

TRADITIONAL KARATE-DO

There are four major styles of *Karate-do* in the world.

Our style *Shito-ryu* (*shh-toe roo*), was founded by *Kenwa Mabuni* (*ken-wah mah-boo-knee*), a student of *Itosu* and *Higaonna*, in 1932. *Shito-ryu* is characterized by a focus on proper posture, stance and body dynamics. The *Shito-ryu* curriculum includes short, circular movements, long, linear techniques, sweeps, throws and joint manipulation – offering students a complete training system.

Goju-ryu (*go-joo roo*) was founded by *Chojun Miyagi* (*cho-june me-yah-gee*), a student of *Higaonna*, in 1930, with *Kenwa Mabuni* listed as co-founder. They were close personal friends. *Goju-ryu* focuses on circular movements, fighting up close, and strengthening/hardening the body.

Shotokan (*show-toe-kahn*) was founded in 1936 by *Gichin Funakoshi* (*gee-cheen foo-nah-koh-she*), a student of *Azato* (*ah-zah-toe*) and *Itosu* (*ee-toe sue*). *Shotokan* uses long, deep stances and big movements. In 1949, the Japan Karate Association (JKA) was founded. Under the JKA, *Shotokan* has evolved into more of a sport-based system.

Wado-ryu (*wah-dough roo*), was founded in 1938 by *Hironori Ohtsuka* (*he-roh-no-ree oh-tsu-kah*), a student of *Funakoshi*'s. *Wado-ryu* combines *Funakoshi*'s *Shotokan* with *ju-jitsu*, a “soft” style of martial arts that teaches students to move along with their opponent. *Wado-ryu* may look like *Shotokan*, but the principles and methodologies are based in *ju-jitsu*.

Although Okinawan masters had been visiting Japan for many years, *Gichin Funakoshi* is credited with formally introducing *Karate-do* to Japan in 1922.



Kenwa Mabuni
Founder of Shito-Ryu



Chojun Miyagi
Founder of Goju-Ryu



Gichin Funakoshi
Founder of Shotokan



Hironori Ohtsuka
Founder of Wado-Ryu

DOJO KUN 道場戒

Guiding principles for Karate-Do

- One! To seek to attain perfection of character! *Meaning: Try to be a better person.*
- One! To live with politeness and discipline! *Meaning: Mind your manners and act properly.*
- One! To honor a code of ethical behavior! *Meaning: Respect the rules and do the right thing.*
- One! To strive for excellence through effort! *Meaning: Try your hardest to be your best.*
- One! To refrain from impetuous behavior! *Meaning: Don't act crazy, emotionally or too quickly.*

The principles are all numbered one because they are all equally important. Every student must memorize the *dojo kun*.

Shiko dachi (she-ko da-ch) 四股立ちRooted stance

Stand with your feet double shoulder width, toes pointing outward at a 45° angle. Your knees should be bent, pressing outward – as far apart from each other as possible. Knees should be over your ankles, which means your calf should be perpendicular to the floor. Make sure to keep your back straight and do not lean in any direction. Your weight should be balanced from left to right and heel to toe.

Zenkutsu dachi (zen-koot-sue da-ch) 前屈立ちFront stance

Stand with your feet shoulder width apart from left to right and double shoulder width from front to back. The front foot points straight ahead, while the rear foot is turned out at a 30° angle. The front knee is bent so that the knee is over the root of the big toe, while the rear leg is locked out. Keep your pelvis forward and back straight. Your weight should be balanced from left to right. About 60% of your weight should be on the front foot.



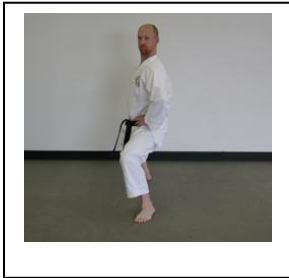
WALKING

To practice walking in your stances, make a large rectangle on the floor using painters tape. It should be as wide as your shoulders and as long as you can make it. Along the length of the rectangle, place marks that are twice the width of your shoulders.



Shiko dachi

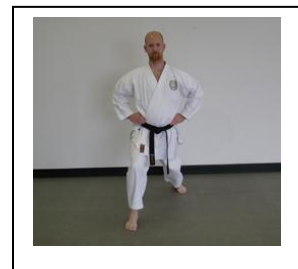
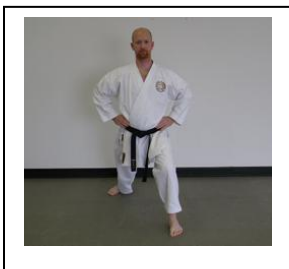
From *heiko dachi*, step forward into a *zenkutsu dachi* with no width (heels on the same line). Pivot your knees and toes out into position for *shiko dachi*. When stepping forward, make sure your knees brush past each other.



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.

Zenkutsu dachi

Assume a left *zenkutsu dachi*. Press your front knee forward and squeeze your thighs together, bringing your rear knee to the front knee. Move your right foot forward until in a right *zenkutsu dachi*.



Points to remember... the level of your hips does not change. This means you should not bob up and down when walking. 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.

WHITE BELT / GREEN STRIPE TESTING REQUIREMENTS

Minimum one month since last test

Recite the *dojo kun*

All previous basics, plus walking in *zenkutsu dachi* and *shiko dachi*.

Answer the following questions:

What are the 4 major styles of Karate and who founded them?

- 1.
- 2.
- 3.
- 4.

JAPAN KARATE-DO ORGANIZATION

Promotion Application

All fields are required

Name:	Age:	Start date (top right corner of card):
Present rank: White belt – yellow stripe	Date of last promotion:	Classes from last test to next (8 min):
Rank testing for / testing fee: White belt – green stripe \$12	Date of upcoming test:	Belt Size:
Would you like a certificate for this test? No / Yes add \$20		

On the above date, I would like to take the promotion test, fulfilling all the requirements, according to the Japan Karate-Do Organization, Hokushin Shito-Ryu. As I understand, if my performance and dedication are not sufficient on the day of the test, I will attempt to improve my level of achievement in the future. I have attached my testing fees and I understand that they are not refundable.

Date: _____ Student: _____

Instructor's Approval: _____ Parent's Approval: _____

Answer the following questions:

What are the four major styles of Karate-do and who founded them?

- 1.
- 2.
- 3.
- 4.