

PHOENIX KARATE



KYU BELT

Student Handbook



Disclaimer:

This handbook applies to all Goju Ryu Karate Do practicing students of Phoenix Karate Inc.

It does not apply to the students of any other Martial Arts or Karate organization.

This booklet provides a summary of the martial arts history and traditions, dojo etiquette and rules, training guidelines and practices. Every effort has been made to summarize these principles accurately, however, should any questions come up Sensei's rule will always govern.

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Success = 1% Inspiration, 99% Perspiration

by Thomas Edison

Welcome Letter

Welcome to Phoenix Karate!

Congratulations! You have taken the first step on a path towards a continuing process of self-improvement.

This self-improvement process is the greatest battle that the modern day Martial Artist faces and as your Sensei, I want to make it clear that our true purpose is this way. Self-improvement entails much more than just setting goals or targets; for the Martial Artist this has become a way of life.

Your training in the Ancient Martial Arts, Budo, will enhance your life physically, mentally and spiritually. For those of us on this path our greatest gratification comes from giving people something that they need.

The information contained in this student manual is an excellent guide and reference tool for new and experienced students. It has been developed to guide you in your path of self-improvement, help answer some of the questions you may have and acquaint you with information that will be valuable to you as a student of Traditional Goju Ryu Karate Do. Always keep it handy.

Sensei Tony Tasillo

Director/Chief Instructor

Sensei's Background



Sensei Tony Tasillo was born in Etobicoke, Ontario, Canada.

He started training in Boxing at the age of 15 at his high school Boxing Club under Mr. Fisher.

At the age of 16, he began training in traditional Goju Ryu Karate, Ju Jitsu, Escrima, Kendo, Tai Chi and Kobudo at a Don Warrener's Martial Arts Academy in Etobicoke, with Sensei Omer Gagnier.

He began his training with Sensei Wayne Arsenault in 2011 at Arsenault's Martial Arts Karate in Streetsville, Mississauga, Ontario.

He has trained and attended seminars with such notable instructors as Peter Urban (founder of American Goju), Sensei Richard Kim (9th degree black belt), Sensei Morio Higaonna (Okinawan Goju), Sensei Monty Guest (Pioneer of Karate, teaching since 1961), Sensei Don Warrener and Sensei Wallace Platt.

Sensei Tony Tasillo holds a San-Dan (3rd degree) Black Belt in Goju Ryu Karate, Kobudo and Jiu Jitsu. He also holds a San-Dan (3rd degree) Black Belt in Kai Shin (Chito Ryu). He has his instructor's advanced level in Tai Chi Chuan. He is a 2nd degree Black Belt in Combat Sambo C.Q.C.S.

His passion is working with kids of all ages!

Life is Health

Health is Fitness

Fitness is Karate

Karate is Life!

It is not the colour of your belt

That defines you as a Martial Artist...

It is your journey through the training!

You have to conquer the world of Martial Arts in order to preserve it.

Train like you mean it!

Sensei's Note:

Knowing and doing are as different as night and day. The gap between knowing and doing is where great men and women are made or lost. Most of us know what we have to do to achieve our dreams, but we have a hundred and one reasons not to act on our knowledge. We don't have enough money, we don't have enough time, we don't have the skills, we don't have the materials, we don't have the patience, we don't have the courage and on, and on into eternity.

The reality is, that with all of the energy we use to think up and justify those excuses, we could be halfway to achieving our goal. If only we had the motivation to get started on the "doing". The place we have to start practicing motivational skills is with ourselves. Once we can motivate ourselves, we can motivate anyone.

Set a plan, map out what to accomplish, but break your goals into manageable pieces so they won't break you. Have the courage to act, not react to situations. When logic tells you things are too crazy in life, don't give up on your life, give up on logic. There is no end to the negative, ungrateful people in this world. Be careful not to get hung up on other people's hang ups. The wise man seeks the truth; fools feed on trash. Eyesight is always better than hearsay. Deal with the facts, not the fiction in any given circumstance.

Always seek wisdom, not knowledge and remember a bold courageous heart is the signpost of a fearless life.

Sensei Tony Tasillo

Dojo Etiquette, Protocols and Helpful Info

- Please remember to take off your shoes and socks before entering the dojo and place them neatly on the rack.
- Print your name on the sign in sheet each time you come to the dojo.
- Class starts and ends on time. If you are late, be sure to observe etiquette by not walking into class but kneel at the entrance to the dojo and wait to be admitted. Being on time is important, so expect push ups or sit ups, etc. for being late.
- Remember to bow, facing inside the dojo, before entering or exiting the dojo.
- Some people have asked if Rei (the bow) is Religious. The answer to that is simply a difference between 'respect' and 'worship'. In Karate there is NO conflict with any religious ideas or beliefs.
- Remember to address the head instructor as Sensei at all times both inside and outside of the dojo. Sensei means, one who has gone before and is an honourable way of saying 'teacher' in Japanese.
- Other black belts should be referred to as Mr. or Mrs. or Miss. followed by the person's last name, unless they ask you to address them by their first name.
- There may be other instructors referred to as Sempai (means senior member), and be sure to address them as such.
- All classes begin and end the same way. Students line up in belt order (higher belts to the right) facing the dojo front. Sensei is directly across from the students. First command is 'Shomen Ni Rei' - everyone bows to acknowledge the founders of our style of Karate. Sensei bows first, then highest to lowest belt. Second command is 'Sensei

Ni Rei' - everyone bows to acknowledge Sensei's teacher. Everyone bows in same order as in first command. Third command is 'mokuso' - start of a moment of meditation, lightly close your eyes and breathe in through your nose and out through your mouth. Purpose is to clear your mind of everything outside the dojo and concentrate on your training. You will then hear 'Yame' which means stop. Open your eyes. Fourth command is 'Sensei Ni Rei' - students bow to their Sensei who is in front of them in belt order (Sensei does not bow for the last one).

- The traditional bowing as explained above should not be considered as demeaning or subservient in any way. It is an acknowledgement of the relationship between instructor and student and a sign of respect.
- For the first several classes, give your muscles a chance to get use to the new movements. You will come to discover muscles that you never knew existed.
- Train hard but always make sure not to over-exert yourself. Work at your own pace as everyone is built differently. Concentrate on self-improvement rather than comparing to others.
- Children will be moved to the senior kids classes and adult classes as they age or show mature progress in the arts.
- There is a wealth of knowledge in this student manual, but don't get overwhelmed by the amount of information and requirements at the higher levels.
- You won't need to have your own safety equipment right away. They are necessary for safety during sparring and it is mandatory to acquire safety equipment (helmet, gloves, boots, cup, mouthpiece) once you reach the yellow belt level (if you wish to start sparring). Once you get yours, identify them by writing your name or initials on the item or container. Be sure

to bring your equipment to each class and don't leave it behind or lying around.

- *****Please note that ONLY sparring equipment and weapons purchased through the dojo will be permitted to be used inside the dojo (due to insurance regulations)*****
- Don't touch another person's weapons. If it's not yours, leave it alone!
- Parents should accompany their children to and from class.
- Sign up for our updates via email blast by contacting Sensei at PhoenixKarateSensei@gmail.com
- Make sure to keep your medical, contact and I.C.E. (in case of emergency) information current.
- Your word is your bond. Your integrity is an important part of your martial arts training. Don't break your word!
- When Sensei enters the dojo it is customary for the highest belt in the class to call the entire class to attention.
- Always kneel on your left knee to fix your uniform or belt. Face away from your partner, or towards the back if you are not working with a partner.
- Always keep your uniform clean (wash it), repair any rips and be sure to affix the Goju Ryu crest on the left lapel, over your heart.
- For girls/ladies a plain white T-Shirt or tank top under your Gi top (uniform top) is suggested.
- Children may wear a Phoenix Karate T-Shirt instead of the Gi top as a summer uniform during the months of May, June, July, August, September and October. But during a grading they

must wear their proper Karate Gi (uniform) only. No exceptions.

- Learn to wear your Gi (uniform) and tie your belt correctly. Belt tying can be difficult at first. Follow the instructions in this manual, on our website or ask a higher belt, Sempai or Sensei for help.
- Always let your instructor know before class begins if you have any injuries or illness that will affect your training that day.
- If you don't feel well in class, raise your hand, get the instructor's attention and you'll be excused.
- Training hard should produce sore muscles, discomfort and possibly bruising, but not sharp pain. Train smart.
- Parents should inform the instructor of any special concerns about their child or children.
- Take care to ensure safety and control at all times.
- Never leave the dojo without permission.
- Don't talk to people looking in on the class, walking by etc.
- No talking while Sensei is talking.
- No talking while students are performing katas.
- Keep in mind that you are one of many. Be neat. Have deep pride in your school and show it by cleaning up after yourself.
- All valuables should be left at home. We are not responsible for any valuables that go missing.
- Training in class at least twice a week is compulsory.
- Junior belts should not hit senior belts (unless sparring), even amicably. You don't know what is on a person's mind or they might be injured.

- Always get a good stretch at the start of class and take care to avoid injuries.
- You are encouraged to stretch, practice, exercise and eat healthy at home every day.
- Higher belts are encouraged and expected to assist lower belts when asked (best way to really learn something is to teach it to someone else). Under no circumstances should a Kyu belt teach another Kyu belt any aspect of your training without Sensei's express permission.
- The senior belts are here to help junior belts, not serve them. Ask a senior belt for help, but be prepared to be turned down. They have their own training to do.
- Rule #1 – ask a senior belt. Rule #2 – don't bother the senior belts, they're training.
- When in the Dojo, junior belts should ALWAYS pass BEHIND the senior belts. Senior belts should ALWAYS pass in FRONT of a junior belt. The only exception is when Kyu belts are sitting. Common courtesy dictates that, should you pass between two people talking, excuse yourself.
- K.A.P. – Know what you want. Ask for it. Pay the price.
- Kids Brown/Black Stripes and Junior Black Belts, as well as adult brown belts, are required to assist in one class per week as part of their preparation for Junior Black Belt for kids and Shodan Black Belt for adults. A Shodan Black Belt (1st degree) is a qualified instructor. It is a tradition in Karate that you help others along the way as you advance. Always give back to the art.

- Gradings take place every 4 to 6 weeks. Sensei will hand you a written notice during your regular class when you have been recommended for a grading. Bring this paper, fee, sparring equipment, (if required), any weapons to the grading and make sure you are on time!
- Support your Dojo and any events that may be offered.
- Try to be on time when class starts so that you don't disrupt the class. If you can be five minutes late, you can be five minutes early.
- Please keep your membership current by paying your fees on time. This helps us meet the financial commitments of the dojo, which allows us all to have somewhere to train! For your convenience you may:
 - pay on our website: <https://phoenixkarate.ca/collections/all>
 - pay by etransfer to: PhoenixKarateSensei@gmail.com
 - pay in person: at the dojo (cash, credit, debit)
- Keep the waiting area, washrooms and dojo clean and tidy and put things in their places if you notice something out of place.
- Dojo clean ups happen periodically to give the dojo a thorough scrubbing and general repair work, with your help.
- The five major styles of Karate Do are Goju Ryu, Shotokan, Kyokushin Kai, Shito Ryu and Wado Ryu.
- The animal that represents our style of Karate Do is the Dragon.
- Some other Martial Arts are Ju Jitsu, Tai Chi Chuan, Kung Fu, Judo, Kendo, Aikido, Sumo, Taekwando, Hapkido, Tai Do, Boxing, Wrestling and Kick Boxing.
- Basics are the most essential part of your physical training.
- The founder of Goju Ryu is Chojun Miyagi.
- The founder of Japanese Goju Ryu is Gogen Yamaguchi.
- To obtain maximum benefit you must train seriously.

- Power is rooted in the feet, developed in the legs, and directed by the hips.
- Stretching is used to prevent injuries.
- The kata is a means of self-perfection.
- The tenets of the Butoku-Kai are respect, compassion and gratitude.
- Learn the principles, not the technique.
- A martial artist is an artist of life.
- A martial artist is always totally aware.
- Ki Moshi is the Japanese word for feelings.
- Stop the world from turning and look at yourself objectively.
- Three phase training, (1) body and mind relaxed, (2) body and mind tight, (3) a combination of 2 and 3.
- Yin and Yang teaches you the opposite in life.
- It is not enough to hit with just the body, you must hit with the mind and spirit.
- The three necessities in life are, a sense of humour, flexibility and the ability to be able to admit to your mistakes.
- In training, to obtain the maximum benefit, you must train in a serious light.
- Nobody is born brave.
- Students make the Dojo. Remember, what you do outside the Dojo reflects on everyone.
- If you break it, YOU fix it or get it fixed.
- There is only one Sensei in the Dojo, and only one Instructor. They are one in the same.
- Never say “No” To Sensei or a senior belt. The proper way to decline is to say “I don’t feel comfortable doing that at this time.” Sensei or the senior belt will understand what you mean.
- Compassion, Gratitude and Respect in and out of the Dojo at all times. You have to give to get.
- Always keep one foot in reality.

- Protect me from my friends, not my enemies.
- A friend is someone who uses you and allows you to use them.
- You learn from the bad times.
- People don't change, they just get smarter.
- Karate begins and ends with courtesy and respect.
- You learn by doing, not by asking.
- The person who thinks about doing something is usually passed by someone doing it.
- To make changes, one must be disciplined.
- Life is an echo.
- In the Martial Arts, Samurai swords have had the most influence of all the weapons.
- Gichin Funakoshi is the one man many consider to have had the most influence on propagating Karate around the world today.
- Bio mechanics is the study of the mechanics of the human being in action. Specifically how movements can maximize the techniques.
- F.E.A.R. = False Evidence Appearing Real.

It's better to be a
weapon,
than to have a weapon.

