



YMCA Karate Club student manual background

KAWA KAN DOJO INTRODUCTION TO KARATE

Disclaimer

This manual, is designed to aid you in your mastering of karate. It is based on extensive sources and is not wholly original as I am not interested in reinventing the wheel .Instead it is intended to help point you in the right direction and give you information to help you in achieving your goals in the study of Karate..The manual is not perfect and is a live document .

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I would like to thank the YMCA for making the dojo possible and their support though all the trials and tribulations that come with running a martial arts program..

Finally I would like to thank all of the instructors and students I have worked with over the years for teaching me more about this martial art than I ever thought I would know.

YMCA Karate Club

RIVER HOUSE DOJO

WELCOME TO KARATE

Mastering any form of martial arts requires dedication and study

Karate

(Japanese for “empty hand”), taken at its simplest meaning, is a form of unarmed self defense. However, it is much more than this. This martial art embodies self-discipline, positive attitude, and high moral standards along with self-defense

There are many different karate styles, names and levels of training. There are just as many varieties in the types of students and their reasons for studying martial arts. Perhaps you have decided to study karate for self-defense, to increase your self confidence, for competitive reasons or for exercise. Whatever the reason, you have joined a rapidly growing number of people with similar goals and interests as yourself.



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As a student of the YMCA Karate Club, or **dojo**, you will be studying a hybrid of the Chito-Ryu /Shotokan style of karate.

Many of the techniques and training forms(Kata's) you will study are from The Shotokan style .Starting in 2018 the Blackbelt grading will be

SHOTOKAN

The Shotokan side of the syllabus is taught following the teachings of Gichin Funakoshi and The JKA (Japan Karate Association).There is a wealth of information on line on this style and we teach using the Traditional interpretations of these works.

Club Objectives

Enhanced physical fitness for all participants.
Fundamental understanding of self defense and basic self defense techniques.
Self control and discipline
Listening skills
Self Confidence
Public speaking and demonstration skills
Path to success through diligence and hard work
Clear understanding that you have to work for what you want

And the occasional Black belt☺

Chief Instructor and founder:

Sensei Bill Williams (4rth Dan)



The origins of modern day karate The short version

From India to Japan

In the early 6th century, a prince and knight from India, brought Zen Buddhism to China, along with a system of 18 self-defense exercises. The exercises, as a form of boxing, spread with Zen, throughout China. By the 12th century both had reached Japan. Okinawa, Japan is now considered the birthplace of karate. However, it was not until 1922 that karate was introduced to the Japanese public in general.

Gichin Funakoshi

The man credited with bringing karate to the masses is Gichin Funakoshi (1867-1955). In 1922 he introduced karate to mainland Japan. Many of the greatest martial art masters, such as Yoshida of Takudai, Obata of Keio and many others studied under him.

While a young child, Funakoshi began studying martial arts as a means of making himself stronger. After leaving Okinawa to go to mainland Japan, he began teaching what he considered the true art form of karate. His focus was placed on a series of sixteen **katas**. (He believed that three years were required per kata to truly master it).

It was after World War II that martial arts made its way to North America. Styles include Tai kwon do, Ju jitsu, Aikido and many more. From a style perspective, karate is much like judo or ju jitsu. However, more emphasis is put on kicks and punches.

The principles of karate

Mr. Funakoshi established 20 principles of karate for his students. These guides to karate help reinforce that karate is as much a state of mind as it is a physical state. As a student of karate, you will benefit greatly by repeatedly reviewing each of these.



