



SHOTOKAN KARATE ASSOCIATION

EASTERN SUN KARATE CLUB

Offered through Caroline County Recreation
and Parks.

INSTRUCTOR: JOHN LISZEWSKI

ASSISTANT INSTRUCTORS: Pat Olekszyk
Joeseeph Kane
Mike Steenken
Roger Price
Barbi Christopher

SHOTOKAN KARATE ASSOCIATION IS A PENNSYLVANIA NON-PROFIT
EDUCATIONAL CORPERATION ESTABLISHED IN 1968 BY WILLIAM HODGKISS,
8TH DAN.

OBJECTIVE:

To physically and mentally train students to follow the karate (“DOJO-KUN”) school values in class and out of class which are:

1. Seek perfection of character
(Strive for perfection of character)
2. Be faithful
(Defend the paths of truth)
3. Endeavor (and persevere)
(Foster the spirit of effort)
4. Respect others
(Honor the principles of etiquette)
5. Refrain from violent behavior
(Guard against impetuous courage).

WHAT IS KARATE?

Karate is a martial art in which the hands and feet are used for self-defense. Karate-Do means the way of or to practice Karate. The word Karate translates as “empty hands” or without weapons. Another translation is “Chinese Hands”, as Karate is believed to have been developed from Chinese Shaolin Temple Boxing. (Shorinji-Kenpo)

Many styles developed in the Okinawan Islands where Karate had its roots. It was practiced in secret and sometimes disguised as dance (*Kata). Each style usually took on the name of the village where it was practiced. (Naha-te, Shuri-te, etc.)



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* Kata is a series of moves derived from basic techniques where the performer simulates defending himself or herself against multiple attackers in a preset pattern.



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It was not until the early 1900's that Karate was introduced to Japan officially by Gichin Funakoshi in the form now known as Shotokan. Shotokan means Pine Waves gymnasium. Pine Waves was Funakoshi's pen name on his poetry. Funakoshi was already in his late 40's when he introduced Karate and it would be years before he would get the recognition he deserved.

After WWII, when Funakoshi was in his 80's, Karate was introduced to the U.S. Occupying Forces by Funakoshi's top students.

Master Gichin Funakoshi died in 1957 seeing his dream of spreading Karate to the world take form. Today, Shotokan is one of the most widely practiced forms of Karate.

THE CLASS:

Each student will learn stances, blocking, kicking, punching, and self-defense techniques against unarmed, armed, and multiple attackers and will also learn Kata and sparring. The more effort the student puts into his/her training, the more he/she will learn and grow as a student.

BELT RANKING AND BASIC KATA

<u>Belt Level</u>	<u>Kata Needed for Testing</u>		
Beginner and White	8 th <i>Kyu</i>	Kata Heian Shodan	(1 st)
Yellow	7 th <i>Kyu</i>	Kata Heian Nidan	(2 nd)
Blue	6 th <i>Kyu</i>	Kata Heian Sandan	(3 rd)
Green	5 th <i>Kyu</i>	Kata Heian Yōndon	(4 th)
Purple	4 th <i>Kyu</i>	Kata Heian Godan	(5 th)
Brown	3 rd <i>Kyu</i>	Kata Tekki Shodan	(1 st)
	2 nd <i>Kyu</i>	Hangetsu / Bassai Dai	
Black	1 st <i>Dan</i>	Other than above	
	2 nd <i>Dan and higher</i>		

(Other katas needed: Tekki Nidan, Tekki Sandan, Jutte, Empi, Jion, Kanku, etc.)



