

# HALL COUNTY KARATE



# STUDENT HANDBOOK

## SECTION ONE *Family History*

1. Chatan Yara - (1668 - Unknown) Master of Okinawan Weapons, studied in China at age 12 and was considered one of the famous Masters of the early 1700's.
2. Takahara Pechin -(Unknown - 1762) Responsible for the early training of Karate Sakugawa, studied in China and under Master Chatan Yara.
3. Karate Sakugawa - (1733-1815) Developed the Kata Ku Shan Ku, studied under both Takahara Pechin and the Chinese Master Ku Shan Ku.
4. Sokon Matsumura - (1796 - 1893) Credited with creating the Kata Shinto and Seisan. Studied in China and under Karate Sakugawa for ten years.



5. Ankoh Itosu - (1830 - 1915) Itosu created the Pinan series of kata and introduced Karate to public in 1903.



6. Kenwa Mabuni-(1887-1952) Founded Shito-Ryu style of Karate. Mabuni began his training under Ankoh Itosu when he was 13. After Itosu's death, Mabuni also trained with Kanryo Higashionna in the Naha-te style (forerunner to Goju-Ryu). Eventually, he became acknowledged as the greatest expert of his day on kata. In 1929, he permanently moved to Osaka, Japan, and Shito-Ryu became one of the four most popular styles taught in Japan



7. Choki Motobu - (1871 - 1944) Founded the Motobu-Ha Shito-Ryu Karate Do. Went to Japan in 1923 to teach karate.



8. Kosei Kuniba - (1900 -1959) Assumed the leadership of the Motobu-Ha Shito-ryu upon Master Motobu's death. Founded Seishin Kai Dojo.

9. Shogo Kuniba - (1935 - 1992) Worldwide head of the Motobu-Ha Shito-Ryu, the leadership of which he passed onto his son Kozo Kuniba, and the Soke of the Kuniba ha Shito-Ryu to Shihan Bill Price in 1992 before his death on 14 July 1992.



10. Soke Richard Baillargeon -(1924 -1989) Founder of National Karate and Jujutsu Union (NKJU).
11. Soke Joseph Ruiz - (1943 - ) Retired Assistant Director for NKJU. Founder of the International Karate and Kobudo Union (IKKU). Zen Shoto Kai Karate Do Federation Soke. Founder of Kotosu ha Shito-ryuand Soke of that organization.
12. Hanshi Tola Lewis – Succeeded Soke Baillargeon as the Director of the NKJU. He continued in that capacity until retiring from the Directorship in March, 2016.
13. Shihan Kevin Gurganus – Direct student of Hanshi Tola Lewis, and Sensei Irvine’s first Sensei. Shihan Gurganus still teaches in Durham, NC at the Carolina Martial Arts Center.



*Sensei Irvine and Shihan Gurganus in Gainesville, GA. July 2016.*

## SECTION TWO

### *A Basic History of Karate*

Karate traces its origins to several different martial arts. There was a traditional Okinawan system of fighting that focused on grappling, but very few written records still exist to describe it. The modern art of Karate really begins with the introduction of Chinese fighting styles after 1500.

In 1429, the Okinawan king, Shō Shin banned the use of weapons, and in 1629, Japan conquered Okinawa and continued to enforce this ban. This caused many of the elite to turn to the secret study of unarmed combat. Many of the great masters began training in China, and brought their knowledge of Chinese martial arts back to their home. The art that developed became known simply as “Te,” which translates as “hand.”

As the art continued to develop, different styles also began to develop. These were regional, and three different styles sprang up around the three major cities of Okinawa: Shuri, Naha, and Tomari. Until very recently, no formal styles existed, but the differences in the approach taken in these three cities led to this early art being known in those cities as either “Shuri-Te,” “Naha-Te,” or “Tomari-Te.”

By the late 1800’s the martial arts of Okinawa became known as “Kara-Te,” which meant “Chinese hand” at the time. Also at this time, efforts to bring the practice of Karate into the open began, with Ankoh Itosu’s efforts to introduce it into the schools being the most famous of these attempts. Several of his students continued his efforts, and were key in introducing Karate to Japan, and later the world.

