

THE JAPAN KARATE-DO ORGANIZATION

The Japan Karate-Do Organization was founded in 1972. The JKO is headed by *Hanshi* (*hahn-she* – senior master) *Minobu Miki* (*me-know-boo me-key*). *Hanshi Miki* began teaching *Karate-do* in the United States in 1966. He is the first person outside of the *Mabuni* family to receive an 8th degree black belt and be certified as *Hanshi* from the *Shito-ryu Nippon Karate-do Kai*, the organization founded by *Kenwa Mabuni*. *Hanshi Miki* is also the first foreign recipient of 7th degree black belt from the Japan Karate-do Federation, passing the test on his first try.

Renshi Howard Smith is a 7th degree black belt under *Hanshi Miki* and has been training with him since 1968. *Renshi* Smith is *Hanshi*'s senior student and currently runs the JKO dojo in Bristol, VA where *Hanshi* first came to the United States.

Shihan Rob Alvelais is a 5th degree black belt under *Hanshi Miki*. *Shihan* received his rank and his title from *Kenzo Mabuni*. *Sensei* Ed and *Sensei* Henry both began their *Shito-ryu* training under *Shihan* Alvelais. *Hanshi Miki*, *Renshi* Smith and *Shihan* Alvelais all visit our club for training seminars.



Hanshi Minobu Miki



Renshi Howard Smith



Shihan Rob Alvelais

The JKO teaches *Hokushin Shito-ryu Karate-do* (*ho-coo-sheen*). *Hokushin* means “north star” and is also the name of a sword style that was in *Hanshi Miki*'s family for many, many years. It is also represents *Hanshi*'s desire that we serve as a guiding light to others (both in and out of the *dojo*) just as the north star guides travelers.

It is the aim of the JKO to teach authentic, traditional *Shito-ryu Karate-do* just as *Kenwa Mabuni* intended. The JKO's authenticity is guaranteed by its affiliation with *Soke Kenzo Mabuni*.

In addition to the *Shito-ryu* curriculum, *Hanshi* also teaches *kata* from the *Shorin-ryu*, *Uechi-ryu* and *Ryuei-ryu* styles. Where *Soke Mabuni* has said that there are 63 *Shito-ryu kata*, in the JKO we practice closer to 73 empty hand forms.

There are over 2,500 members of the JKO through more than 40 clubs on 4 continents in 11 countries.

Neko ashi dachi (neh-ko ah-she da-ch) 猫足立ちCat leg stance

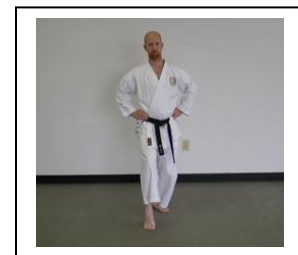
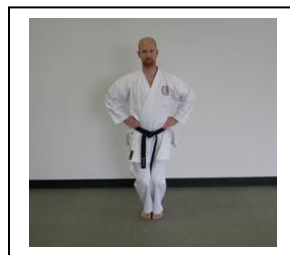
This stance is a lot of fun. From *heiko dachi*, turn both feet left to a 45° angle. Take the foot in front and finish turning it completely straight to the left. Bend your knees as much as possible, lowering your hips straight down as if you were going to sit on a stool. Lift the front heel off the ground as much as possible. Keep that front heel straight – don't let it turn in or out. (If you look at yourself from the front in a mirror, you should not see your front heel.) Your back should be straight, with your rear heel, buttocks, and head forming a straight vertical line.

Hanzenkutsu dachi (hahn-zen-coot-sue da-ch) 半前屈立ちHalf front stance

This stance is almost identical to *zenkutsu dachi*. Your feet will remain shoulder width apart. Instead of being double shoulder width from front to rear, they should only be shoulder width. Both feet point straight ahead. Keep the back leg straight, and the front knee bent forward so you cannot see your big toe. If you rotate 90 degrees to the open side of your stance, you should be in an identical stance. Make box.

Walking in StancesNeko ashi dachi

From *neko ashi dachi*, turn your front heel in 45° and plant the heel down. Step straight ahead with the rear foot (about shoulder width) onto the ball of your foot. The hips and shoulders are in half-front facing, or *hanmi (hahn-me)* position.



Points to remember... the level of your hips does not change. To do this, you must press your front knee forward while bringing the rear knee forward. Keep the supporting foot flat on the ground. Make box.

KIHON DOSA DAI YON

Tachi waza

Neko ashi dachi
Hanzenkutsu dachi

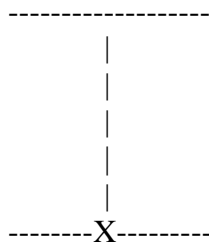
Uke waza

Gedan barai

Zuki waza

Chudan oi zuki

1. Left foot, left hand, turn left to a neko ashi dachi with gedan barai.
2. Step to a hanzenkutsu dachi with a chudan oi zuki.
3. Step behind you, turn the other way into neko ashi dachi with gedan barai.
4. Step to a hanzenkutsu dachi with a chudan oi zuki.
5. Step left to a neko ashi dachi with gedan barai.
6. Step forward to hanzenkutsu dachi with a chudan oi zuki.
7. Step forward to hanzenkutsu dachi with a chudan oi zuki.
8. Step forward to hanzenkutsu dachi with a chudan oi zuki. **KIAI!**
9. Left hand comes to the shoulder, big turn to neko ashi dachi with gedan barai.
10. Step to a hanzenkutsu dachi with a chudan oi zuki.
11. Step behind you, turn the other way into neko ashi dachi with gedan barai.
12. Step to a hanzenkutsu dachi with a chudan oi zuki.
13. Step left to a neko ashi dachi with gedan barai.
14. Step forward to hanzenkutsu dachi with a chudan oi zuki.
15. Step forward to hanzenkutsu dachi with a chudan oi zuki.
16. Step forward to hanzenkutsu dachi with a chudan oi zuki. **KIAI!**
17. Left hand comes to the shoulder, big turn to neko ashi dachi with gedan barai.
18. Step to a hanzenkutsu dachi with a chudan oi zuki.
19. Step behind you, turn the other way into neko ashi dachi with gedan barai.
20. Step to a hanzenkutsu dachi with a chudan oi zuki.
21. Pull back - yame.



This is the *embu sen* or performance line for the *Kihon Dosa Dai kata*. Start at the “X” and follow the steps above.

Minimum one month since last test

Properly execute standing and walking basics

Standing Basics

(From *hachiji dachi*)

Choko zuki, age uke, uchi uke, yoko uke, gedan barai, mae geri, yoko geri, ushiro geri, mawashi geri

Walking Basics

→ *chudan oi zuki (from hanzenkutsu dachi)*

← *gedan barai (from zenkutsu dachi)*

→ *gyaku zuki (from zenkutsu dachi)*

← *age uke (from zenkutsu dachi)*

→ *chudan mae geri, gyaku zuki (from zenkutsu dachi)*

← *yoko uke (from zenkutsu dachi)*

→ *chudan mawashi geri (from zenkutsu dachi)*

← *uchi uke (from zenkutsu dachi)*

Properly execute Tachi Kata Dai Ichi

Step forward to *zenkutsu dachi* with *jodan oi zuki* and *chudan gyaku zuki*

Shift to *shiko dachi* with *gedan barai*

Properly execute Kihon Dosa Dai Yon

Answer the following questions:

1. What organization do we belong to and who is the head?
2. What are his ranks and the significance?
3. When did he begin teaching in the United States?

