

Sensei Gerard Tigers Martial Arts



Karate Student Handbook

Name: _____ Date: _____

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Table of Contents

Welcome Letter.....	1
Kenpo Creed.....	2
Starting Out Right.....	3
What is Karate?.....	4
For the Kids.....	5
Dojo Etiquette & Rules.....	6
Martial Arts Development & Code of Conduct.....	8
Attendance.....	9
Cancellations.....	9
School Functions.....	9
Dress Code.....	10
Benefits of Training.....	11
Class Content.....	11
What is a Black Belt?.....	13
Testing & Promotions.....	14
Fees.....	15
History of Kenpo.....	16
About the Chief Instructor.....	20
At-Home Study Guide.....	21

Welcome!

We welcome you as a student of Sensei Gerard Tigers Martial Arts School! We want your training to be as rewarding as possible. To help you get off to a good start, we have prepared this Student Manual. It contains valuable information for students and the parents of our younger students. The purpose of this handbook is to define guidelines for what you can expect from Sensei Gerard Tigers Martial Arts, and what is expected of you. Read the Student Handbook completely. Parents/Guardians should read this handbook with their child and discuss it with them, especially the rules section. Upon fully understanding the details of the handbook, please proceed to the final page and sign and return it to our front desk.

It is our goal at Sensei Gerard Tigers Martial Arts to share the good values of the martial arts—to help people reach high, yet attainable goals, and develop themselves as a whole person.

At Sensei Gerard Tigers Martial Arts, we believe that everyone has the potential to become a Black Belt. It requires commitment, dedication, and hard work but *it is* within every student's grasp. *Never quit, Never give up!*

Our program strongly emphasizes team spirit and cooperation. Throughout the course of your training you will work with many different people—Instructors, fellow students, and occasionally an assistant instructor. You will find the environment friendly and supportive because we have common goals—to excel in the martial arts and become as good as we can be.

Much of what you learn here will carry over into other aspects of your life and remain with you long into the future. Many martial artists will tell you their involvement was a life-changing event and most Black Belts will list getting their Black Belt as one of the major accomplishments of their lives, right up there with graduating from college, getting married, and having children. We want your training to be a positive experience in an environment that supports individuals' aspirations in a climate of friendship and trust.

Parents should know that we stress positive values: honesty, integrity, and behaving in ways that make family, friends and fellow students proud. We let our younger students know that, while Karate, sports and other activities may be fun and important, their most important responsibilities are doing well in school, helping the family in every way possible, and being good citizens in the community. We are prepared to work in partnership with parents to help keep kids' priorities in proper order.

Once again, *Welcome!* . . . and *congratulations for your decision to pursue this course of study.* I am sure you will find it fun and rewarding.

Sincerely,

Sensei Gerard Tiger
Chief Instructor

As a condition of your enrollment at Sensei Gerard Tigers Martial Arts, students and their guardians agree to abide by all the rules set forth by Sensei Gerard Tigers Martial Arts. Sensei Gerard Tigers Martial Arts reserves the right to terminate any student from Sensei Gerard Tigers Martial Arts solely at its own discretion, at any time, for misconduct or inappropriate actions.

Mission Statement

Sensei Gerard Tigers Martial Arts is committed to being a leading provider of reality-based self-defense solutions for modern times. With the underlying theme being the ability to survive a real-life encounter, Sensei Gerard Tigers Martial Arts will surpass its clients' expectations for top quality instruction, state of the art training, functional fitness, and a no-nonsense approach to training in combative art methodologies; all the while, developing champions in life through a comprehensive personal development program, focusing on character education and life skills.

We Strive to...

...Develop our Students into Well-Conditioned Black Belt Champions...

...by helping the individual become more successful in life through the practice of their martial arts, and by always influencing positive progress, growth and change in and out of the dojo.

...Achieve these Objectives, and Instill a Positive and Confident Attitude...

...by providing the framework to develop a mindset that guides them toward specific goals for self improvement, and developing a non-quitting spirit to overcome obstacles and to become a successful achiever.

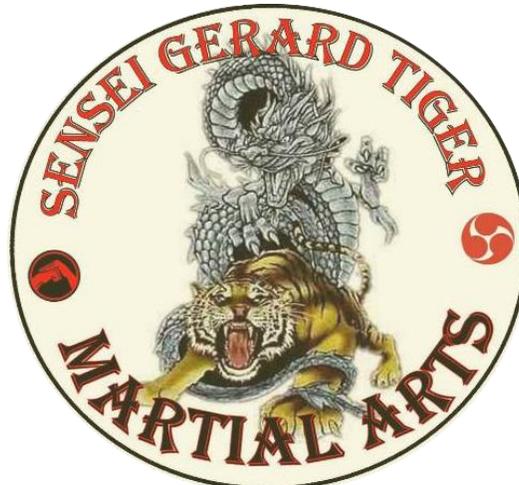
...Influence a Black Belt Champions Behavior...

