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Congratulations!

You have taken the first step on a road towards a continuing process of self-improvement. Your training in the Ancient Martial Arts (Budo) will enhance your life physically, mentally, and spiritually. This self-improvement is the greatest thing that the modern-day Martial Artist faces. As your Sensei (one who has gone before), I want to make it clear that our true purpose is this Way. This entails much more than just setting goals or targets; for us this has become a way of life. For those of us on this path, our greatest gratification comes from giving people something that they need.

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 it for 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.

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, “What can I do for you?” “Please sir.” replied the old man, “could you please help me put this bundle of sticks back on my shoulder again.”

O’Sensei Richard Kim
SENSEI JONATHAN KENNEY
Yondan (4th Degree)

Sensei Jonathan Kenney began his training with Sensei Platt in 1986 at the age of eight. Through the Art of Goju Ryu Karate-Do his training experience has included various Arts – Tai Chi, Pa Qua, Chi Kung, Kobudo, Escrima, Judo, Aikido, Jiu Jitsu, Muay Thai and Boxing.


In 1999, Sensei Kenney partnered the opening of CMAC’s Burlington North location. In 2005 he added another chapter by opening CMAC’s South Oakville location.

One of Sensei Kenney’s career highlights was the time that he spent in Asia. In 2004 he took a 5 month training trip to better understand the history of the martial arts. While there he studied Okinawan karate, Wudang tai chi, sword and basic fist, Southern Shoalin Dog Style, Fujian White Crane and modern wushu staff.

Sensei Kenney has also attended many seminars with world-renowned Martial Arts Masters including Sensei Morio Higoanna, Sensei Fumio Demura, Sensei Ron Angus, Professor Don Jacobs and Sensei Phil Maldonato; as well as attending and assisting many of Sensei Platt’s seminars and training sessions; among these have been several 24-hour mega-training sessions and numerous 12 hour training sessions.

Over his career Sensei Kenney has performed countless times. A number of his highlighted demonstrations include: the Sound of Music Festival, Oakville’s annual Midnight Madness, Civic Holiday Demos in front of City Hall Burlington, Karate Dojo grand openings and pre-game and half time shows for the Toronto Blue Jays and the Toronto Argonauts at the Rogers Centre (formerly Skydome).

Sensei Kenney's involvement with the community is far reaching. He regularly teaches self-defence to Public and Catholic high schools in Oakville, Burlington and Hamilton (St. Thomas Aquinas, Oakville Trafalgar H.S., M.M. Robinson, Notre Dame, Assumption, and George P. Vanier and Sir Allan McNabb). He runs food and toy drives and hosts a charity karate tournament every year in support of the Salvation Army and Sea Shepherd. Sensei Kenney is also the creator of S.W.A.N. (Self-defence and Women's Awareness NOW!!) which promotes awareness about violence against women and raises money for SAVIS (Sexual Assault and Violence Intervention Services). In 2009 Sensei Kenney won the Oakville Community Spirit Award in recognition for his volunteer efforts in making Halton a better place.
SENSEI JAMES KENNEY
Godan (5th Degree)

Sensei Kenney’s training in Martial Arts began in Wado-Ryu Karate and continued in Taekwondo while attending Ryerson Polytechnic Institute for Mechanical Engineering. Upon graduating, he entered the business world of heavy machinery manufacturing with a large international company. He successfully rose within the company to be a Global Marketing Manager, with an innovative breakthrough into China and the Middle East markets.

With increased job stresses, an outlet was needed to maintain health and peace of mind. Sensei Kenney began training in the mid 1980’s in Goju Ryu Karate Do under Sensei Platt. He has continued studies in Karate, Kobudo, Iaido and Nie Chi and was awarded his current rank of Godan in 2009.

Sensei Kenney has attended many seminars and received instruction from such notable instructors as Sensei Shintani, Park Jong Soo, Master Kim, Sensei Platt, Sensei Peter Urban, Mario Higaonna, Don Warrener, Fumio Demura, Benny Allen, Joe Lewis, Bill Wallace, Master Li Guong Fu, Master Cai Cu Chu, Ji Zhuo Di, Grand Master Sha, and Hanshi Richard Kim.

Although he has travelled to the Four Corners of the world, his business trip to China, accompanied by Sensei Platt, was the most memorable. He was one of the first westerners to visit the Taoist’s 600 year old Purple Dragon Temple and to climb to the top of Wudang Mountain (before modernization began). This experience, along with his visit to Fuzhou, Fukian Province, where he studied with five masters of the Southern Shaolin Five Fist Styles, were unforgettable. Fuzhou was the embarkation point for White Crane Kung Fu to influence martial arts in Okinawa resulting in Goju Ryu. It then travelled by way of Japan to America and finally to Canada.

With more than 20 years experience teaching the Martial Arts, he has produced more than 30 Black Belts. He currently runs a full-time, professional Martial Arts School in Burlington, as an affiliate of Classical Martial Arts Canada. With his two sons, Sensei Kenney also oversees the operations of two additional professional branch schools.

Recently he has been entrusted to produce a Business System Development Manual for the expansion and growth of the Classical Martial Arts Canada Organization, utilizing his extensive private business experience.
SENSEI W. M. PLATT
Grand Master (10th Degree)

Founder and chief instructor of Classical Martial Arts Canada and head instructor of the Honbu dojo, Sensei Platt has been involved in the martial arts for over 35 years and has been teaching in Burlington for over 25 years. During this time he has taught over five thousand students producing over 125 black belts, 27 of whom have progressed enough to teach professionally in Canada and abroad.

