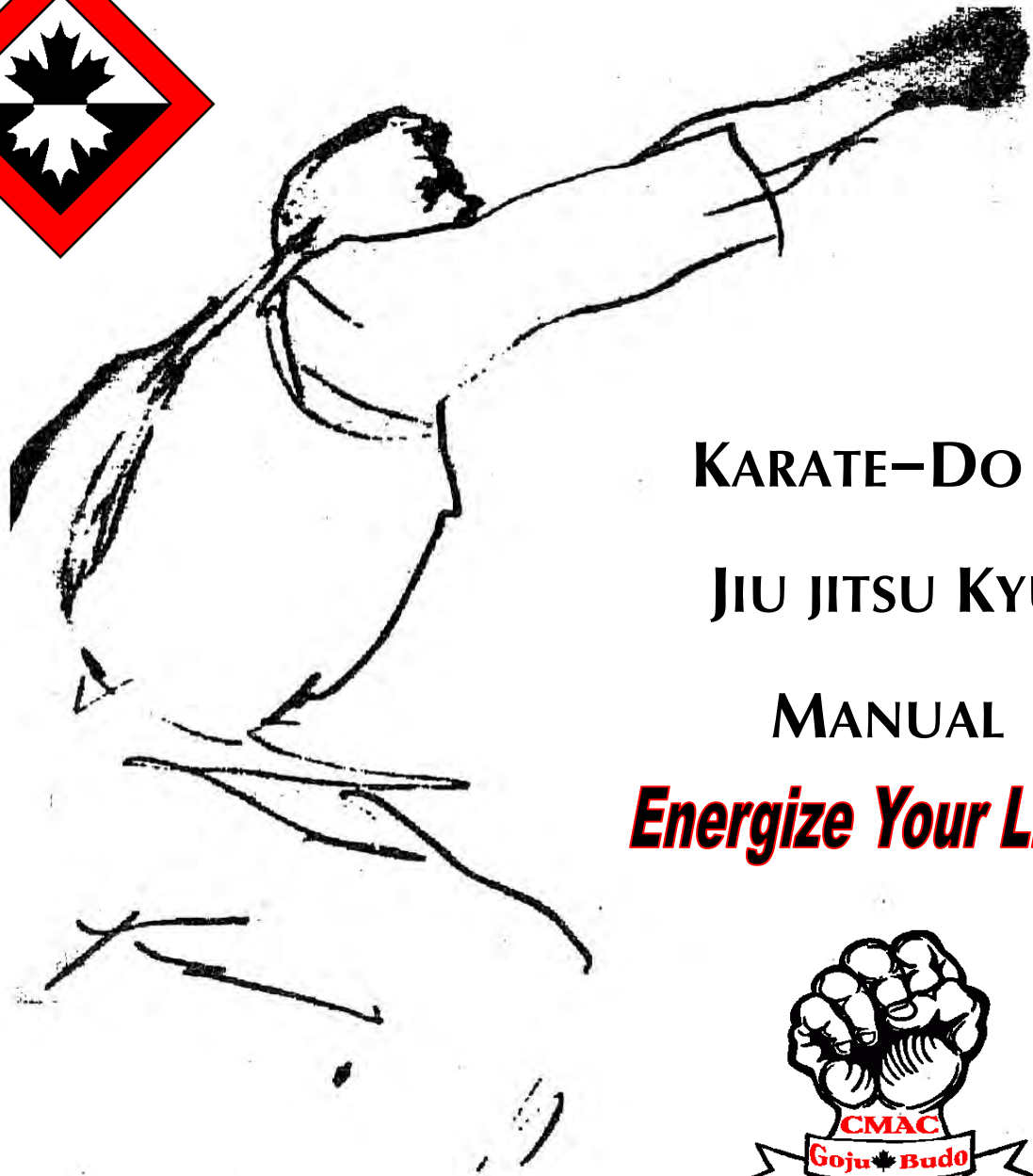


CLASSICAL MARTIAL ARTS CENTRE



KARATE-DO &

JIU JITSU KYU

MANUAL

Energize Your Life!



Toronto Central Region

Hasu, Sakura, & Enzan Dojo

Creed of Karate-Do

I face you with my empty hands

Weapons, I have none

If I should be forced to defend myself, my honour, my principles, my family

As a matter of life or death, right or wrong,

Then here are my weapons

My empty hands.



Tenets of Goju Ryu Karate-Do

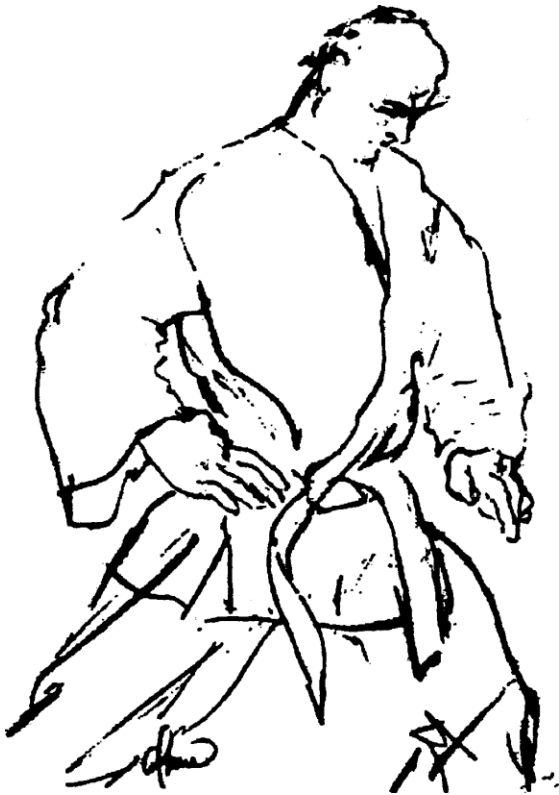
We who are studying Karate-Do aspire to these virtues.