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1. In karate, start with a bow and finish with a bow.
2. There is no first attack in karate.
3. Karate is a great assistance to justice.
4. Know yourself first, then others.
5. Spirit first: techniques second.
6. Be ready to release your mind.
7. Accidents come out of idleness.
8. Do not think that you can only learn karate in the dojo.
9. It will take your entire life to learn karate.
10. Karate-ize everything.
11. Karate is just like hot water. If you do not give heat constantly, it will again become cold water.
12. Do not think you have to win. Think, rather, that you do not have to lose.
13. Victory depends on your ability to tell vulnerable points from invulnerable ones.
14. Move according to your opponent.
15. Consider your opponent's hands and legs as you would sharp swords.
16. As soon as you leave home for work, think millions of opponents are waiting for you.
17. Low stance for beginners: natural stance for advanced students.
18. Practicing a kata is one thing and engaging in a real fight is another.
19. Do not forget: light and heavy application of power; expansion and contraction of the body; and slowness and speed of techniques.
20. Devise at all times.

Funakoshi was a man of Tao. He placed no emphasis on competitions, record breaking or championships. His emphasis was placed on individual self perfection. He believed in the common decency and respect that one person owes to another.

He was the master of masters.



Overview of martial art styles

The style of martial arts a person studies is normally identified in two ways. The first will be the general term of karate, judo, aikido, kung fu and so on. The second will refer to a specific style within a style, such as Chito-Ryo. (*Ryo* is Japanese for style).

Tactics basic to the martial arts include hand, arm, and foot blows; knee kicks; throws and trips; gripping or immobilizing; and blocks or parries using wrist, forearm, or elbow. Speed, strength, technique, alertness, timing and the element of surprise are all vital to a martial art student.

Martial art style	Highlights
<i>Aikido</i>	Derived from jujitsu within the last century. In aikido, an attack is avoided with flowing, circular movements. The opponent can then be brought to the ground with painful, immobilizing joint locks. Aikido is, with tai chi chuan, the gentlest martial art and is not practiced as a competitive sport.
<i>Judo</i>	Is a popular wrestling form developed from jujitsu by Jigoró Kanó (1860-1938), a Japanese educator. Like jujitsu, it attempts to turn an attacker's force to one's own advantage. Techniques include throwing and grappling. Judo was first included in Olympic Games in 1964.
<i>Ju jitsu or jiu jitsu (from Japanese Jû, "gentle")</i>	Uses holds, chokes, throws, trips, joint locks, kicks, and atemi (strikes to vital body areas). The techniques are gentle only in the sense that they are directed toward deflecting or controlling an attack; they can maim or kill.
<i>Karate</i>	Involves learning katas along with exercises, stretching, deep breathing, concentration skills, mental conditioning and, most importantly, attitude. (The breaking of boards or bricks is the best example of how powerful this combination can be). You will be taught how to use your hands, elbows, feet and knees to attack some of the more vulnerable areas of the human body.
<i>Kung fu (Chinese boxing)</i>	Employs kicks, strikes, throws, body turns, dodges, holds, crouches and starts, leaps and falls, handsprings and somersaults. These movements include more techniques involving the open hand, such as claws and rips, than those used in karate.



Martial art style	Highlights
<i>Sumo wrestling</i>	A popular Japanese sport, prohibits kicking, gouging, hair pulling, and the like, but allows such actions as <u>pushing, pulling, slapping, throwing, and grappling.</u>
<i>Tai chi chuan</i>	more popularly referred to as tai chi, is an ancient Chinese exercise and fighting system, still practiced in China and elsewhere in the world, mainly for its health benefits. It employs slow, graceful movements that are stylized renditions of original arm and foot blows.

The protocol and etiquette of a dojo

Protocol

As mentioned before, karate is as much about attitude as it is self defense. In keeping with this philosophy, there are certain protocols and etiquette or “rules of conduct” that are followed by students and instructors alike.

Bowing:

Bowing should be done from the waist, with you bending your upper body over. As it is a means of showing respect and humility, the deeper the bow, the greater the respect being shown.

A deep bow should be made to instructors and judges. By exposing the back of your neck within a bow, you are leaving yourself open to the instructor’s will. By doing this you show your respect and trust of that person.

