

BEGINNING KARATE

As with any new endeavor, Karate for the beginner may seem very confusing. These sheets contain a basic introduction to Karate-Do (the way of Karate) proper etiquette, philosophy and terminology.

Karate-Do is more than a sport - it is a martial art for the development of character and physical ability through training. An empty handed art of self-defense with ancient roots in many Asian countries, karate has been developed and refined into several styles.

Japan Karate Association of Albany, Inc. teaches Shotokan, the most popular Japanese style karate, which was developed by Gichin Funakoshi. More than ten million people around the world practice it. This club is a member of the Japan Karate Association World Federation and the Shotokan Karate-Do America Inc.

Japanese etiquette is followed in the dojo (training area). The basic rules are as follows:

1. Bow as you enter or leave the dojo (this is an expression of courtesy and respect).
2. Bow to the Sensei (teacher) as he enters the dojo. Your teacher is addressed as Sensei during class. Black Belt instructors or assistants to the instructor are addressed as Sempai (Senior).
3. Follow the formal opening and closing ceremony explained hereafter.
4. Class generally begins with the command "line up". Students line up in front of and facing the Sensei, more advanced students to his right. Position in line is determined by the individuals rank and date achieving that rank, i.e. a first degree black belt of two years standing is more senior than a newly passed first degree black belt.
5. No talking during an instruction period or practice. If you understand an instruction or command reply with the Japanese word "Hai". (Yes-ok). If you have a question, or do not understand raise your hand.
6. During class stand only in heisoku-dachi (informal attention stance) feet together, arms relaxed, the hands lightly touching the thighs and eyes focused straight ahead, or Hachiji-dachi (ready stance) - feet apart, shoulder width - hands in fists in front of hips and eyes focused straight ahead until you are told relax or shake it out. Movements, such as yawning, scratching or looking around are not permitted. Lounging and leaning against walls are also not permitted.
7. Do not leave the dojo during class without requesting permission to do so.
8. After completing the introductory beginners classes all students must wear a gi (traditional white uniform). Training is in bare feet. When adjusting the gi a student must face the rear of the dojo.

9. All students must follow the basic rules of hygiene. Bathe regularly, cut fingernails and toenails and wash your practice clothing at least once or twice a week. Belts are not normally washed, as they will shrink.
10. No jewelry or other ornamentation may be worn during class. No patches or emblems are allowed on the gi. Headbands are not allowed unless needed. If needed, they should be white only. Protective pads may not be worn except to protect an injury.
11. Always be on time for class. It is suggested that a student arrive fifteen (15) minutes before start of class. If a student comes late because of some unavoidable circumstance he must saiza (kneel) at the rear of the practice floor until the instructor gives permission to join the class. Time is needed to wash the dojo floor before training begins, and if you miss the warm-up, you may well pull a muscle or injure yourself later in practice.
12. Smoking and food are not allowed in the dojo. Towels, articles of clothing, shoes, etc. are not allowed on the dojo floor.

NEW STUDENTS

A person starts out in Karate by taking special beginner instruction for a period of about a month. During this time loose clothing such as sweat pants or shorts and tee shirt are suggested attire. After learning the basic stances, blocks, punches, and kicks, the student joins the regular class. At this time, the student must wear a gi with a white belt. Kyu testing is normally every three months (March, June, September, and December) and is the method whereby a student advances in rank. Dan testing is twice a year.

FORMAL OPENING AND CLOSING CEREMONY

On the command, "line up", students form a line, highest in rank to the left, lowest in rank to the right. Sensei faces the front of the Dojo, his back to the class. The highest ranking student gives the command, "saiza" (formal sitting position) and all kneel and sit back on their heels with backs straight, knees apart approximately the distance of two fists touching those of the students on either side, hands with fingers closed resting on their thighs and eyes straight ahead. With the command "mokuso" (clear your mind), all close their eyes and meditate for a few moments to empty their mind of the days activities and prepare it for learning. When the word "yame" (stop) is spoken all open their eyes. On the next Command "shomen ni rei" (to the front bow) all bow in unison. Sensei will turn and face the class. Then the senior student will say "Sensei ni rei", at which time Sensei and students bow to each other, stand, and class begins.

At the end of class "line up", "saiza", "mokuso" and "yame" are commanded as in the beginning. The senior student recites the Dojo Kun (principles we strive for) and all students repeat each line after him.

Dojo Run

Seek perfection of character
Be faithful
Endeavor
Respect others
Refrain from violent behavior

The senior student says, “shomen ni i” and “Sensei ni rei” as in the beginning. All students then say “thank you Sensei” at which time the Sensei will then rise and leave the practice area. At this point, class is officially over and students stand and leave the dojo floor in order of rank.