1. We are proud to study the spirit of Goju.
2. We shall practice courtesy.
3. We shall be quick to seize opportunity.
4. We shall always practice patience.
5. We shall always keep the fighting spirit of Karate-Do.

For the uncontrolled there is no wisdom,

Nor for the uncontrolled is there power of concentration,

For him without concentration there is no peace.



*GO JU -- YIN YANG
TEACH THE OPPOSITES IN LIFE*

Be as hard as the world forces you to be.

And be as soft as the world allows you to be.

Sensei Chuck Merriman

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Basic History of Martial Arts

Origins of Karate-Do

Karate-Do owes its composition to diverse ancient fighting techniques such as Egyptian bare-handed fighting, Roman gladiatorial combat, Japanese sumo wrestling, Indian and Persian foot fighting, and the weaponless fighting found in Thailand, Malaysia, Cambodia, Laos, and Vietnam. The Chinese people were exposed to these different methods of fighting during their extensive military and economic contact with the above countries. The fighting styles were observed, analyzed, and utilized by the Chinese; and it is in China that all these styles came together and influenced the configuration of *ch'uan fa*; which is the Chinese tradition of pugilism and the forerunner of Karate-Do.

The most prevalent school of thought traces the origins of *ch'uan fa* back to the 6th century mytho-historical figure, Bodhidharma, and considers him to be the patriarch of Zen and the Chinese Martial Arts. According to legend, Bodhidharma was born in India during the early 6th century to a warrior class known as the Kshatriya. He traveled from India to the Songshan Mountains, in the Honan province of China, and founded the Shao Lin Temple.

The monks at the Temple were weak and in poor condition and thus very vulnerable to attacks from bandits and muggers.

Bodhidharma created *ch'uan fa* to help them improve physically. Bodhidharma taught 18 postures, 2 sutra, and sitting meditation (zazen). The kata include exercises and breathing techniques to foster physical health and strength which were modeled on the movements of animals i.e., the tiger, monkey, leopard, crane, and snake. The sutra were developed to foster mental and spiritual growth. These kata, sutra, and zazen, formed the fundamentals of *ch'uan fa*, the precursor of Karate-Do.

Okinawa (The roots of Goju Ryu)

The roots of Goju Ryu Karate-Do can be traced directly back to Okinawa which was called Ryukyu until 1870. In 1872 this small island officially became a prefecture of Japan.

In 1340 the Ryukyu Dynasty established tributary links with the Chinese Emperor of the Ming Dynasty, and until 1866 delegates were sent back and forth from each country. Many masters of Chinese Kempo were among the delegates from China, and they taught their art to the Okinawan nobility.

The Okinawans sent ships filled with extremely valuable presents to the



Chinese Emperor as tribute. To protect this precious cargo all the Okinawans on board (crew members and delegates) were well trained in Martial Arts. After paying tribute to the Emperor, some of the Okinawan delegates furthered their training in China before returning home.

In 1470 all weapons in Okinawa were banned and confiscated. This political move led directly to the development of two different fighting systems: *Te*, practiced by the nobility, is a form of empty hand combat; and *Kobudo*, developed by farmers and fishermen is a form of armed combat using simple tools as weapons. In both systems, training was conducted in strict secrecy.

The different styles of *Te* (Naha -te, Tomari-te, and Shuri-te) were named after the villages where they were practiced. Naha-te is the direct ancestor of Goju-Ryu Karate-Do; Shuri-te developed into Shorinji-Ryu which in turn developed into many different styles (such as Wado Ryu and Shotokan Karate-Do). A combination of Goju Ryu and Shorinji Ryu led to the development of Chito Ryu.

Chojun Miyagi

The founder of Goju Ryu Karate-Do is Chojun Miyagi. He was born in Naha Okinawa on April 25th 1888, to a noble family. His birth name, Miyagusuku, was changed to Miyagi by the Japanese. At the age of 14 Miyagi began training under Arakaki, who introduced him to his friend, the foremost Naha-te master, Kanryo Higaonna; he was his Sensei's disciple for 15 years.

In Fuzhou in Fukien Province, Miyagi studied Shao Lin Chuan and also Ba Gwa Chang (eight trigram palm -- soft fist style). In 1908 he returned to Okinawa. Using his knowledge of Chinese Kempo he adapted Naha-te to more fully reflect the hard and soft aspects of Karate-Do -- the give and take required to be successful. He invented three important kata: Tensho, Gekisai Ichi, and Gekisai Ni.



The word *goju* means hard and soft. *Go* is the Japanese word for hardness and *ju* is the word for softness. The system is based on the oriental concept that all hardness and stiffness is not good. At the same time all softness and too much gentleness is not good. The two should complement each other. This combination gives Goju Ryu its beautiful, disciplined movements, filled with grace, flowing forms and strength. Actions are sometimes extremely fast and other times slow and majestic. Goju Ryu relies on an aggressive style of attack with emphasis on delivering blows hard but with easy effort and in rapid succession, manoeuvring not only forwards and backwards but also from side to side.



Gogen Yamaguchi

Yamaguchi Sensei was born January 20, 1909 in Kagoshima, Japan. He heard of Goju Ryu Karate-Do and of the great Okinawan, Miyagi Chojun, while attending Restsumeikan University in 1929. Curious about the system, Yamaguchi Sensei, (The Cat), wrote to Miyagi Sensei and invited him to come to Japan.