When facing your opponent in a tournament or competition, the bow should be slight, without taking your eyes off the opponent.

The bow is one of the most familiar actions within the dojo. This simple, yet humble, gesture is used to show respect, both for student and teacher. As such, there are specific times when bowing is appropriate or expected.



- ☉ Entering and exiting a dojo.
- ☉ To any senior rank sensei when entering the dojo.
- ☉ When a sensei enters class wearing a uniform.
- ☉ When a sensei calls class to attention.
- ☉ When working with a partner during class, always bow before and after working together.
- ☉ During the third bow at the end of class, quietly say “arigato”.
- ☉ During a tournament or competition, always bow before entering and leaving a ring. This is done to judges and opponents.

Student conduct during class:

- ☉ Always conduct yourself with courtesy, both inside and outside the dojo.
- ☉ Instructors are to be addressed by their rightful title within a dojo or tournament.
- ☉ Higher belts will assist lower belts, and lower belts will follow their guidance with respect.
- ☉ Members will not criticize each other.
- ☉ No alcohol, drugs, candy or smoking is allowed.
- ☉ No student will provoke violence nor allow themselves to be provoked. Remember, the purpose of karate is to be able to walk away from a fight.
- ☉ No sparring without the Sensei’s permission.
- ☉ Personal cleanliness is important. Ensure that nails are clipped, feet cleaned, hair tied back, and so on.
- ☉ All **gi**’s, or uniforms, must be clean and in good repair.
- ☉ Under no circumstances will a member teach any form of karate to non-members.
- ☉ When you are left alone or asked to watch a demonstration, the proper position is to sit on your knees.
- ☉ At no time is a member to leave the dojo during training. If you must go, then properly address the Sensei and ask for permission.

Student conduct during tournaments:



- ☉ Always behave with a high level of dignity and self respect.
- ☉ Score honestly and without favoritism.
- ☉ Do not argue with judges over any score or decision.
- ☉ Bow before entering and exiting the ring as a competitor. This includes both to the judges and to the opponent.

Beginning of class:

There are specific behaviors expected when beginning and ending a class. The following is generally followed regardless of which dojo you are attending.

- ☉ Respect the protocols listed above. This includes bowing and addressing the Sensei as such during class.
- ☉ Line up, usually in three lines facing the front of the dojo. The Sensei will be in the front and center, facing the class. All members should be in the **hachiji-dachi** stance. (Referred to as the “open leg or relaxed” stance).
- ☉ The Sensei will issue the following commands:
 - **Seiza** (kneel): Kneel facing the Sensei, sitting on your feet and with hands placed on thighs.
 - **Mukuso** or Zen (meditate): Close your eyes, breath in through your nose and exhale through your mouth. This allows you quiet time to focus on the learning that you are about to do.



- **Mukuso Yame** (stop meditation): Open your eyes.
 - **Shomen Ni**: Sensei and student turn to face the front wall. (*This represents bowing to the past.*)
 - **Rei** (bow): Everyone places their hands in front of them on the floor, creating a triangle with the tips of the fingers. Bow, and then bring your upper body to an upwards or vertical position.
 - **Sensei Ni**: Sensei and students face each other and bow. (*This represents bowing to the present.*)
 - **Otagai Ni**: Students turn, face each other and bow. (*This represents bowing to the future.*)
- ☉ Sensei will have everyone stand. At this time return to hachiji-dachi, in preparation for warm-up and drills.
 - ☉ At the end of class, the same procedure is followed, with the addition of any announcements or awarding of belts. Once routine has been done, Sensei will have everyone take hachiji-dachi, then *kiyotsuke* (attention stance) and a final “*Rei*” in respect.

In addition to the protocols within a dojo, there are some general guidelines for behaviors that are followed. Here are the guidelines or the proper etiquette for both students and instructors.