Dojo Rules

1. Karate Ka (practitioner of Karate) will behave as ladies and gentlemen at all times, both inside and outside of the dojo.
2. Higher belts will aid lower belts at all times and lower belts will follow the instructions of the higher belts.
3. Do not criticize other martial arts or other martial artists.
4. No alcohol or drugs before class and no candy or gum while inside the dojo.
5. Each student will bow upon entering and leaving the dojo.
6. No Karate Ka will provoke violence or allow themselves to be provoked into violence under the pain of possible expulsion for life from the dojo.
7. No sparring without the express permission of Sensei.
8. No loud talking, laughter or profanity is permitted. Remember, the dojo is a serious place of serious study.
9. Personal cleanliness is essential, nails must be clipped, feet and hands must be spotless, and hair must not interfere with your training.
10. All jewellery must be removed before entering the dojo as it may become damaged or cause injury to yourself or others.
11. All Karate Ka must wear a clean, pure white Karate Gi that has no tears or rips. Make sure that you have your crest (Goju fist), over your heart, on your left lapel of your uniform.
12. Should you lose your crest or require another one they can be purchased. (see Sensei)

13. All membership fees are to be paid on time. If for some reason they can't be paid on time, make the necessary arrangements with Sensei, either before or after class.
14. Under no circumstances will any form of Karate be taught by any member to any non-member. Also, no students should teach anything to any member without the Sensei's express permission.
15. At the discretion of the Sensei, any member of the club may be suspended from the dojo, either temporarily or permanently, for not complying with any of the above rules.
16. All students should refer to the head instructor as Sensei (one who has gone before), which is an honourable way of saying 'teacher' in Japanese.

*****IF YOU ARE NOT AT THE DOJO TO TRAIN SERIOUSLY,
GO HOME*****

*****DON'T WASTE THE TIME OF THE INSTRUCTORS,
OTHER STUDENTS OR YOUR OWN*****

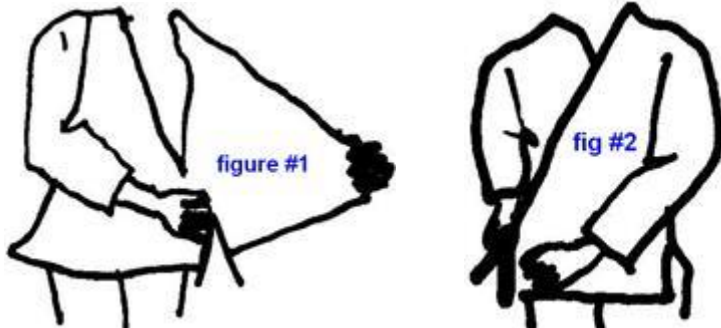
***For the uncontrolled there is no wisdom, nor for the uncontrolled is
there power of concentration.***

***For him without concentration there is no peace, and for the
unpeaceful, how can there be happiness?***

By Bhagavad Gita

Belt Tying Procedure

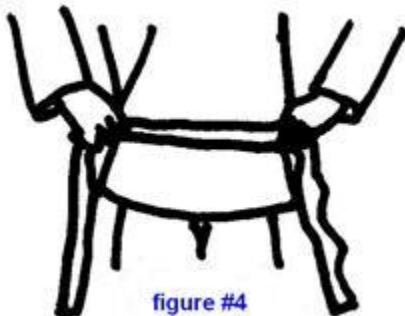
1. Secure jacket ties first (see figure 1 & 2).



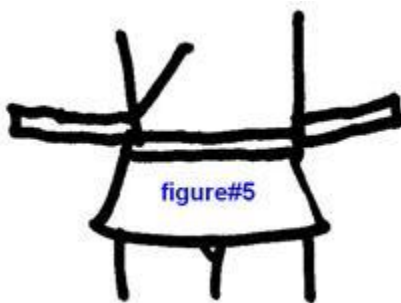
2. Fold the belt in half to determine the center (fig 3).



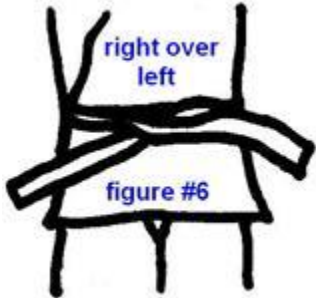
3. Place the center point at the front of your waist (fig 4).



4. Take each end and bring them around the body (fig 5).



5. Continue bringing the ends to the front (fig 6) holding one in your left hand and one in your right hand.



6. Take the end in your right hand and place it over the end in your left hand (fig 6).

7. Pass it through at the center point between the jacket and belt (fig 7).

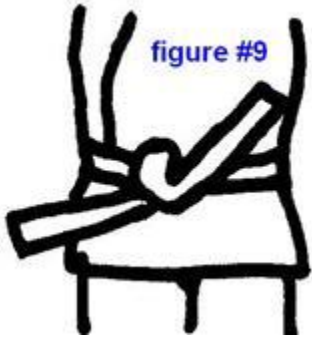


8. Take the end that passes through between the jacket & belt, and hold it in your left hand, while holding the opposite end in your right hand.

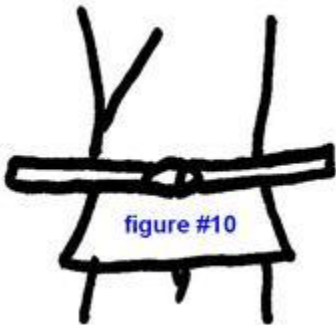
9. Take the left end and place it over the right end (fig 8).



10. Pass it through the hole created (fig 9).

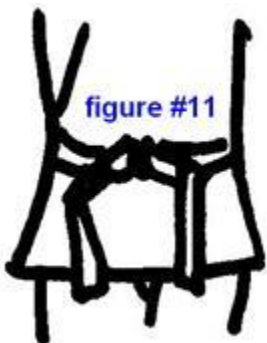


11. Pull tight and you are done (fig 10).



12. The knot should make the shape of the letter C (opening of the letter C facing your left).

13. After the knot is neatly tied, it is considered a matter of great pride for the ends of the belt to be of equal lengths when pulled out in front of you (fig 10 & 11).



Keep trying – Practice makes perfect!

Stretching

A light warm up is a wise recommendation for anyone getting ready to stretch. A few hip rotations and some hopping with the hands and feet moving in and out is all you need to do to get started. By doing so, you will be sending more blood and oxygen to those muscles and tendons that are about to be worked. This is important and will help you have a good stretch without injury.

To keep the oxygen flow up during your stretch deep breathing is advised. Inhale before the stretch and exhale as you stretch. The deep breathing and stretching combined are excellent for the internal organs, especially the abdominal and lower back stretches. These stretches tend to massage the kidneys, liver, stomach, pancreas, and intestines. This helps to stimulate the organs which in turn causes them to be more active and effective. The deep breathing makes the lungs work harder, and this helps to keep them strong.

Below are some exercises to increase flexibility, prevent muscle injury, develop kicks and help develop proper stances.

Inner Leg Stretch – pull legs apart and bend forward from the hips. Hold for 15 to 20 seconds. Do not bounce.





Quadriceps Stretch – Kneel down, sitting on your toes as shown below. With your knees together, lean back gradually and hold for 15 to 20 seconds. Do not bounce.

Upper Leg Stretch – Sit down with your feet together. Grab your ankles with your hands and push down on your knees towards the floor with your elbows. Hold for 15 to 20 seconds. Do not bounce.



Lower Back Stretch – Put your feet together. Grasp your ankles with your hands and pull firmly, chin towards knees. Hold 15 to 20 seconds. Do not bounce.

Structure

The Sensei

The head/chief instructor in the Karate school is the only one called Sensei. He is usually the highest ranking black belt in the school.

The relationship of the Sensei to the Dojo is very difficult to define, as it encompasses many varying aspects of life. The Sensei must flow through the student in many levels of communication and reach the far corners of the student's life. A Sensei, though different, is the same as everyone else. He is human in a controlled way and deserves respect for he has travelled long upon the way (Do).

A Sensei should be a good teacher, by conveying at the correct time, the appropriate knowledge, in the best possible way to the student. A Sensei must see the students and their problems in a way that the student can never see for themselves, impartially. A Sensei shows no favor. In fact, as progression is attained, he becomes harder on those who progress. He is kind but firm to the beginner on the path.

The Sensei advises, in an appropriate manner, on the inner spiritual aspects of the Art. He always has a friendly ear listening as they tend to categorize him into either a teacher or a friend. He is neither, but both and more. He sees a student in a freeway, unmoved by external face or appearance and he helps in the best manner for the student, for the Sensei's heart is forever with them.

Often a Sensei may test his students by taking views dramatically opposed to theirs and then studying their reactions. Silence is often the best form of praise that a Sensei will give to his students. He will note what affects the students inside and outside of the dojo, how they act towards friends, family and work and will act upon the students accordingly.

A Sensei will put forth untruth to see if it is accepted, say nothing when he should speak volumes. He is kind when there is no apparent reason. He may be tyrannous or compassionate but through all these externals, his heart is still for them. He listens when they speak but can see the inner reasons for their speech. He is unmoved but can move. The Sensei is forever active, even in a subdued way. He gives while others take and asks no reward, but proficiency of mind and body. He is sad, sometimes happy, let down and often abused, but forever holds to the Way, for that is his life.

Though outsiders may change, the Sensei does not, though he can adapt at will completely, the inward ideals and principles are always there. He persists when there is no apparent reason. That is why he is Sensei. On the average it takes 5,000 students to produce one worthwhile Sensei.

If you have one, take care of him.

By Bob Dalgleish

One Sensei

5000 begin

2500 train hard on a regular basis

1250 assist class whenever they can

625 go to every seminar they can

300 compete and demonstrate

100 become black belts

50 teach

25 become Ni Dans

1 becomes Sensei

A Sensei

For every five thousand students that join a Karate class, half will drop out the first month. Of that two thousand five hundred, half will remain through the second month. Of those remaining students, one thousand will complete six months of training, then quit.

Five hundred will study for one year, but only one will go on to teach others what he has learned, for Karate is now a part of his life and he shall go on to share this life with others.

THIS MAN IS A SENSEI!

(Think about it, he's one in five thousand!)

Sempai Mia, Valentina and John-Marco Tasillo



Sempai Mia



Sempai Valentina



Sempai John-Marco

Only Sensei can recognize a person within the dojo as a Sensei or Sempai. You are expected to follow his or her example.

A Sempai is the one person in a dojo who is a leader amongst all the students. Sempai is the one everyone totally respects.

A Sempai is not just valued for his/her skill and excellence but more important than that, he/she is the one that the Sensei knows will be there to watch his back no matter what, good or bad, just as the Sensei has the back of his students.

A Sempai makes sure that dojo protocol is always maintained he/she is the only other person, besides Sensei, that students may go to for answers about dojo protocol.

Should students have any political, technical or business concerns in the dojo, they should go to the Sempai who in turn resolves it or brings it to the attention of the Sensei. You might say he/she is the “Vice President” of the Dojo or “2nd in command”.

Take care of your Sempai as he/she is just as valuable as your Sensei in many ways.

Black Belts

These are senior students who have attained their first Dan (1st Degree Black Belt). They act as assistants to the Sensei and Sempai. They are expected to aid in the development of all Kyu belts. Black belts are expected to take responsibility for some training drills, basics, and be present and or participate in gradings and classes. They model the principles of Goju Ryu Karate.

Senior Belts

These are the higher Kyu belt rankings in the dojo. Typically green belts and above are considered senior belts. Senior belts may be asked to support the training of junior belts in class by demonstrating techniques at the request of Sensei or Sempai.

Junior Belts

These are the beginner students. Usually all Kyu belts below Green belt are considered junior belts. Junior belts are required to follow all rules of the dojo and the direction of Sensei, Sempai and or the senior belts at the request of Sensei or Sempai.

The Goju Ryu Crest



The Goju fist is half closed and half open. It signifies that Goju Ryu is neither totally hard nor totally soft. The fist, designed by Gogen Yamaguchi, is an exact duplicate of the right fist of Master Chojun Miyagi who was founder of Goju Ryu Karate.

Our Goju Crest has three colours.

White – beginner in Karate Do

Black – the ideals that go with being a black belt in Goju Ryu

Red – stands for the highest level of proficiency, that of the Master.

One could say that white equals the beginner, black equals instructor and red equals master.

There are two lines of kanji characters at the bottom of the palm. The first row says GO JU RYU which means Hard and Soft Style. The second row of characters says KARA TE DO which means Empty Hand Way.

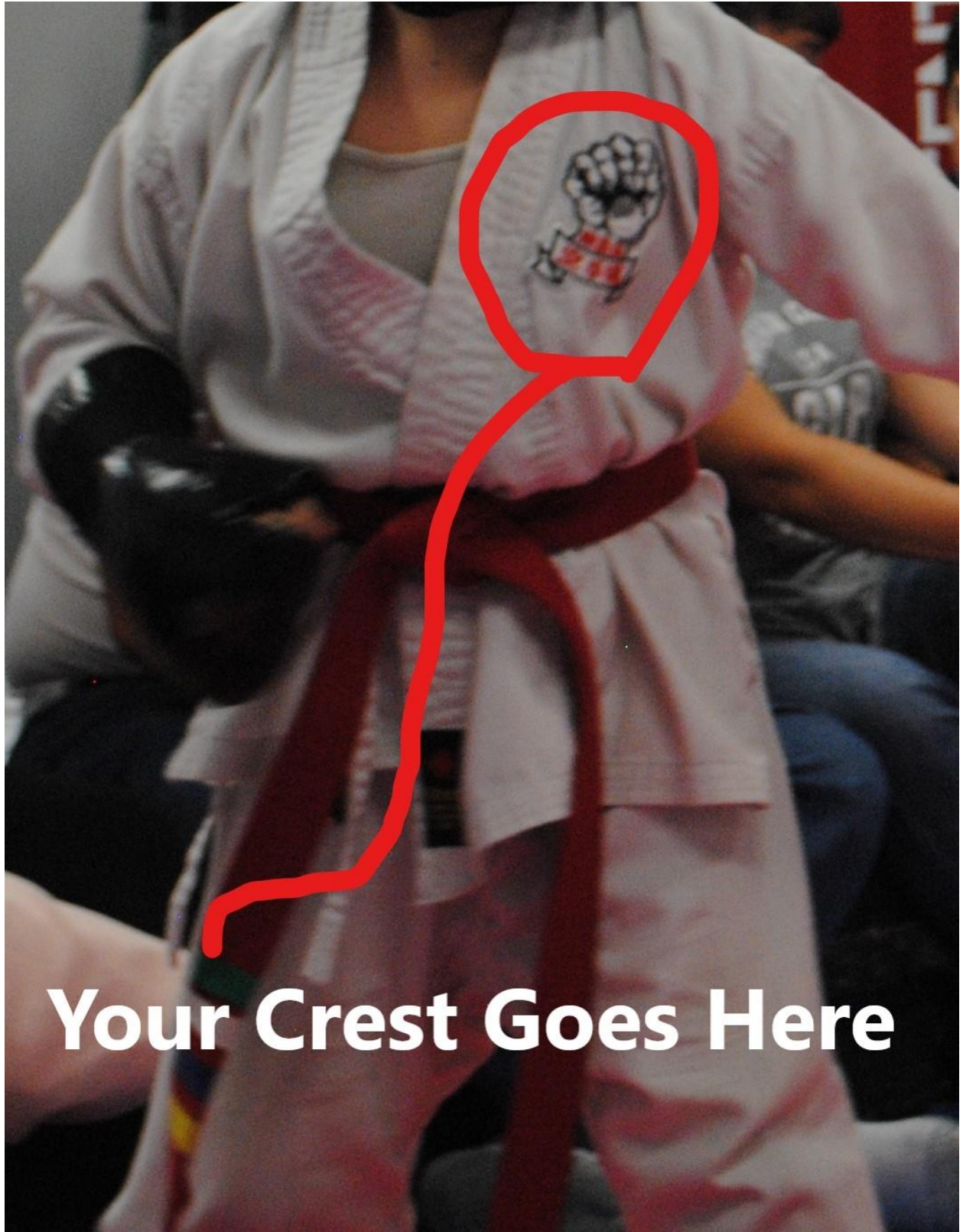
Black belts will have their fist filled in with red to identify their ranks.