Two of his most influential students included Kenwa Mabuni and Gichin Funakoshi. Mabuni created the modern system of Karate known as Shito-ryu, which is our system (and he will be discussed more later). Funakoshi founded the style now known as Shotokan, and was the first to teach Karate in Japan. Just as important, though was that he made an alteration to the name Karate.

As the art evolved, “Te” eventually evolved in to “Kara-te,” which translates as “Chinese hand.” Funakoshi took the first character (“Kara”) and changed the symbol. Kara translated into “Chinese” in Japanese, but the pronunciation was the same as the Japanese word that meant “empty.” Funakoshi began using the symbol for “empty,” and the change has since become universal.

### *Origins of the Shito-ryu System*

Matsumura, Sokan or Bushi (1797-1889) was responsible for organizing the SHURI-TE system and carrying on its teachings. He was followed by Itosu, Anko (1830-1915). Itosu is generally credited with the founding of Shorin-Ryu (“ryu” means school.).

One of Itosu’s students was Mabuni, Kenwa (1889-1957). Mabuni is the founder of Shito-ryu, the style, or system Hall County Karate teaches.

Higashionna (Higaonna), Kanryo (1845-1915) became the leading master of the NAHA-TE system. Mabuni also studied under Higashionna, and when he developed his Shito-Ryu system, he used elements of both NAHA-TE and SHURI-TE. The name Shito-Ryu comes from the first syllable of Itosu (ITO=SHI) and of Higashionna (HIGA=TO). Hence Shito-ryu, a blending of Itosu's and Higashionna's styles and names.

Many other masters contributed to Karate along the way. Each student should research the lineage or genealogy of the system that they are studying. Physical study is not enough it is the responsibility of each student to learn and then to pass along the information of their style.

The modern day masters of the Shito-ryu system (early 1900's) begin with Kosei Kuniba, his son Shogo Kuniba, and then Richard Baillargeon (NKJU), Joseph Ruiz (Founded Koto-Su ha Shito-ryu), and Kozo Kuniba (Kuniba kai). Since Mabuni Sensei's death, several different branches of Shito-ryu have appeared (too numerous to list all of them here). Shogo Kuniba founded the system practiced at Hall County Karate, known as Motobu-ha Shito-ryu.

In the beginning, Motobu ha Shito-ryu Karate, a system comprising the fighting principles of Motobu and the kata and training principles of Mabuni's system of Shito-ryu was the style that was taught in the Seishinkai dojo.

### SECTION THREE *Motobu-Ha Shito-Ryu*

Master Choki Motobu was born the third son to the Motobu family in Okinawa. The Motobu family was of Samurai class, which meant that the first son of the family was taught the family fighting methods. The story is told that Choki Motobu, being disappointed and frustrated by this, would sneak in and watch his older brother's training. The story goes on to say that Choki Motobu soon found that this was too slow and frustrating for him, so he began to lift heavy rocks and punch the punching post or Makiwara. After a while, he became so strong that he earned the name "Monkey King" because of his tremendous leaping ability and general agility.

In his youth, Master Motobu became earned a reputation as brawler and a trouble maker, and stories say that many Karate masters refused to have him as a student because of this. Master Itosu, however, did accept him as a student and he eventually became one of the most famous Karate masters of his day.

Master Motobu, after moving to Japan, in or about 1922, challenged many men. However, the defeat of a Russian boxer may have garnered him the most fame after the Russian boxer died as a result of injuries received in the ring, fighting with Motobu. In 1922, Master Motobu helped Master Funakoshi start the teaching of Karate to the Japanese. Having evolved beyond his violent tendencies, Master Motobu returned to Okinawa in 1936 and began training with Master Kentsu Yabu. Master Yabu was the only man to have ever defeated Master Motobu.