RANKING

RYU (CLASS) RANKS

8 TH 7 TH	White Belt
6 TH 5 TH 4 TH	Green Belt
3 RD 2 ND 1 ST	Brown Belt

DAN (Black Belt Degrees)

1 ST	Shodan
2 ND	Nidan
3 RD	Sandan
4 TH	Yodan
5 TH	Godan
6 TH	Rokudan
7 TH	Shichidan
8 TH	Hachidan
9 TH	Kudan

GLOSSARY

AGE ZUKI:	Rising Punch
AGE UKE:	Rising block
AWASE ZUKI:	U - punch
CHOKU ZUKI:	Straight punch
CHUDAN:	Chest area
DOJO:	Training hall
EMPI:	Elbow
EMPI UCHI:	Elbow Strike
FUDO DACHI:	Rooted stance
FU1I1KOMI:	Stamping kick
GEDAN:	Lower area of body
GEDAN BARAI:	Downward block
GI:	Uniform worn during practice
GYAKU ZUKI:	Reverse (counter) punch
HACHIJI DACHI:	Open-leg stance
HAISHU:	Back-hand
HAISHU UCHI:	Back-hand strike
HAISHU UKE:	Back-hand block
HAISOKU:	Instep
HAITO:	Ridge-hand
HAITO UCHI:	Ridge-hand strike
HAJIME:	Command to begin
HANGETSU DACHI:	Half-moon stance
HANMI:	Half-front facing posture

HEIKO DACHI:	Parallel stance
HEIKO ZUKI:	Parallel punch
HEISOKU DACHI:	Informal attention stance
HIDARI:	Left
HIRAKEN:	Fore-knuckle fist
HIRAKEN ZUKI:	Fore-knuckle fist straight punch
HITTSUI:	Knee
IPPON:	One point
IPPON KEN:	One-knuckle fist
IPPON KEN ZUKI:	One-knuckle fist straight punch
JYU KUMITE:	Free-style sparring
JODAN:	Face area
JUJI UKE:	X-block
KAGI ZUKI:	Hook punch
KAKATO:	Heel
KAKE UKE:	Hooking block
KAKIWAKE UKE:	Wedge block
KAKUTO:	Bent wrist
KAKUTO UKE:	Bent wrist block
KANKU:	“Viewing the sky”
KARATE:	Empty-hand fighting
KATA:	Forms, or formal exercise
KEAGE:	Snap kick
KEITO:	Chicken-head wrist
KEITO UKE:	Chicken-head wrist block

KEKOMI:	Thrust Kick
KERI:	Kicking
KIBA DACHI:	Straddle-leg stance
KIHON KUMITE:	Basic sparring
KOKUTSU DACHI:	Back stance
KOSHI:	Ball of foot
KUMADE:	Bear-hand
KUMITE:	Sparring
MA-AI:	Distancing
MAE GERI:	Front kick
MAE GERI KEAGE:	Front snap kick
MAE GERI KEKOMI:	Front thrust kick
MAE TOBI GERI:	Jumping front kick
MAKIWARA:	Punching board
“MATE!”	“Wait!”
MAWASHI GERI:	Roundhouse kick
MAWASHI ZUKI:	Roundhouse punch
MIGI:	Right
MIKAZUKI GERI:	Crescent kick
MOROTE UKE:	Augmented forearm block
MOROTE ZUKI:	Double-fist punch
MUSUBI DACHI:	Informal attention Stance, feet turned out
NAGASHI UKE:	Sweeping block
NEKO ASH DACHI:	Cat stance
NIDAN GERI:	Double kick
NIHON NUKITE:	Two-finger spear hand

NUKITE:	Spear hand
Of ZUKI:	Lunge punch
SANCHIN DACHI:	Hourglass stance
SEIKEN:	Fore-fist
SEIKEN CHOKU ZUKI:	Punch
SEIRYUTO:	Ox-jaw hand
SEIRYUTO UKE:	Ox-jaw hand block
SENSEI:	Teacher
SHIAI:	Contest
SHIKO DACHI:	Square stance
SHIZEN TAI:	Natural stance
SHUTO:	Knife-hand
SHUTO UCHI:	Knife-hand strike Fore-fist straight
SHUTO UKE:	knife-hand block
SOCHIN DACHI:	Diagonal Straddle- leg stance
SOKUTO:	Edge of foot
SUKI:	Opening
SUKUI LIKE:	Scooping block
TANDEtl:	Lower Stomach
TATE SHUTO:	Vertical knife- hand
TATE SHUTO UKE:	Vertical knife-hand block
TATE ZUKI:	Vertical fist punch
TEIJI DACHI:	I-stance
TEISHO:	Palm-heel
TEISHO UCHI:	Palm-heel strike

TEISHO UKE:	Palm-heel block
TOBI KERI:	Jump kick
TSUKAMI UKE:	Grasping block
TSUKI:	Punching
TSUKI LIKE:	Punching block
UCHI:	Striking
UCHI WAZA:	Striking
UDE:	Forearm
UDE UKE:	Forearm block
URAKEN:	Back-fist techniques
URAKEN UCHI:	Back-fist strike
USHIRO:	Back
USHIRO GERI:	Back Kick
WAZA-ARI:	Half point
YAMA ZUKI:	Wide U-punch
YOKO:	Side
YOKO GERI:	Side kick
YOKO GERI KEAGE:	Side snap kick
YOKO GERI KEKOMI:	Side thrust kick
YOKO TOBI GERI:	
ZENKUTSU DACHI:	Forward stance