1st Dan – end parts of the banner of the fist is filled in.

2nd Dan – the entire banner at the bottom of the fist is filled in.

3rd Dan – the banner and the wrist of the fist is filled in as high up as the characters

4th Dan & above – the entire fist is Red.



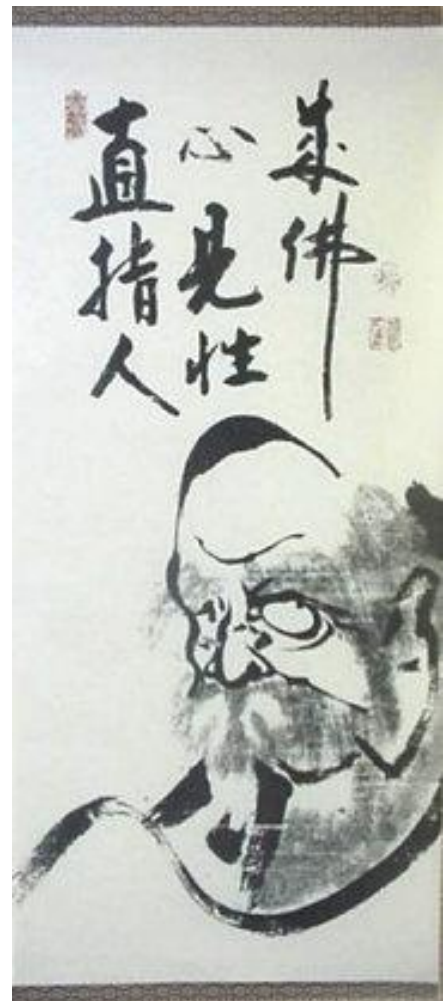
Your Crest Goes Here

Origins of Karate Do

Karate Do owes its composition to diverse ancient fighting techniques such as Egyptian barehanded fighting, Roman gladiator combat, Japanese sumo wrestling, Indian and Persian foot fighting, and the weaponless fighting found in Thailand, Malaysia, Cambodia, Laos and Vietnam.

The Chinese people were exposed to these different methods of fighting during their extensive military and economic contact with the above countries. The fighting styles were observed and influenced the configuration of Ch'uan fa; which is the Chinese tradition of pugilism and the forerunner of Karate Do.

The most prevalent school of thought traces the origins of Ch'uan fa back to the 6th century mytho-historical figure, Bodhidharma, and considers him to be the patriarch of Zen and the Chinese Martial Arts. According to legend, Bodhidharma was born in India during the early 6th century to a warrior class known as Kshatriya. He travelled from India to the Songshan Mountains, in the Honan province of China, and founded the Shao Lin Temple.



The monks at the temple were weak and in poor condition and thus were vulnerable to attacks from bandits and muggers.

Bodhidharma created Ch'uan fa to help them improve physically.

Bodhidharma taught 18 postures, 2 sutra, and sitting meditation (zazen). The Kata included exercises and breathing techniques to foster physical health and strength which were modeled on the movements of animals such as the tiger, monkey, leopard, crane and snake. The sutra was developed to foster mental and spiritual growth. These kata, sutra and zazen formed the fundamentals of Ch'uan fa, the precursor of Karate Do.

The Japanese were introduced to Karate in the early 1920's and have developed it to its present state.



HISTORYit must be good, it's been around a long time!

Okinawa (The Roots of Goju Ryu Karate)



The roots of Goju Ryu Karate can be traced directly back to Okinawa, which was called Ryukyu until 1870. In 1871 this small island officially became a prefecture of Japan.

In 1340, the Ryukyu Dynasty established tributary with the Chinese Emperor of the Ming

Dynasty, and until 1866 delegates were sent back and forth from each country. Many masters of Chinese Kempo were among the delegates from China, and they taught their art to the Okinawan nobility. The Okinawan sent ships filled with extremely valuable presents to the Chinese Emperor as tribute. To protect this precious cargo, all the Okinawans on board (crew members and delegates) were well trained in Martial Arts. After paying tribute to the Emperor, some of the Okinawan delegates furthered their training in China before returning home.

In 1470 all weapons in Okinawa were banned and confiscated. This political move led directly to the development of two different fighting systems: Te, practiced by the nobility, is a form of empty hand combat; and Kobudo, developed by farmers and fisherman, is a form of armed combat using simple tools as weapons. In both systems, training was conducted in strict secrecy.

Three different styles of Te (Naha-Te, Tomari-Te, and Shuri-Te) were developed, each named after the villages where they were practiced. Naha-Te is the direct ancestor of Goju Ryu Karate Do. Shuri-Te developed into Shorinji-Ryu which in turn developed into many different styles (such as Wado-Ryu and Shotokan Karate). A combination of Goju Ryu and Shorinji-Ryu led to the development of Chito-Ryu.

A FRESH START

An old man stooped by age and hard work was gathering sticks in the forest.

As he hobbled painfully along, he began to feel sorry for himself.

With a hopeless gesture he threw his bundle of sticks upon the ground and groaned "Life is too hard, I cannot bear it any longer, if only death would come and take me."

Even as the words were out of his mouth, death in the form of a skeleton in a black robe stood before him.

"I heard you call me sir", he said, "Could you please help me put this bundle of sticks back on my shoulder again".

Sensei Richard Kim

Chojun Miyagi

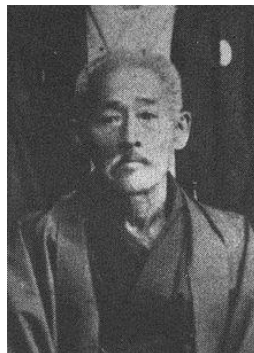
Early Life and Training

Miyagi, born as Miyagusuku (later changed to Miyagi Chojun by the Japanese) was born in Higashimachi, Naha, Okinawa on April 25, 1888. He was the adopted son of a wealthy businessman.



Chojun Miyagi was introduced to martial arts by Ryuko Aragaki at the age of 11. Aragaki then introduced him to his friend, the foremost Naha-Te master, Kanryo Higashionna (Higaonna Kanryo) when Miyagi was 14. By the time he was 20 years old he was his Sensei's disciple.

Under his tutelage, Miyagi underwent a very long and arduous period of training. His training with Higaonna was interrupted for a two-year period while Miyagi completed his military service, 1910-1912, in Miyakonojo, Miyazaki Prefecture. Miyagi trained under Higaonna until Higaonna's death in 1915.



Kanryo Higaonna

Training in China

In May 1915, before the death of Higaonna, Miyagi travelled to Fujian Province. In China he visited the grave of Higaonna's teacher, Ryu Ko. In this first trip he travelled with Eisho Nakamoto. After Kanryo Higaonna's death (in Oct 1915) he made a second trip to Foochow with Gokenki. In this second trip he studied some local Chinese martial arts. He observed the Rokkishu (a set of hand exercises rather than a formal kata, which emphasizes the rotation of the forearms and wrists to execute offensive and defensive techniques), which he then adapted into the Tensho Kata. From the blending of these systems, and his native Naha-Te, a new system emerged. However, it was not until 1929 that Chojun Miyagi named the system Goju Ryu, meaning "hard soft style".

Return to Japan

After several months in China, Chojun Miyagi returned to Naha where he opened a dojo. He taught for many years, gaining enormous reputation as a Karate Ka. Despite his reputation, his greatest achievements lie in popularizing and the organization of Karate teaching methods. In recognition of his leadership in spreading Karate in Japan, his style, the Goju Ryu, became the first style to be officially recognized by the Dai Nippon Butokukai.

He introduced Karate into Okinawa police work, high schools and other fields of society. He revised and further developed Sanchin – the hard aspect of Goju, and created Tensho – the soft aspect. These kata are considered to contain the essence of the Goju Ryu. The highest kata, Suparumpei, is said to contain the full syllabus of Goju Ryu.

Shi Sho Chin was Miyagi's favorite kata at the end of his years. Tensho was influenced by the White Crane kata Ryokushu, which he learned from his long-time friend Gokenki.

With the goal of unification of various Karate styles which was in fashion at the time, he also created more Shurite-like katas Gekisai Dai Ichi and Gekisai Dai Ni in 1940, taking techniques from higher forms (notably Suparumpei, and upper blocks uncommon for Goju Ryu at that time) and incorporating them into shorter forms. It is said that he created these katas to bridge the gap between Sanchin and Saifa, which contains much more complex moves compared to Sanchin.

Death and legacy

Miyagi had his first heart attack in 1951, and died in Okinawa on October 8, 1953 from a second heart attack. Some of Miyagi's more notable students were: Seko Higa (his oldest student and also a student of Kanryo Higaonna), Miyazato Ei ichi (founder of the Jundokan dojo), Meitoku Yagi (founder of the Meibukan dojo, who eventually accepted Miyagi's gi and obi from Miyagi's family), Seikichi Toguchi (founder of Shorei-Kan Goju Ryu), and on the Japanese mainland Gogen Yamaguchi who was the founder of the International Karate Do Goju Kai Association and who after training with Miyagi, became the representative of Goju Ryu in Japan. At a later date Gogen Yamaguchi invested much time studying Kata under Meitoku Yagi. He also trained other students who went on to create their own styles, such as Shimabuku Tatuso (Isshinryu).

Gogen Yamaguchi

Jitsumi Gogen Yamaguchi (Yamaguchi Gogen, born Jan 20, 1909, died May 20, 1989) was a world renown Grandmaster of Japanese Karate Do and founder of the International Karate Do Goju Kai Association. He was one of the most well-known of all Karate Do masters to come out of Japan.



Early Years

Gogen Yamaguchi was born on January 20, 1909 in Miyakonojo Shonai, Miyazaki Prefecture, Japan, near Kagoshima City on the island of Kyushu. In his 5th year of primary school, Yamaguchi commenced his Karate Do training under the guidance of Takeo Maruta, a carpenter joiner from Okinawa. Maruta was a Goju Ryu practitioner.

Gogen Yamaguchi was named Jitsumi Yamaguchi by his father Tokutaro who was a merchant and later a school teacher and superintendent; his mother was Yoshimatsu. Jitsumi was their 3rd son and there were ten children in the very large Japanese family.

A Karate Do master is one who is liberated from fear.

“The Cat”

Gogen Yamaguchi was also famously known in the world of Karate Do as ‘the Cat’; he was a very small man, just over five feet tall and 160 pounds, however he projected the impression of great bulk and an aura reminiscent of the samurai era. He was first dubbed ‘the Cat’ by American Gi’s for his gliding walk and flowing hair. He alone was primarily responsible for the spread of Goju Ryu throughout the world today whereby hundreds of thousands of practitioners have experienced some form of training within traditional and non-traditional Karate dojo.

According to Gogen Yamaguchi himself when interviewed by French magazine Karate journalist Rolland Gaillac, April 1977 edition, he stated: “Even today, young man, if you were to face me in combat, I would be able to determine in a second the strength of your Ki. Immediately I would know if you were a good opponent. It is this quality, and no other, which has given me the name of “The Cat.”

Early Training in Kyoto

Gogen then began the serious study of Karate Do with Sensei Takeo Maruta after his family relocated to Kyoto. Maruta was also a carpenter of joiner by trade and was himself a student of the legendary Chojun Miyagi of Okinawa. Gogen Yamaguchi studied directly with Chojun Miyagi later in 1929, after he and his then-current teacher and friend Jitsuei Yogi wrote to Chojun Miyagi and invited him to come to Japan.

Gogen Meets Chojun Miyagi

Chojun Miyagi visited the university dojo of Kansai, Osaka, Ritsumeikan, Kyoto, and Doshisha Universities, whilst Gogen was attending Ritsumeikan University in Kyoto. There he studied Law and in 1930 Yogi together with Gogen Yamaguchi co-founded the Ritsumeikan Daigaku Karate Kenkyu-Kai. Ritsumeikan Karate Do Kenkyu-Kai was the first university Karate club in western Japan and was infamous for its hard style training and fierce Karate fighters. Both Yogi and Yamaguchi attended Ritsumeikan University during the time Chojun Miyagi visited, and Chojun Miyagi stayed in Yogi's apartment.

Chojun Miyagi later gave Gogen Yamaguchi the responsibility for spreading Goju Ryu in mainland Japan. In the early 1930's Gogen designed what would become the legendary signature Goju Ryu fist. It is said to be modeled after the right hand fist of Chojun Miyagi.

Introduces Jiyu Kumite and Forms the All Japan Karate Do Goju Kai Federation

After graduating from Ritsumeikan University in Kyoto in 1934, Gogen designed and introduced Jiyu-Kumite which has become known today as sport and tournament fighting kumite. In 1935 he officially formed the All Japan Karate Do Goju Kai Karate Do Association (which later split into the JKF Goju Kai and the J.K.G.A.). Also in 1935 Gogen began his travels with the Japanese

government as an intelligence officer and his first son Norimi Gosei Yamaguchi was born (Gosei is the current leader of Goju Kai USA).

WORLD WAR II

During his military tour in Manchuria in World War II, Gogen was captured by the Soviet military in 1942 and incarcerated as a prisoner of war in a Russian concentration camp. It was here that he battled and defeated a live tiger according to his autobiography. Gogen Yamaguchi was originally targeted for hard labour in the POW camp however he had impressed the Russians who discovered who he was and requested that he teach Karate Do to the Russian soldiers. It was then that, 'the prisoner became the master of the guards, who became his students'.