The meeting of the two proved to be fateful, not only for Goju Ryu but for all Karate-Do. Yamaguchi Sensei immediately fell in love with the strange and intricate patterns displayed by Miyagi. The hard and soft approach was for him. When Miyagi Chojun Sensei left Japan to return to Okinawa he left behind him a well trained and educated follower in Goju Ryu.

In 1930, Masters succeeded in getting Karate-Do admitted into the Butoku-Kai, (the official government headquarters for the Japanese Martial Arts). That same year Goju Ryu headquarters were established in Tokyo next to the famous Giho Kai Judo Institute. In 1950 the headquarters of all Japanese Karate was relocated to Tokyo. This led to an increase in the popularity and exposure of Goju Ryu.

In 1936 Yamaguchi Sensei organized a Dojo that radically altered the development of Karate-Do. He believed that the strict Okinawan brand of Karate-Do was too static and limited, and thus, developed Jiu Kumite which did not exist in the traditional system. He blended the Okinawan Goju Ryu with yoga, and Shito elements and the Bushi (Samurai) tradition creating a typically Japanese style.

The Second World War introduced Goju Ryu Karate-Do to servicemen who helped spread it to different countries. In 1953, Miyagi Sensei passed away, leaving Meitoku Yagi to succeed him in Okinawa and with Yamaguchi Sensei continuing his efforts in expanding the art in Japan.

O'Sensei Richard Kim

O'Sensei Richard Kim is considered by many to be one of the most knowledgeable Martial Artists. Born in 1917, he began studying Martial Arts at the age of 6. His training includes Karate-Do, Judo, Shorinji-Ryu, Kempo, Tai Chi, Ba Gwa, and Boxing under many notable teachers. His vast experience in the Martial Arts has been made available to others through his writings and teachings. His students include Peter Urban, Benny Allen, Don Warrenner, and Wallace Platt.





Sensei Peter Urban

Sensei Peter Urban is a teacher, a writer, a self-employed businessman, and a consulting psychologist. His specialty is the field of martial combatives and their cognates, and he is considered the world's foremost authority on Karate-Do Psychology or Psychotherapy (Philosophical Psychoanalysis of the Martial Arts). He is the head of American Goju Do.

Sensei Urban began training in 1953 when he was 18 years old. He had gone to Japan as a sailor in the US navy and stayed for 8 years to study Karate-Do. Sensei Urban started studying in Yokohama with O'Sensei Richard Kim and then a year later trained with Sensei Yamaguchi and Sensei Mas Oyama in Tokyo. He returned to the States and taught Karate-Do,

introducing Goju Ryu to North America.

In 1965 he founded his famous China Town Dojo, and established American Goju-Do. Sensei Urban believed that America should have its own endemic Karate-Do style, in much the same way that the Okinawans and Japanese have theirs. He developed an uniquely American style which includes the additions of the Kata Empi Ha and Urban Han. His students include Skipper Ingram, Chuck Merriman, Phil Maldonato, Johnny Cool, Al Gotay, Bob Dalglish and Wallace Platt.

When Sensei Urban recently turned sixty, he was quoted as saying: "Karate has been very, very good to me and on this day I celebrate that fact forever. The purpose of Karate training is to walk with confidence in your old age. I walk with confidence. I started Karate as a very young child. That is why I walk with confidence today."

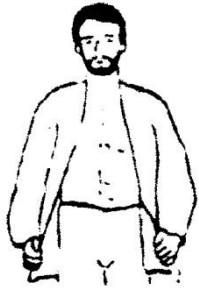
Four Tools of Discipline.

- 1. Delayed Gratification*
- 2. Take 100% responsibility for your actions*
- 3. Balance of mind, body, and spirit.*
- 4. Adhere to the Truth*

A KARATE-DO MASTER

IS ONE WHO IS LIBERATED FROM FEAR

Belt Tying Procedures (Click [HERE](#) for Online Video)



1

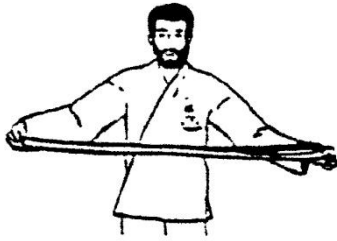


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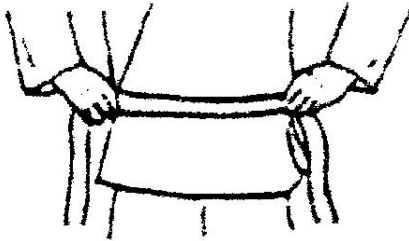


3

Make sure that your jacket ties have been properly secured first (1,2,3).

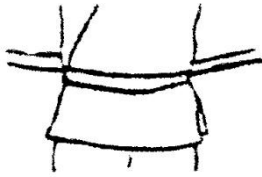


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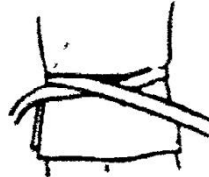


5

After you have folded the belt in half to determine the center (4), place the centerpoint at your navel (5).

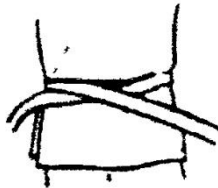


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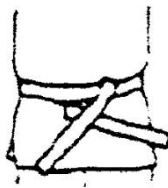


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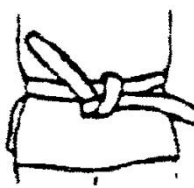
Cross each end around the back of your body (6) then continue to the front (7), placing the end in your right hand over the one in your left.