Sensei Platt’s martial arts expertise includes Karate Styles, Goju, Shotokan, and Shorinji, the internal Chinese systems of Pa Qua, Tai Chi, Kobudo (weaponry), Iaido, Arnis, Thai Kick Boxing, Daito Ryu Jiu Jitsu and Aikido. He has had the honour to train with such notable instructors as Sensei Peter Urban, USA; Eichi Meiyazato, Naha, Okinawa; Master Li Guang Fu, Taoism Society of Wudang Mountain, China; Master Cai Chu-Xuab, Fuzhou, China; Ji Zhuo Di, Fuzhou, China and Hanshi Richard Kim. While in Fuzhou he had the good fortune to train with five Wushu masters who had combined training experience of over 200 years.

Sensei Platt has travelled to over 35 countries including multiple visits to the far east to do training and research in the martial arts along with energy work at many of the planet’s top power spots. These destinations, to name a few, include both Northern and Southern Shaolin temples, Fuzhou, Yong Tai, the sacred mountains in China (including Wudang); Potala Palace and Gyantse in Tibet; Kurama-yama and Enoshima in Japan; the Great Pyramid at Giza; and Teotihuacan in Mexico. Health insights through working with and understanding the human energy field is a focus of Classical Martial Arts.

Sensei Platt has presented demonstrations to private functions, schools, colleges, universities, tournaments, CFL football games, pre-game show for the Toronto Blue Jays and Argos at the Skydome (now Rogers Centre). He also helped produce and choreograph the “Masters of Self-Defence” show presented at Massey Hall, provided Tai Chi and Karate instruction for TV Ontario and City TV’s Breakfast Television, appeared on the hit show “Traders”, and performed at the Burlington Sound of Music Festival. He received a community service award from the Ontario Ministry of Correctional Services for his volunteer work with the inmates of Maplehurst Correctional Facility in Milton. On September 24, 1995, “The World Head of Family Sokeship Council” inducted Sensei Platt into the Martial Arts Hall of Fame as a result of being nominated by Sensei Peter Urban (1934-2004). He was awarded the famous “E” flag for excellence by Maestro Urban at the USGA Championships in New York City (April 2000). On June 22, 2008, Sensei Platt was granted the rank of Grand Master (10th degree) by Sensei Sekwii Sha, Ombudsman for Sensei Peter Urban’s USA Goju Ryu.

![Sensei Platt](image)
CLASSICAL MARTIAL ARTS CANADA (CMAC)
Where the spirit of the martial arts comes alive!

Classical Martial Arts Canada is a governing body for affiliated professional and semi-professional martial arts schools in Canada. The purpose of C.M.A.C. is to ensure the levels of knowledge and proficiency standards remain high. Ongoing training and development of associated instructors and their students is its top priority. C.M.A.C. interfaces with other Martial Arts organizations, both nationally and internationally to make available seminars and research trips to its members. We are committed to do our part as Canadians to develop traditional Martial Arts and promote the goodwill for the benefit of all who would participate.

CMAC Registration
All students from yellow belt involved in a full or part-time program are required to be registered with CMAC in order to obtain any ranking certificate whether of kyu or dan level.

Student Registration: 1 year: $22.00 3 years: $33.00
*With your registration you will receive a crest and membership card.

The CMAC Crest
The colours in the CMAC crest represent:
BLACK stands for the ideals that go with being a black belt in the martial arts.
RED stands for the highest level of proficiency, that of a master.
WHITE stands for the beginner in karate-do.

The diamond shape of the CMAC crest represents:
1. Strength and Power
2. Value and Purity
3. Refinement and Clarity
4. Flawlessness and Perfection

Classical Martial Arts Canada
Honbu Dojo
Classical Martial Arts Centre
5014 New Street #6, Burlington, ON L7L 1V1
www.cmac1.com
Classical Martial Arts Canada

Registration Form
Please complete the entire form.

NAME: ______________________________________________________________

ADDRESS: __________________________________________________________________

CITY: _______________________ POSTAL CODE: ___________

TELEPHONE: __________________________ AGE: __________

INSTRUCTOR: __________________________

DOJO: ____________________________________________________________________

REGISTRATION: NEW ☐ RENEWAL ☐ DATE: __________

TERM:  1 YEAR - $22.00 ☐ ($24.86 with HST)

3 YEAR - $33.00 ☐ ($37.29 with HST)

ADDITIONAL CREST(S) __________________$5.65 each
(note: a crest is issued with a NEW CMAC registration)

STUDENT/GUARDIAN SIGNATURE: __________________________

CMAC is SMOKE FREE. All Dojo Directors, assistants, and students grading for Shodan or higher must be smoke free and remain smoke free. The excuse of a “life style choice” doesn’t cut it—smoking is a drug addiction. A professional Martial Artist who smokes is a poor example to adults and children alike. Smoking has no place in a CMAC dojo.

As a student, if you smoke, see your Sensei for assistance to quit.

Only cash, interact, money order, or certified cheques made out to CMAC are accepted.