Master Motobu became a great instructor in his own right. Many noted modern day masters, such as Shoshin Nagamine, Tatsuo Shimabuku, and Kosei Kuniba all trained with him at some time. All of these students became highly regarded Karate masters and teachers, and several founded their own styles of Karate.

Motobu-Ha Shito-ryu literally means Shito-ryu of Motobu. Master Choki Motobu lived from 1871 to 1944 and trained many Karate people, among those people was Master Kosei Kuniba. His Seishinkai Karate dojo originally taught Motobu ryu (the original style taught by Choki Motobu). However, people such as Mabuni, and Sakagami, also taught at the Seishinkai. They were Shito-ryu masters, however in those days there was a free exchange of information and ideas between the various karate factions. Shogo Kuniba, Kosei Kuniba's son trained diligently with these famous teachers. The result was a combination of Mabuni kata and Motobu fighting techniques that came to be known as Motobu Ha Shito-ryu. Shogo Kuniba, was named Soke dai of Motobu ryu after his father's passing and Soke of Motobu ha Shito-ryu which he probably founded in the mid-fifties, although written records alone do not confirm this. The Dai Nippon Budo Kan Kai accepted Motobu ha Shito-ryu as a legitimate style at about the same time.

Motobu ha Shito-ryu was born out of the combination of Mabuni kata, Motobu fighting techniques all brought about by a lineage that started with Itosu. Master Itosu (1813-1915) taught the following people in Okinawa: Gichin Funakoshi (considered the father of modern karate; Chosin Chiban a (Founder of Kobayashi Shorin-Ryu); Shinpan Gusukuma; Kentsu Yabu defeated Motobu in a match and eventually became Motobu's third instructor); Kenwa Mabuni (Mabuni trained under Itosu and Higaonna, and from that training formulated the Mabuni system of Seito Shito-ryu); (Mabuni also taught at the Seishinkai) and Kanken Toyama. Master Motobu studied under Anko Itosu; Kosaku Matsumora; and Kentsu Yabu. All of these people directly or indirectly influenced the karate style developed by Shogo Kuniba, Motobu-ha Shito-ryu.

After moving to Japan in 1926 Master Motobu began teaching in Osaka, at the Seishinkai, and, from time to time, in Tokyo. Master Motobu, acknowledged as one of the greatest fighters of his time, had a very limited knowledge of Karate Kata and he believed mainly in Makiwara training and Kumite. At the same time, Kuniba Soke also trained with many Shito-ryu practitioners, including Kenwa Mabuni, who was acknowledged as the greatest expert on Karate kata during his lifetime.

Motobu-ha Shitō ryu was designed to be an effective fighting system. People considered Motobu as one of the greatest fighters of his day, and Kenwa Mabuni developed Shito-ryu after a long career as a policeman, where he quickly discovered what worked and what did not in a real confrontation. After training in the schools of both of these masters, Soke Kuniba incorporated several key ideas into Motobu-ha.

## SECTION FOUR *General Karate Information*

There are nine student levels, also called kyu grades. These kyu grades are signified by the colors of the belt, and these belt colors have meaning within our karate system. There are also 9 advanced grades, called dan grades. These grades signify the student's proficiency in the art. It is the purpose of the colored belts to indicate not the length of time in the art, but to describe the level of training.

White belt -- The color of purity; symbolizes an innocent mind

Yellow belt -- The dawning of a new day

Orange belt -- The beginning of consciousness

Purple belt -- The color of mild confusion

Blue belt -- The color of a new and open mind

Green belt -- The color of fresh and growing things

Brown belt -- The color of the earth (Solid and Unyielding)

Black belt -- The color of void (Empty of all pretensions)

Each student should strive not for the belt, but for the knowledge that the belt represents. In the earlier times, the intensity of one's training was represented by the dirt on one's white belt. The longer and the more intensely the student trained, the darker his belt became until the white belt, which was the beginning, became the black belt of successful accomplishment. As the karateka continued to train and grow, the belt became worn and faded, eventually returning to white, and a return to an unclouded mind.