...by developing positive habits that lead toward long-term success and happiness—Habits such as self-discipline and the internal drive and desire to become the best you can be.

...Ultimately Reinforce a Black Belt Champions Character Development...

...so they may live by a set of principles and standards that can be applied to daily living, and so they are encouraged to form high personal standards and demonstrate respect for all human beings.

We Are Committed to Lead by Example with Energy for Excellence.



SENSEI GERARD TIGERS MARTIAL ARTS

Student Kenpo Creed

*“I come to you,
with only Karate,
empty hands, I have no weapons,
but should I be forced
to defend myself,
my honor or principles,
should it be a matter
of life or death,
of right or wrong;
then here are my weapons,
my empty hands.”*

—Ed Parker - March, 1957

Starting Out Right

You probably already have an idea about what Karate is. Some of you will have read about Karate in books or magazines, or seen Karate on TV and at the movies. Some of you will have heard about it from friends and acquaintances. We ask you to forget about these ideas for a moment and approach the subject with a clear mind, or “beginner's mind.” This is the ideal way to approach Karate.

What is Karate?

Kara refers to Tang Dynasty China. Therefore, the term *Kara* means Chinese. *Te* means hand. The word *Karate* is the Japanese or Okinawan translation of *Chinese hand*; the Chinese method of self-defense. Many people call it “empty hand.” In the 1930’s, the term Chinese hand was changed to empty hand to be more politically correct.

At Sensei Gerard Tigers Martial Arts, we offer a martial arts program that has been carefully designed as a street-smart, age-specific mixed martial arts system and character education program stemming from our base in world-renowned **Mixed Kenpo Karate**, and **incorporating the best methods and strategies from Boxing, Kickboxing, Jiu-Jitsu, Street Combative Arts, (Tiger Claw), Kung Fu Concepts, and the fighting art of Shaolin Five Animals**. Each of these martial arts is integrated into a comprehensive self-defense system designed to instill a champion’s mindset and confidence in virtually any self-defense situation. You will learn, through correct breathing and coordination of your own body and mental focus, how you can achieve tremendous power, regardless of your size. You will gain mastery over your body, which will improve your self-defense skills and benefit you in day-to-day activities.

Karate is much more than physical training. It is a complete discipline involving the mind as well as the body. The most important purpose of Karate is to develop balance between the mind, body and spirit. This will enable us to express our true nature and become better human beings.



For the Kids

In Karate we train hard everyday to make our bodies strong. Because we are strong, we can choose between fighting and not fighting. In the animal world, a tiger protecting her cubs will fight ferociously because she is scared. People are similar. When we are scared, we will fight.

But we must avoid fighting. Because we have become strong enough through our Karate training, we have confidence in ourselves and know that we can walk away from a fight. This is the most important lesson in Karate. We must always do our best to walk away from a fight.

There are two kinds of fists; a good fist and a bad fist. A good fist is one that is strong and healthy. Do you know how a good fist becomes a bad fist? A good fist that is strong and healthy becomes a bad fist as soon as it is used in a fight. Once the good fist is used to hit someone, it is no longer a good fist. It has become a bad fist and it is good for nothing at all. We must do our best to make sure that a good fist never becomes a bad fist.

It is good to practice Karate and train hard. At the same time though, you must also study hard at school and listen to your teachers. Being strong only in Karate is not good enough. You must make your mind strong as well as your body. At home, do your best to help your parents. Listen to what they tell you and do what they say. If you do this now, you will achieve many things as you grow up.

Dojo Etiquette & Rules

- Arrive 10 minutes prior to scheduled class.
- Spectator seating in the front of Dojo for parents and guests only.
- If you are late for the start of class, assume attention stance at entrance of mat. Upon Instructor's acknowledgement, salute the Instructor and line up in the back regardless of belt rank.
- Always bow when entering and leaving the dojo.
- Always let your Instructor know if you are injured or ill.
- When the Instructor calls for line up, do so quickly and quietly.
- Courtesy and respect shall be extended at all times towards Instructors, student Instructors, senior ranks, fellow classmates and guests.
- Always salute fellow students and Instructors with sincerity and appreciation.
- If you must leave the training area for anything, get permission first.
- Training or sparring without Instructor's permission/ supervision is not allowed.
- You must get permission to use any of the equipment.
- No running, horseplay, or fooling around in the dojo.
- Do not lean or sit against the mirrors/walls or equipment.
- Only an Instructor is permitted to teach new material. Do not ask a fellow student for new material.
- During a lesson, only talk about issues that pertain to the subject matter of class, no bad language will be tolerated.
- Follow all instructions your Instructor gives you. We will not ask you to perform beyond your capabilities.
- When you have questions, raise your hand and wait until the Instructor calls on you.
- No shoes or sneakers allowed in the training area.