In 1945, Gogen returned to Japan where he re-opened his initial Karate Do dojo in Nippori which was later destroyed by fire, and advertised with a sign outside reading Goju Ryu Kai. Many people thought his school was closed forever and that he had been killed in the war. Accordingly Gogen held large exhibitions in Tokyo which showcased the various Chinese and Japanese martial arts that he had experienced. His school reopened and moved at a later date to the Suginami-Ku area of Tokyo. Here he quickly expanded throughout a network of independent Goju Ryu dojo. The rapid growth and expansion was reinforced by Gogen's energetic and forceful persona which resulted in a worldwide network of Karate schools which he alone built into a powerful martial arts empire.

Registers the Name Goju Ryu, Opens his Honbu Dojo

Gogen Yamaguchi established the Goju Kai Headquarters in Suginami-Ku, Tokyo, Japan, nearby to the busy shopping precinct of Roppongi. It was also at this time that he registered the name Goju Ryu formally with the Butoku-kai (official government body and Headquarters for the Japanese Martial Arts).

By 1950 Goju Kai Headquarters was officially relocated to the Suginami Tokyo School which contributed to an almost tripling of membership to 450,000. Five years later he officially chartered the I.K.G.A.

Later in 1964, Gogen Yamaguchi along with other founder members Otsuka Hironori from Wado-Ryu, Nakayama Masatoshi from Shotokan, Mabuni Kenei and Iwata Manzao of Shito-Ryu, unified all the Karate dojo in Japan to form the All Japan Karate Do.

Goju Ryu Kai Spreads Throughout the Western World

By 1966 his organization comprised of more than 1,200 dojo clubs and 600,000 members within the Goju Kai system. Peter Urban had opened his New York Dojo and initiated the spread of the style throughout the USA. In Australia, Paul Starling (the most senior Caucasian pupil graded by Gogen Yamaguchi in his lifetime) had been training for four years with Gogen's first Australian student Mervyn Oakley.

Death and Legacy

Prior to his death he was decorated by the Emperor of Japan in 1968 with the Ranju-Hosho, the Blue Ribbon Medal of the fifth order of merit, for his enormous contribution to the spread world wide of the Japanese martial arts. For many years Gogen Yamaguchi was listed in the Guinness Book of Records regarding his rank and achievements.

According to his obituary, “His name was a household word in Karate circles, and he appeared in all the major Martial Arts magazines and publications, both in Japan and the western world.”

Miyamoto Musashi’s ways of strategy are:

- 1) To not think dishonestly***
- 2) The way is in the training***
- 3) Become acquainted with every art***
- 4) Know the ways of all professions***
- 5) Distinguish between gain and loss in worldly matters***
- 6) Develop intuitive judgement and understanding for everything***
- 7) Perceive those things which cannot be seen***
- 8) Pay attention even to trifles***
- 9) Do nothing which is of no use***

Sensei Richard Kim



Sensei Richard Kim (born November 17, 1917, died November 8, 2001) was an American Karate teacher. Born in Honolulu, Hawaii, he began studying judo at the age of six, under Kaneko. Around the same time, he also began studying Karate under Arakaki Ankichi.

Before World War II, his service in the merchant marines took him to East Asia. He cited many martial artists as teachers, including Tachibana, Chen Chen Yuan, and Choa Hsu Lai. His training includes Karate Do, Judo, Shorinji-Ryu, Kempo, Daito-Ryu, Tai Chi, Ba Gwa, and boxing.

While in Japan, Kim Studied Daito-Ryu under Kotaro Yoshida and lived with him for seven years. Kim stated that he had in his possession the Daito-Ryu scrolls and had been granted the Daito-Ryu menkyo kaiden.

Kim also studied and taught Japanese and Okinawan weaponry.

In 1959, Kim began teaching martial arts in San Francisco, California. He traveled extensively throughout the United States, Canada, and Europe teaching wherever he went. As well as teaching the physical aspects of the martial arts, he taught the philosophy, history, strategy, and spiritual aspects.

Sensei Richard Kim wrote a monthly column for Karate Illustrated magazine, and a number of books including: The Weaponless Warriors, The Classical Man, and an instructional series on weaponry (Kobudo).

He was named Black Belt Magazine's "Karate Sensei of the Year", in 1967, and was later inducted into the Black Belt Magazine Hall of Fame.

He was the director of the American Amateur Karate Federation and Vice-President for the International Traditional Karate Federation (ITKF).

At his memorial service, Hidetaka Nishiyama of the ITKF presented Sensei Richard Kim with the rank of Ju-Dan (10th degree Black Belt) posthumously.

Sensei Kim's students continue through a number of organizations: the Kokusai Butokukai is the international organization that Sensei Rickard Kim started as the Busen Butoku Kai and is made up of: Zen Bei Butoku Kai (founded by Richard Kim in 1959), Butoku Kai Canada, Butoku Kai France, Germany, Spain, Poland, Finland, and Scotland.

The Bu Toku Do was founded by Don Warrener, a senior student of Sensei Richard Kim. The Zei Bei Butokukai International was founded by Brian Ricci and Frank Gaviola who were two of Richard Kim's senior students.

His most notable students were Sensei Peter Urban, Benny Allen, Don Warrener, and Wallace Platt.

He is responsible for introducing weapon katas to our system in Ontario as well as throughout Canada and the USA.



Gichin Funakoshi

Gichin Funakoshi (born November 10, 1868, died April 26, 1957), was the founder of Shotokan Karate, and is attributed as being the “father of modern Karate”.

Following the teachings of Anko Itosu, he was one of the Okinawan Karate masters who introduced Karate to the Japanese mainland in 1922.

In 1939, Funakoshi established the first Shotokan dojo in Tokyo, Japan.

He changed the name of Karate to mean “empty hand” instead of “China hand” (as referred to in Okinawa); the two words sound the same in Japanese, but are written differently.

He taught Karate at various Japanese universities and became honorary head of the Japan Karate Association upon its establishment in 1949.

His teachers were Anko Asato and Anko Itosu.

He trained in Shorei Ryu, Shorin Ryu and Shotokan Karate.

He was a 5th Dan, which was the highest rank at the time.

His most notable students are Hironori Otsuka, Gigo Funakoshi (his son), Isao Obata, Shigeru Egami, Teruyuki Okazaki, Tetsuhiko Asai, Masatoshi Nakayama, Hidetaka Nishiyama, Tsutomu Ohshima, Taiji Kase, Mitsusuke Harada, Hirokazu Kanazawa and Won Kuk Lee.

He published several books on Karate including his autobiography, *Karate Do: My Way of Life*. His legacy, however, rests in a document containing his philosophies of Karate training now referred to as the *niju kun*, or “twenty principles”. These rules are the premise of training for all Shotokan practitioners and are published in a work titled *The Twenty Guiding Principles of Karate*. Within this book, Funakoshi lays out 20 rules by which students of Karate are urged to abide in an effort to, “become better human beings.”

Funakoshi’s *Karate Do Kyohan* “The Master Text” remains his most detailed publication, containing sections on history, basics, kata, and kumite.

***The ultimate aim of Karate Do lies neither in victory or defeat
But in the perfection of the character of its participants.***

Gichin Funakoshi

Peter Urban



Sensei Peter Urban (born August 14, 1934, died April 7, 2004) was a teacher, writer and self-employed business man, and a consulting psychologist. His Specialty was the field of martial art combatants and their

cognates. He is considered the world's foremost authority on Karate Psychology or Psychotherapy (philosophical Psychoanalysis of the Martial Arts). He was the head of the American Goju Do.

Sensei Urban began training in 1953 when he was 18 years old. He had gone to Japan as a sailor in the US Navy and stayed for eight years to study Karate Do. Sensei Urban started studying in Yokohama with O'Sensei Richard Kim and then a year later trained with Sensei Yamaguchi and Sensei Mas Oyama in Tokyo. He returned to the USA and taught Karate Do, introducing Goju Ryu to North America.

In 1965 he founded his famous China Town dojo and established American Goju Do. Sensei Urban believed that America should have its own endemic Karate style in much the same way that the Okinawans and the Japanese have theirs. He developed a uniquely American style which includes the additions of the Kata Empi Ha and Urban Han. His Students include Skipper Ingram, Chuck

Merriman, Phil Maldonato, Johnny Cool, Al Gotay, Bob Dalglish and Wallace Platt.

When Sensei Urban turned sixty he was quoted as saying: “Karate has been very, very good to me and on this day I celebrate that fact forever. The purpose of Karate training is to walk with confidence in your old age. I walk with confidence. I started Karate as a very young child. That is why I walk with confidence today.”

Everyone works

All start at the bottom

Nothing is free

Sensei’s word is law

By consent by the governed

by Sensei Peter Urban

If you think you can, you are right;

If you think you can’t you are also right.

Martial Arts teaches us to challenge our previously held beliefs

About ourselves and our world.

Tenets of Goju Ryu Karate Do

We who are studying Karate Do aspire to these Virtues:

1. We are proud to study the spirit of Goju Ryu
2. We shall practice courtesy
3. We shall be quick to seize opportunity
4. We shall always practice patience
5. We shall always keep the fighting spirit of Karate Do

Creed of Karate Do

If I face you with my empty hands,

My weapons...I have none.

If I should be forced to defend myself, my honour, my principles, a matter of life or death, right or wrong,

Then here are my weapons.

My Empty Hands

There is hardly anything in the world some man cannot make a little worse and sell a little cheaper.

The people who consider price only are this man's lawful prey.

by John Ruskin

Conduct and Law Reminder

1. A Karate Ka must keep in mind that his/her hands are considered deadly weapons by law.
2. A Karate Ka must, as an obligation to society and the Art, do the utmost in his power to avoid fighting with any human being.
3. A Karate Ka has the right to protect himself/herself, but your fellow man is also guaranteed this right under law. Therefore do nothing to offend him by speech or action. If you follow this course, there is no just reason for any man or woman to attack you.
4. If you are offended by speech or action, remember, discretion is the better part of valor. Smile and ignore his/her actions. If he/she pursues a course of offending you, walk away.
5. If you are attacked and find no avenue of escape, protect yourself. This is your right. If, in protecting yourself, you knock your opponent senseless or knock him/her down, or in any way render him helpless of doing you any harm, do not press your attack and kill him/her.

Remember, Karate begins and ends with courtesy and respect

For each other at all times, inside and outside of the Dojo.

Kihon - Karate Basics

The basics are the first techniques that you will learn. These can be compared to the building of a house. The foundation, the first step in building a house, must be secure or the house will not stand. This is the same with Kihon (basics). You will begin by learning how to stand and move your body. Focusing on how to block, punch and kick.

A Kiai (kee-eye) is a loud yell that projects spirit and energy. It is a proven fact that the Kiai not only increases your power while performing techniques, but also creates a distraction to an opponent, possibly frightening them.

You will learn to combine many of the techniques and to use both sides of your body, building your coordination and speed. It is also good practice to surprise and overwhelm your opponent by using many techniques not just one or two. Remember – just enough to get away and RUN!

Any spot on the human body that is vulnerable is a vital point. There are many areas that are breakable or sensitive and can be damaged easily. You will become familiar with human anatomy and the various vital points of the body. It is important for offensive and defensive strategy in the Martial Arts to learn these vital points. Areas such as the eyes, throat and groin are the BEST areas to attack, as no matter how big and muscular the attacker, these areas can't be protected and are thus very vulnerable.

Stances (Dachi)

Fudo Dachi – Immovable stance, free stance

Han Zenkutsu Dachi – Half forward leaning stance

Heiko Dachi or Shizentai – Natural Stance

Kake Dachi or Kosa Dachi – Hook or Cross Stance

Kiba Dachi – Horse Stance or Straddle Stance

Kokutso Dachi – Back Stance

Kiyo Tsuke – Attention Stance

Musubi Dachi – Kata Stance (Heels together, Toes Apart)

Niko Ashi Dachi – Cat Stance

Sanchin Dachi – Hour Glass Stance (short stance)

Shiko Dachi – Sumo Stance or Square Stance or Four Thigh Stance

Teiji Dachi – “T” Stance

Tsuru Dachi – Crane or Stork Stance

Zenkutsu Dachi – Forward Leaning Stance

It is better to sweat in practice than bleed in battle

Kicks (Keri, see highlighted below)

Ashi Barai – Foot sweep

Fumikomi Geri – Stamping kick, stomping kick

Hiza Geri – Knee kick

Kansetsu Geri – Knee joint kick

Keage – Snap

Kekomi - Thrust

Keri – Kick (changes to geri when added to another word)

Mae Geri – Front kick

Mae Geri Keage – Front snap kick

Mae Geri Kekomi – Front thrust kick

Mae Tobi Geri – Jumping (flying) front kick

Mawashi Geri – Roundhouse kick

Mikazuki Geri – Crescent kick

Nami Ashi – Inside snapping kick, wave kick

Ushiro Geri – Back thrust kick

Yoko Geri – Side kick

Yoko Geri Keage – Side snap kick

Yoko Geri Kekomi – Side thrust kick

Yoku Tobi Geri – Jumping (flying) side kick

Punches (Zuki)

Age Zuki – Rising Punch

Gyaku Zuki – Reverse Punch

Ippon Ken – Fore Knuckle Punch

Kake (Kagi, Kage) Zuki – Hook Punch

Kizami Zuki – Leading jab punch

Mawashi Zuki – Round hook Punch

Morote Zuki – Double Fist Punch

Nakadaka Ken – Middle finger knuckle Punch

Ni Zuki – Double punch

Oi Zuki – Lunge Punch

Rekken – Back Fist punch (short)

Seiken Zuki – Fore Fist Straight

San Zuki – Triple Punch

Tate Zuki – Vertical punch

Ura Ken – Back Fist

Ura Zuki – Close Punch

Strikes (Uchi)

Empei – Elbow

Haito – Ridge Hand

Kakuto – Crane Head

Nukite – Spear Hand

Shuto – Knife Hand

Teisho – Palm Heel

Tetsui – Hammer Fist

Blocks (Uke)

Chudan Uke – Inside Circular Block (middle)

Gedan Barai – Downward Sweeping Block (low)

Gedan Uchi Barai – Downward Sweeping Block (open hand)

Haito Uke – Ridge Hand Block

Hariatoshi – Three Point Circular Block

Hiza Uke – Knee Block

Jodan Uke – Rising Block (high)

Kake Uke – Hooking Block

Kaki Wake Uke – Double Hooking Block

Kakuto Uke – Crane Head Block (Bent Wrist Block)

Mawashi Uke – Circular (Round House) Block

Morote Uke – Augmented Forearm Block

Shuto Uke – Knife Hand Block

Soto Uke – Outside Forearm Block

Teisho Uke – Palm Heel Block

Uchi Uke – Inside Forearm Block (middle)

Ura Uke – Backhand Block

What we practice is what we become.