### BELT RANKING SYSTEM WITH MINIMUM TIME IN GRADE REQUIREMENTS

9th Kyu White belt		3 months
8th Kyu Yellow belt		3 months
7th Kyu Orange belt		3 months
6th Kyu Blue belt		4 months
5th Kyu Green belt		4 months
4th Kyu Purple belt		4 months
3rd Kyu Brown belt 3		6 months
2nd Kyu Brown belt 2		6 months
1st Kyu Brown belt 1		12 months
1st Dan Black belt	Shodan	24 months



## Section Five

### *Japanese Terms Used in Classes*

#### COUNTING IN JAPANESE

ICHI -- ONE	NI -- TWO	SAN --THREE
SHI -- FOUR	GO -- FIVE	ROKU -- SIX
SHICHI -- SEVEN	HACHI -- EIGHT	KU -- NINE
JU -- TEN		

Higher numbers (11-99) are created by adding lower numbers together: 11 = Ju+Ichi, 12 = Ju+Ni, etc. and 20 Ni+Ju, 30 = San + Ju, etc.

#### **Japanese Martial language**

The most difficult part of learning a martial art in a traditional dojo is learning to listen to and understand the Japanese words that are spoken. The Japanese commands are necessary to the proper induction of a student into the art. Historically it is necessary, as some commands cannot be put into English without a lengthy explanation. Often times the words that are used in the dojo are not commonly found in everyday use. The term OSU!!! Is one of the best examples it is a contraction of the word or phrase ouso which generally means I understand and will obey. This term was adopted from the military and used in the karate dojo, the term is not commonly found in Iaido, Kobudo, jujitsu, or judo. Some karate dojo also do not use this term, and in those dojo "hai so desu" is used most often to indicate compliance with requests or orders

Since we are in America, we should explain in English, and command in Japanese. In this way we may retain the flavor of Japan Karate do with the added benefit of presenting the material to be studied in the student's native language.

#### PARTS OF THE BODY

Atama -- Head, Top of Head	Kin -- Groin
Hiza -- Knee	Ashi -- Foot
Hiji -- Elbow	Hirate -- Fist
Haisoku -- Instep	Kote --Forearm
Te -- Hand	Teisoku --Foot arch
Sokuto -- Foot blade	Shotei -- Palm Heel
Haishu -- Back of hand	Kakato -- Heel
Chusoku -- Ball of foot	Koken -- Wrist
Shuto -- Knife hand	Haito -- Inner Shuto

#### DIRECTIONS OF STRIKING

Jodan -- High

Gedan -- Low

Hidari -- Left

Mae -- Front

Age -- Rising

Han -- 45° angle

#### STANCES

Sone Dachi -- Prepared Stance

Tsuri Ashi Dachi --Crane Stance

Zenkutsu Dachi -- Front Stance

Kokutsu Dachi -- Back Stance

Sanshin Dachi --Hourglass Stance

Chudan --Middle

Migi -- Right

Ushiro -- Back

Yoko -- Side

Mawashi --Round

Shiko Dachi -- Horse Stance

Neko Dachi -- Cat Stance

Yoi Dachi -- Ready Stance

## Section Six *Karate Techniques—(required for testing)*

In Shito-ryu, we study 15 basic techniques, 5 each of blocks (Uke), strikes (Tsuki or Zuki), and kicks (geri):

### *Basic Blocks*

Age Uke or Jodan Uke – High -- Used to protect against a thrust or strike to the head or face.

Chudan Uke – Middle -- Used to protect against a thrust or strike to the upper torso.

Gedan Uke (Gedan Barai) – Low-- Used to protect against a thrust or strike against the lower torso.

Ude Uke – Inside -- Used to protect against a thrust or strike against the upper torso.

Morote Uke – Double -- Used to protect against a grab to the lapel.