- You may wear special martial arts training shoes that can be purchased through our pro shop and are only to be worn upon entering the mat—**NOT FOR OUTDOOR USE.**
- To prevent injury, do not wear socks in the training area.
- Maintain your Gi (uniform) in good condition. Never wear a torn, stained, or wrinkled Gi.
- Have training equipment at all times (student handbook, gloves, sparring gear, etc.)
- Personal cleanliness is essential. Hair, if long must be tied back. Nails must be clipped, hands and feet clean.
- No food or drink is all allowed in the dojo.
- No gum allowed in the dojo.
- Keep the restrooms and spectator area clean and orderly.
- Inform your Instructor if you expect a lengthy absence from classes.
- Inform your Instructor of incidents that occur outside of class.
- Remove all jewelry, including watches. You could injure yourself, someone else, or otherwise damage the jewelry.

Martial Arts Development & Code of Conduct

As you train in the martial arts, you will see improvements in your speed, flexibility, coordination, discipline, confidence and ability to focus your mind. You will find that the skills that it takes to succeed in martial arts are the same skills that it takes to succeed in life. The lessons that you learn in Karate can be applied to everything else in your life including your education, career, relationships, and philosophy of life.

If you can master Karate, you can master anything. Set goals, take consistent action toward your goals, monitor your progress and refine your actions until you succeed. Then set new goals.

As your self-defense skills grow, it becomes very important to understand that conflict is to be avoided and your skills are not to be used in an abusive manner. Rather, it should be remembered that unavoidable conflicts are better resolved using intelligence, compassion, patience and compromise. Being a good martial artist means developing a code of conduct. Cardinal principles to remember are modesty, courtesy, integrity, self-control, perseverance and indomitable spirit.

While your martial arts development will take a commitment on your part, the rewards that come back to you will be many!

Sincerely,

Sensei Gerard Tiger

“A man who has attained mastery of an Art reveals it in his every action.”

~Samurai Maxim

Attendance

Students should attend classes on a regular basis. Each class attended is equal to one credit. If you cannot attend classes on a regular basis, please see your instructor. Please adhere to the session schedule for class times for your age and level.

Cancellations

Weather-related class cancellations are announced by Sensei Gerard Tiger, on our Facebook page, and via email or Website. Please call us one hour before your scheduled class if inclement weather or post-inclement-weather emergencies are present. An E-mail is also normally sent to everyone on our e-mail list. Any additional closings will be advised by and announced by your Instructor when appropriate.

School Functions

Sensei Gerard Tigers Martial Arts will sponsor or support several functions throughout your training. Such functions include training camps, seminars and tournaments. Some will be only a couple of hours while others may be conducted over several days. We recommend attending as many special functions as possible, especially functions that are hosted by Sensei Gerard Tigers Martial Arts. If a function is important enough to post a flyer, then it is important enough to attend. We will do our best to advertise all functions well in advance so that all students can make the necessary arrangements to attend. Your support helps to ensure the success of all functions and it allows Sensei Gerard Tigers Martial Arts to continually bring various Instructors and concepts to all of the students. Though you may not be able to attend every school function, you will directly and indirectly benefit from them.

Dress Code

Proper dress and appearance is an important part of martial arts discipline. The rules and etiquette guidelines on the preceding pages are designed to benefit the student in the real world by increasing one's self-respect and self-esteem.

Your Gi

A black Gi with all of the required patches must be worn by all students ranking. Take pride in your appearance; never wear a stained or wrinkled uniform. Once you advance and promoted you will wear the next level uniform.

You are required to wear full-Gi with all the required patches to graduations. Unless otherwise instructed, you should also wear full-Gi anywhere you represent Sensei Gerard Tigers Martial Arts (e.g., tournaments, demonstrations, etc.).

Your Belt

Be proud of your rank, whether you are a White belt or a Black belt. Always wear your belt to every class—but NEVER wear your belt outside of the dojo. Learn how to properly tie your belt and remember, while you should regularly wash your Gi and school t-shirts, never wash your belt and never let it drag on the floor.

Footwear

Most students train barefoot. However, if you prefer, you may wear special martial arts training shoes that can be purchased through our pro shop and are only to be worn upon entering the mat—**NOT FOR OUTDOOR USE.** Remember, no other shoes or sneakers are allowed in the training area.

Benefits of Training

While becoming proficient in The Martial Arts is a commitment, the benefits you will receive are many!

