do we bow?**

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

*Bowing should be done at the following times:*

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

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

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

### **Q: Do I have to do Kobudō (weapons)?**

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

### **Q: When do I test for belts?**

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

### **Q: Do all students have to participate in Kumite?**

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

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

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

# Shorin-Ryu Karate

## Formal Opening and Closing Dialogue

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

### Beginning of Class

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

### End of Class

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

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

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

## **Kunren (drills)**

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

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

**Empi Kunren**

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

**Keri Kunren** (start from kamaete/right leg back)

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

**Shuto Kunren**

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

## Shorin-Ryu Kata

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

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

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

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

<b>Naihanchi Shodan</b>	<b>Pinan Shodan</b>	<b>Passai Sho</b>	<b>Chinto</b>
<b>Naihanchi Nidan</b>	<b>Pinan Nidan</b>	<b>Passai Dai</b>	<b>Goju Shiho</b>
<b>Naihanchi Sandan</b>	<b>Pinan Sandan</b>		
	<b>Pinan Yondan</b>	<b>Kusanku Sho</b>	
	<b>Pinan Godan</b>	<b>Kusanku Dai</b>	

## Basic exercise kata

Kihon Kata teach proper hop rotation as well as focus and use of power.

### 1. Kihon Shodan

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

### 2. Kihon Nidan

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

### 3. Kihon Sandan

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

### 4. Kihon Yondan (all stances are zenkutsu dachi)

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

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

## **Fukyu Gata**

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

### **Fukyukata Shodan**

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

### **Fukyukata Nidan**

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

### **Fukyukata Sandan**

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

# Kumite

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

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

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

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

# Basic Kumite Rules to Remember



**Rule #1-**Don't get hit ☺

**Rule #2-** Front hand doesn't hit below the shoulder line

**Rule #3-** As a basic rule:

If defending, rely on reverse punch, side kick or front kick

If attacking use backfist, roundhouse kick, front kick, reverse punch, lunge punch.

**Rule #4-** In attacking combinations, *feet follow your hands, hands follow your feet*

**Rule #5-** NEVER turn your back (*unless you are going to execute a spinning back kick*)

**Rule #6-**NEVER lose your temper. Don't hit any harder than you would not be willing to be hit back twice as hard. Be respectful of one another.

**Rule #7-**Learn from your mistakes and your partner's. Build on your strengths and your partner's.

**Rule #8-***An extended limb is a broken limb.* Pull all techniques back immediately after impact.

**Rule #9-** Don't stand still. Never give your opponent a stationary target and use consistent movement to hide your intentions and timing.

**Rule #10-** Kumite is a never-ending learning experience. Don't get frustrated, have fun and do your best.

# Yakusoku kumite 2, 3

B delivers final counter punch to A's floating line.

A and B return to their respective places. 2nd drill.

---

**No. 2**

A attacks right Chudan Buki; B retreats, blocking with left open Uke.

A attacks again, left Chudan Buki; B retreats again, blocking with right into Uke.

---

B counters with left Mae Geri; A stops Buki, blocks down with right palm-buki.

B follows with left Jodan Buki; standing in place. A does Jodan Ape Uke.

B attacks again with right Mae Geri; A retreats again, blocking with left downward palm-buki.

B follows with a right Jodan Buki; standing in place. A blocks with left Jodan Ape Uke.

---

A counter-attacks with right Mae Geri; A stops Buki, does a double palm block.

(view from top)

A follows with a double punch to the collarbone; B shifts feet a high stance, does a double open-hand block.

B follows with a double strike to A's collarbone.

B draws A behind the mat, pulls him in for a knee kick to the sidekick.

B punches A away. 2nd drill.

---

**0.3**

A attacks high staying in place, A punches low

B open hand reverse block

A does 3rd punch low B finishes w/front kick

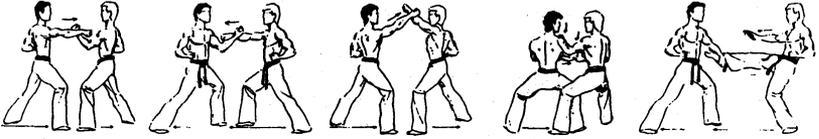
B blocks down, holds

B blocks, holds

# Yakusoku kumite 5

## No. 5

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



and punches high...