### *Basic Strikes*

Tate Tsuki-- Vertical Fist

Seiken Tsuki – Forefist Punch

Uraken Tsuki -- Back Fist

Age Tsuki -- Uppercut

Koge Tsuki -- Flail Punch

### *Basic Kicks*

Hiza Geri -- Knee Kick

Kin Geri -- Instep Kick

Yoko Geri -- Side Kick

Ushiro Geri -- Back Kick

Mae Geri -- Front Kick

### *Other common techniques*

Nikute—Spear hand

Shuto—Knife hand

Ippon Ken—one knuckle punch

Haito—Open back hand

Tettsui – Hammer fist

Mawashi geri—Round Kick

Mikazuke geri—Crescent Kick

Mae tobi geri—jumping front kick

Uda Mawashi Geri – Hook kick

**Section Seven**  
*Kata Requirements for Testing*

***Hachi kyu - Yellow Belt***

- A. Shi Ho No Ho
- B. Go ho No Uke (5 block kata)
- C. Taikyoku Shodan

***Shichi kyu - Blue Belt***

- A. Chi No Kata (Earth Kata)
- B. Taikyoku Nidan
- C. Empi Roppo

***Roku kyu - Green Belt***

- A. Pinan Shodan (Peaceful mind one)
- B. Pinan Nidan (Peaceful mind two)

***Go kyu - Green Belt, Black Stripe***

- A. Pinan Sandan (Peaceful mind three)
- B. Naihanchin Shodan ( )
- C. Pinan Yondan (Peaceful Mind Four)

***Yon kyu - Purple Belt***

- A. Pinan Godan (Peaceful Mind Three)
- B. Matsukaze (Pine tree blowing in the wind)

***San kyu - 3rd Brown Belt***

- A. Seisochin
- B. Jutte (Compassionate Hands)

***7. Ni kyu - 2nd Brown Belt***

- A. Seiuchin (The Saint)

***Ik kyu - 1st Brown Belt***

- A. Saifa (Final Breaking Point)
- B. Jion (Temple Sound)
- C. Sochin (Calm Power)

***Sho dan - 1st Black Belt***

- A. Bassai Dai (Breaking down a fortress)
- B. Rohai (Crane standing on a Rock)

The following testing requirements are suggested for all Shito-ryu Karate Schools. Each instructor should write a comprehensive set of requirements for his or her school and a written, oral, and physical exam to go with the requirements at each level.

### ***Yellow Belt (8th Kyu)***

#### 1. Protocol for the School

- A. Bow upon entering the school
- B. Bow upon entering the main training floor
- C. Bow to any Black Belt
- D. Bow to the Shomen
- E. Bow to the Sensei
- F. Bow to the Otagai ni (School Spirit)

#### 2. The 15 Basic Training Techniques (Done In Zenkutsu Dachi)

- |                 |                |             |
|-----------------|----------------|-------------|
| A. Rising block | Vertical punch | Knee kick   |
| B. Middle block | Full punch     | Instep kick |
| C. Down block   | Back fist      | Side kick   |
| D. Inside block | Uppercut       | Back kick   |
| E. Double block | Flail punch    | Front kick  |

#### The 15 Basic Training Techniques (Japanese terminology)

- |                 |              |             |
|-----------------|--------------|-------------|
| A. Age Uke      | Tate tsuki   | Hiza geri   |
| B. Chudan uke   | Seiken tsuki | Kin geri    |
| C. Gedan Barai  | Uraken tsuki | Yoko geri   |
| D. Soto ude uke | Age tsuki    | Ushiro geri |
| E. Moroto uke   | Kage tsuki   | mae geri    |

#### 3. The Stances

- A. Front stance (Zenkutsu Dachi)
- B. Ready stance (Yoi Dachi)
- C. Square stance (shiko dachi)

#### 4. Formal Movement (Kata)

- A. Taikyoku Shodan
- B. Go Ho no Uke

#### 5. Formal Training (Kihon)

##### One Step Technique (Ju Ippon Kumite)

- | Attack       | Defense                                                                       |
|--------------|-------------------------------------------------------------------------------|
| High punch   | Rising block, Vertical fist, Knee kick, outside leg reaping throw             |
| Middle punch | Middle block, Full punch, Instep kick (to groin), Outside leg reaping throw   |
| Low punch    | Low block, Back fist, Side kick (to side of knee), Opposite leg-hooking throw |

## 6. Fighting Technique (Kumite Waza)

All of the training in the techniques in this area are at the instructor's discretion, but it should reflect the Kata and formal exercise that the student is performing. Note: The one step technique will correspond with the order of the fifteen basic techniques. This gives continuity to the training at the beginning level.