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GENERAL TERMINOLOGY AND INFORMATION

Gichin Funakoshi	Founder of Shotokan Karate
Shomen (sho-men)	Japanese term for founder
Dojo (doe-joe)	Place of training
Sensei (sen-say)	Head instructor
Sempai (sem-pie)	Higher ranking belt
Kohai (ko-hi)	Junior or lower-ranking belt
Gi (ghee)	The uniform
Obi (oh-bee)	The belt
Kyu (Q)	Belt ranking (white to brown)
Dan (don)	Belt ranking (black)
Rei (ray)	To bow (courtesy)
Seiza (say-zah)	To kneel
Mokuso	Meditate on one's goals in training
Mokuso Yame	End meditation
Osu (ohss)	The word for yes / to acknowledge
Yoi	Attention (stance before bow)
Yame (ya-may)	Ready (stance before movement)
Hajime (ha-she-may)	Begin or continue
Komi Hip (ko-my-hip)	Prepare to fight
Kumite (koo-mee-tay)	To fight or move forward
Shizentai (shi-zen-tay)	Return to ready (stance)
Waza	Technique
Seiretsu	Line up

Counting

1	Ich (sho for 1 st)
2	Ni
3	San
4	Chi (yōn for 4 th)
5	Go
6	Roku
7	Shi chi
8	Ha chi
9	Ko
10	Ju



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TECHNIQUES AND TERMINOLOGY

LEFT – Hidari

UPPER – Jodan

MIDDLE – Chudan

RIGHT – Migi

LOWER – Gedan

STANCES

FORWARD

BACK

HORSE (RIDING)

NATURAL (READY)

ATTENTION (or block foot)

CAT

TEE

HALF-MOON

Zen Kutsu-dashi

Ko Kutso-dashi

Kiba-dashi

Shizentai (Yoi)

Heisoko-dashi (Yame)

Neko ashi-dashi

Teiji-dashi

Hangetsu-dashi

BLOCKS

FOREARM

DOWN

RISING

OUTSIDE-INWARD

INSIDE-OUTWARD

KNIFE HAND

INSIDE SUPPORTED

PALM HEEL

“X” BLOCK

WEDGE

Ude-uke

Gedan-bari

Age-uke

Soto-uke

Uchi-uke

Shuto-uke

Morote-uke

Tai sho-uke

Shuto juji-uke

Juji-uke

PUNCHES

REVERSE

LUNGE

POWER

U-PUNCH

ROUNDHOUSE

RISING

HOOK

Gyaku-zuki

Oi-zuki

Tate-zuki

Yama-zuki

Mawashi-zuki

Age-zuki

Kagi-zuki



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STRIKES

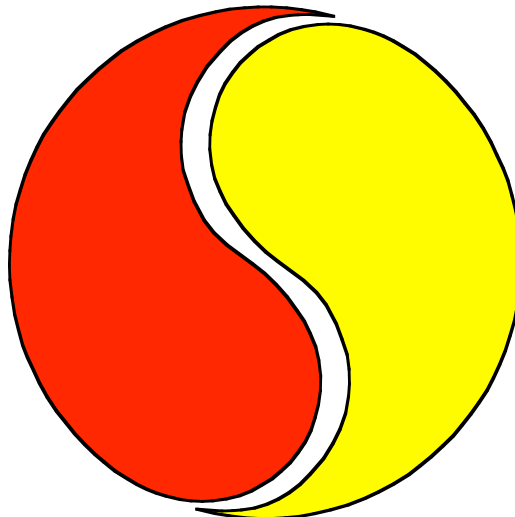
BACKHAND
BOTTOMFIST (hammer)
BACKFIST (knuckle)
KNIFEHAND
RIDGEHAND
PALMHEEL
ELBOW (hiji)
SPEARHAND
BENTWRIST

Hashu-uchi
Tettsui-uchi
Uraken-uchi
Shuto-uchi
Haito-uchi
Taisho-uchi
Empi-uchi
Nukite-uchi
Kakuto-uchi

KICKS

FRONT
SIDE
BACK
ROUNDHOUSE
CRESCENT
STAMPING
FRONT THRUST
SIDE THRUST
JUMPING

Mae-geri
Yoko-geri
Ushiro-geri
Mawashi-geri
Mikazuki-geri
Fumi-Komi-geri
Mae-geri ke-komi
Yoko-geri ke-komi
Tobi-geri





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The Twenty Precepts of Funakoshi

