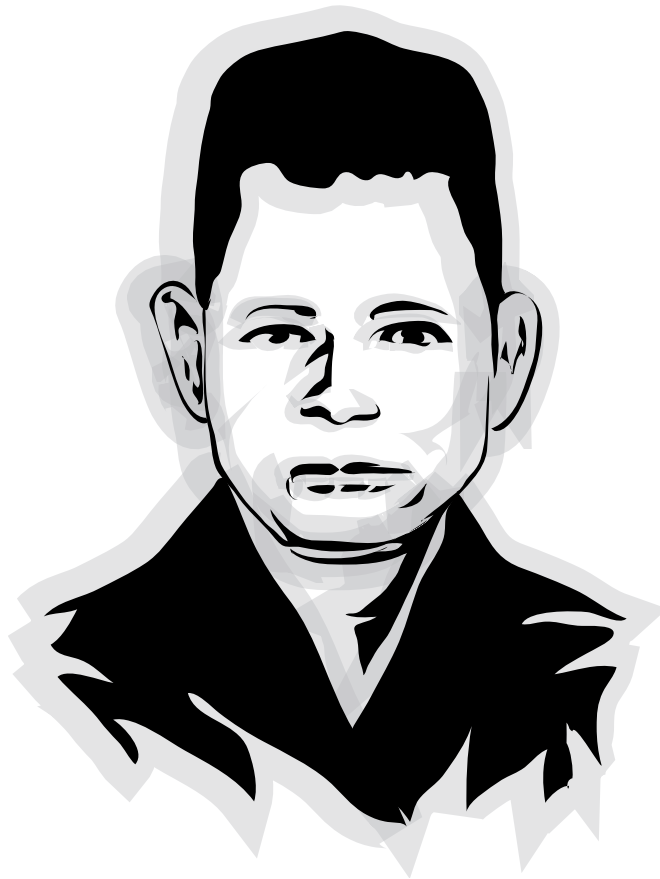




一心流空手道



一心流空手道

**ISSHINRYU**

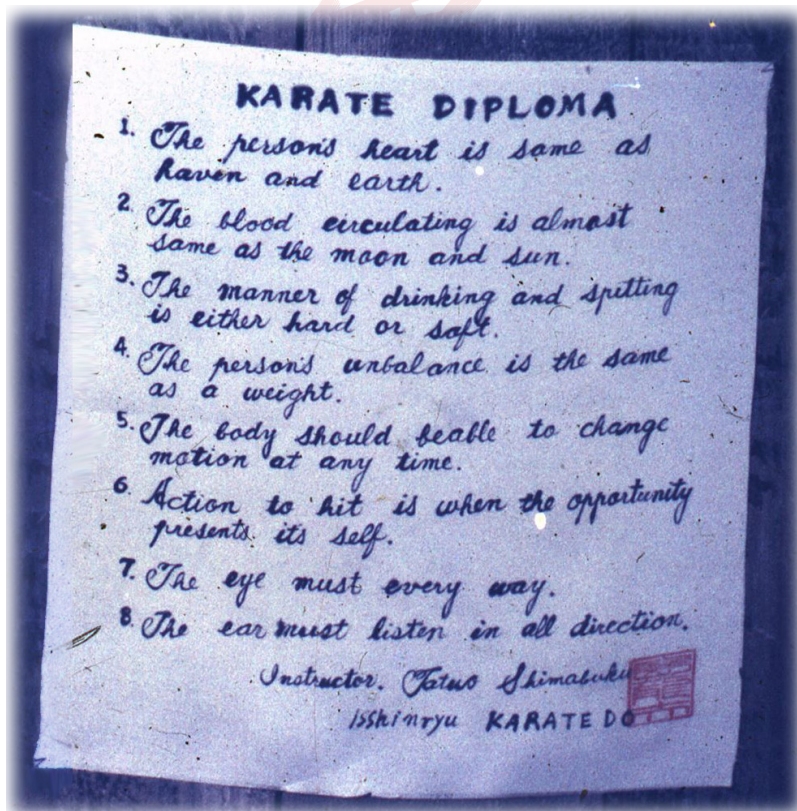
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## ~ CODES OF KARATE ~

1. A PERSONS HEART IS THE SAME AS HEAVEN AND EARTH
2. THE BLOOD CIRCULATING IS SIMILAR TO THE MOON AND SUN
3. THE MANNER OF DRINKING AND SPITTING IS EITHER HARD OR SOFT
4. A PERSONS UNBALANCE IS THE SAME AS WEIGHT
5. THE BODY SHOULD BE ABLE TO CHANGE DIRECTION AT ANY TIME
6. THE TIME TO STRIKE IS WHEN THE OPPORTUNITY PRESENTS ITSELF
7. THE EYE MUST SEE ALL SIDES
8. THE EAR MUST LISTEN IN ALL DIRECTIONS



(ISSHINRYU KENPO GOKUI, WRITTEN BY MASTER SHIMABUKU)

## ~ THE KARATE 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 MY PRINCIPLES; SHOULD IT BE A  
MATTER OF LIFE OR DEATH, OR RIGHT OR WRONG, THEN  
HERE ARE MY WEAPONS... MY EMPTY HANDS.

## ~ THE STUDENT CREED ~

1.

I INTEND TO DEVELOP MYSELF IN A POSITIVE MANNER AND  
AVOID ANYTHING THAT WOULD REDUCE MY MENTAL  
GROWTH OR PHYSICAL HEALTH.

2.

I INTEND TO DEVELOP SELF-DISCIPLINE IN ORDER TO BRING  
OUT THE BEST IN MYSELF AND OTHERS.

3.

I INTEND TO USE WHAT I LEARN IN CLASS CONSTRUCTIVELY  
AND DEFENSIVELY; TO HELP MYSELF AND MY FELLOW MAN  
AND NEVER TO BE ABUSIVE OR OFFENSIVE.

# ~ DRAGON CODES ~

(4 & 5 YEAR OLDS CLASS)



1. Don't punch or kick other people.
2. Don't talk to strangers.
3. Always do your very best.
4. Always follow directions.
5. Always show respect.
6. Always make good choices.

## ~ HISTORY OF ISSHINRYU ~

BORN IN 1908, TATSUO SHIMABUKU BEGAN TRAINING FOR KARATE AT THE AGE OF EIGHT. HIS FIRST INSTRUCTOR WAS HIS UNCLE, WHO TAUGHT SHURI-TE KARATE. EACH DAY, SHIMABUKU WOULD WALK TO SHURI AND PERFORM CERTAIN CHORES IN EXCHANGE FOR HIS KARATE TRAINING.

LATER, SHIMABUKU STUDIED KOBAYASHI-RYU UNDER MASTER KYAN CHOTOKU AND WAS ONE OF KYAN'S LEADING DISCIPLES. HE ALSO STUDIED GOJU-RYU UNDER MASTER MIYAGI CHOJUN AND BECAME VERY ADEPT AT GOJU-RYU. RETURNING TO KOBAYASHI-RYU, SHIMABUKU STUDIED UNDER MASTER MOTOBU CHOKI, WHO AT THIS TIME WAS A LEGEND ON THE ISLAND OF OKINAWA. DURING THE LATE 1950'S AND EARLY 1960'S MASTER SHIMABUKU BEGAN TO STUDY THE ART OF THE BO AND SAI UNDER THE OKINAWAN KOBUDO MASTER SHINKEN TAIRA.

IN THE MID 1930'S TATSUO SHIMABUKU WON GREAT RECOGNITION FOR HIS KATA AT A LARGE MARTIAL ARTS FESTIVAL AND DEVELOPED AN OUTSTANDING REPUTATION THROUGHOUT THE ISLAND OF OKINAWA FOR HIS KARATE. AT THE BEGINNING OF WORLD WAR II, SHIMABUKU WAS A KARATE INSTRUCTOR AND OWNED A SMALL MANUFACTURING PLANT. THE PLANT WAS DESTROYED IN THE EARLY PART OF THE WAR. IN ORDER TO AVOID BEING FORCED INTO MILITARY SERVICE BY THE JAPANESE, SHIMABUKU SOUGHT REFUGE IN THE HILLSIDES WHERE HE WORKED AS A FARMER UNTIL HE WAS DISCOVERED BY SOME JAPANESE SOLDIERS. THEY AGREED TO KEEP HIS HIDING PLACE A SECRET IF HE WOULD TEACH THEM KARATE. SHIMABUKU AGREED. AFTER THE WAR, SHIMABUKU CONTINUED TO FARM AND PRACTICED KARATE IN PRIVATE FOR HIS OWN SPIRITUAL AND PHYSICAL BENEFIT.