Discipline, Commitment and Respect,

These are the virtues that we live by.

When we live by these virtues we become better people.

To be a Martial Artist is to live it, all the time.

Counting

– **Ichi – means One, 1** – the “i” sounds like “ea” in the word “each” and the “chee” is like “cheek” (when spoken quickly the “ee” part is not or barely pronounced and the whole word sounds like “each”)

– **Ni – means Two, 2** – sounds like “knee”

– **San – means Three, 3** – sounds like “sahn”

– **Shi (also Yon) – means Four, 4** – sounds like “she.” It can alternately be pronounced “yon” (sounds like “yohn”, not like “yawn”)

– **Go – means Five, 5** - English speakers have a tendency to say the word “go” as if it were spelled “gohw”. When you say “go” in Japanese, you need to leave your mouth rounded when you’re done to prevent slipping towards a “w” sound

– **Roku – means Six, 6** - The R is pronounced like a cross between R and L, so when you say it, it should sound similar to “loh-koo.” But an English R is pronounced at the center of the tongue, and an English L is pronounced about a quarter of an inch from the tip of

the tongue, but the Japanese R is pronounced using only the very tip of the tongue.

七Shichi (also Nana) – means Seven, 7 – Sounds like “she-chee”, with a hint of tch on the “chee.” It can also be pronounced “nana” (the letters A are pronounced “ah”).

八Hachi – Eight, 8 – It sounds like “ha!” then “tchee.”

九Kyu (also Ku) – Nine, 9 – It sounds like the letter “q.” Similarly to “go,” English speakers tend to pronounce it as “kyoow” – make sure to keep your mouth rounded on the “oo” sound and not to slip towards “w.”

十Ju – Ten, 10 – It’s pronounced “joo”, with a teensy-tiny bit of zh on the j.

Remain proud martial artists and always study and practice the art.

Never pass on good opportunities, yet remain honourable students.

Use precision and sincerity in your intent, regardless of risk.

Write your plans, follow them and stay competitive in all endeavours.

BE ALERT AT ALL TIMES!

Counting After Ten

Ju Ichi – Eleven

Ju Ni – Twelve

Ju San – Thirteen

Ju Yon – Fourteen

Ju Go – Fifteen

Ju Roku – Sixteen

Ju Shichi – Seventeen

Ju Hachi – Eighteen

Ju Kyu – Nineteen

Ni Ju – Twenty

San Ju – Thirty

Yon Ju – Forty

Go Ju – Fifty

Roku Ju – Sixty

Nana Ju – Seventy

Hachi Ju – Eighty

Kyu Ju – Ninety

Hyaku – One Hundred

Miscellaneous

Ayumi Ashi – Natural stepping or normal heel to toe walking

Budo – Martial way

Bunkai – Analysis, disassembly, analyzing kata and extracting fighting techniques from the movements

Bushi – Warrior, samurai

Dojo – Place of the way, training hall or space for immersive learning or meditation

Domo Arigato Gozaimasu – Thank you very much

Embuson – Starting and finishing point of kata

Gi – Uniform

Goju – Hard and soft

Goju Ryu – Hard and soft style

Hai – Yes, I agree with you

Haisoku – Instep

Hajime – Begin

Hantei – Judgement, decision, award, verdict, review

Hidari – Left

Ippon – One full point

Ippon Kumite – One Point Sparring

Jiyu Kumite – Free sparring

Kata – Forms, pattern

Karate Do – Empty hand way

Karate Gi – Karate uniform

Karate Ka – Karate student, Karate practitioner

Kiai – Meeting of the spirits, convergence or harmonization of one's energy

Kihon Kumite – Basic sparring

Kime – Focus, power

Makiwara – Padded striking post, punching board

Mawate or Kaette – Turn

Migi – Right

Mokuso – Meditate

Nage Waza – Throwing technique

Obi – Belt, sash

Onna – Woman

Osu – Yes, I understand, acknowledgement

Otagai Ni Rei – Bow to others

Otoko – Man, male

Rei – Bow, thankful, expression of gratitude

Ryu – School, style, form, way, manner, tradition

Seiken - Fist

Seiza – Kneeling, proper sitting

Sempai – 2nd in command, assistant to Sensei, VP of dojo

Sensei – One who has gone before, teacher, instructor

Sensei Ni Rei – Bow to the teacher

Shomen Ni Rei – Bow to the front

Te Waza – Hand technique

Tsugi Ashi – Shifting the feet (opposite of normal walking)

Uchi – Strikes

Uke - Blocks

Ushiro – Back

Yame – Stop

Yasume – Relax, at ease

Yoi – Ready, prepared

A NEW DAY

This day is mine to do as I wish with it. What I do with it is important because I am exchanging for it a day of my life. I want success not failure, love not hate, good not evil; in order that I shall not regret the price that I have paid for it.

Belt Colours

White – Shiro

Yellow – Kiiro

Orange – Orenji

Green – Midori

Blue – Ao

Brown – Chairō

Black – Kuroi

***Don't be a coward, fearful and weak,
Be the last one to quit and the first to speak,
Don't hide your face from the light of day,
Be courageous in life and stay that way,
No need to run from your trials, troubles and problems,
Have confidence in your step as you reflect how to solve them,
Yet, if you happen to fall, don't lie there and die,
Get up without thought, and hold your head up high,
Be wise, courageous, bold and brave,
And life will be worth living from your birth to your grave.***

Katas

The kata, which is sometimes translated as a form or pattern, also allows you to practice your combinations at imaginary opponents using full power.

It is said that, if by the time you reach black belt, you can do two katas well, and one extremely well, your training is being maximized.

The Karate kata demands complete concentration and maximum effort from its practitioner. Kata is more difficult than sparring mainly because when it comes to kata you are 100% in control of the action.

YOU GET WHAT YOU GIVE!

The kata has been the means used by masters to hand down their techniques over the ages. This fact in itself should give us reason to practice katas.

THE ESSENCE OF KARATE IS IN THE KATA. PRACTICE REPEATEDLY AND INDEFINITELY

The qualities and characteristics of your life become very visible to a trained and experienced Sensei, so practice your kata and your life will improve.

THE KATA IS A MEANS OF SELF PERFECTION

Everything in life is breathing both hard and soft,

Bubishi

Kata Points for the Beginner

- Kata is a series of prearranged movements designed for fighting multiple opponents at one time.
- The perfect form has the right mixture of attitude and all six kata principles. The six principles of the kata are: Eyes, Pace, Breathing, Technique, Focus (Kime) and Kiai.
- Performed consistently, the kata will improve your balance, concentration, memory, speed, posture, cardiovascular endurance, technique, coordination, muscle control and breathing.
- Only Sensei, Sempai or a designated black belt (with Sensei's permission) can show a Kyu belt a new kata.
- A good way to train a kata is to do it three times slowly, making sure that all the moves are correct, then do it one time hard with proper pace and Kiai.
- Most katas begin and end with a block.
- There are usually two Kiai points that are usually set on the finishing technique or killing blow.
- Try to visualize what you are doing when you do the kata, this will help you to understand it better.
- Steps to follow when learning a kata:
 - Learn the schematics of the form (the moves)
 - Learn the proper pace
 - Learn to do it without thinking
 - Become one with the kata

- If you have any questions about a kata you have been taught, ask Sensei or Sempai.
- All katas start and end with the heels on the embuson.
- Most katas end by stepping away from your opponent. This symbolizes that you have left your opponent alive.
- All katas start with your left hand completely covering your right hand. This is done because the right hand is symbolic of strength and therefore hidden so as not to offend the opponent.
- The first and last steps of a kata are the most important.
- Goju Ryu has 12 core katas in its standard curriculum. They are Gekisai Itch, Gekisai Ni, Sanchin, Tensho, Saifa, Seiunchin, Sen Sei Ryu, Shi Sho Chin, Seisan, Saipai, Kururunfa, and Suparumpei.

“Karate begins and ends with kata.

Kata is the essence and foundation of Karate

And it represents the accumulation of more than 1000 years of knowledge.

Formed by numerous masters throughout the ages

Through dedicated training and research,

The kata are like a map to guide us,

And as such should never be changed or tampered with.”

Morio Higaonna

Kids Kata Belt Requirements

White Belt ----- 4-6yrs (8 moves), 7-13yrs full kata Taikyoku Gedan
Yellow Belt ----- 4-6yrs Taikyoku Gedan, 7-13yrs Taikyoku Chudan
Yellow Stripe ---- 4-6yrs Taikyoku Chudan, 7-13yrs Taikyoku Jodan
Orange Belt 4-6yr Taikyoku Jodan, 7-13yrs Taikyoku Mawashi Uke
Orange St 4-6yr Taikyoku Mawashi Uke, 7-13yr Taikyoku Kake Uke
Red Belt ----- 4-6yrs Taikyoku Kake Uke, 7-13yrs Gekisai Itch
Red Stripe ----- 4-6yrs Gekisai Itch, 7-13 yrs Gekisai Ni
Green Belt 4-6yr Gekisai Ni & Tenu No Kon, 7-13 yrs Tenu No Kon
Green Stripe ----- Wan Chu
Purple Belt ----- Saifa
Purple Stripe ----- Bassai Dai
Blue Belt ----- Sushi No Kon
Blue Stripe ----- Itosu Rohai
Brown Belt ----- Matsu Higa No Kon
Brown Stripe ----- Seiunchin
Junior Black Belt ----- Sensei will let you know what is required

Adult Kata Belt Requirements

White Belt (6th Kyu Belt) ----- Taikyoku Gedan
Taikyoku Chudan
Taikyoku Jodan

Yellow Belt (5th Kyu Belt) ----- Taikyoku Mawashi Uke
Taikyoku Kake Uke
Gekisai Itch

Orange Belt (4th Kyu Belt) ----- Gekisai Ni
Sanchin
(Foreign Kata) Wan Chu

Green Belt (3rd Kyu Belt) ----- Tensho
Saifa
(Foreign Kata) Bassai Dai
(Bo Weapon) Tenu No Kon

Blue Belt (2nd Kyu Belt) ----- Seiunchin
Sanchin Tensho
(Tonfa Weapon) Matsu Higa No Tonfa
(Foreign Kata) Nihanchi
(Bo Weapon) Sho Shi No Kon
(Sai Weapon) Tokomine No Sai

Brown Belt (1st Kyu Belt) ----- Sen Sei Ryu
(Foreign Kata) Shorinji Seisan
(Foreign Kata) Itosu Rohai
(Bo Weapon) Matsu Higa No Kon
(Sai Weapon) Tsukenshitahaku Sai
(Tai Chi Set, Not a Kata) Tai Chi Chuan

***Be as Hard as the world forces you to be
And as Soft as the world allows you to be***

by Sensei Chuck Merriman

Goju Ryu Kata Meanings

Taikyoku Gedan	-----	First Course Lower
Taikyoku Chudan	-----	First Course Middle
Taikyoku Jodan	-----	First Course Upper
Taikyoku Mawashi Uke	-----	First Course Circular Block
Taikyoku Kake Uke	-----	First Course Hooking Block
Gekisai Itch	-----	Attack and Smash (1)
Gekisai Ni	-----	Attack and Smash (2)
Sanchin	-----	3 Battles (Mind, Body & Spirit)
Tensho	-----	Turning Palms
Saifa	-----	Destroy & Defeat
Seiunchin	-----	Attack, Conquer & Suppress
Sanchin Tensho	-----	3 Battles, Turning Palms
Sen Sei Ryu	-----	36 Movements
Shi Sho Chin	-----	27 Movements
Seisan	-----	13 Movements
Seipai	-----	18 Movements
Kururumfa	-----	To Break The Attack
Suparumpei	-----	108 Movements

Grading Expectations

The examination board will have at least two members on it, the head instructor (Sensei) and at least one other black belt.

Each belt or Kyu grading examination consists of five main areas:

1. Technical – the technical aspects consists of Kihon (basics), Katas (forms), Kumite (sparring or take downs) and Self Defense. You must achieve a score of at least 50% to pass the technical part of the exam
2. Written exams (for 14 and up & adult students only) - which need to be 100% correct. All tests can be found in this handbook and must be completed and handed in to Sensei at least 1 hour before the grading begins. Tests should be put in a presentation folder. Senior belts, green adult and up, may also have to write an essay on a topic to be set by Sensei
3. Oral exam – all information found in this handbook and any information learned in class can be asked by the examination board. Read your handbook carefully and do your best to answer. If you don't know the answer or can't remember then say so.
4. Classroom performance – progress, behaviour and most important, the attitude of the student towards his or her training, the dojo, other students and instructors.
5. Personal development – your growth in understanding and practice of the philosophical and psychological aspects of Karate Do.

Other parts of training are also taken into consideration, such as; time spent at the belt level, the participant's age, physical abilities etc.

- Grading fees for Kyu belts are \$50 plus HST = \$56.50. For your convenience you may:
 - pay on our website: <https://phoenixkarate.ca/collections/all>
 - pay by etransfer to: PhoenixKarateSensei@gmail.com
 - pay in person: at the dojo (cash, credit, debit)

Grading fees for junior black belt, 1st degree black belt and up vary based on level. Sensei will provide information sheets with information and fees for these gradings.

It is also very important that your Karate Gi (uniform) is clean and that your crest is attached properly and in the right spot.

Also be sure to bring the mandatory safety equipment and weapons (e.g. mouth piece, protective groin cup, helmet and hand and feet protection)

All successful graduates will receive a Goju Ryu certificate and their respective belt. For up to approximately 2 weeks after the grading you will still be at your current belt level. DO NOT ask if you have passed the grading. Wait to be awarded your belt. Any other questions you may have will be happily answered by Sensei or Sempai.

GOOD LUCK!

***A true martial artist is an artist in and out of the ring,
the dojo, or the gym.***

A true martial artist practices art in his or her daily life.