1. Karate begins and ends with courtesy.
2. There is no first attack in karate.
3. Karate is a great assistance to (auxiliary of) justice.
4. Know yourself first, and then others.
5. Spirit first; techniques second.
6. Always be ready to release your mind.
7. Accidents always come out of negligence.
8. Do not think that karate training is only in the dojo.
9. It will take your entire life to learn karate; there are no limitations.
10. Put your everyday living into karate and you will find myo.
11. Karate is like hot water. If you do not give it heat constantly, it will again become cold water.
12. Do not think that you have to win. Instead, think that you do not have to lose.
13. Victory depends on your ability to distinguish vulnerable points from invulnerable ones.
14. Move according to your opponent.
15. Think of the hands and feet as swords.
16. When you leave home, think that you have numerous opponents waiting for you. It is your behavior that invites trouble from them.
17. Beginners must master low stance and posture; natural body position for advanced.
18. Practicing a kata is one thing, and engaging in a real fight is another.
19. Do not forget strength and weakness of power, stretching and contraction of the body, and slowness and speed of techniques.
20. Always think and devise ways to live the precepts every day.



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REQUIREMENTS

Each student will be required to attend 80% of each 10-week session in order to advance. Beginners should wear clean, loose fitting clothing. Advanced students must wear clean, white karate uniforms (gi's). For safety reasons, jewelry and gum are NOT PERMITTED during training. Students will conduct themselves in a courteous manner.

FOR ADVANCEMENT:

First Session:

The first session will introduce the beginners to karate philosophy and basic stances, blocks and counters and the first kata.

Second Session:

The second session will be spent improving on the basics and kata and training to continue working as a uniform group. (A gi will be required at this point with a white belt, which can be purchased through the head instructor.)

If the required attendance is met, the student will test for his/her first colored belt (yellow).

Third Session:

In the next training period, the student will be expected to know the basic techniques (at will) whether called for in English or Japanese and begin setting an example for new people to follow. Introduction to more advanced techniques, controlled sparring, basic self-defense and the next required kata will also be included. There is usually a test given for the blue belt at this time.

Fourth Session:

During the fourth period, the emphasis will be on self-motivation and discipline and the ability to keep a balance between sparring and kata, karate and home responsibilities.

There will be more advanced techniques, kata and semi-free sparring along with focus, control and balance exercises. There is usually no test at the end of this period since this is generally a turning point in karate training, but that is the head instructor's call.

Fifth Session:

If the student returns for this fifth session, he/she will have gained enough confidence to be comfortable answering basic questions from lower ranking students and be expected to initiate protocol and help keep order prior to start time. He/she should be able to assist lower ranking belts if necessary.



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More advanced techniques, kata, self-defense and tournament training will be included. Attendance, attitude, humility and noticeable improvement will determine qualification for the next test. (Purple belt)

Sixth Session:

The purple belt is expected to be almost entirely self-motivated (e.g. buys books, asks for help from higher-ranking students, and improves difficult techniques).

Self-defense against dangerous weapons and multiple attackers will be introduced along with the next kata. The head instructor should be able to let the student run a class at this point. Testing will only be done if all higher ranks agree that the student is ready.

Seventh Session and all Following (Brown belts):

As is all previous sessions, basics are constantly reviewed and practiced. The head instructor and assistants will be keeping a close eye on the individual, looking for and correcting weaknesses. Additional katas will be introduced when the student satisfactorily performs each new one from memory. At this point, a board of at least three black belts will test the student when scheduling allows. There will be an oral quiz along with the technical test and the individual will have had to participate in at least one tournament.

Black Belt:

The minimum time required is three years of training and katas should be second nature and if asked, the student should be able to explain its purpose in detail. The student should exude humble confidence as a role model for lower ranks as well as keep up or surpass the head instructor in fitness and endurance.*

*(*There are exceptions for age and physical problems.)*

The test will be held on a separate day from regular training and may require travel out of state since most of our affiliated clubs are in Pennsylvania. The testing board will consist of at least four black belts (usually two ranks higher than the person testing and chief school instructors) and the head of Shotokan Karate Association (William Hodgkiss) if available. Along with the regular physical test, an oral and written test will be given.