Classical Martial Arts Canada Headquarters
5014 New St. Unit 6, Burlington, Ontario Canada L7L 1V1
**PROGRAMS AVAILABLE**

**Karate, Jiu Jitsu & Aikido**

Goju Ryu Karate Do is the primary style of The Canadian Martial Arts Centre. It is one of the five main styles of Karate Do. Our style of Karate incorporates both hard and soft techniques as well and circular and linear movements for increased versatility and effectiveness. The lineage of our style can be traced back to Fuzhou, China, an area rich in martial arts history. Jiu Jitsu is the art of joint manipulation and grappling, whereas Aikido is the art of weight manipulation through circular motion. The arts of Jiu Jitsu and Aikido are incorporated into the Karate program to compliment the training. It is based on Daito Ryu Aiki-Jitsu. The union maximizes efficiency and total overall balance for maximum mental and physical improvement.

**Kobudo**

Kobudo is the modern term for the art of Classical Okinawan weapons. The use of nine traditional wooden and metal weapons are taught, including, but not limited to, the bo (6 foot staff), jo (4 foot staff), sai, tonfa, kama and eku. The main purpose of training with weapons is to teach the difference between life and death. There is a drastic difference between fighting with/against an empty hand and fighting with/against a weapon. For example, a punch to the chest stuns, while the same technique done with a weapon can kill. Therefore, training with weapons is used to enhance our overall mental focus and empty hand skill, and help students gain a better appreciation for life.

*A weapon is just an extension of your arm.* O’Sensei Richard Kim.

**Iaido**

Iaido is the way of harmonizing oneself in action. It is the art of drawing and cutting with the katana. The postures, cuts and kata are typically practiced solo. Through diligent practice the aim is to develop awareness, centredness, and a peaceful mind, ready to react swiftly and efficiently to defend against a surprise attack. In our system, a shodan (1st degree) ranking in the Kobudo program is required to train in the iaido program.

**Nie Chi**

The Nie Chi program includes tai chi, qi gong, and ba gua. Through the practice of these arts, one is able to cultivate and balance Qi (energy) circulation and slow down the degeneration of the body, gaining not only health, but a longer and happier life. Training these arts helps to improve circulation, posture, balance, coordination, concentration, and flexibility. It also helps reduce stress and strengthen the immune system to increase overall well-being. Qi is formless and limitless. For self defense, it can be applied in a much more focused, and concentrated manner than physical force. This is why Tai Chi Chuan was called the Grand Ultimate Fist. The style of Tai Chi Chuan that we teach is Chen Family Tai Chi.

*The Yin-Yang symbol represents the duality of nature. Opposites can only exist in relation to each other, and the curves illustrate this interdependence. The hands represent the Shaolin Chuan Fa tradition.*
QUESTIONS AND ANSWERS

Read this section carefully. You will be expected to understand the reasons for Dojo etiquette and to practice it as long as you are a member.

Most new students have many questions regarding the procedures and proper behaviour required both inside and outside the Dojo. An outline of the Dojo etiquette can be found in the Introduction pages of this manual. This section should also be read very carefully. The following provides additional information.

Who is Sensei?
Normally, the highest ranking black belt in the school is the only person called Sensei. However, if the ranking black belt recognizes a person within the school as Senpai or Kohai, then you are expected to follow his or her example.

If you are in charge of a class and a senior belt comes onto the floor, what should you do?
You should finish what you started and then bow to the senior belt, who will provide direction for the balance of the class.

What is the membership card for?
You will receive your computer ID card and your membership card a few days after you have registered. You are to swipe your ID card each time you come to class. You should bring your membership card to your Grading so the date and your new rank can be recorded on it. Should you lose your card, a replacement must be purchased; $5.00 for a membership card and $25.00 for a computer ID card.

Why should you read the club newsletter?
Our Dojo newsletter comes out at the beginning of each month. It covers a variety of informative points you should know, such as grading results, seminar dates, grading dates, days the Dojo is closed, a student profile, and other interesting things which have happened during the month.

What is the importance of keeping your word?
Your word is your bond. If you register for a seminar, tournament, special event, by signing up, or if you agree to assist in a class, you are expected to keep your word and be there. Arrangements are made upon your word.
POINTS EVERY STUDENT SHOULD KNOW

• Budo is the Japanese term for the Martial Arts.
• 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 Jiu Jitsu, Kobudo, Tai Chi Chuan, Ba Gua Zhang, Kung Fu, Judo, Kendo, Iaido Aikido, Sumo, Taekwondo and Hapkido.
• Basics are the most essential part of your training.
• The founder of Goju Ryu is Chojun Miyagi.
• The founder of Japanese Goju Ryu is the Cat, Gogen Yamaguchi.
• The President of the Japan Karate Federation Goju Kai is Eizo Ujita.
• USA Goju Kai was founded by Gogen Yamaguchi’s two eldest sons, K. Gosen (1940-1990) and N. Gosei Yamaguchi. The current president of USA Goju Kai is N. Gosei Yamaguchi.
• The president of International Karate-Do Goju Kai and All Japan Goju Kai is Gogen Yamaguchi’s third son, Goshi Yamaguchi.
• The founder of USA Goju-Do is Peter Urban (1934-2004). The current Ombudsman is Sekwii Sha.
• The founder and president of Classical Martial Arts Canada is Wallace M. Platt.

A MARTIAL ARTIST IS AN ARTIST OF LIFE
THE SENSEI

The relationship of a 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 to 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 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, and must be able to see the students and their problems as they never can — impartially. A Sensei shows no favour, indeed as progression is attained, he becomes harder on those that progress. He is kind but firm to the beginner on the path.