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



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



A attacks chest



B returns attack chest (twice)



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



sweeps.



and takes down.



# Kobudo



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

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

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

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

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

**Nunchaku-** Nunchaku ichi no kata, Nunchaku ni no Kata

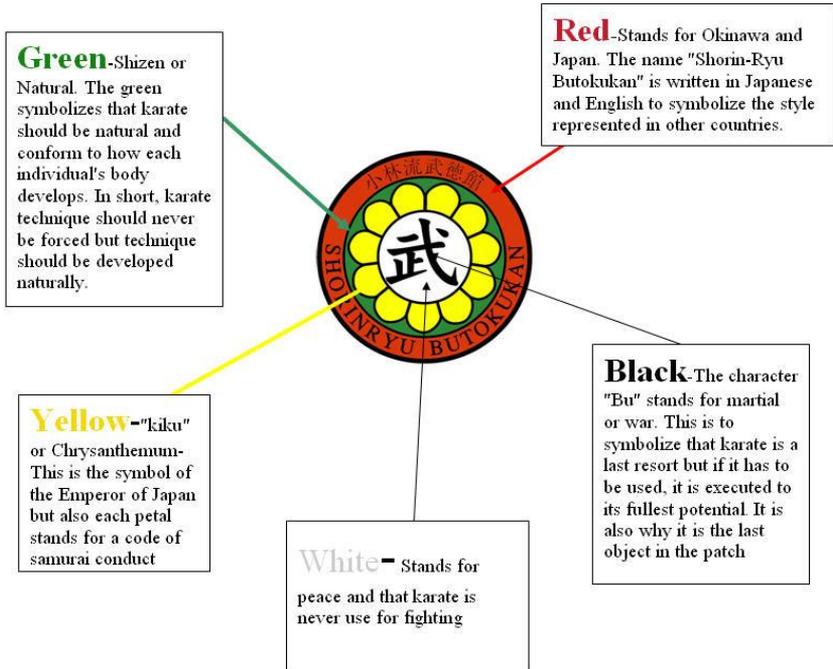
**Kama-**Kama no Kata

**Eku/Kai-** Eku no Kata

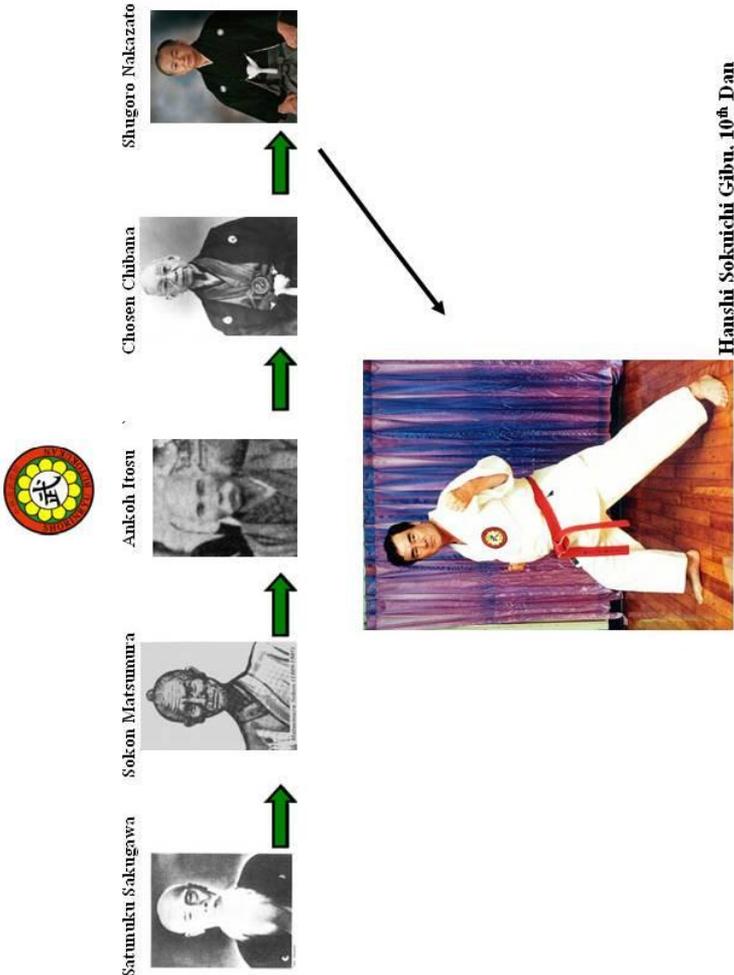
**Tekko** - Maezato No Tekko

**Timbe/Rochin-** Kanegawa no Timbe

# Butokukan Patch Explanation



**BUTOKUKAN FAMILY TREE**



# Important Dojo Shodo(calligraphy)

Shomen(front)



*Kenkyo-be humble*



*Nintai-Be patient*



There are no secrets to karate, just effort.