### **Yellow Belt (8th Kyu) To Blue Belt (7th Kyu)**

#### 1. All Previous Knowledge

#### 2. Morals Of The Dojo

- A. ONE: To strive for the perfection of character
- B. ONE: To defend the paths of truth
- C. ONE: To foster the spirit of effort
- D. ONE: To honor the principles of courtesy
- E. ONE: To guard against impetuous courage

#### 3. The 15 Basic Training Techniques (Combinations (I do) - Done In Zenkutsu Dachi)

- A. Knee lift, vertical fist, rising block
- B. Instep kick, turnover punch, middle outside block
- C. 45° side kick, back fist, down block
- D. Back kick (to rear), uppercut, middle inside block
- E. Front kick, flail punch, double block

#### 4. The Stances

- A. Front stance (Zenkutsu Dachi)
- B. Ready stance (Yoi Dachi)
- C. Cat stance (Neko Ashi Dachi)

#### 5. Formal Movement (Kata)

- A. Chi No Kata (Earth Kata or Ability Kata)
- B. Empi Roppo (Elbow 6 ways)
- C. Taikyoku Shodan

#### 6. Formal Training (Kihon)

#### 7. Fighting Technique (Kumite Waza)

This should be the same as the requirements for 7th kyu, with more emphasis on body movement, flow, focus and technique. It should be noted that Kumite should be practiced safely and with rules, so that injuries do not occur.

### **Blue Belt (7th Kyu) to Green Belt (6th Kyu)**

#### 1. ALL PREVIOUS KNOWLEDGE

#### 2. HISTORY - KATA HISTORY AND THE TRANSLATIONS FROM JAPANESE TO ENGLISH

3. THE 15 BASIC TRAINING TECHNIQUES (COMBINATIONS - DONE IN NEKO DACHI)

4. THE STANCES

- A. Front stance (Zenkutsu Dachi)
- B. Ready stance (Yoi Dachi)
- C. Horse stance (Shiko Dachi)
- D. Cat stance (Neko Dachi)

5. FORMAL MOVEMENT (KATA)

- A. Pinan Nidan (Peaceful mind two)
- B. Ananku (Light from the South)

6. FORMAL TRAINING (KIHON)

Street application from Kata (Bunkai Omote):

Pinan Nidan (Peaceful mind two)

7. Fighting Technique (Kumite Waza)

- A. Back fist -- Reverse punch -- Round kick
- B. Back fist -- Reverse punch -- Front kick
- C. Back fist -- Reverse punch -- Side kick

**Green Belt (6th Kyu) To Green Belt w/stripe (5th Kyu)**

1. All Previous Knowledge

2. Master Motobu's History

3. The 15 Basic Training Techniques (Combinations - Done In Sanshin Dachi)

4. The Stances

- A. Front stance (Zenkutsu Dachi)
- B. Ready stance (Yoi Dachi)
- C. Horse stance (Shiko Dachi)
- D. Cat stance (Neko Dachi)
- E. Hourglass stance (Sanshin Dachi)

5. Formal Movement (Kata)

- A. Pinan Sandan (Peaceful Mind three)
- B. Matsukaze (Pine Tree Swaying in the Wind)

6. Formal Training (Kihon)

Street application from Kata (Bunkai Soto Ura):

- A. Pinan Sandan (Peaceful mind three)
- B. Matsukaze (Pine Tree Swaying in the Wind)

7. Fighting Technique (Kumite Waza)



- A. Front leg Front kick -- Rear leg round kick -- Spinning back kick -- Reverse punch
- B. Front leg Front kick -- Rear leg side kick -- Spinning back kick -- Reverse punch
- C. Front leg Front kick -- Rear leg hook kick -- Spinning back kick -- Reverse punch