The Sensei advises, in an appropriate manner, in the inner spiritual aspects of the Art. He always has a friendly ear listening properly 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 free way, 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 in and out of the Dojo, how they act towards friends, family and work and will act upon the students accordingly.

The Sensei will put forth untruth to see if it is accepted, say nothing when he should speak volumes. He is king when there is no apparent reason. He may be tyrannous or compassionate, but through all these extremes, 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 rewards save 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 a Sensei.

by Bob Dalgleish
WHAT DOES IT MEAN TO BECOME A SHODAN?

To achieve shodan, or first degree black belt, only means that you have mastered the basic language of the art. It is not the goal and you are not a Sensei.

The time involved is the price of admission to a life style of growth and constant change. It is the opportunity to empty your cup to make way for new knowledge.

It is impossible to move forward without embracing change in all aspects of your life, for the martial arts will illuminate your strengths and weaknesses, as it is a reflection of what is going on in your life.

A Sensei is a guide, but you must do the work and discover the changes that you need to embrace.

The martial arts cannot make you change; change comes from within.

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 Karate-Do Master is one who is liberated from fear.
INTRODUCTION

Since you are now a Budo (Martial Arts) student and have begun to acquire new discipline you should know some guidelines which will make it easier for you to study Budo in the traditional manner.

1. Please take your shoes off on your way to the changing room and place them neatly in the designated area.
2. Make sure that you swipe your card at the Front Office each time you come to the Dojo.
3. Bow before entering and leaving the Dojo.
4. Once you are a student, remember to address the head instructor as Sensei at all times. Nothing else is ever allowed, even outside the Dojo. (Sensei means “one who has gone before.”) All black belts are referred to as Mr., Mrs., or Ms. and their last name unless they hold the title “Senpai”.
5. It will not be necessary for you to acquire safety equipment (head gear, cup, gloves, boots) right away, however, a mouth piece is required almost immediately for the Karate program; it can be purchased at the office. Store it in a container with your name clearly marked on the outside and bring it to every class you attend.
6. In the Martial Arts your word is your bond. Your integrity is an important part of our Martial Arts training. Don’t break your word!
7. When your Sensei enters the Dojo it is customary for the highest belt to call the entire class to attention.
8. Your gi (Karate and Kobudo uniform) should be kept neat and clean at all times. PLAIN WHITE T-shirts may be worn under your gi top. If your gi or belt comes undone while you are in class, etiquette requires you to turn away from the front, kneel on one knee and repair it. Be sure to sew your crest on the left lapel over your heart.
9. If you do not feel well in class, raise your hand, get the instructor’s attention and you will be excused. Never leave the Dojo without permission. Also, do not talk to people who are looking in on the class or walking by.
10. Keep in mind that you are one of many. Be neat. Have deep pride in your Dojo and show it by cleaning up after yourself.
11. For those in Karate be sure to bring your safety equipment to each class and leave it in the appropriate area.
12. Please remember that class starts on time. To ensure the safety of all students, never walk into a class that has already started; kneel at the door and wait to be admitted. This is the proper etiquette of the Art.
13. Training in class at least twice per week is compulsory. We encourage adults to come to as many classes as possible and everyone is encouraged to practice, exercise, and stretch at home every day. The more you train, the better you progress.
14. All valuables should be left at home. If you do bring valuables to the Dojo please take them into the Dojo and place them in the designated area.

15. If you go on vacation, are sick, or need to continue your training at a later date, let us know. Talk to the office staff and if your membership is current and up-to-date, it can be put on hold so that you do not have to lose any time and you can continue your training at a later date. See the office for details.

16. Another important part of keeping your word applies to paying your membership fees on time. We rely on you to do this so that the Dojo can meet its financial commitments.

17. Dojo “clean-ups” happen regularly. This means that we give our Dojo a thorough scrubbing and do general repair work with your help. Classes are cancelled on such days, but we encourage all the students to come in and help. It is all a part of your training. Take pride in your Dojo and ensure that it is always neat and clean. Tidy up after yourself and if you see something that is out of place restore it.

18. Anything left in the changing rooms will be left there or put in the lost and found box for you to pick up at your next class. At the end of the month these things will be given to charity.

19. Gradings and promotional examinations take place approximately every 6-8 weeks. Your Sensei will tell you when you are ready to take the examination. See page 40 for grading costs. You will be recommended for a grading in your regular class, at which time you will be given written notice. Remember, each student progresses at an individual rate. Do not concern yourself with others — concentrate on your own progress. There are no fees for re-grades.

20. Tournaments and Seminars are held throughout the year. Every student is encouraged to use tournaments as a means of mentally and spiritually testing themselves. Look for notices on the bulletin board and in the newsletters.

21. Training towards BLACK BELT involves assisting in class. To facilitate this learning, as you progress through the ranks you will be given the opportunity to assist in at least one class per week. Part of the tradition is that as one advances, one then helps others along the way.

22. The time needed to advance from one Kyu Belt to another is approximately 50 hours (with the exception of our youngest members). Advancement from brown to black takes 104 training hours. The average time required to reach Sho Dan (1st degree black belt) is 410 hours of training or 4 years.