MASTER SHIMABUKU WAS RECOGNIZED AS A LEADING PRACTITIONER OF SHORIN-RYU AND GOJU-RYU. HE INCLUDED THE BEST ELEMENTS FROM EACH INTO A NEW SYSTEM WHICH HE CALLED ISSHINRYU. THIS STYLE MEANS "ONE-HEART OR ONE-MIND" STYLE. THE OFFICIAL BIRTH DATE OF ISSHINRYU IS JANUARY 15, 1956. ISSHINRYU EPITOMIZES THE POWERFUL, LIGHTNING-FAST TECHNIQUES THAT, IN ANCIENT TIMES ENABLED THE WEAPONLESS OKINAWAN'S TO DEFEAT THE SWORD-WIELDING SAMURAI WARRIORS OF JAPAN.

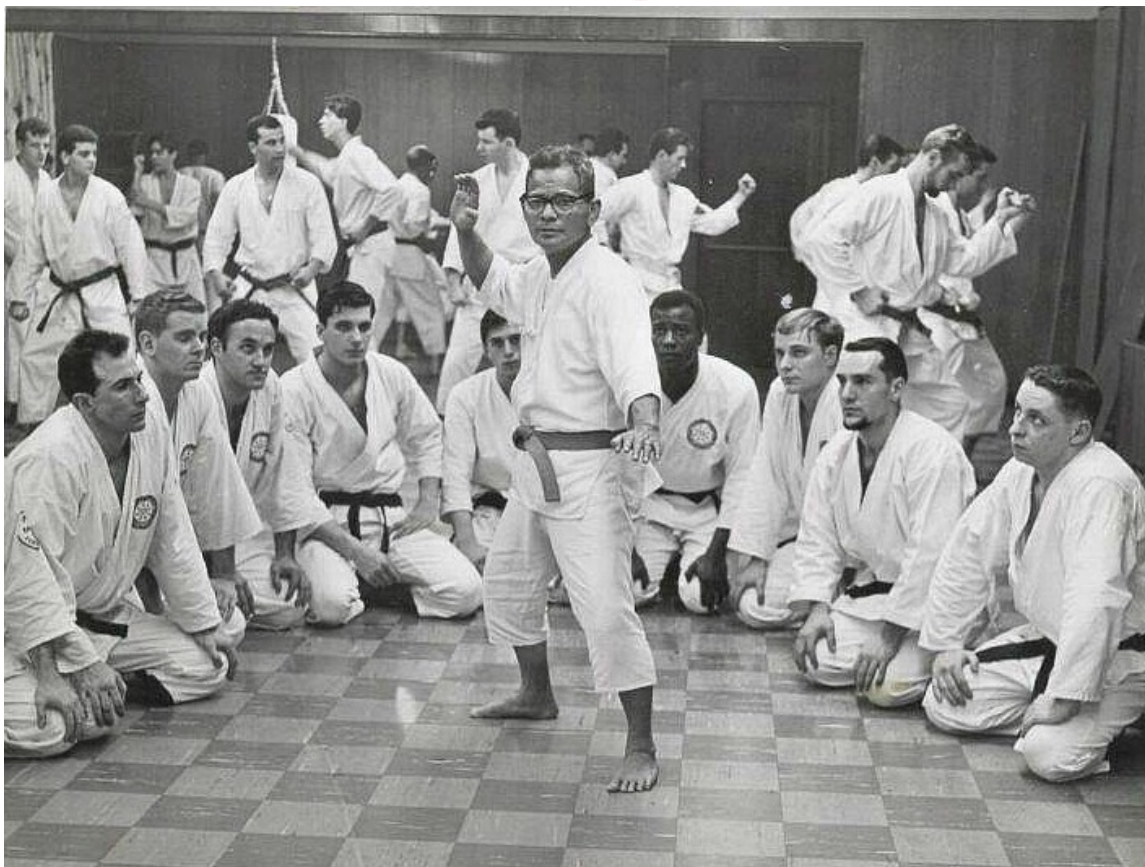
IN DEVELOPING ISSHINRYU, MASTER SHIMABUKU UTILIZED THE SAGE ORIENTAL PHILOSOPHY OF THE "HARD" AND THE "SOFT", WHICH EMPHASIZES STRENGTH THROUGH SPEED AND ACCURACY. MUSCLES ARE RELAXED UNTIL THE POINT OF CONTACT. HE USED A VERTICAL PUNCH WITH THE THUMB PLACED ON TOP OF THE FIST. THIS STYLE OF PUNCH COULD BE EASILY FORCED, PRODUCED INCREASING SPEED, WAS EASILY RETRACTED AND AVOIDED POSITIONS IN WHICH THE ELBOW COULD BE BROKEN. THE PLACEMENT OF THE THUMB ON TOP OF THE FIST STRENGTHENED THE WRIST AS WELL.

# ~ HISTORY OF ISSHINRYU ~

(CONTINUED)

FOR ISSHINRYU, SHIMABUKU USED WHAT HE FELT WERE THE BEST KATA FROM SHORINRYU AND GOJU-RYU. THESE KATA ARE COMMON TO MOST STYLES OF OKINAWAN KARATE. EACH CONTAINS ELEMENTS THAT ARE NECESSARY TO DEVELOP A WELL-POLISHED KARATEKA. THESE KATA WERE MODIFIED BY SHIMABUKU TO FIT THE MOLD THAT HE DESIGNED FOR ISSHINRYU. THE ONLY KATA THAT MASTER SHIMABUKU CREATED HIMSELF IS SUNSU, MEANING "STRONG MAN", THE MASTER'S NICKNAME. SUNSU EMBODIES TECHNIQUES FROM THE OTHER ISSHINRYU KATA AND IS THE MOST DIFFICULT TO PERFORM WITH STRENGTH AND SPEED.

ON MAY 30, 1975, GRANDMASTER SHIMABUKU DIED, YET HIS DREAM CONTINUES TO LIVE. THOUSANDS OF MEN, WOMEN AND CHILDREN KEEP HIS DREAM ALIVE BY STUDYING ISSHINRYU THE WORLD OVER.



# ~ HISTORY OF KARATE ~

KARATE TRANSLATED MEANS "EMPTY HAND". IT IS A TERM DESCRIBING THE ORIENTAL ART OF WEAPONLESS SELF-DEFENSE. KARATE WAS FOUNDED ON THE PRINCIPLE OF A MIND-AND-BODY UNITY. A KARATE PROGRAM INCLUDES PRECISE, SUSTAINED MENTAL AND PHYSICAL CONDITIONING TO DEVELOP KEEN REFLEXES, EXCELLENT COORDINATION AND SIMULTANEOUS COMMAND OF THE MIND AND BODY.

KARATE IS MORE THAN PHYSICAL TRAINING. ITS MAIN OBJECTIVE IS THE PERFECTION OF ONESELF. THE ART OF KARATE COMBINES STRENGTH, GRACE AND BEAUTY TO GIVE STUDENTS SELF-CONFIDENCE AND TO DEVELOP THEIR INTEGRITY AND SERENITY. LITERALLY, KARATE-DO, OR KARATE AS IT WAS TAUGHT IN THE ANCIENT ORIENT, MEANS "A WAY OF LIFE". PRACTICING KARATE-DO, THE STUDENT WILL STUDY, TRAIN AND DISCIPLINE HIMSELF TO FIND LIFE'S "TRUE" MEANING. THE TRAINING AND DISCIPLINE ARE DIFFICULT, YET REWARDING.