***Green Belt (5th Kyu) To Purple Belt (4th Kyu)***

1. All Previous Knowledge

2. Soke Kuniba's History

3. The 15 Basic Training Techniques (Combinations - Done In All Stances)

4. The Stances

- A. Front stance (Zenkutsu Dachi)
- B. Ready stance (Yoi Dachi)
- C. Horse stance (Shiko Dachi)
- D. Cat stance (Neko Dachi)
- E. Hourglass stance (Sanshin Dachi)

5. Formal Movement (Kata)

- A. Pinan Yondan (Peaceful Mind Four)
- B. Jutte (Compassionate Hands)

6. Formal Training (Kihon)

Street application from Kata (Bunkai Soto Ura):

- A. Pinan Yondan (Peaceful Mind Four)
- B. Jutte (compassionate hands)

7. Fighting Technique (Kumite Waza)

- A. Reverse punch, Round Kick, Skip side kick
- B. Reverse punch, Round Kick, Skip round kick
- C. Reverse punch, Round Kick, Skip hooking kick

***Purple Belt (4th Kyu) To Brown Belt (3rd Kyu)***

1. All previous knowledge

2. The 15 basic training techniques (combinations)

3. The Stances

- A. Front stance (Zenkutsu Dachi)
- B. Ready stance (Yoi Dachi)
- C. Horse stance (Shiko Dachi)
- D. Cat stance (Neko Dachi)
- E. Hourglass stance (Sanshin Dachi)

4. Formal Movement (Kata)

- A. Pinan Godan (Peaceful Mind Five)
- B. Jiin (Temple Sound)
- C. Naihanchi Sho (Iron Horse One)

5. Formal Training (Kihon)

Street application from Kata (Bunkai Soto Ura):

- A. Pinan Godan (peaceful Mind Five)
- B. Jiin (Temple Bell)

6. Fighting Technique (Kumite Waza)

- A. 45° angle movement (Use All Stances)
- B. 90° angle movement (Use All Stances)

**Brown Belt (3rd Kyu) To Brown Belt (2nd Kyu)**

1. All Previous Knowledge

2. Formal Movement (Kata)

- A. Saifa (Time Wave or Forging Steel)
- B. Jion (Temple Sound)
- C. Sochin (Calm Power)

3. Formal Training (Kihon)

Street application from all present and previous Kata (Bunkai Soto Ura)

4. Fighting Technique (Kumite Waza)

All previous!

5. Fighting application (Bunkai Waza)

Self-defense against:

- A. Choke hold (Back)
- B. Bear hug (Front).

**Brown Belt (2nd Kyu) to Brown Belt (1st Kyu)**

1. All previous knowledge

2. Origin of Kata

3. Formal movement (Kata)

- A. Seiunchin (The Saint)
- B. Rohai (Crane Standing on a Rock)
- C. Bassai Dai (Breaking Down a Fortress)

4. Formal Training (Kihon)

Street application from all present and previous Kata  
(Bunkai Ura)

4. Fighting Technique (Kumite Waza)

All previous!

5. Fighting application (Bunkai Waza)

Self-defense against:

