

Updated  
January 2012



# Welcome!



Dear Parent & Student:

Welcome to Hastings Lake's Karate Program! Our instructors look forward to working with all of you! I am sure you and your family will enjoy our family oriented dojo (school).

This folder should answer most of your questions. If you have any further questions or concerns, please do not hesitate to ask your instructor.

Uniforms and sparring equipment are not required until the second session. This enables you and your child(ren) to try the class out before investing more money into it.

Subjects that this manual will cover include:

- Dates to Remember
- Beginning of Shotokan Karate
- Dojo Kun
- Dojo etiquette
- Courtesy
- Ranking system
- Promotions
- Standards
- Terminology
- Basic glossary of techniques
- Classes offered
- How to tie your belt
- 15 original Shotokan katas (forms)



HASTINGS LAKE YMCA

# HLY Shotokan Karate

## Dates to Remember for 2012:

- Winter Session: 1/2-2/18
- Spring 1 Session: 2/19-4/14
- Spring 2 Session: 4/15-6/9
- Summer Session: 6/10-8/18
- Fall 1 Session: 9/2-10/27
- Fall 2 Session: 10/28-12/22
- Kick-a-thon: July 14, 11:30am
- Stripe Testing Week: Feb 12-18
- Stripe Testing Week: Apr 8-14
- BB/BB Trg: May 5, 12, 19, 2pm
- BB/BB Exam: June 2, 2pm
- Stripe Testing Week: Jun 3-9
- Belt Exam: June 9, 2:00pm
- Stripe Testing Week: Aug 12-18
- Belt Exam: Aug 18, 2:00pm
- BB/BB Trg: Sept. 8, 15, 22, 2:00pm
- BB/BB Exam: Oct 6, 2:00pm
- Stripe Testing Week: Oct 21-27
- Stripe Testing Week: Dec 16-22
- Belt Exam: Dec 22, 2:00pm

**Dojo Kun: (this is what we say at the end of every class)**

- *Seek perfection of character*
- *Be faithful*
- *Endeavor*
- *Respect Others*
- *Refrain from Violent Behavior*





## Basic Etiquette

- Always bow upon entering and leaving the dojo (cabin).
- In the dojo, karate is your only concern.
- Always address your instructor as "sensei".
- If the sensei corrects your techniques, respond with a clear "hai sensei" (yes teacher).
- Always thank the sensei and sempai (higher ranking student) for help.
- Never correct or criticize your sempai.
- It is impolite to leave before class is over without permission. If you have a commitment, make arrangements with your sensei before the class begins.
- If you arrive late, bow and raise your hand up to get permission to enter class.
- If you become ill during class, ask your sensei for permission to leave.
- If the sensei asks for extra effort or spirit, all should reply with a spirited, "Hai" or "Osu".
- Always bow to your partner as a sign of mutual respect.
- Do not abuse your knowledge of the martial arts. Doing so will result in exclusion from training privileges.
- No gum, candy, food, or drinks are allowed while in class (with the exception of water).
- Refrain from unnecessary talking while class is in session.
- Class observers should be quiet while class is in session.
- Children should be accompanied by parents while watching class.
- Students need to make sure to hang their coats up in the center hallway.
- If a class is in session when you arrive, make sure to enter quietly.

## Basic Karate Terminology



Chudan	chew-dahn	Middle level
Dojo	doh-joh	Training Hall
Hai	hi	"Yes" used in affirmation
Hajime	hah-jee-may	Begin/start/go
Gedan	geh-dahn	Lower level
Gi	gee	Uniform
Jodan	joe-dahn	Upper level
Karate	kah-rah-tay	"The art of empty hand"
Kata	kah-tah	Forms
Kihon	key-hone	Basic Techniques
Kumite	ku-me-tay	Sparring
Kiai	key-eye	Yell/scream
Mokuso	mo-ku-so	Meditation
Osu	oss	Traditional greeting
Otagai-ni-rei	oh-tay-guy-knee-ray	Bow to each other
Rei	ray	Bow
Sensei-ni-rei	sen-say-knee-ray	Bow to teacher
Sensei	sen-say	Teacher
Sempai	sem-pie	Senior student
Shomeni-rei	show-may-knee-ray	Bow to the front
Undo	oon-doh	Exercises
Yoi	yoh-ee	Ready
Yowaku	yoh-wah-koo	Move lightly
Yame	yah-may	Stop
Yukkuri	you-koo-lee	Move more slowly



# Beginning Shotokan Karate



In 1868, a man was born named Gichin Funakoshi, the son of a minor official on Okinawa. The young Funakoshi grew up learning the martial skills of Okinawan Te from a great master named Azato. By the time he was 25, Gichin Funakoshi had mastered the art and had also become a school teacher. When a visiting schools commissioner witnessed a demonstration of his art, Gichin Funakoshi was authorized to put martial arts on the educational curriculum. Karate had at last come out into

the open, and was to be taught in schools throughout Okinawa.