Artists don't simply perform their craft.

They work and live at doing so. A Martial Artist is an Artist of Life!

by Bruce Lee

Kumite - Sparring

The invention of free sparring (Jiu Kumite) by Gogen Yamaguchi is a relatively new addition to Karate Do.

Sparring will help with your distance, timing and spontaneity and development of self defense abilities. Sparring in class is the closest you can get to a real fight without injury to yourself or your opponent. A constant change of fighting partners allows you to try your techniques in a partially controlled situation. The usual distance between partners is 30-36 inches but this will vary depending on individuals.

Points that will make you a better fighter:

- Get in the best physical shape possible.
- Have a calm mind when facing an opponent.
- Have an active body; keep moving when you face your opponent.

- See through your opponent's attacks.
- React as quickly as possible to your opponent's move.
- When you move in on your opponent, move in strong and with full conviction.
- Practice basic techniques and combinations repeatedly.
- After a foot sweep you must strike.
- It is not enough to hit with the body, you must hit with the mind and spirit.

There are many more points that I would mention about fighting but the above are possibly the best principles to follow in learning to become a better fighter.

When sparring in the dojo remember:

- Only light contact is ever permitted.
- There is absolutely no face, head or spine contact allowed.
- Due to the risk of injury it is not permissible to attack below the belt.
- Dangerous throws are not allowed, but safe takedowns are encouraged.
- As you progress and develop control, you will be permitted more body contact and incidental head contact. But always remember that safety is the first priority when sparring with a partner in the dojo.
- The safest people are those that train.
- To ensure the safety of both yourself and your partner certain safety equipment is mandatory. (ask Sensei).

- *****IMPORTANT NOTE*** Due to insurance regulations only sparring equipment and weapons purchased at the dojo will be permitted to be used inside the dojo.**

Know the enemy, and know yourself, and in one hundred battles you will never be in peril. When you are ignorant of the enemy, but know yourself, the chances of winning or losing are good. If you are ignorant of both your enemy and yourself, you are certain to be in peril every battle.

by Sun Tzu

Kobudo - Okinawan Weapons

The weapons taught at Streetsville Martial Arts Karate include, but are not limited to the bo (staff), jo (staff), sai (forked prongs), tonfa (tool for grinding rice into flour), kama (sickle), nunchaku (used for threshing rice), Iado (the way of drawing the sword), Kenjutsu (the use of the sword in battle), Eku (oar), Ulesi (a Filipino weapon), proper knife cuts and techniques.

After you have reached the level of green belt, your training will begin to include kobudo (weaponry).

As a means of preserving a part of Okinawa's history, we also teach other weapons.

The major purpose of training with weapons is to teach the difference between life and death. This comes about when a person realizes just how lethal weapons are. There is a drastic difference between fighting with an empty hand and fighting with a weapon. For example, a punch to the chest stuns, while the same technique done with a sword kills. Therefore, training with weapons

requires greater mental focus than empty hand training, and it helps students gain a greater appreciation for life.

In Kobudo, the weapon is simply used as an extension of the body. Nearly all basic Karate Do moves can be duplicated with a weapon in your hand, therefore, the perfection of basic moves is a necessity for weapons training.

The most useful weapons for present day self defense are either the bo or the jo, usually made from oak. The same moves learned with these weapons can be applied to a broom, pool cue, umbrella or a rolled up newspaper.

If, when you fight, your arms are cut off, use your feet. If your feet are cut off, use your teeth. If your teeth are knocked out, use your eyes. If your eyes are plucked out, use your mind. Never quit!

RYUKYU: Okinawan Kobudo

The Okinawan weapons are an integral part of Okinawan Budo. In 1470 all weapons in Okinawa were banned and confiscated. The political move directly led to the development of two different fighting systems: Te, practiced by the nobility, is a form of empty hand combat; and *Kobudo*, developed by farmers and fishermen is a form of armed combat using simple tools as weapons. In both systems, training was conducted in strict secrecy. In some circles if one does not know weapons, one is not considered well rounded in Martial Arts.

Although there are eight different weapons in Okinawan Kobudo, the most commonly used and generally viewed as the core of the art are the bo, jo, tong fa, and the sai. Each weapon has its own set of kata and techniques of use in combat.

Today's existing kata go back two to three hundred years or so; we can safely say that they are the footsteps of use in combat.

Approximately seven hundred years ago the Ryukyu Islands were split up into North, South, and Middle Mountains - Clans, as we call them, and in a hundred years or so of internecine warfare, the Ryukyus became united as one and, the Okinawan Kobudo or Kobujitsu were firmly established proving its worth on the battlefield. Unfortunately, the history of the fighting arts of the Orient depends more on an oral rather than a written history. Therefore, interpretation and different opinions exist among the historians as to the accuracy of the different divergent viewpoints regarding the founders and their times.

Be that as it may, we can at least go back (with some degree of accuracy) to Aburaya Yamaki and Matsu Higa as the first to establish a systematized system of kata and techniques.

The oral transmission of Ryukyu Kobudo goes back to approximately 1477 and a special significance after the year 1609 when the Satsuma clan of Japan subjugated the Ryukyus. The Japanese with their propensity for accuracy recorded quite a bit of the customs of the Ryukyus including the martial arts.

Matsu Higa

If only the Okinawan Martial Arts had a bible, a document that withstood the test of time. Unfortunately, most of the history of the Martial Arts of Okinawa, as we are well aware depended on oral transmission rather than a written diary like document which some scholars feel are the only truth.

For those who have made the study of the Martial Arts of Okinawa and Japan a lifelong study realize the passing on of the katas and secrets without putting it in writing preserved the school, and the art from opponents and enemies. Since the passing down was from master to student the secret, the oku-den - innermost - part was kept from prying eyes.

We definitely know that Matsu Higa was the sensei of Takahara Peichin who taught Sakugawa (1733 - 1815) who most historians agree was the fountainhead of modern Okinawan Karate.

Although only five feet two inches or so and around a hundred and forty pounds, Matsu Higa had forearms like the proverbial Popeye the Sailor Man in the comics. Legend claims he could crush a coconut with his bare hands. His contribution was not only as the teacher of Takahara Peichin but also his katas which today bears his name especially the weapons of Tonfa, Sai and the Bo.

His katas greatly influenced the inhabitants of the island of Hama-Higa where the famous Tonfa and Sai katas which bear that name sprung forth.

One can safely say that if you master the Matsu Higa series the rest of the Okinawan katas unravel like on alphabet following one another.

Of all the Okinawan weapons, the one weapon that did not originate in China was the Okinawan staff or bo. Although the Okinawan masters simplified and polished the techniques that came from China making the techniques work in combat and not for show; the Bo was the one area where they developed their own style and made it formidable enough to stand up to the Japanese samurai and Japanese pirates that scourged the seas in that area. That is where Matsu Higa excelled! His Bo was not only formidable it was fundamental and efficient. There was no wasting movement. It was all for real. He fought the head-hunters of Formosa and the Japanese pirates that came swooping down from the North, and, never lost a battle. In those days there was no second place winner.

The Okinawan Tonfa was originally a weapon that the Chinese called an iron ruler - a weapon that was extensively used in Central and especially North China. On the island of Bokuto, approximately about the range of human eyesight from the island of Formosa,

Matsu Higa faced a Chinese master of the iron ruler and held the iron ruler to a standstill with his Bo. This so impressed the Iron ruler master that he taught Matsu Higa his art which is now incorporated in the kata. This is of special significance because the Tonfa, of all the weapons, was used until recently by police organisations in California and Canada. If there is any endorsement of the efficiency of this particular weapon, the adoption by the police was mute testimony.

Anyone who has practiced the weapons must marvel at the skill of Matsu Higa.

Chatan Yara

Chatan Yara was born in the 17 hundreds in the village of Chatan, Okinawa. Even as a child Yara was as strong as a bull and so, on his uncles' advice, Yara's parents agreed that their son had the makings of a great martial artist. Thus, at the age of twelve, Yara took leave of his parents and of his beloved village to study Karate in Fukien, China.

Becoming a deshi (apprentice) did not come easy to Yara. He had to curb his free, nature loving spirit, learn to ignore the lure of the elements and to discipline himself to the routine of school.

So for twenty years under Wong Chung-Yoh's tutelage, Yara devoted all his energies to the bo and twin swords. With constant repetition and practice these weapons soon became extensions of his own body. Realizing the value of balance took a bit more work. Yara had trouble maintaining his equilibrium. Because he possessed great strength and size, Yara had no fear of making use of either, somewhat forsaking grace and stumbling quite a bit. Eventually with his teachers' help he achieved grace.

Once twenty years had passed, Yara left China and sailed back to Okinawa to be with his family.

Eventually Yara started work as a translator for his brother, the mayor, a job which gave him little time for his martial arts training or his nature hikes.

On one rare occasion when he had some free time Yara returned to his boyhood occupation of walking along the beach, rediscovering coves and other aspects of nature. Suddenly the rhythmic sound of the waves was disturbed by piercing screams coming from a distant sand dune.

When Yara had made his way over the sand dune he was confronted by the sight of a samurai struggling with a young girl. Yara kept walking towards the startled pair and shouted at the samurai to leave the girl alone. The samurai turned to take in the large yet unarmed Yara and told him to mind his own business. When Yara kept advancing the samurai shoved the girl to the ground and started to move towards Yara.

Yara got ready for his first real life and death fight by relaxing his body and exhaling, he was calm and ready to do battle. The samurai advanced and swung his sword in a sideways cut. Yara leapt two strides backward, avoiding the sword and kept moving into the knee-deep surf. Once the angry samurai had followed him into the water Yara easily moved back onto the beach while the samurai struggled to do the same.

The freed girl in the meantime had found an oar which she threw to Yara. When the samurai made his move to slash at him, Yara instantly struck the sword at the hilt with the oar and sent it reeling towards the sky to the dismay of the samurai. Anticipating the samurai's next move to grab for his short sword, Yara delivered a side kick to the samurai's head and once he was down on the ground finished him by crushing his skull with the oar.

While helping him bury the still warm body, the girl told Yara of the need of the villagers in these troubled times to have someone like him to teach them the martial arts. The idea took some time to

germinate in Yara's mind but eventually he did teach to a handful of followers and passed on to us the Chatan Yara No Kon (bo kata) and the Chatan Yara No Sai (sai kata).

He spent his remaining years in calligraphy and translation.

Sakugawa

The greatest single influence on the history of Okinawan Karate came during the Ming Dynasty (1368-1644), for it was during this period that the art of the bo (staff) was refined and handed down to us. The Chinese terminology for the bo is kon and it is still used to describe a bo kata. For example, Sakugawa no kon means Sakugawa bo kata.

The Okinawans and Japanese used different types of oak and iron to make their bo. Some types were the kashiwagi-bo or Mongolian oak, kashiki-bo or oak (red or white), kana-bo, kurogane-bo, tetsu-nobo or iron, kunugi-no-bo or silkworm oak.

Kanga Sakugawa, who was born in Shuri-Akata, Okinawa, went to China and refined his art. He gave us the Sakugawa no kon kata. A teacher in the real tradition of the Chinese, he was secretive about his kata and did not teach them to anyone until he felt that he could trust them to someone who could be his successor.

Sakugawa's top student in the bo was a man by the name of Ginowan Donchi. Ginowan studied his sensei's every move from the time his sensei woke up to the time his sensei went to bed.

Dogging his sensei's footsteps, Ginowan was able to watch Sakugawa practice the bo secretly.

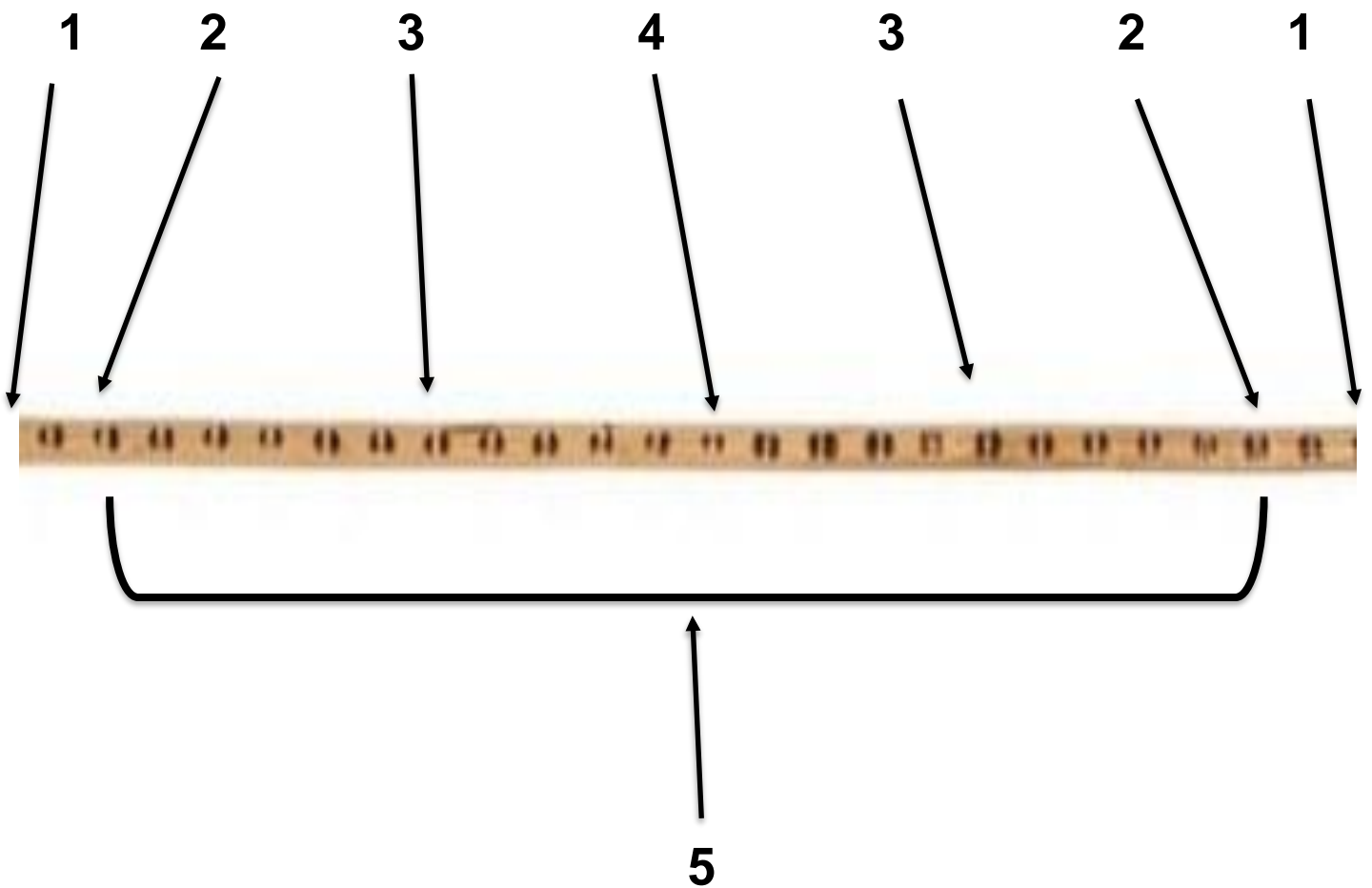
One day Sakugawa spied on Ginowan practicing and realized that Ginowan somehow must have watched him in action. On the spot, Sakugawa decided that Ginowan would carry on his art with the bo, sai and other weapons. In time, Ginowan developed his kata to a degree equal to, or better than, his teacher.