Student Etiquette:

- ☉ Instructors have earned the right to be treated with the utmost respect. Bow before and after speaking to an instructor.
- ☉ Instructors should always be called *Sensei* or *Sempai* on the dojo floor, or any other time when the instructor is in uniform.
- ☉ Instructors are doing you a favor by passing on their knowledge.
- ☉ Do not interrupt when your Sensei is speaking, working out or teaching. Wait patiently to speak to her/him.
- ☉ Your instructor is flesh and blood, like yourself. Be considerate of her/his feelings.
- ☉ Do not get into an argument or try to match wits with your instructor. This is disrespectful.



- ☹ You should always be attentive when in class.
- ☹ If you have a good instructor, treat them well. It takes hundreds of students to make a good instructor.

Instructor Etiquette:

- ☹ Students are the most important people in the dojo.
- ☹ Students depend on the instructor - and the instructor on the students.
- ☹ Students are not an interruption to an instructor's training; they are the purpose of it. We repay our own instructors by teaching others.
- ☹ Students do us an honor by coming to our dojo. We do them the honor of teaching them well.
- ☹ Students are a part of our dojo, not outsiders.
- ☹ Our students are flesh and blood, like ourselves. Be considerate of their feelings.
- ☹ Do not get into an argument or try to match wits with your students. This is disrespectful.
- ☹ Students come to us with their wants, needs and trust. We our job to teach them properly.
- ☹ Students deserve to be treated with courtesy, attention, dignity and respect at all times.

The dress codes within a dojo are relatively simple. The following table summarizes the main highlights that you need to know.

Item	Description
<i>Gi</i>	This is the pajama-like garment worn in martial arts. Generally white in color. It must be kept clean at all times.



	<p>A red gi indicates the student is enrolled in the Black Belt Club (BBC) of the WKF. This indicates the student is committed to becoming a black belt.</p> <p>A black gi is often worn by instructors.</p>
<i>Belt</i>	<p>This is the long sash that goes around the waist. It's color indicates the level of training a student or instructor is at. See the GRADING section for further details on belt levels.</p>
<i>Crest</i>	<p>There are several possible crests to have. You will need your club's crest at a minimum. The WKF crest is, name tags and so on are optional.</p> <p>The placement of crests can vary, but generally you will find the club's crest either on the front or the sleeve of the gi. Crests such as the World Kobudo, are normally found on the upper part of the right sleeve.</p>

Japanese Terminology

Most of the words used within the karate dojo are Japanese. Provided within this section are guidelines to help you understand the terms. The Japanese word, its phonetic pronunciation and meaning are provided for you.

Pronunciation tips

Vowels: *a, e, i, o, u, ei, y*



- ☉ Pronounce “a” as in the word “at”.
- ☉ Pronounce “e” as in the word “egg”.
- ☉ Pronounce “i” as the “e” in the word “be”.
- ☉ Pronounce “o” as the “oe” in the word “toe”.
- ☉ Pronounce “u” as the “o” in the word “do”.
- ☉ Pronounce “ei” as the “ay” in the word “hay”.
- ☉ Pronounce “y” as in the word “yes”. It is never pronounced like the “i” in the word “cry”.

Constantants: g

- ☉ Can be pronounced like the “g” in the word “go”.
- ☉ Can be pronounced like the “ng” in the words “bring” or “king”.
- ☉ Usually pronounced with the “ng” sound. Exceptions to this are the words *gedan*, *geta*, *go*, *gohon* and *gyaku*.
- ☉ Never pronounced like the “g” in the word “gentle”.