In 1921, the Emperor of Japan asked Funakoshi to perform his art in front of him. So impressed was the emperor at this exhibition of fighting skill, that he asked Funakoshi to travel to Japan and teach his art there. Within five years the mild-mannered Okinawan school teacher had become the idol of Japanese martial arts circles. By now Gichin Funakoshi was approaching his 60th birthday. He set up his first training school, or 'dojo', in Tokyo. It

was known as Shotokan, or the 'club of Shoto'. Funakoshi had previously used the pen-name of Shoto when he used to write poetry, so he felt that this name was quite appropriate. Shoto means 'waving pines'. Gichin Funakoshi had laid down the foundation for the biggest school of karate in the world. Although at the time his art was still known as Okinawan hand, it was later changed into Japanese calligraphy to read karate-do, or 'the way of the empty hand'.

## 松濤館空手道

These Kanji characters make up the title for Shotokan Karate.

### NUMBERS

Ichi	ee-chee	1
Ni	knee	2
San	sun	3
Shi	she	4
Go	go	5
Roku	low-koo	6
Shichi	she-chee	7
Hachi	hah-chee	8
Ku	koo	9
Ju	joo	10
Ni-ju	knee-ju	20
San-ju	sun-ju	30
Shi-ju	she-ju	40
Go-ju	go-ju	50
Roku-ju	low-koo-ju	60
Shichi-ju	she-chee-ju	70
Hachi-ju	hah-chee-ju	80
Kyu-ju	q-ju	90
Hyaku	he-yah-ku	100

### GENERAL POLICIES

- All students must wear a karate uniform or a HLY Karate t-shirt with karate Gi pants and belt.
- Students must wear full uniforms for stripe testing and belt testing with the exception of new students under one session of training. Equipment is required after two sessions.
- All privates are schedule through the Member Service Desk by filling out a Private Lesson Request Form.
- Only qualified students will be chosen to help or SWAT (super winning attitude team) a class.
- All students are encouraged to bring water or sport drink especially during kumite (sparring) week. Refrain from drinking any soda before or during class.
- During sparring week, all students 18 and under must wear headgear and chestguard. All students must have fist guards, mouthguards, cups and supporters (males). Light contact is stressed at all times.



## Glossary of Techniques



Age Uke	Rising Block
Gedan Barai	Downward Block
Gyaku-tsuki	Reverse Punch
Kata	Forms
Kiba-dachi	Horse/Straddle leg Stance
Kihon	Basic Techniques
Kizami	Short technique in front stance
Kokutsu-dachi	Back Stance
Mae-geri	Front Kick
Mai-geri-ren-geri	Double Front Kick
Mawashi-geri	Round Kick
Mawashi-geri-ren-geri	Double Round Kick
Nekko-ashi-dachi	Cat Stance
Nukite	Spear Hand
Oi-tsuki	Lunge Punch
San-bon-tsuki	Triple Punch
Shuto-uke	Hand-edge Block
Uchi-uke	Inward Block
Ude-uke	Outward Block
Uraken	Backfist
Ushiro-geri	Back Kick
Empi-uke	Elbow Strike
Yoko-geri	Side Snap Kick
Yoko-geri-kikomi	Side Thrust Kick
Zenkutsu-dachi	Front Stance



## **Class Descriptions**

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Participants will learn the “Shotokan” style of karate. Classes will consist of basic techniques per rank level, sparring(fighting) and kata(forms). Students will learn self-confidence, discipline, self-esteem and respect in a family-oriented class. Basic Japanese language and etiquette will be introduced.

**Li'l Dragons** (ages 3-5) This class has karate-oriented games. Students work on large motor skills. No advancement in this class. Patches are earned.

**Li'l Tigers** (ages 5-8) This class is an introduction to Shotokan Karate and great for those students just getting started. Students will advance within the class.

**Beginner/Intermediate/Advanced** (ages 8+) This class goes deeper into the forms and techniques of Shotokan karate. Students will advance within the class.

**Belt Exams** Belt exams are scheduled three times a year. Dates are set for Spring, Summer, and Winter.













# Ranking System

The belt ranking system used in karate is based on similar ranking systems in other Japanese martial arts. Karate ranking has its basis in technical competence and character development, but at higher levels teaching and dedication are important factors. Karate ranking is used to measure progress and to provide feedback and incentives in training. As such, rank is not an end in itself. In fact, the process of learning karate can be a life long endeavor. For example, it takes an average of three to five years to attain the rank of first degree black belt, yet this level is considered a new beginning in karate training.

The use of ranking in karate came about after the art had been introduced to Japan by Gichin Funakoshi. Sensei Funakoshi wanted to transform karate from an unorganized system of self-defense to a respected martial art. To do this, he developed a formal system of teaching, practice and etiquette. As a part of this effort, Sensei Funakoshi patterned both the white karate uniform and the belt ranking system to those used in Judo.