REMEMBER
Budo begins and ends with courtesy and respect for each other at all times, inside and outside of the Dojo.
DOJO RULES

1. Students will behave as ladies and gentlemen at all times, both inside and outside of the Dojo.
2. Senior belts will aid junior belts and junior belts will follow the instructions of the senior belts.
3. Do not criticize other Martial Arts or other Martial Artists.
4. No alcohol or drugs before class. No candy, gum or smoking while inside the Dojo.
5. Each student will bow upon entering and exiting the Dojo.
6. No student will provoke violence or allow him/herself to be provoked into violence under the pain of possible expulsion from the Dojo.
7. No sparring without the express permission of the Sensei or a Black Belt.
8. No loud talking, laughter or profanity is permitted. Remember, the Dojo is a place of serious study. Please respect the class in progress and avoid unnecessary disruptions.
9. Personal cleanliness is essential; nails must be clipped, feet and hands must be spotless, and hair must not interfere with your training.
10. No jewellery is allowed in class; it must be removed before you enter the Dojo.
11. All Karate-Ka must wear a clean white gi that has no tears or rips anywhere. Ensure that the Goju fist is sewn on the left lapel and the CMAC crest appears under it.
12. Under no circumstances will any form of Karate be taught by any member to any non-member. Also, no student should teach anything to any member without the Sensei’s express permission.
13. All students should refer to the head instructor as Sensei, which is an honourable way of saying “teacher” in Japanese.
14. All membership fees are to be paid on time. If for some reason they cannot be paid, make the necessary arrangements with the office before payment is due.
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.

If you are not at the dojo to train seriously, GO HOME!
To obtain maximum benefit you must train seriously.
All start at the bottom;
Nothing is Free;
Everyone works;
Sensei’s word is law by consent of the governed.

Peter Urban
BELT TYING PROCEDURE

STEP 1
Make sure that your jacket ties have been properly secured.

STEP 2
Fold the belt in half to determine the centre.

STEP 3
Place the centre point at your naval.

STEP 4
Cross each end around the back of your body, then continue the ends to the front.

STEP 5
Tie the knot as shown; right over left. Draw the overlapping ends of the belt up between the jacket and the belt.

STEP 6
Complete the square knot as shown; left over right.

STEP 7
The ends of the belt should be equal length after the knot is neatly tied.
NUTRITION TIPS*
The more you exercise, the more food you need. Each individual should do their own research to determine the correct diet and calorie intake for optimum health and performance. The following summary is a base guideline only. A balanced natural diet, choosing from the food pyramid, is the best way to build a healthy sports diet. The recommended intake is based on an 1800 calorie per day meal plan. Athletes may require significantly more than this depending on their activity level.

- **Grains** (specifically lightly processed) are the foundation of optimal diet. They are an excellent source of carbohydrates, fiber and B vitamins. The carbohydrates in grains are not fattening (butter, mayonnaise and other sauces that tend to accompany eating rolls, sandwich bread etc. are the culprits). The recommended daily intake is 6 ounces or 175 g.

- **Vegetables** are excellent sources of carbohydrates, vitamin C, beta carotene (vitamin A), potassium, magnesium, and many other vitamins, minerals and health protective substances. Recommended intake is 2 1/2 cups per day. The dark colourful vegetables contain more nutrients than pale vegetables. Try to choose from all the colours. Frozen and canned vegetables retain most of their nutrients, overcooking is what destroys the nutrients.

- **Fruits** are excellent sources of carbohydrate, fiber, potassium, vitamin C and many other vitamins. Fruits improve healing, aid in recovery after exercise and reduce the risk of cancer, high blood pressure, and constipation. It is recommended to eat 1 1/2 cups of fruit per day. Dried fruit is a better pre-exercise snack than an energy bar and a fruit smoothie is an excellent post-exercise recovery shake.

- **Low fat dairy products** are a source of protein, calcium and vitamin D. Calcium and vitamin D help maintain strong bones, reduces the risk of osteoporosis and high blood pressure. Recommended intake is three servings per day (1 serving should contain 300 mg of calcium, the actual amount of food is determined by the source, i.e. yogurt, cheese, milk etc.)

- **Protein** is a source of amino acids, with darker meats being a source of zinc, iron and B vitamins. Chicken and turkey have less saturated fat than red meat, and fish contains omega-3 to protect your health. A daily total of five one-ounce (28 g) equivalents is recommended.

- **Fats and oils** (essential fatty acids and omega 3/6/9) are an essential part of a healthy diet. Fats help carry fat-soluble vitamins such as vitamin A K D and E in the body. EFAs help produce prostaglandins, which regulate body functions such as heart rate, blood pressure, blood clotting, fertility, conception, and immune function. The omega fats help with brain function, skin disorders, heart attack and cancer prevention. 20 to 35% of daily calories can come from fat. Choose monounsaturated, polyunsaturated and omega-3 fats. Stay away from hydrogenated trans-fat and saturated fats. High heat, light, and oxygen destroy EFAs, so try to avoid cooked or heated forms.