8

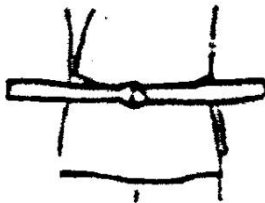


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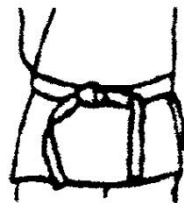


10

From there draw the overlapping ends of the belt up between the jacket and the belt (8) and complete the square knot as shown; left over right (9,10).



11



12

It is considered a matter of pride for the ends of the belt to be of equal length after the knot is neatly tied (11,12).

Kata Training

The Kata is a means of self perfection

The kata, which is sometimes translated as form or pattern, allows you to practice your combinations at full power with imaginary opponents .

It is said that, if by the time you reach black belt, you can do two kata, (and only one of them very well) your training is being maximized.

The Karate-Do kata demands complete concentration and maximum effort from its practitioner. Kata is more difficult than sparring because you are 100% in control of the action.

The means used by masters to hand down their techniques over the ages has been the kata. This fact in and of itself should give us reason to practice kata.

The essence of Karate-Do is in the kata. Practice repeatedly and indefinitely.

Kata Points

1. Kata is a series of prearranged movements designed for fighting multiple opponents.
2. Be aware of these six areas when training your forms: eyes, pace, breathing, technique, kime and kiai.
3. Performed consistently, the kata will improve your speed, balance, posture, contact, technique and co-ordination.
4. Only Sensei, Senpai, or a designated black belt can show a kyu belt a new kata.
5. Most forms have two kiai points usually set on the finishing techniques or killing blow.
6. Most kata end by stepping away from your opponent. This symbolizes that you have left your opponent alive.
7. All kata start with the right hand covered since the right hand is symbolic of strength and therefore hidden so as not to offend the opponent.
8. Visualize what you are doing when you do the kata, this will help you to understand it better.



9. Steps to follow when learning a kata:
 1. Learn the schematics of the form (the moves).
 2. Learn the proper pace of the form.
 3. Learn to do the form without thinking.
 4. Become one with the kata.
10. If you have any questions about a kata you have been taught, ask your Sensei, Senpai, or designated instructor.
11. All kata start and end with the heels on the embuson.
12. The first and last steps of a kata are the most important.



Bun Bu Ryo Do is the Way of the Pen & Sword in Accord

- ❖ *1/3 Austere Physical Training*
- ❖ *1/3 Mental Assimilation*
- ❖ *1/3 Protracted Meditation*

Energize Your Life!

SPIRIT
KARATE-DO
JIU JITSU

**Complete
Weight Loss
Self-Defense
Program**

MIND **BODY**

TAICHICHUAN
CHIGUNG
BAGWA

ANCIENT
WEAPONRY

MEN, WOMEN, & CHILDREN - DAY & EVENING CLASSES



The Three Phases of Training:

1. *Body Relaxed, Mind Tight*
2. *Body Tight, Mind Relaxed*
3. *Combination of 1 and 2*

Kumite Training



The invention of free sparring, (Jiyu Kumite), by Gogen Yamaguchi, is a relatively new addition to Karate-Do.

Ippon Kumite teaches you timing and distancing.

Sparring will help with your distance, timing, and spontaneity and development of self defense abilities. Sparring in class is the closest you can get to a

real fight without injury to yourself or your opponent. A constant change of fighting partners allows you to try your techniques in a partially controlled situation. The usual distance between partners is 30-36 inches but this will vary depending on individuals.

Points that will make you a better fighter:

1. Get in the best physical shape possible.
2. Have a calm mind when facing an opponent.
3. Have an active body, keep moving when you face your opponent. (4) See through your opponent's attacks.
4. React as quickly as possible to your opponent's move.
5. When you go in on your opponent, go in strong and with full conviction.
6. Practice basic techniques and combinations repeatedly.
7. After a foot sweep you must strike.
8. It is not enough to hit with the body, you must hit with the mind and spirit.

Should a kyu belt who is in charge of leading a class allow any type of fighting?

No! He or she does not have the experience or expertise to conduct a sparring match properly.

When sparring in the Dojo remember that there is absolutely no head contact allowed nor contact to the spine and only light body contact is permitted. Due to the risk of injury it is not permissible to attack below the belt. Dangerous throws are not allowed, but safe take-downs are encouraged. As you progress and develop control you will be introduced to CMAC international kumite rules which include more body contact and incidental head contact. But always remember that safety is the main concern when sparring a partner in the Dojo. The safest people are those that train. To ensure the safety of both yourself and your partner certain safety equipment is mandatory -- ask your instructor or someone in the office what equipment you require.

Control your emotions or they will control you.

Chinese Adage



Jiu Jitsu / Aikido Program



Ju Jitsu (also spelled jiu jitsu or jujitsu) is the technique of suppleness, flexibility, gentleness. The origins of this art can be traced to the period between 1600 and 1650. The late 17th to mid-19th century is considered the golden age of Ju Jitsu during which time more than 700 styles appeared in Japan. In those days the vital issue in Ju Jitsu was effectiveness in combat. Methods were tested in duels and public competitions among members of various schools. These encounters were frequently fatal. Such testing not only improved weapons (or techniques) and ways of employing them, but established the reputations of the survivors. The Ju Jitsu that we study comes from Daito-Ryu Aki-Jitsu. O'Sensei Richard Kim was a leading exponent of Daito Ryu Aki-Jitsu which is the forerunner of all traditional Ju Jitsu and Aikido Systems.