KARATE'S ORIGIN HAS BEEN OBSCURED BY MYTHS AND LEGENDS. HOWEVER, NEAR THE TIME KARATE WAS DEVELOPING, IT IS KNOWN THAT MANY SCOUNDRELS WOULD ROB AND KILL TRAVELERS, NOT CARING IF THE TRAVELERS WERE BEGGARS OR MONKS. MONKS WERE NOT CONSIDERED CLERGYMEN, NOR WERE THEY ALLOWED TO CARRY WEAPONS. IN THE MONASTERIES, THE MONKS WERE TAUGHT VARIOUS FORMS OF SELF-DEFENSE ALONG WITH THEIR BUDDHIST RELIGION.

ONE LEGEND HAS IT THAT A MONK NAMED BODHIDHARMA (DARUMA TAISHI, TO THE JAPANESE - 500 A.D.) STUDIED BUDDHISM IN INDIA BEFORE EMIGRATING TO CHINA. HE TAUGHT THE CHINESE PEOPLE BUDDHISM AT THE TEMPLE OF SHORIN-JI. BODHIDHARMA FOUND IT VERY DIFFICULT TO TEACH THE INDIAN FORM OF BUDDHISM TO THE CHINESE, SO HE TAUGHT ZEN BUDDHISM WHICH HE THOUGHT WAS EASIER TO UNDERSTAND. STILL FINDING DIFFICULTIES IN GETTING HIS STUDENTS TO COMPREHEND, BODHIDHARMA ADDED PHYSICAL TRAINING TO HIS TEACHINGS TO KEEP HIS STUDENT'S MINDS FROM WANDERING. THIS INCLUDED MANY SELF-DEFENSE TECHNIQUES WHICH LATER BECAME THE BASIS FOR A STYLE OF KARATE KNOWN AS CHINESE KEMPO, OR SHORIN-JI KEMPO.

THE DEFENSIVE ART TAUGHT AT THE TEMPLE OF SHORIN-JI WAS THE FINEST IN CHINA FOR MANY YEARS. THERE ARE MANY STORIES OF THE KARATE-KA THAT WERE PRODUCED THERE. SHORIN-JI KEMPO EVENTUALLY FOUND ITS WAY TO OKINAWA AND BECAME AN IMPORTANT FACTOR IN THE DEVELOPMENT OF OKINAWAN KARATE.

# ~ HISTORY OF KARATE ~

(CONTINUED)

LEGEND TELLS OF A SHIPWRECKED CHINESE SAILOR NAMED CHINTO WHO HID IN AN OKINAWAN CAVE AND STOLE HIS FOOD AT NIGHT. THE VILLAGERS COMPLAINED, AND MATSUMURA, THE BEST SAMURAI, WAS SENT TO CAPTURE THE SAILOR. WHEN CONFRONTED, CHINTO SUCCESSFULLY BLOCKED OR ELUDED EACH OF MATSUMURA'S OFFENSIVE TECHNIQUES AND THEN HE RAN AWAY. MATSUMURA EVENTUALLY FOUND HIM HIDING IN A CEMETERY AND BEFRIENDED HIM. CHINTO TAUGHT MATSUMURA HIS "FORM". THIS FORM WAS THOUGHT TO BE FROM SHORIN-JI KEMPO AND MANY FEEL THAT THIS IS HOW SHORIN-JI KEMPO WAS BROUGHT TO OKINAWA.

FOR APPROXIMATELY 400 YEARS, JAPAN CONTROLLED THE ISLAND OF OKINAWA WITH AN IRON FIST. THEY CONFISCATED EVERYTHING THAT EVEN RESEMBLED A WEAPON AND BLACKSMITHS WERE FORBIDDEN TO MANUFACTURE ANY EDGED WEAPONS. KARATE, HOWEVER, WAS TAUGHT IN SECRET FOR HUNDREDS OF YEARS, HIDDEN AND UNDERGROUND. THROUGH THE CENTURIES, JAPANESE INVADERS WERE DISCOVERED DEAD. RUMORS SPREAD ABOUT THE WAY THEY DIED, BUT NOTHING WAS DOCUMENTED. FEW FACTS WERE KNOWN ABOUT KARATE IN THE OUTSIDE WORLD, EXCEPT FOR THE NUMBER OF JAPANESE INVADERS WHO FELL VICTIM TO ITS PRACTITIONERS.

KARATE REMAINED UNDERGROUND ON OKINAWA UNTIL 1901 WHEN A MASTER NAMED ITOSU OPENED THE FIRST KARATE SCHOOL ON THE ISLAND. GICHIN FUNAKOSHI WAS TRAINED AT THIS SCHOOL AND IN 1916 TOOK KARATE TO JAPAN IN A SERIES OF DEMONSTRATIONS. THESE DEMONSTRATIONS WERE SO SUCCESSFUL THAT FUNAKOSHI REMAINED IN JAPAN AND ESTABLISHED A STYLE KNOWN AS SHOTOKAN. THE JAPANESE SYSTEMATIZED AND ESTABLISHED SPORT KARATE (KARATE-SHO) WHICH HAS SPREAD RAPIDLY THROUGHOUT THE WESTERN WORLD SINCE THE END OF WORLD WAR II.



# MIZU GAMI

THE ISSHINRYU PATCH

THE ISSHINRYU PATCH REPRESENTS A VISION THAT MASTER SHIMABUKU HAD WHILE CREATING ISSHINRYU. MASTER SHIMABUKU FELT THAT THIS VISION DEPICTED THE “MOLD” FROM WHICH HE WANTED TO FASHION ISSHINRYU. THE PATCH SYMBOLIZES MANY ASPECTS OF ISSHINRYU. BELOW IS AN EXPLANATION OF EACH.



- MIZU GAMI, THE FEMALE WATER GODDESS IS HALF WOMAN AND HALF SEA SERPENT.
- MIZU GAMI IS SITTING CALMLY IN TROUBLED WATERS, REPRESENTING THE QUIETNESS THAT A KARATE-KA SHOULD DISPLAY IN THE MIDST OF TROUBLE.
- MIZU GAMI’S LEFT HAND IS HELD IN A SIGN OF PEACE; HER RIGHT HAND IS CLENCHED IN A FIST, REPRESENTING STRENGTH IF EVIL PERSISTS.
- THE DRAGON ASCENDING IN THE DARK TOWARD THE FOUR STARS IN HEAVEN REPRESENTS A SIGN OF GOOD LUCK IN ORIENTAL LEGEND. PERHAPS THIS PORTION OF THE DESIGN MEANT THAT ISSHINRYU WOULD PROSPER AND GROW AS A MAJOR STYLE OF KARATE.
- MASTER SHIMABUKU’S FIRST NAME, TATSUO, MEANS “DRAGON BOY”
- THE GRAY BACKGROUND AND STARS REPRESENT QUIET NIGHTS, SIGNIFYING THAT KARATE IS ONLY TO BE USED IN SELF DEFENSE
- THE KANJI ON THE PATCH TRANSLATED IN ENGLISH IS: ISSHINRYU KARATE-DO
- THE FOUR STARS ON THE PATCH REPRESENT THE FOUR MASTERS: MASTER KYAN, MASTER MOTOBU, MASTER MIYAGI AND MASTER SHIMABUKU.
- THE SEA SERPENT HALF IS HIDDEN IN THE WATER JUST AS A KARATE-KA SHOULD HIDE THEIR FIERCE SIDE; BUT IS THERE IF NEEDED.
- THE YELLOW RING AROUND THE PATCH REPRESENTS THE RING OF FIRE.
- THE PATCH AS A WHOLE SHOULD REMIND US TO STAY CALM IN TIMES OF DANGER.

## ~ KARATE FORMALITIES ~

BOWS ARE TRADITIONAL ORIENTAL WAYS OF DISPLAYING RESPECT WITH HUMILITY.

FORMAL BOWS (ZA-REI), ARE EXECUTED BY KNEELING WITH HANDS MADE INTO FISTS, KNUCKLES RESTING ON THE FLOOR AND FEET CROSSED. FORMAL BOWS ARE USED AT THE BEGINNING AND END OF FORMAL CLASSES AND TO PAY RESPECT TO VISITING BLACK BELTS.