Organic fruits and vegetables do not contain significantly more nutrients than non-organic. The benefit is that they are grown in an environment that does not use chemical fertilizers, insecticides, or weed killers. In order for a meat source to be labeled organic, the animal could not be subjected to growth hormones or antibiotics and medication to enhance animal growth and prevent disease.
Building Muscle
Consuming excess protein does not build muscle, since your body does not store protein it just burns excess protein as a fuel source. Resistance training (weight lifting, push ups, etc.) builds and strengthens muscle. This requires adequate, but not excessive protein, and just as important, it requires sufficient carbohydrates. Not all carbohydrates are alike. There are simple carbohydrates (glucose, fructose, galactose, lactose, sucrose) that the body uses to fuel your brain and muscles. Different sugars are broken down at different rates, therefore, food sources containing a variety of sugar types, such as fruits and vegetables, allows for better absorption during exercise. Complex carbohydrates, are simple sugars linked together. Plants store extra sugar as starch and humans store it in the muscles and liver as glycogen. When you consume food from plants, your body digests the starch into glucose which is immediately burned or stored for future use. Carbohydrates are not fattening, the popular sources such as breads are made or consumed with other fatty ingredients. Therefore, choose your carbohydrate sources wisely; fruits, vegetables, oats, and whole grain breads. To build muscle you need energy stores.

Losing Weight
In order to lose fat, you need to burn more calories than you consume. Your weight loss plan should include 1 hour of exercise every day. If you are trying to lose weight do not avoid carbohydrates, just the fatty substances that often accompany them. Eat a healthy, portion appropriate diet, eat big breakfasts rather than big dinners, and eat only when your body needs fuel, not when you are bored or stressed. The body mass index (BMI) is a popular tool to determine a person’s body fat amount. A BMI of over 25 is considered fat, and an index of over 30 is considered obese. You should have your BMI measured by a qualified health professional so that it is done correctly. When exercising, keep in mind you lose fat everywhere, not just from the part of the body that you are working on most vigorously. Working just your abdominal muscles will make them stronger, but may not reduce your waistline to the level you were expecting.

Supplements
It is best to get all your vitamins, minerals and protein by eating a balanced natural diet. Contrary to popular belief, supplements are not a quick fix to a lousy diet. Many of today's foods are highly fortified with vitamins and minerals (such as energy bars and breakfast cereals) so it is not necessary to take supplements. Also, many supplements are not as effective as hyped. They may also contain nutrients in an unnatural balance that will actually hinder performance. Supplements may be helpful if you are at risk of developing nutritional deficiencies from restricting calories, have food allergies, are pregnant, are elderly or are a vegetarian. Do your research. There is a lot of misinformation out there in order to sell a certain type of product. It is important to find the real scientific research, not the research given by the company selling the product or the book sponsored by the company selling the product. It is best to just eat three kinds of food at meals, choose foods in their natural state, and think moderation; eat healthy but don't deprive yourself of enjoyable foods.

Resources:
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 ensure 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 abs 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 as well as keeping cancer out of the body.

For this stretch make sure that you bring the heels off the floor, you will feel it in the hamstrings, calves, and lower back.

Try to keep the back straight and the opposite leg on the floor.

Great stretch for sides, also works hamstring and groin.

Lower back stretch, cross the legs, right hand grabs left knee and turn.
Back stretch. Laying down, put your left leg over your right.

Now try to touch the left knee to the floor.

Cat stretch, excellent for arms, shoulders and upper back.

Come through and look up to stretch the front of the torso.

Start with arms on the inside of the legs and holding the ankles, push down on the knees to stretch the groin muscles.

For lower back and buttocks stretch, cross legs and bring chest forward, keeping back straight.

In this stance, push on the knees to stretch the groin.

Excellent stretch for the groin.
Hamstring and lower back stretch, put your feet shoulder width apart, knees bent, palms under your feet, slowly straighten your legs.

↑ Hamstring stretch, straighten the leg while kneeling on the other, make sure that you keep the palms of your hands and touch your chest or chin to your knee.

↑ This will stretch the groin, lower back and lats. Spread legs apart and reach forward, bringing the chest to the ground.

↑ Keep the arms, shoulders and head on the floor. Try to keep the legs straight and touch the floor with your toes.

Splits. Excellent for groin.

↑ Side splits. Works the hamstring and quadriceps.

Lighter variation
For a stomach and hip flexor stretch, arch backward.

↑ Works the arms, upper back and legs. Push as forward as you can for a good stretch.

↑ Use a bo or jo and place behind your head, resting on the shoulders, with hands at the ends. The feet should be a little wider than shoulder width apart to start, then widen the stance as you get loose.

↑ The way to loosen up the lower back is by turning the upper body and waist from side to side, (nice and easy). To stretch and work the legs, bend at the knee of the side you are facing.

← To work the lower back muscles, bend at the waist and twist to the opposite foot.

Variation →
↑ Shoulder stretch.

↑ Variation. Raise arms higher up.

↑ Shoulder and tricep stretch

↑ Quadriceps stretch.
HISTORY OF THE MARTIAL ARTS

Quanfa

Although the Chinese have had a martial arts practice for over 2000 years, it is generally believed that the Indian monk Bodhidharma is responsible for the system that evolved into what is known today as Kung Fu. Bodhidharma arrived in China in the early 6th century AD. He made his way to the Shaolin Temple (Young forest temple), where it is said that he found the monks there in such poor physical condition that they were susceptible to bandits. To improve their strength and health, he taught them a series of 18 exercises. These exercises were patterned after the movements of animals; the tiger, leopard, snake, dragon and crane. He is also said to have introduced a meditative Buddhism called Chan or Zen. The “18 Hands of Lohan” became the basis of the Chinese boxing system Quanfa, known today as kung fu. It spread throughout China into many diverse systems. Temples were formed in other locations within China, including the famous Southern Shaolin Temple (Nine Dragons Temple) in the southern coastal province of Fujian.