- Improved fitness, including improved flexibility, stamina, and muscle tone
- Improved discipline, by setting goals and achieving them; developing a code-of-conduct
- Improved confidence; by seeing improvement in yourself and new possibilities
- Stress relief; exercise and meditation are great stress-busters
- Self-defense skills; learn methods to avoid conflict and techniques to protect yourself when necessary.
- Fun; meet new people, exercise in an exciting and challenging way
- Improved focus; through training you will learn how to manage your emotions by controlling on *what* it is you focus your attention, and *how* you focus your attention

Class Content

Classes at Sensei Gerard Tigers Martial Arts consist of the following:

Physical conditioning: Most classes begin with warm-ups like jumping jacks, push-ups and sit-ups. The number of repetitions increases as rank level increases. Most classes also practice basics. Physical condition improves strength, stamina, flexibility, balance and coordination.

Basics: Basics are the fundamentals of the martial arts and include various kinds of punches, kicks, and stances. Developing good basics is critical in becoming proficient in the martial arts since all future skills are built off of the basics.

Forms: A form is a number of defensive and offensive movements incorporated into a prearranged, dance-like routine. This system of prearranged self-defense combinations is ideal for home practice since it is usually performed without a partner. The practice of forms improves balance, flexibility, and stamina. You can use forms to refine techniques. We will also study the meaning of the moves and techniques.

Self-defense: We practice specific self-defense techniques to prepare the student for as many different kinds of assaults as possible. At a very minimum the attacks include: punches, kicks, grabs, chokes, hair-pulls and pushes. Self-defense is another way to give meaning and understanding to basics.

Sparring: Sparring allows students to come as close to a real fight as possible without causing injury. It develops skills that no other form of training covers. Through sparring, students develop timing, control, gauging of distance, and reflexes. The purpose of sparring is to develop your fighting skills. It is not a win/lose situation. It is about gaining experience and skill.

Students are exposed to various types of sparring in a safe and progressive manner as they advance through the different ranks:

Point Sparring - Point sparring is the sport-aspect of sparring and is used in tournament matches. Participants score points for striking the legal target areas with hand and foot techniques. While many skills are developed through point fighting, it is also restrictive since many rules are imposed.

Kickboxing – Students are exposed more to full-contact style training with hand and foot combinations allowed to the upper body and head, along with low kicks to the legs.

Mixed Martial Arts - Along with full-contact style hand and foot combinations, takedowns and grappling are introduced in a controlled and safe environment as set forth by the ISKA (International Sport Kickboxing Association).

Sparring can be the most demanding, yet, rewarding form of your training. While not required to attend all sparring classes, students are required to attend a minimum number for each rank in order to get promoted.

Drills: Drills are usually techniques performed with partners. They help to develop timing, smoothness of motion, and refinement.

Meditation: Some classes may start and/or end with a brief meditation. The meditation is a period of mental relaxation used to eliminate outside distractions from the mind. Meditating facilitates relaxation, and promotes better concentration on activities in class. Meditation may also help avoid unnecessary injury that might otherwise occur

What is a Black Belt?

There are varying degrees of Black Belt ranging from first degree to tenth degree. Black Belt level is a standard of excellence. Different schools have different standards, as set by the Chief Instructor. Black Belt level means that the fundamentals are solid and understood. The student now has a strong base upon which to build. In many ways, Black Belt level is a beginning.

Now it is time to seek a deeper understanding of what you have already learned. It is also time to help lead others to Black Belt level. Black Belts at Sensei Gerard Tigers Martial Arts are expected not only to be proficient in martial arts, but also to have developed a code of conduct. Being courteous, kind, and peaceful is as important to an advanced martial artist as are the physical techniques. A true Black Belt sets a good example for others to follow.



Testing & Promotions

All testing and promotion of students fall under the guidelines set by Sensei Gerard Tigers Martial Arts. Consideration for promotion is given when a student:

- Demonstrates proficiency of required material
- Displays proper attitude and behavior
- Maintains acceptable academics
- Has completed the minimum time requirements
- Attends class consistently

The criteria above are only a guideline. There are many circumstances (e.g., age, prior experience, attitude, natural ability, etc.) which account for students progressing at different rates. Students are invited to test when an Instructor feels that they have earned this opportunity. **Only Instructors are qualified to judge when a student is ready to test.** You must remember that testing is a privilege, not a right. We offer instruction in Martial Arts, however, rank progression is always earned and it is not guaranteed.

Private Testing

Private testing is available under certain circumstances for an extra fee. The above-described guidelines also apply to private testing. Please see Sensei Gerard Tiger if you need to arrange a private test.

Fees

Session Tuition

Session tuition covers regular class instruction. Tuition does not include the cost of training guides, private lessons, training equipment, seminars, tournaments, or other special events.