Ju Jitsu techniques include kicking, striking, kneeling, throwing, choking, joint kicking, holding, and tying, as well as the use of certain weapons. Most systems emphasized only one or two major techniques. Ju Jitsu was always a secondary method of combat to the warrior, since he relied so heavily on his sword.

Although Ju Jitsu techniques are initially learned one at a time in a static position, the essence of Ju Jitsu is the ability to move from one technique to another, or to a second or even a third if needed and as quickly and as often as necessary to control an attacker. Each system emphasizes only a few major techniques (waza). Every technique, is designed to illustrate and teach a specific principle which can be applied in many different situations. Some of the techniques included in this section could be included in Karate-Do or Kobudo programmes since the arts overlap.

Our Jiu Jitsu programme is presented in combination with our Karate-Do Programme since the moves and techniques complement each other.

If your Mind can Conceive it,

And believe it,

You will achieve it. (The Master Key System)

Karate-Do Grading Requirements



Our grading examinations consist of five main areas for each belt or kyu:

- The technical part.
- The written examination (which has to be 100% correct).
- The oral examination.
- Your classroom performance day in and day out.
- Your personal development in the philosophical and psychological aspects of Karate-Do / Kobudo.

The technical aspects consist of kihon, kata, kumite and self defense.

ALL grading registrations and payments must be taken care of **ONE FULL WEEK before the grading**. If this is not done then you will have to wait until the next grading. Just as we Mukso before a Kata, we must prepare before we perform. To prepare for oral and written exams, all students should review the Student manual. Look for your Grading exam and reading

requirements. Register online at the link below, and submit your written exam by email. Again please note that this must be done **1 week before the grading**.

The examination board will have at least two members on it, one of which shall be a head instructor and at least one other black belt.

Other parts of training are also taken into consideration, such as time spent at the belt level, the participant's age, physical disabilities, and -- most important -- the attitude of the student towards his or her training, the Dojo, and other students and instructors.

In the last section are all the written tests, (yellow to black belt each of which you will have to complete and hand in at the corresponding grading (adults and students over 14 years old). **At the time of your grading this exam must be handed in** to the person collecting the grading fee and doing the registration.

It is also very important that **your gi is clean and that all your crests have been sewn on** in their respective spots and that you bring the mandatory safety equipment.

One point - **don't jump the gun white belts!** The next class you attend after your grading should still be the white belt class - not the yellow belt class. Do not ask if you have passed! **Wait to be awarded your belt.**

Any other questions you may have will be happily answered by your Sensei, Senpai or the office staff. **GOOD LUCK!**

*The ultimate aim of Karate-Do lies neither in victory nor defeat,
but in the perfection of the character of its participants.*

Gichin Funakoshi

Reading Requirements

WHITE BELT

The Student Manual
The Classical Man

O'Sensei Richard Kim

YELLOW BELT

Karate-Do My Way of Life
The Karate Dojo

Gichin Funakoshi
Sensei Peter Urban

ORANGE BELT

Angry White Pyjamas
Weaponless Warrior

Robert Twigger
O'Sensei Richard Kim

GREEN BELT

The Student Manual
Code of the Samurai
The Zen Way to the Martial Arts
Moving Zen
Zen in the Martial Arts

A. L. Sadler
Tiesen Deshamaru
C. W. Nicol
Joe Hyams

BLUE BELT

The Book of 5 Rings
The Zen Way to the Martial Arts
Zen in the Art of Archery
Zen Mind Beginner's Mind

M. Musashi
Tiesen Desaru
Eugene Herrigel
Shunryu Suzuki

BROWN BELT

The Student Manual
The Chinatown Dojo
Tao of Jeet Kun Do
The Path to Liberation: The Fighting Spirit of Japan
Introduction to Buddhism
Best Karate Kumite I & II

Sensei Peter Urban
Bruce Lee
D.T. Suzuki
Nakayama

Herman Kauz

SHODAN

Review all books up to this level.
Zen Mind Beginner's Mind
Zen and the Samurai
A Man of Zen
Tao te Ching
The Art of War
Three Pillars of Zen
The Cat

Shunryu Suzuki
D.T. Suzuki
D.T. Suzuki
Lao Tsu
Sun Tzu
Roshi Phillip Kaplean
Cogen Yamaguchi



Books You Should Read

Below is list of several books considered the best for extra study.

<i>Karate Do Kyohan</i>	Gichin Funakoshi
<i>Kobudo Volumes 1, 2, & 3</i>	0 Sensei Richard Kim
<i>47 Ronin</i>	John Allyn
<i>Stretching</i>	Anderson
<i>The Method of Zen</i>	Herrigel
<i>Tao to Ching</i>	Lao Tzu
<i>The Art of War</i>	Sun Tzu
<i>Tode Jitsu</i>	Gichin Funakoshi
<i>The Cat</i>	Gogen Yamaguchi
<i>GoJu Ryu Karate I & II</i>	Gosei Yamaguchi
<i>Okinawan Goju Ryu</i>	Toguchi
<i>A Man of Zen</i>	D.T. Suzuki
<i>Zen Flesh Zen Bones</i>	Compiled by Paul Refs
<i>Karate-Do Nyumon</i>	Gichin Funakoshi
<i>The Three Pillars of Zen</i>	Roshi Philip Kapleau
<i>Before Thinking: Saturday Morning Dharma Talks</i>	Ven. Anzan Hosin Sensei
<i>Four Gates of Zen Practice: A Beginner's Manual</i>	Ven. Anzan Hosin Sensei
<i>Secrets of the Samarai</i>	0 Sear Ratti/Adele
.....	Wesbrooke
<i>Iai The Art of Drawing the Sword</i>	Darell Craig
<i>This is Kendo Sasmori/Warner The Unfettered Mind</i>	Ta Kuan