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

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

徳武  
沖縄小林流空手道協会会長  
範士知花朝信

Butoku-*Martial character*

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

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



**Jibun wo motte- “Don’t lose yourself”**

*Meaning*-concentrate on becoming the best you can be rather than what belt you have.



**Left-** Powerful karate only can be achieved with powerful practice.

**Right-** The practice of karate is endless



**Sessa Takuma-** *Cultivate one's mind by working hard*

Gift from Grandmaster Sokuichi Gibu

## Stances

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



### Stance #1 HEISOKU DACHI

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



### Stance #2 MUSUBI DACHI

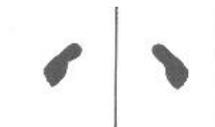


This is the same as heisoku dachi but with the feet opened to a “V” and ankles together.



### Stance #3 YOI DACHI

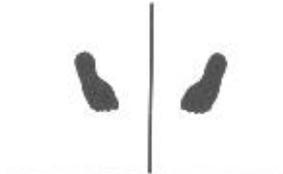
The “ready stance” or Yoi is formed by moving the left leg out so that the feet are shoulder width apart and toes pointed at 45 degrees. The fists should be at a natural position.



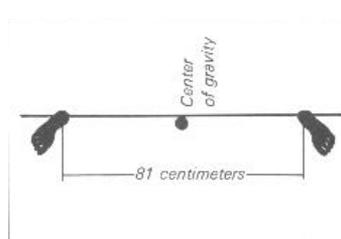


Stance #4 **NAIHANCHI DACHI**

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



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



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

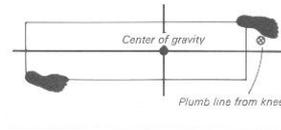
Stance #6 **SHIZENTAI DACHI (natural stance)**

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



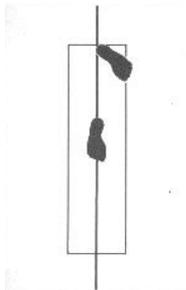
Stance #7 **ZENKUTSU DACHI (Forward Stance)**

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



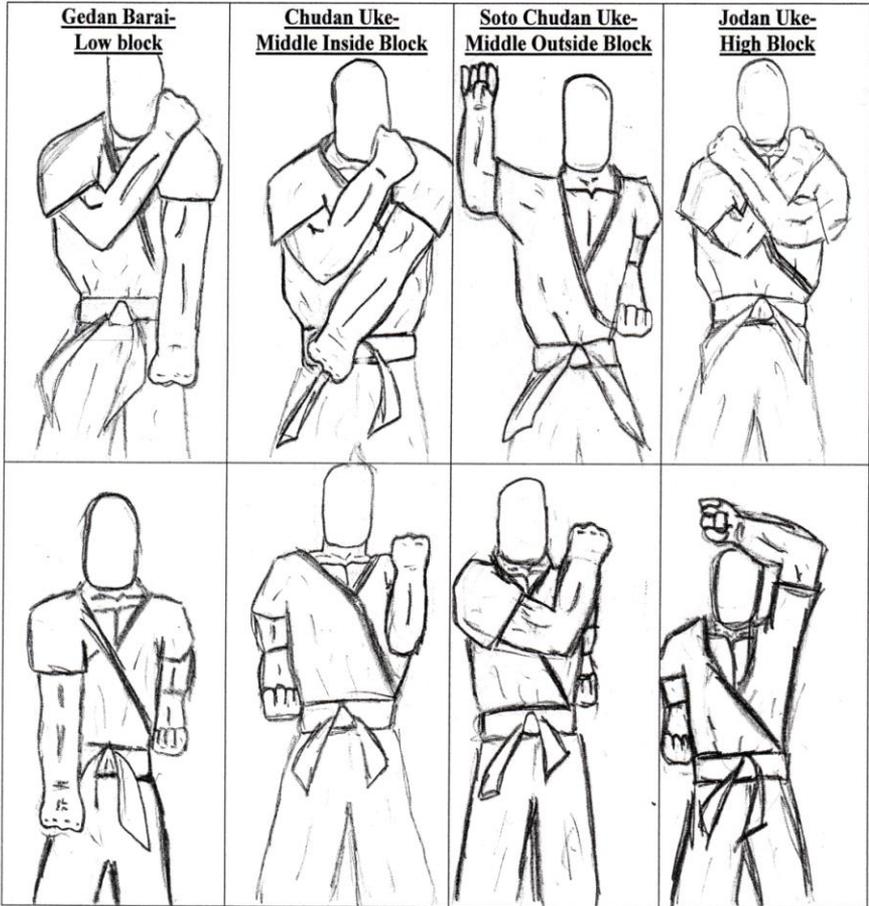
STANCE #8 **NEKO ASHI DACHI(cat stance)**