Many of the Okinawan weapon kata come from islands in the Okinawan chain such as Yaeyama and Hama-Higa. For instance, the Akahachi no gyaku bo of Oyake Akahachi (who was a bo meijin and a legend in his time) came down from Yaeyama island. He was famous for reverse techniques and the mastery of his kata enabled one to subdue opponents as well as destroy them.

Some bo masters went to China as Sakugawa did, and perfected their art there. Miyazato was one of them. Unlike the others, however, Miyazato retained the Chinese influence and his bo kata, Miyazato no kon, reflects the Chinese movements. Some who have seen this bo kata will swear that it is Chinese and not Okinawan.

*****IMPORTANT NOTE*** Due to insurance regulations only sparring equipment and weapons purchased at the dojo will be permitted to be used inside the dojo.**

Parts of the Bo



1. Point

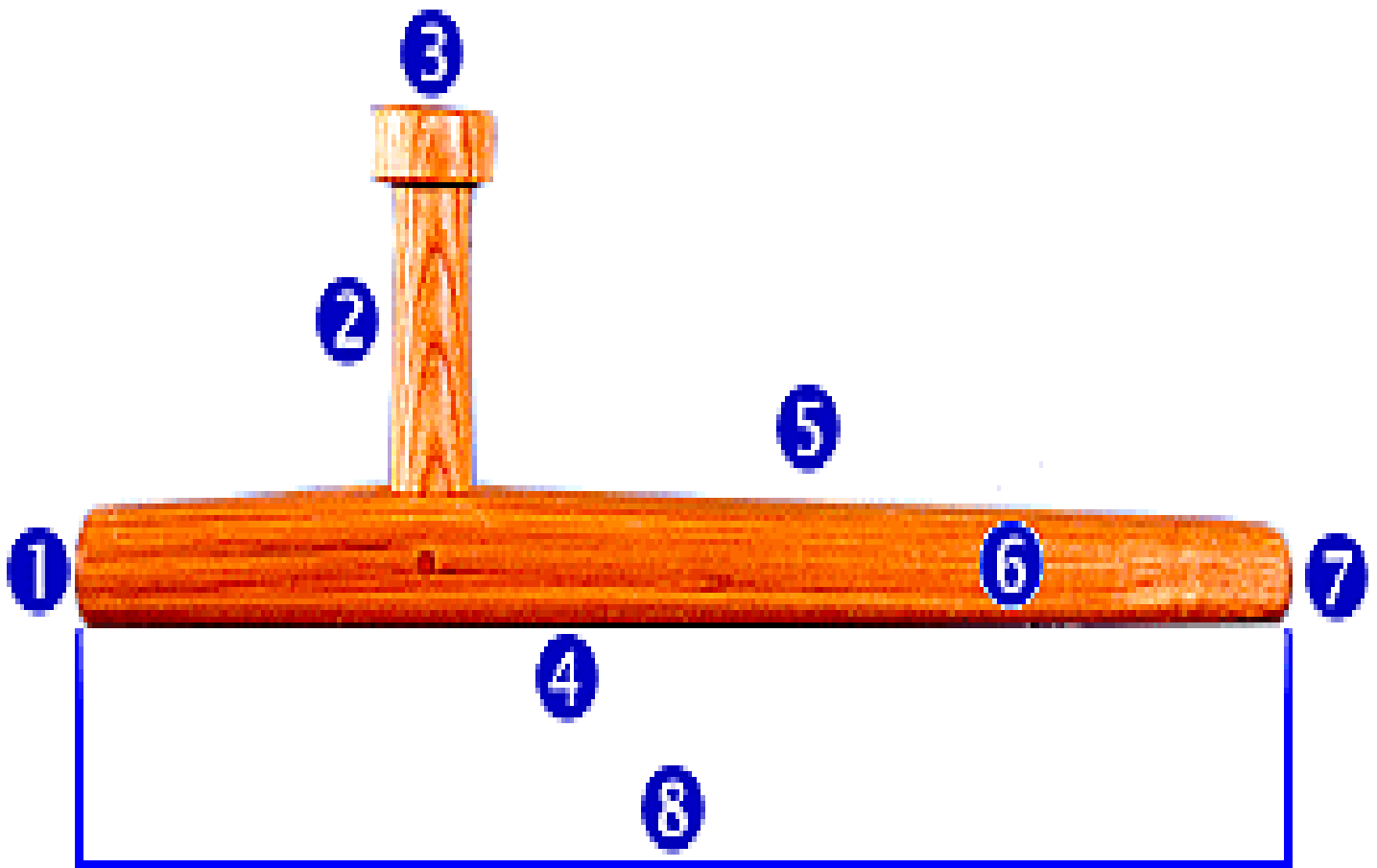
2. Tip

3. One third point

4. Half way point

5. Shaft

Parts of the Tonfa



1. Front head

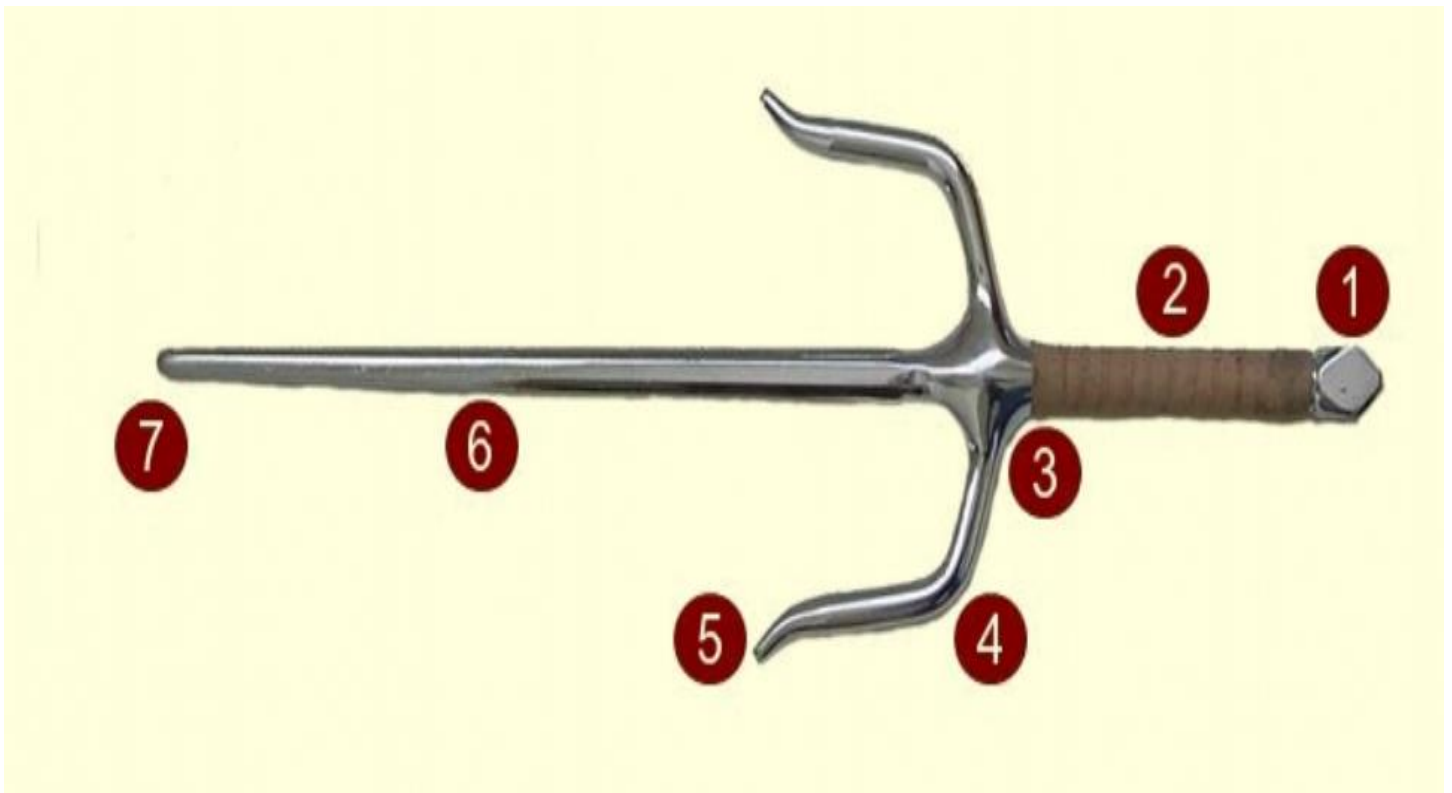
2. Grip

3. Grip head

4. Bottom

- 5. Top
- 6. Side
- 7. Back head
- 8. Main body

Parts of the Sai



- 1. Pommel
- 2. Hilt
- 3. Center point between wings
- 4. Wing
- 5. Wing tips

6. Shaft

7. Tip

Jiu Jitsu

There are many styles of Jiu Jitsu with its origins dating back to the days of the samurai. The small circle theory goes back to approximately 1944 when the founder Professor Wally Jay became aware of the fact that there was something missing with Jiu Jitsu the way he learned it.

Professor Wally Jay began his illustrious career at the age of 11 with his introduction to boxing in Honolulu, Hawaii. Mr. Jay's first exposure to Jiu Jitsu was in his mid-teens when he studied under his first teacher Mr. Paul Kaelemakula.

As his training progressed his studies led him to train with Sensei Juan Gomez who was a disciple of renowned Professor Henry S. Okazaki.

Mr. Jay also studied under Mr. Okazaki earning his black belt in 1944 and Masseur's certificate in 1945.

He also studied under Hawaiian Judo Champion Kenneth Kawachi who taught him the basic skills of the "small circle theory" that start the evolution of the whole system.

You can't score unless you have a goal! Dream big but be realistic. The dreams or the goals must be specific and they must be sincere. Set yourself short term and long term goals and keep them where they can be referred to at all times so as to remind you of what you are shooting for. Don't be afraid to revise them along the way.

Training Tips

Never underestimate the importance of physical conditioning as a Martial Artist. You can have all the techniques in the world but if you do not have the endurance or conditioning to back it up it will not matter.

Remember to use supplementary training equipment and routines to enhance your training. An example would be weight training, running, stretching machines, and calisthenics (using your body and/or partner for conditioning). The body must be strong to do Karate properly. This does not mean you have to look like a body builder, but you must be strong.

Mastering kata is not so much as remembering the form from front to back and vice versa. Traditionally, katas were developed to pass on the skills to the next generation. To truly master a kata, is to fully master each move of that kata. Every action in a kata represents skills that must be understood and the martial artist must be able to explain, demonstrate and understand the movement for all of the kata before it can be said that the kata has been mastered.

Make sure you drink enough water during the day to keep you from getting dehydrated. Even when you are not sweating doesn't mean that you are not burning off the water in your body. Your body is over 75% water and without it you can get sick.

Always stretch before class on your own so that you can minimize the chance of pulling a muscle. Stretching is one of the most overlooked portion of class and should consist of about 10 to 15 minutes each day. This is a must if you really want to get those nice kicks that are a big advantage when it comes to sparring.

Many people are unaware that the health and well-being at a physical, mental and spiritual nature are at the root of traditional martial arts training. This is followed by self defense and fitness. At the dojo, a holistic approach is practiced of balancing the mind, body, and spirit through ancient method of breathing and relaxation in coordination with certain movement and practice. People can still derive the same benefit today as they have for the past millennium in these arts and as a result prevent and minimize sickness and disease.

The four tools of discipline:

- 1. Delayed gratification***
- 2. Take 100% responsibility for your actions***
- 3. Balance of mind, body and spirit***
- 4. Adhere to the truth***

A NEW DAY – God has given me this day to do as I wish with it.

But what I do with it is important because I am exchanging for it a day of my life.

I want it to be good not evil, success not failure, love not hate, in order that I shall not regret the price that I have paid for it.

Nutrition and the Martial Arts

Many people treat the subject of nutrition lightly, but face it, everyone's life depends on it. One needs complete nutrition to optimize organ function, neuromuscular activity and mental clarity and alertness.

The nutritional needs of a Martial Artist is unique because the Karate Ka relies on total physical and mental coordination. A Martial Artist needs to be in control of the situation at all times. When they decides to act, their body must respond immediately. They should not be limited to shortness of breath or poor timing.

To achieve this finely tuned functioning of mind and body, the Martial Artist must have all the essential vitamins, minerals and nutrients (the tools, building blocks and blue prints that the body needs to construct and maintain the complex human organism).

In order to benefit fully from training, one must improve one's nutritional habits.

When improving his or her nutrition, the Martial Artist is moving closer to achieving 100% of his genetic potential. To do this, one

must have optimum consumption, digestion, absorption and elimination. All four of these stages must be in order to accomplish this goal. IT'S YOUR CHOICE...MAKE IT HEALTHY!

In the Martial Arts, our main goal is to use the body to reach and then learn to master the mind. Once you have mastered your mind, you will have no desire to ever fight.

Parent Involvement & Kids in Karate

It has been proven that the majority of children's social skills and emotional well-being is developed through play. Building self-esteem and self-confidence in children encourages their independence and gives them the self-reliance to move from the home environment into the world on their own.

Parents need to be involved with their children's interests and feelings. Parents are encouraged to participate in their child's enthusiasm for learning new skills. The most important thing your child desires is approval from you. Be encouraging. Do not focus on what you perceive to be the physical result your child is achieving; please leave that to us.