INFORMAL BOWS (TACHI-REI), ARE EXECUTED BY STANDING WITH HEELS TOGETHER, FEET POINTED OUT ON A 45 DEGREE ANGLE AND BOWING FROM THE WAIST. TACHI-REI'S ARE OFTEN USED TO BEGIN AND END AN INFORMAL CLASS AND BEFORE AND AFTER EACH OF THE FOLLOWING :

- ADDRESSING A SENSEI
- ENTERING OR LEAVING THE DOJO
  - KATA
  - KUMITE

SHOULD YOU WISH TO QUESTION OR TALK TO AN INSTRUCTOR WHILE ON THE FLOOR, APPROACH AND STAND SILENTLY UNTIL ASKED TO SPEAK. EXECUTE A TACHI-REI (INFORMAL BOW), AND THEN PRESENT YOUR QUESTION. WHEN THE SENSEI HAS COMPLETED THEIR EXPLANATION, EXECUTE ANOTHER TACHI-REI BEFORE WALKING AWAY.

WHEN IN THE DOJO, ALL STUDENTS SHOULD TREAT HIGHER RANKING STUDENTS AND BLACK BELTS WITH THE RESPECT ATTRIBUTED TO THEIR RANK.

## ~ PUNCHES ~

01. STRAIGHT PUNCH TO SOLAR PLEXUS  
中段追突き・CHUDAN OI TSUKI
02. UPPERCUT TO BASE OF THE NOSE  
上段追突き・JODAN OI TSUKI
03. REVERSE PUNCH TO SOLAR PLEXUS  
中段逆突き・CHUDAN GYAKU TSUKI
04. REVERSE UPPERCUT TO CHIN  
上段逆突き・JODAN GYAKU TSUKI
05. UPPER AREA BLOCK, REVERSE PUNCH TO SOLAR PLEXUS  
上段受け中段突き・JODAN UKE, CHUDAN TSUKI
06. MIDDLE AREA BLOCK, REVERSE PUNCH TO SOLAR PLEXUS  
中段受け中段突き・CHUDAN UKE, CHUDAN TSUKI
07. LOWER AREA BLOCK, REVERSE PUNCH TO SOLAR PLEXUS  
下段払い中段突き・GEDAN BARAI, CHUDAN TSUKI
08. UPPER AREA OPEN HAND BLOCK, UPPERCUT TO BASE OF NOSE  
上段手刀払い上段突き・JODAN TEGATANA BARAI, JODAN TSUKI
09. MIDDLE AREA OPEN HAND BLOCK, OPEN HAND STRIKE TO SOLAR PLEXUS  
中段手刀払い中段貫き・CHUDAN TEGATANA BARAI, CHUDAN NUKI
10. BACK FIST TO BRIDGE OF NOSE, PUNCH TO SOLAR PLEXUS  
裏打ち中段突き・URA UCHI, CHUDAN TSUKI
11. UPPER AREA BLOCK, 5 PUNCHES TO SOLAR PLEXUS  
上段受け連続突き・JODAN UKE, RENZOKU TSUKI
12. MIDDLE AREA BLOCK, 5 PUNCHES TO SOLAR PLEXUS  
中段受け連続突き・CHUDAN UKE, RENZOKU TSUKI
13. LOWER AREA BLOCK, 5 PUNCHES TO SOLAR PLEXUS  
下段払い連続突き・GEDAN BARAI, RENZOKU TSUKI
14. OPEN HAND STRIKE TO MIDDLE AREA, OPEN HAND STRIKE TO SIDE OF NECK  
手刀の使い方・SHUTO NO TSUKAI KATA “METHODS OF THE SHUTO”
15. DEFLECTION FOLLOWED BY TWO PUNCHES  
大打ち・O UCHI
16. REVERSE ELBOW STRIKE  
肘の使い方・HIJI NO TSUKAI KATA “METHODS OF THE ELBOW”

## ~ KICKS ~

01. FRONT KICK TO PELVIS AREA  
前蹴り・MAE GERI
02. CROSS KICK TO KNEE  
側根当て・SOBA NE ATE
03. FORWARD ANGLE KICK TO KNEE  
横側蹴り・YOKO SOBA GERI
04. SIDE KICK WITH BALL OF FOOT  
側蹴り・SOBA GERI
05. SIDE KICK WITH BLADE OF FOOT  
横蹴り・YOKO GERI
06. TOE KICK  
前ふみ蹴り・MAE FUMI GERI
07. KNEE STRIKE  
膝蹴り・HIZA GERI
08. FRONT THRUST KICK WITH HEEL  
前根当て・MAE NE ATE
09. SQUAT KICK WITH BALL OF FOOT  
落とし蹴り・O TOSHI GERI

# ~ KATA ~

## SEISAN・十三

FROM SHORINRYU, EMPHASIZES A STRAIGHT FORWARD STANCE, THE MAE GERI AND RAPID TECHNIQUES.

## SEIUNCHIN・セイウンチン

FROM GOJURYU, EMPHASIZES A STRONG STANCE (SHIKO DACHI) AND STRESSES REINFORCED PUNCHES AND BLOCKS.

## NAIHANCHI・ナイハンチ

FROM SHORINRYU, DESIGNED FOR FIGHTING AGAINST A WALL, IT INCORPORATES LATERAL MOVEMENTS.

## WANSU・ワンスー

FROM SHORINRYU, CALLED THE “DUMPING FORM” BECAUSE OF THE THROW CONTAINED IN THE KATA.

## CHINTO・チントウ

FROM SHORINRYU, DERIVES ITS NAME FROM MASTER CHINTO. A KATA THAT EMPHASIZES PIVOTS AND ANGLES, CHINTO IS ONE OF THE MOST DIFFICULT KATA TO PERFORM WHILE KEEPING GOOD BALANCE.

## KUSANKU・クーシャンク

FROM SHORINRYU, IT WAS NAMED AFTER MASTER KOU SHAN KOUH. IT IS A KATA WHICH IS DESIGNED FOR FIGHTING IN THE DARK.

## SUNSU・スンスー

THIS IS THE ONLY HANDS KATA MASTER SHIMABUKU DEVELOPED ON HIS OWN. IT IS THE MOST DIFFICULT TO PERFORM AND CONTAINS TECHNIQUES THAT MASTER SHIMABUKU FELT WERE THE BEST.

## SANCHIN・三戦

FROM GOJURYU, IT IS A KATA THAT EMPHASIZES STRONG TECHNIQUE AND BREATH CONTROL. SANCHIN MEANS “THREE BATTLES” (MIND, BODY & SPIRIT)

# ~ KOBUDO ~

## ISSHINRYU

TOKUMINE NO KUN ・ 徳嶺の棍  
URASOE NO KUN ・ 浦添の棍  
SUEYOSHI NO KUN - 末吉の棍  
KYAN NO SAI ・ 喜屋武の釵  
KUSANKU SAI ・ クーサンクー釵  
CHATAN YARA NO SAI ・ 北谷屋良の釵  
HAMA HIGA NO TONFA ・ 浜比嘉のトンファー

## TOKUSHINRYU

TOKUSHIN NO EKU ・ 徳身のウエーク  
TOKUSHIN NO GUSAN ・ 徳身の三尺棒  
TOKUSHIN NO BO ・ 徳身の棒  
TOKUSHIN NO YARI ・ 徳身の槍  
TOKUSHIN NO NUNTI BO ・ 徳身の貫鉄棒  
TOKUSHIN NO TEKKO ・ 徳身の鉄甲  
HAMA HIGA NO TONFA ・ 浜比嘉のトンファー  
TOKUSHIN NO TICHU ・ 徳身の鉄柱  
TOKUSHIN NO NUNTI SAI ・ 徳身の貫鉄  
TOKUSHIN NO SANSETSU KON ・ 徳身の三節棍  
CHATAN YARA NO SAI ・ 北谷屋良の釵  
TOKUSHIN NO TINBE ・ 徳身のティンベ  
TOKUSHIN NO TAIKO BACHI ・ 徳身の太鼓桴  
TOKUMINE NO KUN ・ 徳嶺の棍  
MOHA GAMA ・ 網破鎌