There will be times when Sensei Gerard Tigers Martial Arts will be closed due to bad weather, Holidays, or Sensei Gerard Tigers Martial Arts pre-announced vacations or continuing education. These situations are accounted for within the term of your agreement and will not affect the ranking timeframe for student advancement.

Tuition is due whether the student attends class or not. Tuition and fees paid for classes, seminars or special events is non-refundable.

Refund policy – There are no refunds given for classes or seminars missed by the student.

Additional Fees

Tuition does not include the cost of seminars, private lessons, tournaments, or other special events. We make every effort to keep the costs of events we sponsor reasonable, so that the activities are accessible to all students.

Any karate clothing, footwear, uniforms, weapons, workout gear, and so on are available at Dojo Pro Shop. See Sensei Gerard Tiger for patches are allowed to be worn.

History of Kenpo



Due to the scarcity of authentic written records, the exact origins of the martial arts are obscure. Most historians agree some form of martial art was practiced in China as early as 1000 BC. In dealing with ancient martial art history we must rely partially on legend, keeping in mind that many legends, however exaggerated, have some basis in fact. Our most reliable information comes to us from Buddhist inspired martial arts such as those practiced at the Shaolin Temples. The most widespread account of the origin of Chinese

Martial Arts is credited to the 28th East Indian patriarch of the Buddhist faith named Tamo. He was also called Bodhidharma and was known to the Japanese as Daruma Daishi. His arrival in China is dated about 515-530 A.D. Allegedly he is the 28th descendant of the original Buddha, had become Abbot of the Shaolin Temple in Hunan Province shortly after his arrival in China. Legend tells us that when he arrived at the temple he found the monks to be in a state of physical decay and unable to withstand the prolonged periods of meditation which were essential to the practice of Zen Buddhism. Accordingly, Bodhidharma instituted a series of 18 exercises, similar in nature to Hatha Yoga in an attempt to improve the physical condition of the monks. The exact nature of the "18 Hands of the Lo Han", as the exercises were called, is unknown. We do know however, that they consisted of breathing, stretching, bending and reaching movements. These exercises apparently were the catalyst for the creation of other physical disciplines used to further the spiritual development of the Zen Buddhists. Prior to Bodhidharma's arrival, meditation was practiced as a purely mental discipline. Afterwards it became a combination of physical and mental, in keeping with the Doctrine of Yin and Yang.

In addition to being credited with the development of the Martial Arts, upon Tamo's arrival in China, he found that the Canton Warlords had disarmed the general public. This left them completely defenseless against marauding bandits and other warring factions. Tamo made extensive travels within China endeavoring to teach the Zen philosophy and integrate those ideas with the already existing Buddhist doctrines, i.e. that one must coexist with nature and the surrounding environment. He promised that if the people would do so, they would have a better understanding of their individual relationship with nature.

He was rejected by the people initially because such a philosophy did not seem reasonable during war, thus he began teaching in seclusion at the Shaolin Monastery in the Hunan Province. As a result, his Zen doctrine became the foundation of study for Monk's within China's religious structure. The inhabitants of the Shaolin Monastery still practice the Martial Arts as a way of meditation and training today.

The Shaolin Monastery, or "Shorin-ji" in Japanese, Tamo entered due to the monks being constantly harassed by bandits. He told them that peace was within each person and not within the world. Tamo tried to teach the monks, but found that many fell asleep during the rigors of Zen meditation. As a result, Tamo introduced exercise to improve their fitness levels and taught the original 18 hand movements of the martial arts for both defense and offense. Under Tamo's tutelage, the monks became formidable opponents. To graduate from the Shaolin Monastery, the monk had to compete to travel through, what was termed the "corridor of death." This was a corridor equipped with 108 dummies which were triggered into action by the body weight of the monk as he proceeded along the corridor. Each monk could activate up to 5 dummies simultaneously, depending on their body weight. Many of the monks died in the process and some were injured and taken to the infirmary. As accounts relate the incidents, no one had ever lived to make it through, if they failed during the first journey. This resulted in defection of the monks from the monastery who emigrated to southern China and Okinawa and began the teaching the part of the full system which they liked best. Thus some would teach linear power movements and some would teach circular, flowing movements, animal forms, etc. This may explain why there is so much similarity between certain martial arts styles and why there are so many different systems. If the monk made it to the end of the corridor, he had to lift a burning metal urn which branded a dragon on his left forearm and a tiger on his right forearm. This should be familiar to many readers who have watched the old "Kung Fu" series on television in the 1970's with David Carradine. The historical setting for the program was taken from Ed Parker's book "Secrets of Chinese Karate", which was published in 1963. It was about 5 years after this book was published that many other Martial Arts systems began tracing their beginnings back to the Shaolin Monastery, no doubt a result of Ed Parker's hard work and research which was of great benefit to Martial Artists.