"Bun Bu Itchi"

Pen and sword

in accord

Adult Karate-Do Kata Requirements

CMAC GO JU BUDO	OTHER GO JU RYU	OTHER RYU	YAKU SOKU KUMITE / FUTARI NO KATA
White Belt Taikyoku Gedan Taikyoku Chudan Taikyoku Jodan			Kihon Yaku Soku
Yellow Belt Taikyoku Soto Chudan Taikyoku Mawashi Uke Taikyoku Kake Uke Gekisai Itch		Wanshu	Yaku Soku Kumite Itch Yaku Soku Kumite Ni Gekisai Itch
Orange Belt Sanchin Taikyoku Dai Chu Sho Gekisai Ni		Hangetsu	Yaku Soku Kumite San Gekisai Ni Yaku Soku Sanchin Yaku Soku Hangetsu Futari
Green Belt Taikyoku Mawashi Kake Uke Tensho Saifa		Itosu Rohai Shodan Shi Ho Hai	Yaku Soku Kumite Shi Tensho Yaku Soku Kake Uke Yaku Soku
Blue Belt Nahate Saifa Sanchin Tensho Seiunchin	Urban Empi Ha Way of the Wolverine	Wan Quan Nihanshi Nidan Ni Sei Shi Sho	Sanchin Tensho Yaku Soku Neko Ashi Dachi Yaku Soku Saifa Yaku Soku
Brown Belt Gedan Te Nahate Sanseiru Sanseiru	Sakomoto Sho Urban Taikyoko Synthesis	Bassai Dai Nihanshi Sandan	Neko Futari No Kata Sanseiru Yaku Soku Shaolin Futari Sen Sen No Kache

For your Kihon (basics) requirements, please click [HERE](#)

*Know the enemy
and know yourself
and in one hundred battles you will never be in peril.*

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

*If ignorant of both your enemy
and of yourself,
you are certain to be in peril in every battle.*

Sun Tzu



Adult Jiu Jitsu Requirements



Belt levels coincide with Karate-Do levels. We incorporate the techniques when you are at this level in Karate-Do and may be part of your Karate-Do grading.

White Belt

Hand Grabs

Right to left, left to right

Left to left, right to right

Hand Shake

Two on One

Double Hand Grab

Back Break Fall

Front Roll

Yellow Belt

Lapel Grabs
Right to left, left to right
Left to left, right to right
Both Hands
Front Choke

Side Break Fall, left and right

Front Break Fall

Orange Belt

Hair Pulls, front and back
Back Choke
Back Shoulder Grab
Back Double Shoulder Grab

Roll and Slap

Back Roll

Front Kick Take Down

Green Belt

Bear Hug
Full Nelson
Head Lock

Standing Rolls

Standing Falls

Side Kick Take Down

Push and Pull

Blue Belt

Swan

Haraiotoshi Take Down

Mawashi Take Down I

Brown Belt

Floor Fighting

Flip

Saoe Nage I, II, III

Scissors Take Down

Mawashi Take Downs II, III

The five Stages of a Self Defence Situation are:

- 1. Block*
- 2. Counter*
- 3. Break*
- 4. Take-down*
- 5. Finish*



Books Studied

	Title	Author	Date
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
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18			
19			
20			

Not being dumb is more important than being smart

O'Sensei Richard Kim

Grading Record

Level	Date	Instructor
Yellow Belt (5 th Kyu)		
Orange Belt (4 th Kyu)		
Green Belt (3 ^d Kyu)		
Blue Belt (2 nd Kyu)		
Brown Belt (1 st Kyu)		
Brown/Black Belt		
Black 1 st Dan		
2 nd Dan		
3 rd Dan		
4 th Dan		
5 th Dan		



Seminar Record

	Topic	Instructor	Date
1			
2			
3			
4			
5			
6			
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12			
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14			
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20			

By the time you grade for your Shodan you should have attended at least 3 seminars.

To know and not to do is not to know.

Confucius

Glossary of Terms

STANCES (DACHI)

Bensoku Dachì	female horse stance heel down
Fudo Dachì	free stance, immovable stance
Neodashì	leaning to the back but looking to the front
Harai Uke	bow and arrow block
Han Zenkutsu Dachì	half of a forward leaning stance
Heiko Dachì Shizentai	natural stance
Heisoku Dachì	attention stance
Kiba Dachì	straddle stance
Kokutsu Dachì	back stance
Koshi Dachì	squatting ball of foot position
Kossa Dachì	cross leg stance heel up
Musubi Dachì	mukso stance
Neko Ashi Dachì	cat stance
Sage Ashi Dachì	heron stance
Sanchin Dachì	hour glass stance
Shiko Dachì	sumo stance
Suri Ashi	sliding step (backwards)
“T” Ji Dachì	“T” stance
Tsuru Ashi Dachì	crane resting stance
Zenkutsu Dachì	forward leaning stance

BLOCKS (UKE)

Choko Uke	butterfly block
Chudan Soto Uke	outside middle area forearm block
Chudan Uchi Uke	inside forearm block
Gedan Barai	downward sweeping block
Harai Uke	archers block
Haraiotoshi Uke	three point block
Hojo Uke	augmented forearm block
Jodan Age Uke	upper rising block
Joge Uke Haisho	middle and lower block
Juji Uke	‘X’ shaped block
Kake Uke	wrist hook block
Kakewake Uke	double hooking block
Kakuto Uke	bent wrist block
Mawashi Uke	wheel wrist block
Sukui Uke	sweeping block
Tesho Uke	palm heel block
Tora Guchi	tiger mouth block
Osae Uke	press block