Okinawa-Development of Karate-Do

Okinawa, like any culture, had its own armed and unarmed fighting system. However, the Okinawan martial arts, called Te, were greatly influenced by China and Japan due to its close geographical location to these countries. As early as the 7th century Japan had an influence on the Okinawan martial arts. Japanese clans would travel to Okinawa looking to usurp territory. Due to the feudal structure of both Okinawa and Japan, warring clans would launch military campaigns and form allies. The allegiance between a Japanese clan and an Okinawan clan allowed for the Okinawan Te to infuse Japanese fighting techniques and weapons skills.

In 1393, the “Thirty-Six Families” settlement was established in the village of Kume, Naha. This was where Chinese officials immigrated to create trade relations with Okinawa. It is believed it also brought the Chinese influence to Te. By the early 1400’s, trade envoys from China, called the Sapposhi, opened up the sharing of Chinese culture and martial arts to Okinawa. King Sho Shin (1465–1526; ruled 1477-1526), of the Sho Dynasty succeeded in unifying Okinawa, ending its feudal system and developing a structured society of peace, focused on trade with China. He imposed an edict banning all weapons, and had them confiscated and stockpiled. This decision would later cause Okinawa’s defeat.

During the 1500’s Japan became unified under Toyotomi Hideyoshi. The Japanese viewed Okinawa as a valuable trade route and of strategic importance. They requested tribute payments from Okinawa, however these were continually denied. By 1606, the shogun Takugawa had taken power of Japan. In response to the payment rejections, he launched a military campaign against Okinawa. The Satsuma were sent to conquer Okinawa, and did so with relative ease since Okinawa was under a weapons ban. The Okinawans could do little to defend against the swords and guns of the Japanese invaders. The Japanese forced the Okinawans to keep their rule secret so trade with China would continue, and if China did know, they ignored the situation. The weapons ban continued. It is during this time that Te was said to be practiced in secret so as not to offend the Japanese into thinking they were forming an uprising; they had chosen to cede to their rule and live in peace. For the next three hundred years, Te was practiced and developed, being greatly influenced by the Chinese martial arts.
The names of influential practitioners of Te emerge from this period, both Chinese and Okinawan; Wangchi (Wanshu), Kung Shang K’ung (Kushanku), Takahara Peichin (1683-1760), Sakugawa Chikodun Peichin Kanga (1733-1815), Chatan Yara (1740-1812), Ukuda Peichin (1683-1760), Makabe Choken (1773?-1827?), Matsumoto Urazoe (1797-1889), Aburaya Yamaki (1791-1881), Matsu Higa (1790-1870), and Matsumura Sokon (1797?-1889?). Two masters famous for teaching Okinawans in Fuzhou were Xie Zhong-Xiang (1852-1930) and Wai Xinxian (Wai Shinzen) (dates unknown, time period same as Xie Zhong-Xiang). By the late 19th to early 20th centuries, karate styles began to emerge and take on individual identities. Styles from Tomari-Te include Motobu Ryu, Matsubayashi Ryu, and Shorinji Ryu. From Shuri-Te came Shotokan, Wado Ryu, Shito Ryu, Motobu Ryu, and Shorin Ryu. Naha-Te produced Goju-Ryu and Kogusuku Ryu. The widespread practice of Karate-Do today has produced hundreds of styles.

Xie Zhong-Xiang (Ryu Ryu Ko)
Xie Zhong-Xiang (1852-1930) was born in Changle, Fuzhou Province to a noble family who lost their status during a period of political unrest. It is believed he became a shoemaker. He trained in Yong Chun White Crane kung fu under the famous master Pan Yuba. He then created his own style called Ming He Quan, Calling Crane or Whooping Crane kung fu. He opened a kung fu school in 1883 with his assistant Wai Xinxian. Many Okinawan martial artists would travel to Fuzhou to study Chinese martial arts. Xie Zhong-Xiang was open to Okinawan students, hence his Okinawan nickname Ryu Ryu Ko. Famous Okinawan karate masters who have trained with Ryu Ryu Ko and Wai Xinxian include Kanryo Higashionna, Aragaki Seisho, Norisato Nakaima, Kojo Taitei, Maezato Ranpo, Sakiyama Kitoku and Matsuda Tokusaburo.

Kanryo Higashionna
Kanryo Higashionna (1853-1915) was born in the Nishimura district of Naha, Okinawa. He had a relative also adept in the martial arts with the same surname, therefore, in order to distinguish them Kanryo was known as Higashionna West, while his relative was known as Higashionna East. He started his martial arts training at age 17 with Aragaki Tsuji Pechin Seisho, an instructor of Luohan Quan, or Monk Fist Boxing. He trained with Aragaki Seisho for three years, until Aragaki was sent to Beijing as a translator. Before leaving, he introduced Kanryo to another famous master Kojo Taitei, whom Kanryo continued his training with for two years. Through Kojo Taitei, and a family friend Yoshimura Udan Chomei, arrangements were made for Kanryo to travel to Fuzhou to further his martial arts training.

Records are not clear on the amount of time Kanryo stayed in Fuzhou, however it is generally accepted that he stayed for six to ten years. It is believed he trained for several years with Xie Zhong-Xian and possibly Wai Xinxian. There is also some question whether he trained other styles of kung fu during his stay.