The ranking system of the Hastings Lake YMCA Karate Program is found within the pages of this manual. Variations in testing procedures may occur depending on the age and experience of the students being tested. Here is a list of the ranks which may be attained:

Ju-Kyu	10th Kyu	White Belt		Sho-dan	1st Degree Black Belt
Ku-Kyu	9th Kyu	Orange Belt		Ni-dan	2nd Degree Black Belt
Hachi-Kyu	8th Kyu	Yellow Belt		San-dan	3rd Degree Black Belt
Shichi-Kyu	7th Kyu	Blue Belt		Yon-dan	4th Degree Black Belt
Roku-Kyu	6th Kyu	Green Belt		Go-dan	5th Degree Black Belt
Go-Kyu	5th Kyu	Low Purple Belt		Roku-dan	6th Degree Black Belt
Shi-Kyu	4th Kyu	High Purple Belt		Shichi-dan	7th Degree Black Belt
San-Kyu	3rd Kyu	Brown 3 Belt		Hachi-dan	8th Degree Black Belt
Ni-Kyu	2nd Kyu	Brown 2 Belt		Ku-dan	9th Degree Black Belt
Ik-Kyu	1st Kyu	Brown 1 Belt		Ju-dan	10th Degree Black Belt (Honorary)

# Class Schedule



SUNDAY	MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY	SATURDAY
		<b>Beg. Karate</b> <u>5-6 p.m.</u> <b>Int. Karate</b> <u>6-7 p.m.</u> <b>Adv. Karate</b> <b>7-8:30 p.m.</b>		<b>Beg. Karate</b> <u>5-6 p.m.</u> <b>Int. Karate</b> <u>6-7 p.m.</u> <b>Adv. Karate</b> <b>7-8 p.m.</b>		<b>Li'l Tigers</b> <u>9:30 a.m.</u> <b>Li'l Dragons</b> <b>10:30 a.m.</b>



## Stripe Testing and Belt Testing

Stripe testing is an evaluation system to see what requirements have been fulfilled during a session. This is done within class time and is usually the last week of the session.

Students are evaluated on basics, kata (forms), and kumite (sparring) for their specific rank. They are eligible to earn one or more stripes as long as they attend at least one class a week. Students earn stripes according to their age and rank as listed on their stripe testing sheets. These sheets are included in this manual.

Instructors grade on spirit, technique (more so with higher belts), memorization, power, timing, etc. The higher the rank, the more emphasis on the above. An example would be a white belt being graded on memorization and knowledge of the technique...a higher belt being graded on power, timing, attitude, spirit, etc. The instructor also knows how hard the student has been working, their attitude, and their attendance. We take all of this into consideration when handing out stripes.

A student will earn their red stripe when they have successfully completed all basics, katas and kumite according to their stripe testing sheet. Once they have earned their red strip, they are now eligible to belt test. This test is done outside of class time and here at the dojo. There is a cost to this exam according to rank and must be paid prior to the exam day and time. You may pay this cost at the Member Service Desk. Prices range from \$25.00 and up.

Once you've earned your red stripe, you are allowed to participate in the belt exam. This exam consists of three categories: basics, katas and kumite. You will be tested on everything you were tested on for your red stripe except now you must do so in front of the instructor board along with Chief Instructor, Anna Graham. If you have successfully completed your vocabulary previously, you will not be tested on them again. If you successfully complete the entire exam, you will move up to the next rank and receive your belt and certificate during class time. A new stripe testing sheet will be stapled to your old one...this packet must remain in your folder in order to test again. Do not take these sheets home.



## 15 Original Shotokan Katas

Listed below are the 15 katas which Gichin Funakoshi brought to Japan. The katas are broken up into two categories: 6 basic and 9 intermediate. Advanced katas were introduced later.

### 6 Basic Katas:

<b>Name</b>	<b>Points to be Learned</b>
Heian Shodan (Peaceful #1)	Front stance, back stance, stepping patterns, and lunge punch
Heian Nidan (Peaceful #2)	Front kick, side kick while changing directions
Heian Sandan (Peaceful #3)	Body connections in forearm blocking, back fist strike

Continued on next page...

Heian Yondan (Peaceful #4)	Balance, variation in techniques
Heian Godan (Peaceful #5)	Balance and jumping
Tekki Shodan (Horse-riding #1)	Horse stance, hip vibrations

### **9 Intermediate Katas:**

<b>Name</b>	<b>Points to be Learned</b>
Tekki Nidan (Horse-riding #2)	Grasping and hooking blocks
Tekki Sandan (Horse-riding #3)	Continuous middle-level blocking
Bassai Dai (To penetrate a fortress)	Changing disadvantage to advantage by use of switching blocks and differing degrees of power
Jion	This kata hides powerful attacking techniques within harmonious peaceful movements. Actually practiced in Shotokan & Wado-Ryu styles only.
Empi (flying swallow)	Performer deliberately creates unguarded movements in his defense In an attempt to induce his enemy to attack.
Kanku Dai (look at the sky)	Symbolizes the defenses and counter attacks against 8 adversaries.
Hangetsu (Half moon)	Takes its name from the distinctive curved foot movements
Gankaku (Crane on a rock)	Concentrates on power and balance while standing on one leg
Jitte (10 Hands)	Practiced for defense against the bow. Includes interesting ways of twisting the wrists.