## TESSHINKAN

SHUSHI NO KUN SHO ・ 周氏の棍小	CHIKIN SHITAHAKU NO SAI ・ 津堅志多伯の釵
SAKUGAWA NO KUN SHO ・ 佐久川の棍小	CHATAN YARA NO SAI ・ 北谷屋良の釵
SHUSHI NO KUN DAI ・ 周氏の棍大	HAMA HIGA NO SAI ・ 浜比嘉の釵
SAKUGAWA NO KUN DAI ・ 佐久川の棍大	TAWATA NO SAI ・ 多和田の釵
SHIRATARU NO KUN ・ 白樽の棍	KUSGUSHIKU NO SAI ・ 湖城の釵
YONEGAWA NO KUN ・ 米川の棍	MAEZATO NO TEKKO ・ 前里の鉄甲
CHOUN NO KUN ・ 趙雲の棍	MAEZATO NO NUNCHAKU ・ 前里のヌンチャク
URASOE NO KUN ・ 浦添の棍	AKAMINE NO NUNCHAKU ・ 赤嶺のヌンチャ
CHINEN SHIKIYANAKA NO KUN ・ 知念志喜屋仲の棍	HAMA HIGA NO TONFA ・ 浜比嘉のトンファー
KANEGAWA NO NICHU GAMA ・ 鐘川の二丁鎌	KANEGAWA NO TINBE ・ 鐘川のティンベ
CHIKIN SUNAKAKE NO EKU ・ 津堅砂掛のウエーク	

# ~ SELF DEFENSE ~

FRONT CHOKE

WRIST GRAB (BOTH HANDS)

WRIST GRAB (ONE HAND)

WRIST GRAB (CROSS GRAB)

LAPEL GRAB

HAIR GRAB

FULL NELSON

HOOK PUNCH

TWO HANDED CHOKE (BEHIND)

ONE ARMED CHOKE (BEHIND)

BEAR HUG (ARMS INSIDE)

BEAR HUG (ARMS OUTSIDE)

HEAD LOCK

FRONT JAB

STRAIGHT KNIFE STAB

OVERHEAD CLUB

UPWARD KNIFE STAB

# ~ KARATE QUESTIONS ~

1. WHAT STYLE OF KARATE DO YOU STUDY?  
-ISSHINRYU
2. WHAT DOES ISSHINRYU MEAN?  
-ONE HEART METHOD/WAY
3. WHO MADE UP ISSHINRYU?  
-MASTER TATSUO SHIMABUKU
4. WHEN WAS MASTER SHIMABUKU BORN?  
-SEPTEMBER 19, 1908
5. WHEN DID MASTER SHIMABUKU CREATE ISSHINRYU?  
-JANUARY 15, 1956
6. WHEN DID MASTER SHIMABUKU DIE?  
-MAY 30, 1975
7. WHAT DOES KARATE MEAN?  
-EMPTY HAND
8. WHAT COUNTRY DOES ISSHINRYU COME FROM?  
-OKINAWA
9. WHY DO WE PUNCH WITH OUR THUMBS ON TOP OF THE FIST?  
-TO MAKE THE WRIST STRONGER
10. WHY DO WE BEND OUR KNEES IN STANCES?  
-FOR BETTER BALANCE AND TO PROTECT THE KNEES
11. WHY DO WE DO A SEMICIRCLE STEP?  
-TO FEEL THE GROUND AND PROTECT THE PELVIS
12. WHY DO WE PUNCH VERTICAL RATHER THAN HORIZONTAL?  
-FITS IN THE SOLAR PLEXUS/FASTER/HARDER TO JAM/PROTECTS THE ELBOW
13. WHAT IS A KARATE SCHOOL CALLED?  
-Dojo
14. WHAT IS A KARATE UNIFORM CALLED?  
-GI
15. WHAT IS A BELT CALLED?  
-OBI
16. WHAT TWO STYLES OF KARATE MAKE UP ISSHINRYU?  
-SHORIN-RYU & GOJU-RYU
17. WHERE IS A PERSONS CENTER OF BALANCE?  
-TWO INCHES BELOW THE BELLY BUTTON



# ~ LINEAGE ~



MASTER MIYAGI CHOJUN



MASTER KYAN CHOTOKU



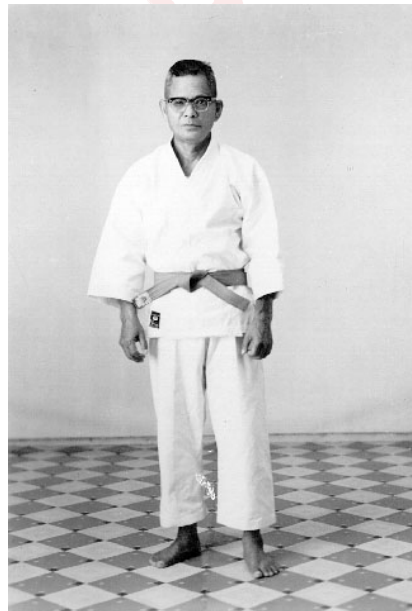
MASTER MOTOBU CHOKI



MASTER SHINKEN TAIRA



MASTER TAMAYOSE HIDEMI



MASTER SHIMABUKU TATSUO



MASTER HAROLD MITCHUM



MASTER TOKUMURA KENSHO



SENSEI JOHN INGRAM



SENSEI CINDY INGRAM

~ INGRAM'S OKINAWAN KARATE ~

# ~ FUN FACTS ~

## PEOPLE TO REMEMBER

### MASTER HAROLD MITCHUM

WAS BORN IN SOUTH CAROLINA ON DECEMBER 17, 1933. ON MARCH 23RD OF 1958, HE ENROLLED IN KARATE AT THE AGENA DOJO WITH MASTER SHIMABUKU. DURING HIS 20 YEARS OF DUTY IN THE MARINES, MASTER MITCHUM SPENT MORE TIME DIRECTLY UNDER MASTER SHIMABUKU THAN ANY OTHER AMERICAN. 7 1/2 YEARS IN TOTAL. HE RAN A 2ND DOJO FOR MASTER SHIMABUKU ON OKINAWA AND WAS APPOINTED PRESIDENT OF THE OKINAWAN AMERICAN KARATE ASSOCIATION BY MASTER SHIMABUKU. HE IS ONE OF THE 4 PIONEERS WHO BROUGHT ISSHINRYU TO THE UNITED STATES AND THE FIRST AMERICAN TO BE PROMOTED TO 8TH DAN. MASTER MITCHUM, A 10TH DAN, WAS SENSEI JOHN AND CINDY INGRAM'S SENSEI AND SERVED AS DIRECTOR OF THE UIKA (WHICH HE CREATED IN 1975 AFTER MASTER SHIMABUKU'S DEATH). HE SERVED AS DIRECTOR UNTIL HIS DEATH ON JUNE 11, 2016. THE POSITION WAS THEN GIVEN TO JOHN INGRAM, HIS SENIOR STUDENT.

### BODHIDHARMA

STUDIED BUDDHISM IN INDIA, THEN HE WENT TO CHINA TO TEACH BUDDHISM THERE. THE CHINESE HAD A DIFFICULT TIME LEARNING BUDDHISM BECAUSE IT WAS SO HARD, SO, BODHIDHARMA TAUGHT ZEN BUDDHISM BECAUSE IT WAS AN EASIER FORM OF BUDDHISM. THE CHINESE STILL HAD A HARD TIME KEEPING THEIR MINDS FROM WANDERING SO HE ADDED EXERCISES TO HELP THEM CONCENTRATE. BUDDHISTS WERE PRIESTS AND WERE NOT ALLOWED TO CARRY ANY WEAPONS, THEY NEEDED A WAY OF DEFENDING THEMSELVES, SO BODHIDHARMA ADDED SELF DEFENSE TRAINING TO THEIR STUDIES. THE TEMPLE WHERE THIS ALL TOOK PLACE EVENTUALLY BECAME KNOWN AS THE TEMPLE OF SHORINJI WHICH TAUGHT SHORINJI KEMPO.