During the Yuan Dynasty (1260-1368 A.D.) there was noticeable improvements in the Martial Arts. Ch'ueh Yuan had increased the original 18 hand movements to 72. Ch'ueh Yuan eventually became partners with Li Ch'eng (or Li Shao) and Pai Yu-Feng (Pai Yu-Fong) and increased the number of exercises from 72 to 170, and categorized them into five distinct styles: Tiger, Dragon, Crane, Serpent, and Leopard. These three men also advanced a set of moral and ethical principles to govern the practice of this art. These five styles formed the basis of the art of Shaolin Chuan Fa also known as the "Five Forms Fist." Later other styles were added. As time passed, Martial Arts training became integral to the

Chinese lifestyle due to their being in a constant state conflict. Due to its lethal qualities, the Martial Arts were taught only by select clans who had their own master, and who would teach only selected individuals in each clan. Great pride was taken by each master in his distinctive style. Family clans were sworn never to divulge the teachings they received from their masters. For many years the Shaolin fighting arts were practiced in utmost secrecy. Masters were concerned that the techniques would fall into hands that would use the potentially deadly art for purposes other than what was originally intended. Many factors contributed to the eventual spread of the martial arts. Buddhist missionaries to Japan, Korea, and Indonesia took their arts with them. Students sometimes left the temple prematurely and passed on what knowledge they had. The main factor was the ruthless domination of the Manchu emperor. Secret societies were formed for the purpose of restoring the Ming dynasty to power and overthrowing the barbarian Manchus. Most Chan Buddhists were anti-Manchu and many temples were training grounds for pro-Ming revolutionaries. On several occasions the Manchus destroyed temples in an effort to stomp out resistance. Fleeing monks undoubtedly carried their fighting art with them, eventually spreading all over China.

The Ming (1368-1644 A.D.) and Ch'ing (1644-1911 A.D.) Dynasties were the golden age of Martial Arts in China and many of the styles taught today were founded and expanded on during this period. In 1372 Chinese-Okinawan relations were consolidated, and in 1470 Sho-ha-shi became king of Okinawa and confiscated all weapons from the people. This forced the Okinawans to seek other forms of self-defense. As a result, some Okinawans emigrated to China to learn what was then called Chinese Kenpo from top masters. Upon returning to their native land, the martial art became known as Shorinji Kempo. As the years passed, practitioners continued to learn and demonstrate their skills in private and the Martial Arts improved considerably. Then in 1609, the Japanese dominated Okinawa and Lord Shimazu removed all forms of weapons from the public at large. Between 1609-1903 the greatest achievements were made in the Martial Arts. As a result, a variety of styles and systems emerged.

Modern martial art history is much easier to follow. During the 18th century, China and Japan were engaged in trade both material and cultural. At that time a senior member of the Mitosi clan of Japan traveled to China to study the martial arts at the Shaolin Temple where he remained for many years. Upon his return to Japan he introduced the art of Chu'an Fa which he called Kempo (Japanese for "Way of the Fist"). This was later developed into a system for healing, health, and fighting called Kosho-Ryu Kempo. The Okinawans had always termed the Martial Arts as "Te" which literally means hand. During this period (1609-1903) "Karate" meaning "Hands of China" replaced the word "Te" (during the latter part of the 19th century) until the Chinese character which denoted "Hands of China" or "China Hand"

(the latter being more correct) was changed by the Japanese to their character which meant "empty hand". This change (officially dated to 1923) angered many of the Okinawan masters who were proud of the term designating their fighting style. They also did not wish to dispense with their loyalty and association with China. However, there was great pressure by the Japanese and the masters very reluctantly accepted the new character change. The change was spearheaded by a student of Chogun Miyagi named Nagashi Hanage of the Goju-ryu style of karate. It was actually Chogun Miyagi himself who desired to make the change and compelled his disciple Nagashi Hanage to pursue the change with great vigor. While the change may have brought a deeper meaning according to Chogun Myagi, in which spiritual overcomes the physical, it is yet another example of how the Japanese managed to make many think that the Art was theirs and not the Chinese from whom it descended. The Bonsai tree is also an example because the Bonsai tree was propagated in China long before anyone ever heard of it from Japan. This art was practiced and passed down in the Mitose line until James Mitose, who lived in Hawaii in 1940, began teaching publicly. One of his students, William Chow, who also extensively studied Chinese martial arts from his own family, took over teaching the classes. William Chow taught a young Hawaiian named Edmund Parker who eventually developed Kenpo into the art we know and practice today. For further clarification, refer to the Infinite Insights Into Kenpo books written by Grandmaster Parker. If the reader will observe the last two oriental characters on the right hand side of the Parker System patch, you will note that these are the true Chinese characters referring to "empty" and "hand" respectively. This was done intentionally by Mr. Parker to honor the Chinese from which our system descends. It is not a mixture of Japanese and Chinese. This has always been a primary mistake of many students of the Kenpo system and others. It is due primarily to the fact that both the Chinese and Japanese character for "te" meaning hand, are identical. This is the last character on the right hand side of the Parker patch. Consequently, it is easy to mix the two or rather to think they are mixed when you look at both the Chinese and Japanese characters -- the character for "kara" is different in both languages. If one uses the word Kenpo, which took on the Japanese meaning when "kara" was added before "te" as described above and has generally been the accepted norm ever since, it literally means fist law. The Pinyin pronunciation in Chinese for fist law is "Ch'uan Fa" and is sometimes incorrectly called "Ch'uan Shu" which is the Chinese term for Kung Fu. We give credit to the Chinese from whom our art descends. Mr. Parker taught for many years and is considered to be the Grand Master of the modern Kenpo system. He died unexpectedly in 1990 without naming a successor. Mr. Parker had many brilliant students who have continued to teach the principles and concepts of American Kenpo Karate.