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

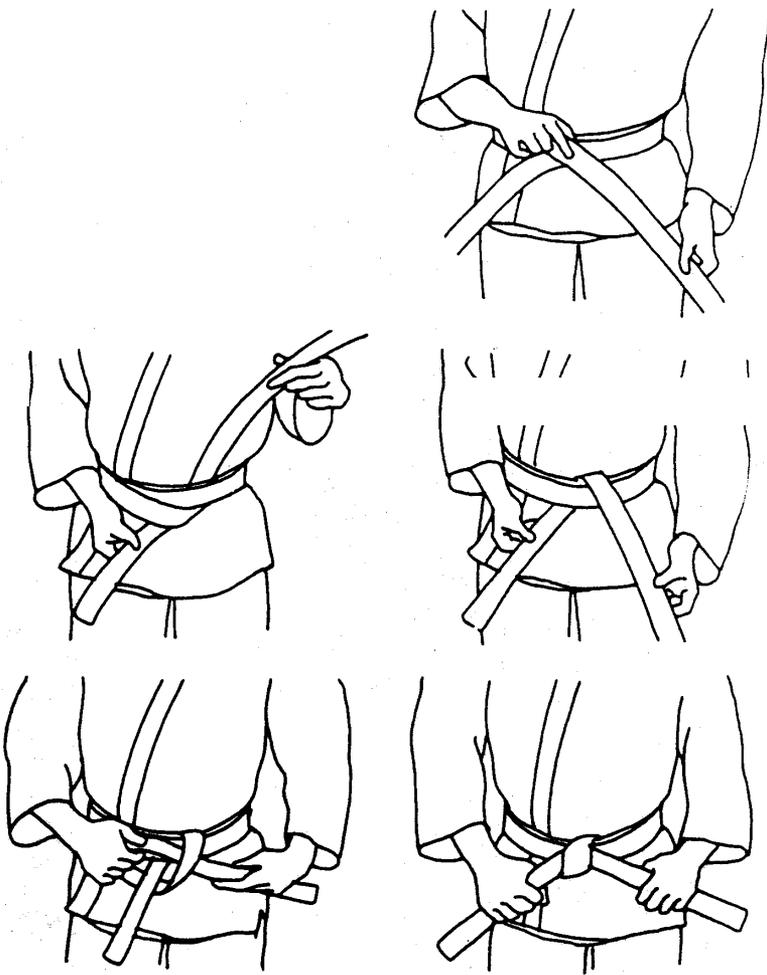


# Uke Waza

Drawings by Grant Stinson (2003)



# How to Tie an Obi



## Japanese / English Pronunciation Guide and Dictionary

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

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

### Vowels

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

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

### Consonants

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

G is always hard as in Go.

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

### Double Consonants

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

### Long Vowels

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

### Muting

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

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

**Sound Changes**

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

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

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

**Iro - Colors**

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

**Bango Numbers**

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

**Karate Ranks and Titles**

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

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

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

**Mudansha** A person who holds a kyu rank.

**Yudansha** A person who holds a dan rank.

**Karateka** A student of Karate.

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

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

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

**Renshi** An honorary title usually given to godan and rokudan.

**Kyoshi** An honorary title usually given to nanadan and hachidan.

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

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

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

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

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

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

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

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

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

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