### ANKO ITOSU

IN 1901, HE OPENED THE FIRST KARATE SCHOOL ON OKINAWA.

### GICHIN FUNAKOSHI

TRAINED UNDER MASTER ITOSU. IN 1922, HE WENT TO JAPAN TO DO KARATE DEMONSTRATIONS. THE DEMONSTRATIONS WERE SO SUCCESSFUL THAT HE STAYED THERE AND DEVELOPED SHOTOKAN, WHICH IS THE LARGEST STYLE OF MARTIAL ARTS IN JAPAN. HE BROUGHT 16 KATA FROM OKINAWA. HE BELIEVED A STUDENT SHOULD STAY ON EACH KATA FOR 3 YEARS, FOR IT WOULD TAKE A STUDENT A LIFETIME TO MASTER 16 KATA.

### KYAN CHOTOKU

ONE OF MASTER SHIMABUKU'S INSTRUCTORS. HE TAUGHT SHORIN-RYU AND WAS A STUDENT OF MATSUMURA SOKON. ONE THING KYAN IS REMEMBERED FOR IS HELPING TO STOP THE HOODLUMS THAT WERE ROBBING PEOPLE ON THE ROAD BETWEEN SHURI AND NAHA. KYAN WAS ALSO KNOWN FOR THE JUMP FRONT KICK. CHINTO AND KUSANKU KATA WERE HIS FAVORITES. MASTER KYAN DIED IN 1945 FROM MALNUTRITION AS A RESULT OF THE WAR.

## ~ FUN FACTS ~

### **PEOPLE TO REMEMBER** ....CONTINUED

#### **MOTOBU CHOKI**

ONE OF MASTER SHIMABUKU'S INSTRUCTORS. HE TAUGHT SHORIN-RYU. ONE OF MASTER MOTOBU'S POPULAR FEATS WAS THAT HE VOLUNTEERED TO FIGHT A RUSSIAN BOXING CHAMP IN THE RING. HE KNOCKED OUT THE CHAMPION WITH A TECHNIQUE THAT WAS SO FAST THE PEOPLE WEREN'T EVEN SURE WHAT IT WAS. THEY SAY THE RUSSIAN LATER DIED. MASTER MOTOBU DIED IN 1944.

#### **MIYAGI CHOJUN**

ONE OF MASTER SHIMABUKU'S INSTRUCTORS. HE TAUGHT GOJU-RYU. MASTER MIYAGI WAS A STRONG, STOCKY MAN. ONE THING HE WAS REMEMBERED FOR IS: THERE WAS A BIG JUDO DEMONSTRATION IN OKINAWA AND ALL OF THE PEOPLE THERE WERE AMAZED AT THE ENDURANCE AND LENGTH OF THE DEMONSTRATION. MASTER MIYAGI SAID THAT A GOOD KARATE MAN COULD LAST FOR HOURS, AND PROVED IT BY DOING AN EVEN LONGER DEMONSTRATION WHICH INCLUDED JUMPING UP AND KICKING THE CEILING, LEAVING FOOT PRINTS ON THE IT. AMONGST THE OTHER AMAZING FEATS, HE WOULD DRIVE HIS HAND INTO THE MIDDLE OF A PILE OF BAMBOO SHOOTS, PULLING OUT THE CENTER ONE AND PEEL THE BARK OFF OF TREES WITH HIS BARE FINGERS. MASTER MIYAGI DIED IN 1953.

#### **CHINTO**

A SAILOR FROM CHINA WHO WAS SHIPWRECKED ON OKINAWA. DURING THE DAY, HE WOULD HIDE AND THEN AT NIGHT WOULD STEAL FOOD FROM THE VILLAGERS. WHEN THE VILLAGERS COMPLAINED OF THIS, A SKILLED SAMURAI WAS SENT TO FIND CHINTO, AND KILL HIM. WHEN THE SAMURAI FOUND CHINTO, HE COULD NOT DEFEAT HIM BECAUSE CHINTO USED ANGLES AND PIVOTS (TECHNIQUES HE WAS PROFICIENT AT) TO DEFEND HIMSELF THEN WOULD RUN AWAY. THE SAMURAI LATER FOUND CHINTO IN HIDING, BUT THE SAMURAI BEFRIENDED HIM, ASKING CHINTO TO TEACH HIM HIS FIGHTING TECHNIQUES. THESE ANGLES AND PIVOTS CAN BE FOUND IN THE KATA, CHINTO.

#### **MASTER TOKUMURA KENSHO**

TOKUMURA SENSEI BEGAN HIS ISSHINRYU TRAINING IN APRIL OF 1957 AT THE AGENA, OKINAWA DOJO UNDER MASTER SHIMABUKU. AS A SCHOOL BOY, MASTER TOKUMURA WOULD SEE MASTER SHIMABUKU TRAINING KOBUDO WITH TAIRA SHINKEN. TO FURTHER HIS OWN KOBUDO, MASTER TOKUMURA WENT ON TO TRAIN UNDER AKAMINE EISUKE SENSEI, THE SUCCESSOR TO TAIRA SHINKEN ON OKINAWA. WITH 50 YEARS OF MARTIAL ARTS EXPERIENCE, MASTER TOKUMURA HAS DEVELOPED HIS OWN STYLE OF OKINAWA KOBUDO CALLED TOKUSHINRYU. CREATED FOR TOKUSHINRYU WERE KATA FOR SOME OF THE MORE OBSCURE WEAPONS ON OKINAWA SUCH AS THE NUNTI BO, TEKKO OR TICHU ALL OF WHICH EMPHASIZE POWERFUL TECHNIQUES.

## ~ FUN FACTS ~

### PEOPLE TO REMEMBER ...CONTINUED

#### **KANESHI EIKO**

MASTER SHIMABUKU'S SENIOR OKINAWAN STUDENT AND RIGHT HAND MAN. BORN ON OCTOBER 13TH 1914, HE BEGAN TRAINING WITH MASTER SHIMABUKU IN 1947. WHEN MASTER SHIMABUKU MADE THE CHANGE TO ISSHINRYU, KANESHI WOULD CONTINUE TO PRACTICE SHORIN-RYU AND NEVER SWITCHED TO ISSHINRYU.

#### **KINJO CHINSAKU**

ONE OF MASTER SHIMABUKU'S SENIOR OKINAWAN STUDENTS. ACCORDING TO KANESHI, CHINSAKU, WHO WAS MUCH YOUNGER, ONLY A TEENAGER, WAS ALREADY TRAINING WHEN HE BEGAN STUDYING WITH MASTER SHIMABUKU. CHINSAKU NEVER TAUGHT ISSHINRYU. LIKE KANESHI, HE CONTINUED HIS TRAINING ONLY IN SHORIN-RYU. MASTER MITCHUM HAD SAID THAT KINJO WAS MASTER SHIMABUKU'S BEST STUDENT AND ASKED FOR PERMISSION TO TRAIN WITH HIM. PERMISSION WAS GRANTED, SO MASTER MITCHUM TRAINED WITH KINJO IN SHORIN-RYU AT HIS HOME DOJO IN ADDITION TO HIS ISSHINRYU TRAINING WITH MASTER SHIMABUKU.

#### **EIZO SHIMABUKU**

YOUNGER BROTHER TO MASTER SHIMABUKU. EIZO TRAINED UNDER MASTER SHIMABUKU BUT DECIDED TO STAY WITH SHORIN-RYU WHEN ISSHINRYU WAS FORMED.

#### **TAMAYOSE HIDEMI**

HIDEMI TAMAYOSE 9TH DAN RYUKYU KOBUDO TESSHINKAN WAS BORN ON JULY 14, 1949 IN IKEMA JIMA IN MIYAKO, OKINAWA. TAMAYOSE SENSEI BEGAN HIS KOBUDO TRAINING IN 1975 AND IN 1982 HE BEGAN TO TRAIN KOBUDO WITH SENSEI EISUKE AKAMINE. AKAMINE SENSEI WAS WELL KNOWN THROUGHOUT THE WORLD AS ONE OF SHINKEN TAIRA'S MOST DILIGENT KOBUDO STUDENT AS WELL AS A PROPONENT IN SPREADING THE ART WORLDWIDE.