General Terms:

Japanese	Phonetic pronunciation	English meaning
<i>arigato</i>	are-e-ga-toe	thank you
<i>chudan</i>	chew-dahn	chest level
<i>dan</i>	dan	degree of black belt
<i>dojo</i>	doe-joe	gym, club or class
<i>gedan</i>	gay-dahn	low level
<i>gi</i>	ghee	uniform
<i>hai</i>	hi	yes
<i>hajime</i>	hah-ji-me	start
<i>hidari</i>	ha-dar-ree	left
<i>jodan</i>	joe-dahn	face-level
<i>karate</i>	car-rah-tey	empty hand
<i>kata</i>	cat-ah	forms
<i>keage</i>	kay-ah-geh	snap
<i>kekomi</i>	keh-koh-me	thrust
<i>kiai</i>	kee-ai	yell
<i>kiyotsuke</i>	ki-yout-skay	attention
<i>kumite</i>	coom-i-tay	sparring
<i>mawate</i>	ma-wa-teh	turn
<i>migi</i>	mig-ee	right
<i>mukuso</i>	muk-kuh-so	meditation
<i>otagai-ni</i>	o-teh-gai-nee	turn and bow
<i>rei</i>	ray	bow



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Japanese	Phonetic pronunciation	English meaning
<i>seiza</i>	say-zah	kneel or sit
<i>sempai</i>	sem-pai	assistant teacher
<i>sensei</i>	sen-sei	teacher
<i>shomen-ni</i>	sho-men-nee	front
<i>yame</i>	ya-may	stop
<i>yasume</i>	ya-sue-may	relax / rest

Counting:

Japanese	Phonetic pronunciation	English meaning
ichi	itch	one
ni	knee	two
san	san	three
shi	shee	four
go	goe	five
roku	rook-u	six
shichi	shee-see	seven
hachi	hach-ee	eight
ku	ku	nine
ju	ju	ten

Karate:

Stances: *dachi* (dah-chee) is added to each stance

Japanese	Phonetic pronunciation	English meaning
<i>hachiji</i>	hah-chee-gee	open leg (relax)
<i>heisoku</i>	hay-so-koo	attention
<i>kiba</i>	key-bah	horse riding
<i>kiyotsuke</i>	ki-yout-skay	attention
<i>kokutsu</i>	koh-koot-sue	back
<i>musubi</i>	moo-sue-bee	attention (45 degree)
<i>sanchin</i>	san-chin	hour glass
<i>shiko</i>	shee-ko	horse riding (45 degree)
<i>zenkutsu</i>	zen-koot-sue	front

Blocks: *uke* (ade-kay) is added to each block

Japanese	Phonetic pronunciation	English meaning
<i>gedan barai (no uke)</i>	geh-dahn bar-eye	low block
<i>jodan</i>	joe-dahn	face
<i>shuto</i>	shoe-toe	knife hand
<i>soto</i>	so-toe	outside to inside



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Japanese	Phonetic pronunciation	English meaning
<i>uchi</i>	oo-chee	inside to outside

Punches: *tsuki* or *zuki* (tsue-key or zue-key) is added to each punch

Japanese	Phonetic pronunciation	English meaning
<i>gyake</i>	gya-koo	reverse
<i>oi</i>	oh-ee	lunge
<i>yama</i>	yah-mah	u-punch

Strikes: *uchi* (oo-chee) is added to each strike

Japanese	Phonetic pronunciation	English meaning
<i>empi</i>	em-pee	elbow
<i>nukitey</i>	nu-ket-tay	spear hand
<i>shuto</i>	shoe-toe	knife hand
<i>tettsui</i>	tet-tsue	hammer fist
<i>uraken</i>	er-rah-ken	back fist

Kicks: *geri* (gary) is added to each kick

Japanese	Phonetic pronunciation	English meaning
<i>mae</i>	mah-eh	front
<i>mae keage</i>	mah-eh kay-ah-geh	front snap
<i>mae kekomi</i>	mah-eh keh-koh-me	front thrust
<i>mawashi</i>	mah-wah-she	round
<i>ushiro</i>	oo-she-row	back
<i>yoko</i>	yoh-koh	side
<i>yoko keage</i>	yoh-koh kay-ah-geh	side snap
<i>yoko kekomi</i>	yoh-koh keh-koh-me	side thrust