PUNCHES (ZUKI)

Age Zuki.....	uppercut
Gurt Zuki.....	spinning back fist
Gyaku Zuki.....	reverse punch
Heiko Morote Zuki.....	parallel double fist punch
Kagi Zuki.....	hook punch
Kizami Zuki.....	lead hand jab
Morote Zuki.....	double fist punch
Oi Zuki.....	lunge punch
Seikan Zuki.....	forefist punch
Tsute Zuki.....	vertical fist punch
Ura Zuki.....	palm up punch

STRIKES (UCHI)

Enpi.....	elbow strike
Haishu.....	back hand
Haito.....	ridge hand
Ippon Ken.....	single knuckle
Nukite.....	spear hand
Ko Uchi.....	bent wrist strike
Shuto.....	knife hand strike
Tesho.....	palm heel strike
Tetsui.....	hammer fist
Ura Haito.....	palm up ridge hand
Ura Ken.....	back fist punch

KICKS (GERI)

Ashi Barai.....	foot sweep
Fumikomi Geri.....	stamping kick
Hiza Geri.....	knee kick
Kansetsu Geri.....	knee joint kick
Kakato Otoshi.....	axe kick
Kake Geri.....	hook kick (reverse Mawashi Geri)
Mae Geri.....	front kick
Mae Geri Keage.....	front snap kick
Mae Tobi Geri.....	flying front kick
Mawashi Geri.....	roundhouse kick
Mawashi Geri Keage.....	snap roundhouse kick
Mawate Mikazuki Geri.....	spinning crescent kick
Mawate Mikazuki Tobi Geri.....	spinning flying crescent kick
Mawate Yoko Tobi Geri.....	spinning flying side thrust kick
Mikazuki Geri.....	crescent kick
Ushiro Geri.....	back kick
Ushiro Kakato Geri.....	back kick with blade of foot
Yoko Geri.....	side thrust kick
Yoko Geri Keage.....	lead leg side thrust kick
Yoko Tobi Geri.....	flying side thrust kick

JIU JITSU

Ukemi Waza	falling techniques
Ushiro Ukemi	back breakfall
Zenten	frontRoll
Yoko Ukemi	side breakfall
Mae Ukemi	front break fall
Koten.....	back roll
Zenten Ni	roll and slap
Zenten San	flip
Aiki Mae Ukemi.....	swan
Nage Waza	throwing techniques
Koshi Waza.....	hip techniques
Ashi Waza.....	foot/leg techniques
Katame Waza.....	grappling techniques
Osaе Waza.....	holding techniques
Shime Waza.....	strangling techniques
Kansetsu Waza	bending and joint techniques

HUMAN ANATOMY

Atama.....	head
Kasomi.....	teple
Mimi.....	ear
Kubi.....	neck
Nodo	throat
Kao.....	face
Me.....	eyes
Uto.....	bridge of nose
Jinchu.....	upper lip
Kuchi.....	mouth
Ago.....	chin / jaw
Kami.....	upper body
Kata.....	shoulder
Waki	armpit
Ude.....	arm
Hiji	elbow
Te Kubi.....	writs
Te	hand
Kobushi.....	knuckles
Mune.....	chest
Sui-getsu.....	solar plexus
Hara	stomach
Do.....	waist
Tanden.....	abdomen
Myojo.....	groin
Tsurigane.....	testicles
Koshi.....	hip

Mottothigh
Hiza knee
Hiza Gashia knee cap
Ashilet / foot
Ashi Kubi.....ankle
Kakato..... heel
Ashiuraball of foot
Ashi No Yubi..... toe



Yellow Belt Karate-Do Exam

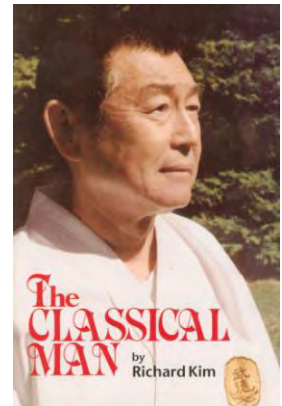
Goals	Date Set	Date Achieved
1.		
2.		
3.		

Goals are Dreams with a Schedule, Deadline, and Time Table

1. Complete this sentence: Don't Break your_____.
2. What are the Martial Virtues?
3. What does Goju Ryu Karate-Do begin and end?
4. With what does Karate-Do begin and end?
5. What do the colours red, black, and white on the Goju fist and CMAC crest stand for?
6. What is the significance of the shapes of the crests?
7. What are the pictures in the front (Shomen) of the Dojo and what is their significance?
8. What is the usual length of time to receive your first black belt?
9. What does Taikyokyu mean?
10. What are Sensei Urban's rules of the Dojo?
11. Describe a Shiko dachi.
12. What does the prefix "Oi" mean? Describe an "Oi" technique.

Questions from the Classical Man

1. **Hito-kata san-nen.** Translate and explain.
2. What is the point of the Story of the Pleasers?
3. How Straight the Gait. Explain.
4. **Iwo no mi.** Translate and explain.
5. **Karate ni sente nashi** – Translate and explain.
6. What could te Fox have learned from the Cat?
7. **Dojo nomino karate to omou na** (Funakoshi's 8th precept). Translate and Explain.
8. What are the three steps of the psychology of the Martial Artist?
9. What is the absolute truth.
10. What are the three most important things you learned from this book?