# ~ FUN FACTS ~

## OTHER FUN FACTS TO KNOW...

THE THREE MAJOR CITIES IN OKINAWA ARE SHURI, TOMARI AND NAHA.

IN OKINAWA, KARATE WAS ORIGINALLY CALLED, OKINAWA-TE.

THE THREE MAJOR STYLES OF KARATE ON OKINAWA WERE SHURI-TE, NAHA-TE AND TOMARI-TE. WHICH WERE NAMED AFTER THE CITIES WHERE THEY WERE PRACTICED.

OKINAWA-TE BECAME KNOWN AS KARATE. SHURI-TE AND TOMARI-TE BECAME KNOWN AS SHORIN-RYU. NAHA-TE BECAME KNOWN AS GOJU-RYU & UECHI-RYU

THE FOLLOWING MARTIAL ARTS ARE STUDIED IN THE FOLLOWING COUNTRIES:

KARATE - OKINAWA

TAE KWON DO- KOREA

KUNGFU - CHINA

JUDO - JAPAN

JU JITSU - JAPAN

AIKIDO - JAPAN

HAPKIDO - KOREA

SAVATE - FRANCE

KEMPO - CHINA

OKINAWAN'S WERE SHORT PEOPLE AND WERE FARMERS AND FISHERMEN, BECAUSE OF THEIR WORK, THEY HAD GREAT UPPER BODY STRENGTH. OKINAWAN STYLES CAN BE THOUGHT OF AS A REFLECTION OF THE OKINAWAN STATURE BECAUSE IT USES 50% PUNCHES AS WELL AS 50% KICKS. THIS DIFFERS FROM THE CHINESE AND KOREAN STYLES WHICH ARE A LOT MORE KICKS. ONE REASON FOR THIS IS THE FACT THAT CHINESE AND KOREAN PEOPLE ARE TALLER AND LIVE IN MORE MOUNTAINOUS TERRAIN.

## ~ FUN FACTS ~

- OKINAWAN'S WERE SLAVES TO JAPAN FOR A LONG TIME. THE JAPANESE SAMURAI RULED OVER THE ISLAND FOR MANY YEARS. THE OKINAWAN PEOPLE WERE NOT ALLOWED TO HAVE WEAPONS DURING THIS PERIOD. BEING THEY WERE FARMERS AND FISHERMEN, THEY LEARNED TO USE THEIR FARM AND FISHING TOOLS AS WEAPONS.
- MASTER SHIMABUKU LEARNED WEAPONS FROM MASTER SHINKEN TAIRA, A STUDENT OF MODEN YABIKI. SHIMABUKU LEARNED BO, SAI AND TONFA FROM MASTER SHINKEN.
- MASTER SHIMABUKU ALSO LEARNED WEAPONS FROM MASTER KYAN. MASTER KYAN IS SAID TO HAVE LEARNED THE KATA "TOKUMINE NO KUN" FROM A DIRECT STUDENT OF TOKUMINE PEICHIN.
- BO FARM USES INCLUDE : WALKING STICK & USED TO CARRY WATER BUCKETS OVER THE SHOULDERS.
- SAI FARM USES INCLUDE: SOME SAY IT WAS USED FOR PLANTING SEEDS, SOME SAY IT CAME FROM ANOTHER TOOL AND WAS ALTERED TO WHAT WE SEE TODAY. IT WAS USED FOR DEFENDING AGAINST A SAMURAI SWORD.
- TONFA FARM USES INCLUDE: A BROKEN OR SPARE MILLSTONE HANDLE.
- KAMA HAS A WOODEN HANDLE AND CURVED BLADE LIKE A SICKLE AND WAS USED TO CUT AND SLICE GRAIN.
- NUNCHAKU ARE TWO SHORT PIECES OF WOOD CONNECTED BY EITHER A CHAIN OR ROPE. POPULARIZED BY BRUCE LEE, NUNCHAKU WERE USED TO BEAT GRAIN OFF STALKS.
- OAR: ALSO CALLED "EKU", WAS USED TO ROW A BOAT. A GREAT MASTER NAMED YARA, ONCE DEFENDED AN OKINAWAN WOMAN WHO WAS BEING ATTACKED BY A SAMURAI ON THE BEACH. HE WAS FIGHTING WITH THE SAMURAI WITHOUT A WEAPON UNTIL THE WOMAN THREW AN OAR TO HIM. HE KILLED THE SAMURAI.

## ~ STUDY MATERIAL ~

- NAME THE FOUR AMERICAN PIONEERS WHO ARE CREDITED WITH BRINGING ISSHINRYU TO THE UNITED STATES.
- WHICH OF THE FOUR PIONEERS WAS THE FIRST TO TRAIN WITH MASTER SHIMABUKU?
- WHICH OF THE FOUR PIONEERS TRAINED THE LONGEST WITH MASTER SHIMABUKU? HOW LONG?
- IN WHICH CITY WAS MASTER SHIMABUKU'S FIRST DOJO? (IT WAS BEHIND HIS HOUSE.)
- WHAT CITY WAS THE FIRST OFFICIAL ISSHINRYU DOJO OPENED ON OKINAWA?
- WHEN WAS THE UNITED ISSHINRYU KARATE ASSOCIATION (UIKA) FOUNDED?
- WHAT YEAR WAS A ROOF PUT ON MASTER SHIMABUKU'S DOJO?
- WHAT IS MASTER SHIMABUKU'S BROTHERS NAME?
- WHAT IS THE NAME OF MASTER SHIMABUKU'S #1 OKINAWAN STUDENT?
- WHAT IS THE NAME OF MASTER SHIMABUKU'S #1 AMERICAN STUDENT?
- WHAT ARE THE NAMES OF MASTER SHIMABUKU'S KOBUDO INSTRUCTORS?
- WHAT IS MASTER SHIMABUKU'S BIRTH NAME?
- WHAT IS HIS CHOSEN NAME AND WHAT DOES IT MEAN?
- NAME 4 STYLES OF OKINAWAN KARATE.
- LIST THE CODES OF KARATE.
- WHO OPENED THE VERY FIRST DOJO ON OKINAWA? WHAT YEAR? WHO WAS A FAMOUS STUDENT OF HIS?
- HOW MUCH WEIGHT DO WE PLACE ON EACH FOOT IN A NEKO DACHI?
- WHO IS BODIDHARMA?
- WHAT IS BUNKAI AND WHY IS IT IMPORTANT?
- WHAT DOES SANCHIN MEAN?

LEGEND HAS IT THAT ONE OF MASTER SHIMABUKU'S INSTRUCTORS WAS ASKED TO HELP DEFEND THE TOWN FROM A GANG AND USED A CHICKEN AS PART OF HIS PLAN TO ACCOMPLISH THIS. WHO WAS IT?

LEGEND TELLS OF A GREAT OKINAWAN WHO WAS SAID TO BE SUCH A WARRIOR THAT HE COULD FIGHT IN ALL 8 DIRECTIONS, EARNING HIM A SPECIAL NICKNAME BECAUSE OF THIS AMAZING FIGHTING SKILL. WHO WAS THIS? AND WHAT SYMBOL IS A TRIBUTE TO HIS LEGEND?

# ~ KARATE TERMINOLOGY ~

PART OF THE FUN OF LEARNING KARATE IS LEARNING ABOUT A NEW LANGUAGE. THE FOLLOWING TERMS ARE INTRODUCED GRADUALLY AS YOU PROGRESS THROUGH DIFFERENT TRAINING LEVELS.