- A. Knife
- B. Club
- C. Two Opponent

6. Kumite

A. Kumite should be against one person.

**Section Eight**  
*Kata and their Meanings*

<u>KATA</u>	<u>ORIGIN</u>	<u>TRANSLATION</u>
Ananku	Shuri-te	Light from the south
Aoyagi	Shitō-Ryu	Blue Willow
Ansan	Okinawa-te	Keeping safe 3 ways
Bassai Dai	Shito-ryu	Penetrate a fortress
Bassai Sho	Shito-ryu	Penetrate a fortress
Chi No Kata	Shito-ryu	Earth Kata
Chinto	Shito-ryu	Fighting to the East
Wanshu	Shuri-te	Flight of swallow
Gojushiho	Naha-te	Fifty-Four steps
Haku Cho	Okinawa-te	White Swan
Jiin	Tomari-te	Compassionate Ground
Jion	Tomari-te	Compassionate Sound
Jutte	Tomari-te	Compassionate Hands
Kusanku	Shuri-te	Founders Name
Kururunfa	Shito-ryu	Destroy with old techniques (several others have been used)
Matsukaze	Shito-ryu	Pine tree in wind
Nijushiho	Shito-ryu	24 steps
Pinan	Shuri-te	Peaceful Mind
Rohai	Tomari-te	Crane on a rock
Sanchin	Naha-te	Three Battles
Saifa	Naha-te	Final Breaking point
Sanseiryu	Naha-te	Thirty Six Hands
Seienchin	Naha-te	A storm with calm
Seipai	Naha-te	Eighteen Hands
Seisan	Naha-te	Thirteen Hands

Shihokosokun	Shito-ryu	Mabuni's version
Suparempai	Naha-te	One Hundred Eight Hands
Tensho	Naha-te	Changing hands
Tomarai Bassai	Tomari-te	Penetrate a fortress

The origins, of the Kata, are as close as I can historically account. Please remember that prior to the early 1900's there were not very many written records of the any karate system, and of those, many were lost during the second World War. The Kata that are listed are not all of the Kata. They are, however, the Kata that are taught by the Seishinkai. The history of Kata goes back to China and will show the influence of Chinese boxing on the Okinawan art of Te (hand) that was taught by Master Itosu. Kata were not entirely the invention of the Masters of the 1800's, but were formulated, from the beginning, by the Te Masters In concert with the Chinese that were introducing Kung Fu to the Okinawan martial artists. However, the more modern masters did add their own Kata. The early masters of Okinawa-Te all had either studied with the Chinese directly, or were students of Okinawans who had studied with the Chinese. The Chinese influence brought the animal forms taught in their Kempo into the Okinawan art of Te. The animal forms that were studied were the Tiger, Eagle, Bear, Rooster, Crane and Snake. Each of these forms was copied from the observation of each of the animals and their movements in combat. Each animal represented a different style of combat, and taught a certain series of movements to each student. A student might spend his whole life mastering the movements of one animal and formulating his combative ability around that one animal. Like all human endeavors, the Kata of the early Okinawan Masters was improved upon by their best students, and that continues still today. I am sure that the Kata of the early Okinawan Te Masters would not resemble the Kata of today's Masters. However, the original purpose of the Kata is still the same. Body power, breath control and precise movement are still the same lessons that are taught by Kata. It is generally understood that it is not the quantity of the Kata that a student should be concerned with, but the quality of the few Kata that the student has learned.

Understanding kata and the role it plays in a traditional system of martial arts is important but that importance pales by comparison with a student's ability to translate the movements of the kata into viable fighting applications, both for competition and for self-defense.

## Section Nine

### *Dojo Kun (The Purpose of Training)*

ONE! TO STRIVE FOR THE PERFECTION OF CHARACTER

ONE! TO DEFEND THE PATHS OF TRUTH

ONE! TO FOSTER THE SPIRIT OF EFFORT

ONE! TO HONOR THE PRINCIPLES OF COURTESY

ONE! TO GUARD AGAINST IMPETUOUS COURAGE

DOJO KUN

HITOTSU! JINKAKU KANSEI NI TSU TOMURU KOTO

(ONE! TO STRIVE FOR THE PERFECTION OF CHARACTER)

HITOTSU! MAKOTO NO MICHI O MAMORU KOTO

(ONE! TO DEFEND THE PATHS OF TRUTH)

HITOTSU! DORYOKU NO DEISHIN O YASHINAU KOTO

(ONE! TO FOSTER THE SPIRIT OF EFFORT)

HITOTSU! REIGI O OMONZURU KOTO

(ONE! TO HONOR THE PRINCIPLES OF COURTESY)

HITOTSU! KEKKI NO YU O IMASHIMURU KOTO

(ONE! TO GUARD AGAINST IMPETUOUS COURAGE)