About the Instructor

Mind, Body, and Spirit: Sensei Gerard Tiger



1980 was the beginning of what would be a long, hard life and, one that had inspired me. Martial Arts became a way of life for me. It became a lifestyle to which I am very grateful to be part of and witness to its development. I started teaching Martial Arts after receiving my Black Belt in 1989. I opened a small DOJO school in 1990 at a community center in The South Bronx, of New York City. It was during this time that teaching became a passion and joy for me. Martial Arts is not all about fighting. It also has a deep spiritual side. Today, I feel that the spiritual side has been lost, and my goal is to bring that back by teaching it the way the masters taught me.

Gerard Tiger, otherwise known as Sensei Gerard Tiger, first got into combat on the rough streets of South Bronx, NY. I began my Martial Arts career at the age of 12. I was inspired by one of my older brothers who studied Martial Arts, and by watching the Kung Fu movie specials on TV. My first Martial Arts instructor was Master Yamamoto in New York City. He trained his students in the 5 Animals Style Kenpo. It was a complete shock to see my teacher completing a handstand on a bed of nails, and to use an army bag filled with rocks as his punching and kicking training methods. I trained with the masters whose methods were hard and discipline was even harder. There were no mats to fall on only hard floors and no soft bags to punch only ones filled with rocks and the training was tough. The Masters in those days did not make a living off of Martial Arts. They taught for the love of the art, and to pass on their knowledge.

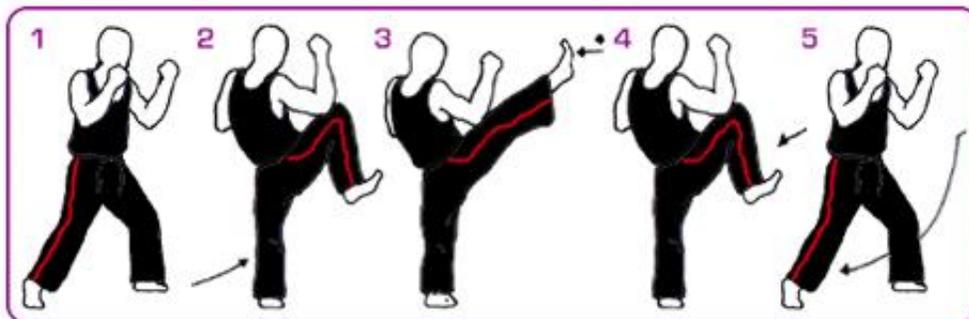
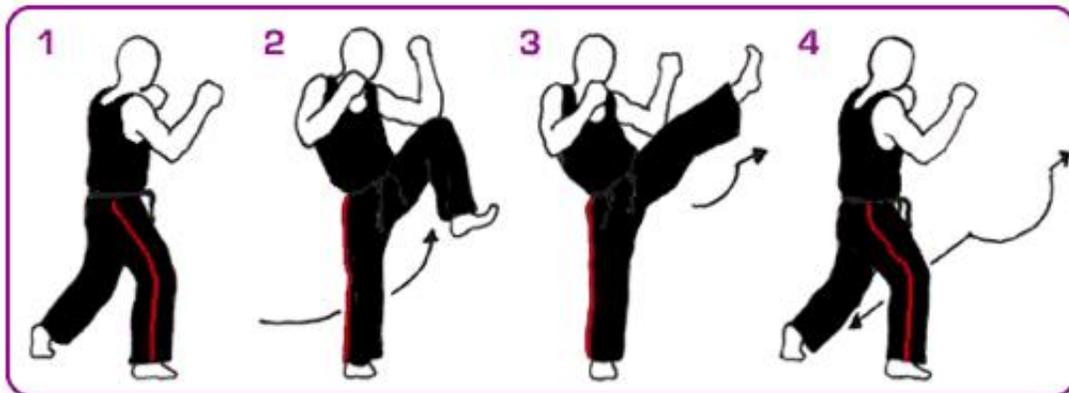
The Masters chose their students. They did not just teach anyone who came knocking on the door. Training was hard, and sometimes consisted of fighting on the rooftops of buildings. Sometimes, we would have an intense 3-hour training in which the Masters would train you for conditioning. Black belts were not just given out to anyone. You had to earn them, which took years of training to achieve one. Those old days of training were hard, intense, and long.