## COUNTING

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

## GENERAL VOCABULARY

KIOTSUKE - ATTENTION  
DOJO - TRAINING HALL : SCHOOL: (WAY PLACE)  
SENSEI - TEACHER (ONE WHO LEADS THE WAY)  
SENPAI - SENIOR STUDENT  
KARATE - EMPTY HAND  
KARATEKA - ONE WHO PRACTICES KARATE: KARATE STUDENT  
GI - KARATE UNIFORM  
SEIKEN - PROPER FIST  
SEIZA - SEATED KNEELING POSITION  
KIAI - SPIRIT YELL  
REI - SHOW RESPECT / BOW  
YOI - READY POSITION  
KAMAE - ON GUARD POSITION  
JODAN - UPPER AREA  
CHUDAN - MIDDLE AREA  
GEDAN - LOWER AREA  
HIDARI - LEFT  
MIGI - RIGHT  
USHIRO - BACK  
YOKO - SIDE  
MAE - FORWARD  
TATE - UPWARD (DIRECTION)  
HAJIME - BEGIN  
YAME - STOP  
TORI - ATTACKER  
UKE - BLOCKER/DEFENDER  
GOJU - HARD SOFT  
RYU -STYLE  
SHOMEN - FRONT WALL OF DOJO  
MOKUSO - MEDITATION  
SHOMEN NI REI - BOW TO FRONT WALL  
SENSEI NI REI - BOW TO SENSEI  
OTAGAI - EACH OTHER



# ~ KARATE TERMINOLOGY ~

## GENERAL VOCABULARY

(CONTINUED)

DO - WAY

DAI - GREAT

KYU - RANKS BELOW BLACK BELT

DAN - BLACK BELT RANKS

TANDEN (DANTIEN) - A POINT IN THE LOWER ABDOMEN

IPPON - ONE (STRIKE, POINT, ETC.)

WAZA - TECHNIQUE

ONEGAISHIMASU - PLEASE TEACH ME

DOMO ARIGATO GOZAIMASU - THANK YOU VERY MUCH

KUMITE - ENGAGING HANDS

ASHI - FOOT

TE - HAND

BUNKAI - ANALYSIS / DISASSEMBLY / APPLICATION

GOSHIN JUTSU - SELF DEFENSE TECHNIQUES

HOJO UNDO - SUPPLEMENTARY TRAINING

JUNBI UNDO - PRELIMINARY EXERCISES (WARM-UP)

MAKIWARA - PUNCHING BOARD (LITERALLY A TYPE OF STRAW)

KOTEKITAE - EXERCISES PERFORMED AGAINST A PARTNER

KIME - FOCUS

## STANCES

DACHI - STANCE

HEISOKU DACHI - CLOSED FOOT STANCE (FEET TOGETHER)

MUSUBI DACHI - FORMAL ATTENTION STANCE (HEELS TOGETHER, FEET AT AN ANGLE)

HEIKO DACHI - PARALLEL STANCE (FEET SHOULDER WIDTH APART)

HACHI JI DACHI - READY STANCE (FEET SHOULDER WIDTH, SLIGHTLY POINTED OUT)

SHIKO DACHI - SUMO STANCE (FEET AND KNEES AT 45° ANGLES)

SHIZEN DACHI - NATURAL STANCE

KIBA DACHI - HORSE STANCE

SANCHIN DACHI - THREE BATTLES STANCE

ZENKUTSU DACHI - FORWARD LUNGING STANCE

HAN ZENKUTSU DACHI - HALF FORWARD STANCE

OKUTSU DACHI - REVERSE (FOCUS) ZENKUTSU DACHI

KOKUTSU DACHI - BACK STANCE

KOSA DACHI - CROSS STANCE

TSURU DACHI - CRANE STANCE

NEKO ASHI DACHI - CAT STANCE

## HAND TECHNIQUES

TSUKI - PUNCH

UCHI - STRIKE

NUKI - PIERCE

SEIKEN TSUKI - TWO KNUCKLE PUNCH

OI TSUKI - LUNGE PUNCH

GYAKU TSUKI - REVERSE PUNCH

# ~ KARATE TERMINOLOGY ~

## **HAND TECHNIQUES** (CONTINUED)

TEGATANA - SWORD HAND  
AGE TSUKI - RISING UPPERCUT PUNCH  
KAGE TSUKI - HOOK PUNCH  
HEIKO TSUKI - PARALLEL PUNCH  
NUKITE TSUKI - FINGER THRUST  
SHOTEI TSUKI - PALM HEEL THRUST  
MAWASHI TSUKI - ROUND HOOK PUNCH  
TATE TSUKI - VERTICAL FIST PUNCH  
NIHON TSUKI - DOUBLE PUNCH  
SANBON TSUKI - TRIPLE PUNCH  
SUN TSUKI - ONE INCH PUNCH  
KIZAMI TSUKI - LEADING PUNCH (JAB)  
MOROTE TSUKI - TWO FISTED PUNCH  
TSUKAMI HIKI - GRASPING PULL  
HIKITE - PULLING HAND  
ASHI DORI - LEG TAKEDOWN  
NAGE WAZA - THROWING TECHNIQUE  
SOKU TSUKI - UNDERCUT  
URAKEN UCHI - BACKFIST  
SHUTO UCHI - SWORD HAND STRIKE  
YOKO SHUTO UCHI - SIDE SWORD HAND STRIKE  
AGE HIJI ATE - RISING ELBOW STRIKE  
HEITO UCHI - RIDGE HAND STRIKE  
HIJI UCHI (EMPI) - ELBOW STRIKE  
TETSUI UCHI - BOTTOM FIST STRIKE

## **FOOT TECHNIQUES**

MAE GERI (KEAGE) - FRONT SNAP KICK  
MAE GERI (KEKOMI) - FRONT THRUST KICK  
KENSETSU GERI - SIDE KICK TO KNEE JOINT  
HIZA GERI - KNEE KICK  
NIDAN GERI - DOUBLE FRONT SNAP KICK (REAR LEG FIRST)  
REN GERI - DOUBLE FRONT SNAP KICK (FRONT LEG FIRST)  
ASHI BARAI - FOOT SWEEP  
TOBI GERI - JUMPING KICK  
KAKATO OTOSHI - HEEL STOMP  
MAE FUMIKOMI GERI - FRONT STOMP KICK  
KOSA FUMIKOMI GERI - CROSS STOMP KICK

## **BLOCKING TECHNIQUES**

UKE - RECEIVE / BLOCK  
JODAN AGE UKE - RISING BLOCK  
CHUDAN UKE - INSIDE CIRCULAR BLOCK  
KOSA UKE - CROSS BLOCK  
KAKE UKE - HOOK BLOCK

# ~ KARATE TERMINOLOGY ~

## **BLOCKING TECHNIQUES** (CONTINUED)

GEDAN UKE - DOWNWARD BLOCK  
HIKI UKE - GRASPING BLOCK  
SHUTO UKE - SWORD HAND BLOCK  
SHOTEI UKE - PALM HEEL BLOCK  
KO UKE - WRIST BLOCK  
HIJI UKE - ELBOW BLOCK  
HIZA UKE - KNEE BLOCK  
MAWASHI UKE - ROUND HOUSE BLOCK  
SOTO UKE - INSIDE FOREARM BLOCK  
MOROTE UKE - DOUBLE HANDED BLOCK

## **PRACTICE FIGHTING**

KUMITE - SPARRING  
SANDAN GI - THREE STEPS/LEVELS DRILL FROM GEIKISAI KATA  
SANBON KUMITE - 3 STEP SPARRING (3 JODAN, 3 CHUDAN, 3 GEDAN)  
IPPON KUMITE - ONE POINT SPARRING WHERE ONE BLOCKS AN ATTACK, THEN COUNTERS  
SANDAN - KUMITE 3 STEP, 3 LEVEL SPARRING (1 JODAN, 1 CHUDAN, 1 GEDAN)  
SANBON TSUKI KUMITE - 3 STEP SPARRING BLOCKING WITH 1 HAND AGAINST A TRIPLE PUNCH  
KIHON - IPPON KUMITE BASIC ONE STEP SPARRING  
JIYU IPPON KUMITE - ONE STEP FREE SPARRING FROM STANCE  
RANDORI - SLOW AND SOFT FREE STYLE WITH EMPHASIS ON TECHNIQUE  
JIYU KUMITE - HARD AND FAST CONTROLLED FREE STYLE SPARRING

## **PARTS OF THE FOOT**

JOSOKUTEI - BALL OF THE FOOT  
SOKUTO - EDGE OF THE FOOT (BLADE)  
KAKATO - HEEL

~ NOTES ~

心流空手道