Phoenix Karate is committed to providing quality systems to help with your child's growth and development. The goal is to assist your child to reach a higher awareness of his or her strengths and abilities. Your assistance is required to do this because, as parents

you are the primary source of praise and, most importantly, encouragement for your child (children).

It is the policy of Phoenix Karate that the Martial Arts training should not get in the way of homework or school activities. If your child has lots of homework, please do not bring them to Karate class on that day. If you notice that your child's grades are slipping, please mention it to Sensei. It is more important for your child to stay at home and concentrate on schoolwork. We will be happy to support you in this when discussing it with your child. When your child is ready to return after an absence, he/she will be gladly welcome.

The monthly job list will help your child to develop good habits that last a lifetime. The job list is ONLY to be filled out and signed by a parent or guardian and returned at the end of each month. You may customize the job list to suit your child or family's needs. To customize, use the excel version below, otherwise just print and use the pdf version below.

Hold CTRL & Click below for the monthly job list:

[Phoenix Karate Job & Chore List pdf](#)

[Phoenix Karate Job & Chore List excel](#)

Our systematic approach to teaching the martial arts motivates all of our students, regardless of age or sex, to develop confidence, both physically and mentally. We know that your child will enjoy the Martial Arts training. The classes are focused on fun, learning and basic life skills. Improved health, fitness, self-esteem, confidence and discipline are result of these efforts.

Karate is a fast and powerful form of the Martial Arts. To become the best that you can be in Karate takes hard work. You will find that the more you practice, the better you will become. Karate is a commitment. It is not learned in one month or even one year. It takes time, patience, desire and effort to progress. Sensei is always there to guide you and help you along the way.

During your training there will be times when your technique, power and coordination are very good, but there will also be times when you will struggle. This is normal. These are your peaks and valleys.

Be patient and be confident. YOU WILL SUCCEED!

Goju – Yin Yang - Teaches the Opposites in Life

Control your emotions or they will control you.

(Chinese Adage)

An eye for an eye only ends up making the whole world blind.

Mahatma Gandhi

Peaceful Martial Arts Resolution Skills

There are three acronyms to help you remember the 12 ways to walk away with confidence:

S.A.D. – See Act Do.

A.R.M. – Avoid Resolve Manage.

3 P's – Prevent Prepare Protect

See to Avoid and to Prevent

- 1) Make Friends – treat the bully as a friend, instead of an enemy.

- 2) Use Humour – turn a tense or threatening situation into a funny one.

- 3) Walk Away – Do NOT get into it, just walk away.

- 4) Use Creative Imagination – use your imagination to resolve the conflict

Act to Resolve and Prepare

- 5) Agree with the Bully – let the insults go, do NOT fight back
- 6) Ignore the Bully – be like bamboo, bend in the wind
- 7) Refuse to Fight – the winner of a fight is the one who prevents it
- 8) Use Reason – use your brain/mind, the most powerful tool you have

Do Manage and Protect

- 9) Scream or Yell – a powerful shout or scream can end conflict or attract attention (yelling or shouting STOP works best)
- 10) Use Authority – call a proper authority to help you
- 11) Stand Up to the Bully – stick up for yourself, just say NO!
- 12) Take a Stance – show that you know how to protect yourself

“Be a Peaceful Victor – Not a Victim of Violence.”

12 Ways to be More Positive

You can choose to be optimistic! A pessimist sees a glass of water half empty; while the optimist sees a glass of water half full. The pessimist focuses on the negative (the missing water) while the optimist see the positive (the water that is there). Be optimistic, positive; see the water.

You can choose to accept things as they are! This means that you do not wilt and give up. It means that you do not struggle, whine or “bang your head” against a brick wall when things do not go right. These behaviours are very likely to make you a helpless victim. It means, **do not dwell on the past.**

Instead, get on with your life and move forward; for the past is history, the future is unknown, and the present is now. Live now, and for the future, however use your experiences to gain wisdom; for those who forget the past are doomed to repeat it.

You can choose to be resilient! Be like a tree, with your “deep roots” to support you, withstand your storms by bending or swaying what life batters and blows at you. Your “deep roots” will allow you to bounce back. When resilient, you can survive almost anything; such as being hurt, frustrated and making mistakes

You can choose to be cheerful! Cheerful people tend to energize others, almost like human batteries; be one too. Stop saying gloomy or negative things, bite your tongue and count to 10; and

always smile. Send out positive vibes with your words, thoughts and feelings; positive people and things will be attracted to you.

You can choose to be enthusiastic! Greet each new day with excitement and approach tasks and chores with zest and zeal; for enthusiasm is contagious. The more upbeat you are, the more the people around you will feel and act the same.

You can choose to be more alert! Be more alert to potential problems, so that you can be better prepared. You can also be more alert to potential positive experiences; write down times and places that could be good for you, and go. You will not regret the effort.

You can choose to have a sense of humour! Do not miss out on the opportunities to laugh at yourself; it is one of life's great joys. Only laugh at others if they make jokes about themselves. Laugh with others.

If you laugh a lot, you will be healthier. Laughter releases good chemicals in your body that stimulate you and can help you grow.

You can choose to be a good sport! This attitude will win you friends even if you do not win the "game" or competition; for being a good sport, means losing with grace. Smile and shake hands with the winner. Do not blame other people or circumstances for your loss. Never forget that being a good sport also means you do not gloat when you are victorious.

You can choose to be humble! People who brag or show off seldom attract the right audience. If you are genuinely interested in others, they will see your good qualities even if you do not advertise

them. They will be more relaxed around you and more themselves. Do not “one-up” others, it is never appreciated.

No matter where you go, no matter what you do, there is always someone who is better. No one can be the best at everything.

You can choose to be grateful! You need to have, “An attitude of gratitude”. You most likely will have a lot to be thankful for. Gratitude puts a smile on your face, helps you feel good about your life. Others will feel good about being around you.

You can choose to have faith! Some believe in a God, a Higher Being or Power; others put faith in their country, people, things or themselves. Many find it comforting to have faith, it can bring a sense of peace to oneself. Having faith can also mean believing things will work out for you; or that you can work things out for yourself.

You can choose to have hope! Without hope, life has no meaning or point. We will expect nothing, plan nothing, and never set goals. Hope may be the most important positive attitude; for I believe it is the basis for all the others.

What are your hopes, dreams and ambitions? Your purpose in life? Think about them, write those hopes and dreams down. With goals, there will be a path, growth for you as a person.

**TO HAVE A POSITIVE IMPACT ON YOURSELF AND OTHERS,
START TODAY, BE MORE POSITIVE!**

Grading Exams

Following this page are written tests (yellow to black belt) to be completed and handed in at each grading.

Children 13 and under are not required to write these exams for their belts. But once they reach 14 (or are asked to move up to the adult class) and attend a grading, they will be required to hand in all the exams from yellow and up, including the belt they are going for.

Please print your exam and print your answers neatly. Be sure that your name is on your exam.

On the evening of your grading, this exam must be handed in when signing in for the grading.

It is also very important that your gi (uniform) is clean and that your crest is attached in the respective spot.

One point to note, don't jump the gun white belts. The next few classes you will still be a white belt and not a yellow belt. Wait to be given your belt and never ask Sensei if you passed the grading or for your next belt.

The way to accept a belt is graciously, with your head bowed, a little ceremony which will be explained to you by your Sensei.

Any other questions you may have will be happily answered by Sensei, Sempai or any higher belt than yourself.

Good Luck!

Yellow Belt Exam (Adults & 14 & Up Only)

1. Complete this sentence. Don't break your _____.
2. What does the word Goju mean? _____.
3. Remember, Karate begins and ends with
_____ and _____.
4. What does the colour white on the Goju Fist stand for?
_____.
5. The word Karate Do means? _____.
6. The usual time to reach yellow belt is how long?
_____.
7. Why do you bow before entering the dojo?
_____.
8. What does Taikyoku mean? _____.
9. What does Chudan mean? _____.
10. What does obi mean? _____.

Orange Belt Exam (Adults & 14 & Up Only)

1. Success equals 1% _____ & 99% _____.
2. It takes _____ students to make a good Sensei?
3. List the 5 animals after which Bodhidharma developed the
Martial Arts _____, _____,
_____, _____, _____.
4. Sparring is always allowed? Yes or No (circle one)
5. What do the Kanji characters at the bottom of the Goju Fist
stand for? _____.
6. List 2 rules of the dojo? _____
_____.
7. What does Gekisai Itch mean? _____.
8. 3 targets for self defense _____, _____, _____.
9. What does sanchin dachi mean? _____.
10. Name 2 of the pictures at the shomani of the dojo
_____.

Green Belt Exam (Adults & 14 & Up Only)

1. Sanchin means _____.
2. How many Kyu belts are there? _____.
3. The essence of Karate is in the _____.
4. Which animal represents Goju Ryu? _____.
5. Why is stretching important? _____
_____.
6. Yame means _____.
7. Niko Ashi Dachi means _____.
8. A Karate Do master is one liberated from _____.
9. Chojun Miyagi named the system Goju Ryu in what year?
_____.
10. The Goju Fist is modeled after the right hand fist of
_____.

Blue Belt Exam (Adults & 14 & Up Only)

1. What does Tensho stand for? _____.
2. Most katas begin & end with a _____.
3. Kiai in Kata usually falls on a _____.
4. Seek _____ not knowledge.
5. Saifa means _____.
6. The basic distance between 2 fighters should be
_____.
7. What is a Teiji Dachi? _____.
8. Explain the 3 phases of a punch? _____
_____.
9. Who introduced weapons to Goju Ryu in Canada?
_____.
10. What is a Tetsui? _____.

Brown Belt Exam (Adults & 14 & Up Only)

1. List 6 areas to be aware of when training your katas: _____, _____, _____, _____, _____.
2. Seieunchin stands for _____.
3. Training with weapons requires greater _____ than empty hand training.
4. _____ had forearms like Popeye.
5. Weapons were banned & confiscated in 19_____.
6. _____ was captured by the Soviet military in 1942.
7. When performing Katas you should try to _____ your opponent.
8. The most useful weapons today for self defense are either the _____ or the _____.
9. _____ was also famously known in the world of Karate Do as 'the Cat'.
10. Power is rooted in the _____, developed by the _____ & directed by the _____.

Black Belt Exam – Sho Dan (Adults Only)

1. A Martial Artist is an artist of _____. Explain.

2. What is Ki Moshi? _____.

3. Explain the 3 battles in Sanchin Kata. _____

4. Explain the main purpose of training with weapons. _____

5. To make changes a person must be _____. Explain.

6. Name the 3 necessities in life and how they affect your life.

7. Name the 5 major styles of Japanese Karate and where they came from. _____

8. Name the 4 possessions of a samurai. _____

9. What acronym do the 4 possessions of a samurai create and what is it? _____

10. Explain what the word "te" means in 100 words or more.

Tai Chi

There are more than 300 different known martial arts styles practiced in China. There are two Chinese Martial Art systems, the internal and the external.

The internal system includes Tai Chi, Sheng-I and Pa-Qua styles. They emphasize stability and have limited jumps and kicks.

The external system includes Shao Lin, Long Fist and other styles. They emphasize linear movements, breathing combined with sound, strength, speed and hard power impact contact, jumps and kicks.

There are many different styles or families of Tai Chi Chuan. The five that are most commonly practiced today are the Yang, Chen, Wu, Sun, and Woo styles. All Tai Chi styles are derived from the original Chen family style.

Some people believe that Tai Chi was developed by a Taoist Priest from a temple in China's Wu Dong Mountains. It is said that he once observed a white crane preying on a snake and mimicked their movements to create the unique Tai Chi martial art style.

Initially, Tai Chi was practiced as a fighting form, emphasizing strength, balance, flexibility and speed. Through time it has evolved into a soft, slow and gentle form of exercise which can be practiced by people of all ages.

What is commonly taught in the world today is Tai Chi without the Chuan-Fa. In other words people are being taught the internal, soft, energy building side of the system.

Tai Chi movements reflect and use Taoist principles such as softness, centeredness, balance, and appreciation of nature.

Tai Chi Chuan emphasizes a balance of yin and yang, the hard and soft principle. The symbol is in the form of a circle and Tai Chi Chuan motions are often circular. Its correct name is Taijitu, or “diagram of the supreme ultimate.” Go and Ju also mean hard and soft in Japanese; Goju Ryu is a style of Karate and it is the style of Karate that we train in at Phoenix Karate.

Soft style martial arts use the attacker’s force and momentum against him/her, instead of meeting an attack with a hard block or forceful kick or punch. The practitioner yields to the attack and leads it in a direction where he/she will gain the advantage.

The five elements of Tai Chi are snakes creep down, repulse the monkey, cloudy hands, brush the horse’s mane and carry the sparrow by the tail (also known as gathering silk).

The style of Tai Chi Chuan we teach is Chen, one of the oldest and first styles in existence.

Weapons used in Tai Chi include swords and sticks.

REMEMBER: Readers are not necessarily leaders

But all leaders are readers

Suggested Books

- The Weaponless Warrior by Richard Kim
- The Fighting Spirit of Japan by E.J. Harrison
- The Karate Dojo by Peter Urban
- The Classical Man by Richard Kim
- The Karate Sensei by Peter Urban
- Karate Do – My Way of Life by Gichin Funakoshi
- Zen Flesh, Zen Bones by Paul Refs
- Traditional Karate Do Okinawan Goju Ryu#1-4 Morio Higaonna
- Traditional Goju Ryu by Don Warrener
- Karate Do Kyohan – The Master Text by Gichin Funakoshi
- Kobudo Volumes 1, 2 & 3 by Richard Kim
- The Cat by Gogen Yamaguchi
- The Martial Spirit by Herman Kauz
- The Three Pillars of Zen by Roshi Philip Kapleau
- Zen in the Martial Arts by Joe Hyams
- The Method of Zen by Herrigel
- Tai Chi by Smith
- Moving Zen by C.W. Nicole
- Tao Te Ching by Lao Tzu
- 47 Ronin Story by John Allyn
- The Art of War by Sun Tzu
- The Book of Five Rings by Miyamoto Musashi
- Beyond The Physical Volumes 1 & 2 by Richard Kim
- Okinawan Goju Ryu

BUN BU ITCHI – Pen and sword in accord

PHEONIX KARATE INC.