Sensei Gerard Tiger was the chief instructor of Martial Arts at Lifestyle Fitness Centers for 4 years in NC and is now located at his Pembroke Dojo Professional Martial Arts Studio.

At-home Study Guide



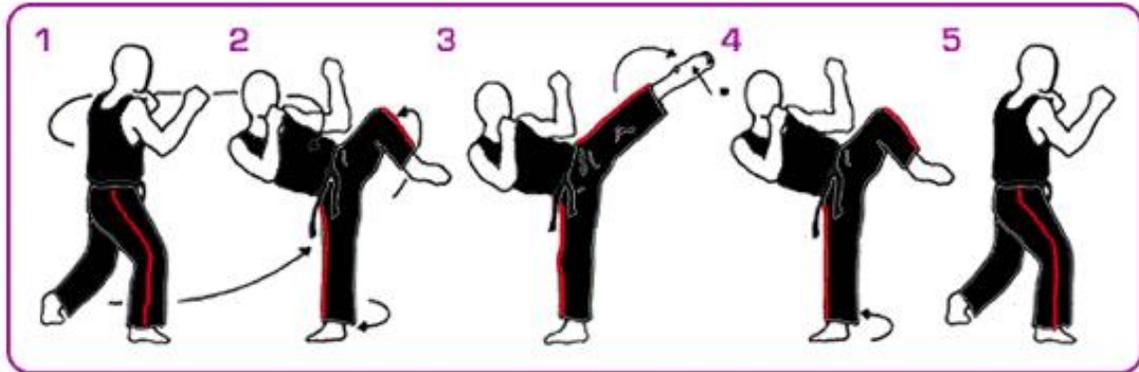
Kicking with a Front Kick





KICKING DRILL SETS ROUND HOUSE

Follow all these Sets when practicing kick drill.



Chinese Kenpo Karate Alphablocks Kata

Horse Stands

1. **Presentation Stands: (Kiba Dachi)** Stands Chart is to the right. →
Presentation should be Horse Stands with back Straight.



2. **Forward High blocks: 2 times moving in Bow and Arrow Stands.** →



3. **Low block: 1 time Bow and Arrow stands.** →
(KIA) sound for power on move



4. **Outside Blocks: 2 times in bow & Arrow Stands.** →
(Remember, chamber the hand)



5. **Low Block: 1 time Bow & Arrow Stands (KIA)** →
sound for power on move.



6. **Inside Block Sets: 2 times in Bow & Arrow Stands.** →



7. Turn around and continue with Low Block Strike
With power and (KIA) Sound.

→



8. Cross Hand Low Block Sets: 2 time: This movement is a
blade cross-hand movement, not like the pic.

→



Seikan Gedan Juji Uke [Closed Fist Lower Cross Block]



9. Two Hand Knee Slap going in to the Shaolin Punch: This movement should be done with perfection.



Shaolin Punch (One Move)



10. Elbow Strike into Guard would be next move, followed by a
Low Hand Palm Block.



****Please practice your movements and your Form (Kata). It is a very important skill set for improvement in your art.***

Zuki - Punches



Oi-zuki



Gyaku-zuki



Ura-tsuki



Heiko-tsuki



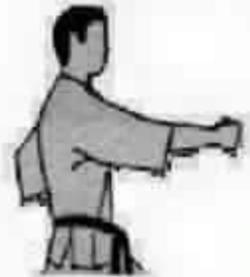
Yama-tsuki



Hasami-tsuki



Awase-tsuki



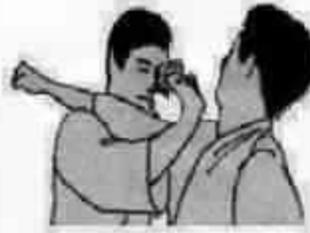
Tate-tsuki



Mawashi-tsuki
nawan / shuwan



Kagi-tsuki
nukite / shuto



Shotei-tsuki



age-tsuki