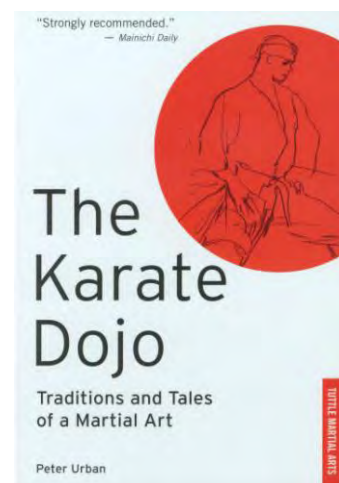
Orange Belt Karate-Do Exam

Goals	Date Set	Date Achieved
1.		
2.		
3.		

1. Success equals 1% and 99% of what?
2. How many students does it take to make a worthwhile Sensei?
3. Name the animals after which the Bodidharma developed martial Arts, and describe how and what he did.
4. Which animal represents our style?
5. What does **Gekisai Itchi** mean?
6. What does **Mawashi** mean? Give an example of a Mawashi technique?
7. Name the four tools of discipline.
8. Finish this sentence: The essence of Karate-Do is in the_____.
9. Describe a Zenkutsu dachi.
10. What are the five stages of self-defense?
11. What does the prefix “Gyaku” mean? Describe a “Gyaku” technique.
12. Besides the pictures, what is the significance of the other objects in the Shomen.

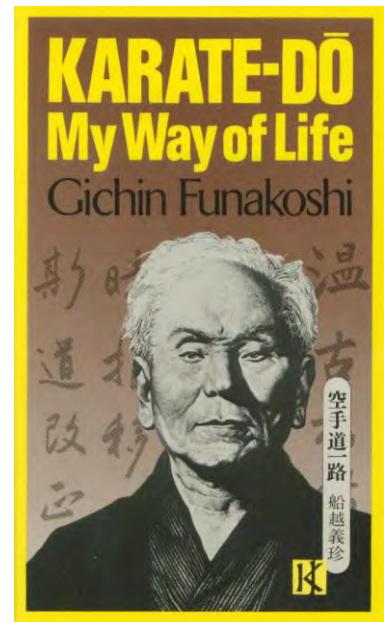
Questions for the Karate Dojo

1. What is Zen Ken Isho?
2. What is Yamoto Damashi?
3. What is The Central Theme that is repeated night after night?
4. Of what does focus consist?
5. What are two non-auditory aspects of Kiai?
6. What is a regrettable moment of the unskilled?
7. Who is the Hapanese Magician and how did he earn his name?
8. Who is Sensei Urban and what is his significance?



Questions from Karate-Do My Way of Life

1. What Japanese martial Arts term appears in the most ancient anthology of Poetry, the *Manyoshu*?
2. What is the topknot and what does it represent and why?
3. When and why did Gichin Funakoshi consider making Karate-Do his way of life?
4. What is it that Karate-Do is not, and what of Master Kiyuna in this respect?
5. How does one deal with the much stronger opponent who has great skill and who terrifies you?
6. How did Master Azato suggest the Gichin Funakoshi regard his arm and leg, and how did Master Otosu suggest he train his body?
7. What is to be learned for the story of Matsumura?
8. What can you learn from The Viper?
9. How does one win by losing?
10. What are the six rules of training and explain each?



Green Belt Karate-Do Exam

Goals	Date Set	Date Achieved
1.		
2.		
3.		

1. Give the meaning of Sanchin
2. Who is Sensei' Sensei?
3. What does *jiyu kumite* mean?
4. Name the areas that lead to physical perfection of kumite.
5. Why is warming up important before stretching?
6. Why is stretching important?
7. Why is cooling down important after training?
8. What is the ultimate aim of Karate-Do?
9. Where does Wanshu come from and what does it mean?
10. Describe a Niko Ashi Dachi.
11. What was Gichin Funikoshi's major contribution to Martial Arts?
12. Describe a Sanchin Dachi.



Blue Belt Karate-Do Exam

Goals	Date Set	Date Achieved
1.		
2.		
3.		

1. Give the meaning of Saifa.
2. Give the meaning of Tensho.
3. Most katas begin and end with a _____.
4. The kiai in kata usually falls on a _____.
5. Seek wisdom not _____.
6. List the three phases of training.
7. Name three phases of a punch.
8. Why do we train foreign kara?
9. Name three of the types of kime.
10. Describe a Kokutsu Dachi.
11. Who was Chojun Miyagi's sensei and where did he train?



Brown Belt Karate-Do Exam

Goals	Date Set	Date Achieved
1.		
2.		
3.		

1. Karate-Do was introduced to Japan in the year .
2. Higashionna's number one student was .
3. Give the meaning Seiunchin.
4. Power is rooted in the _____, developed by the _____
_____, and directed by the _____.
5. What is "in ibuki" breathing?
6. What is "yo ibuki" breathing?
7. Who were Higashionna's teachers?
8. Who invented Sanchin Tensho?
9. Describe a Mikazuki Geri.
10. Describe a reverse Mawashi Geri.
11. What are the benefits of adding a spin and or a jump to your technique, and what are the drawbacks?
12. What role does Kihon have in Martial Arts training and why?



Black Belt Karate-Do Exam

Goals	Date Set	Date Achieved
1.		
2.		
3.		

1. Name the heads of Japanese Goju Ryu and American Goju Ryu.
2. The Martial Artist is an artist of _____.
3. Ki Moshi means _____.
4. The three battles in Sanchin kata are battles of _____.
5. To make changes a person must be _____.
6. Name the five major styles of Japanese Karate-Do.
7. Name the four Possessions of a Samurai.
8. Explain the methods of formation of power in the techniques of Karate-Do.
9. Why is the essence of Karate-Do in the Kata?
10. **Bun Bu Ryo Do**. Translate and explain.
11. What is **Bunkai**?