When he returned to Okinawa in the 1880’s he began to teach martial arts. He called his style Naha Te, which was characterized by both hard (go) and soft (ju) techniques. He also taught Chinese weaponry and traditional Chinese medicine. His reputation grew from his hard training regime, for which many students could not endure. The first three years were spent conditioning the body and training only Sanchin kata. Several of his students went on to become notable masters, including Kenwa Manubi.
(cofounder Shito Ryu), Kyoda Juhatsu (founder Tōon Ryu), Koki Shiroma, Higa Seiko (Okinawan Goju Ryu),
Tsuyoshi Chitose (founder Chito Ryu), Shiroma Shinpan (Gusukuma) (cofounder Shito Ryu), and his named
successor and founder of Goju Ryu, Chojun Miyagi.

Chojun Miyagi

Chojun Miyagi (1888-1953) was born in the Higashimachi district of Naha, Okinawa. His father was a
wealthy businessman, which allowed Miyagi to study martial arts on a full-time basis. He began his training at the age of 12 with Ryuko Aragaki. After training for two years, Aragaki introduced Miyagi to Kanryo Higashionna. His enthusiasm and dedication earned him the position of “uchi deshi” (private disciple), and his training with Higashionna lasted for 14 years, until Kanryo Higashionna’s death in 1915. Before his death, Higashiona named Chojun Miyagi as his successor of Na-ha Te.

To further his training, Miyagi travelled to Fuzhou where he studied Shoalin Kung Fu and Ba Gua. He spent two years in China, before returning to Okinawa and opening a dojo. His reputation grew, and he also began to teach at high schools and police training centres. He worked hard to spread karate training over Okinawa and Japan and he is noted for systemizing karate training.

In 1929 he named his style Goju Ryu (meaning hard-soft style) after a passage from the Bubishi’s “Eight Precepts of Quan Fa”. In 1933 Goju Ryu was the first Okinawan martial art to be registered with Dai Nippon Butoku Kai, the centre for all martial arts in Japan. He continued to teach until his death in 1953. Notable students of Chojun Miyagi are Seiko Higa (who trained with him under Higashionna), Mayazato Ei’ichi, Meitoku Yagi, Seikichi Toguchi (cofounder of Shorei-Kan Goju Ryu), and Gogen Yamaguchi (representative of Goju Ryu in Japan).

Jitsumi Gogen Yamaguchi (The Cat)

Jitsumi Gogen Yamaguchi (1909-1989) was born in Miyakonojo (near Kagoshima city), Japan. He began his training at the age of 13 with Takeo Maruyama (Maruta). He trained in Karate until he moved to Kyoto to attend university. In 1929 he established a dojo at Ritsumeikan University in Kyoto, where he was studying law.

It was in 1931 that Chojun Miyagi was in Japan and began teaching Yamaguchi. Miyagi gave him the name Gogen, meaning “rough” because he mastered the hard aspects of the Goju system.

It is uncertain how long he trained with Miyagi, but as a result he was given the responsibility to spread Goju throughout Japan. Yamaguchi is attributed to making the sketch of Miyagi’s right fist, (half open, half closed to show the balance of hard and soft) that has become the symbol of Goju Ryu. In 1935 he founded the International Karate-Do Goju Kai Association. Yamaguchi was in the military service during the Second World War. He was captured by the Russians and held as a POW in Manchuria for two years. At the end of the war he was released and on his return to Japan he reopened his dojo. He relocated his dojo to Tokyo in 1950, where it increased the exposure of Goju Ryu. He created jiu kumite (free sparring) and the taikyoku kata for beginners. He also added yoga and Shinto to his style. The Tokyo location exposed Goju Ryu to the post-war occupied forces, which led
to the spread of Goju throughout the world. Yamaguchi is responsible for the unification of all the karate dojos in Japan resulting in the formation of the All Japan Karate Federation in 1964, known today as the Japan Karate Federation.

O'Sensei Richard Kim
O'Sensei Richard Kim (1917-2001) was born in Papaalooa, Hawaii. He began studying martial arts for the first time at age 6 with Kaneko Sensei, a Judo instructor. At age 9, he also began studying karate with Arakaki Sadao, a direct disciple of Yabu Kentsu. While enrolled in university in Honolulu, Sensei Kim studied martial arts under Tachibana Sensei and Mizuho Takada (Mutsu Muzuho).

In 1935, Sensei Kim joined the merchant marines. This decision took him to Japan and China where he continued his martial arts studies under many notable instructors. While stationed in Japan, Sensei Kim was able to train directly with Yabu Kentsu, continuing his Shorinji Ryu studies. His travels also introduced him to Yoshida Kotaro, who became his Daito Ryu and kobudo instructor for several years.

Sensei Kim eventually travelled to China where he studied Tai Chi Chuan with Chen Chin Wuan, Ba Gua with Chao Hsu Lai, Chi Gong with Wan Tsing Zei. After WWII, he went back to Japan and studied with Mas Oyama and Kinjo Horoshi. He eventually moved to California and set up permanent residence. Over the years he shuttled back and forth between California and Japan, receiving instruction from masters including Gogen Yamaguchi, Kenichi Sawai, Yoshida Kotaro, Morihei Ueshiba, Horose Kinjo, and Ohno Kumao.

Peter Urban
Peter Urban (1934-2004) was born in Jersey City, New Jersey. He was introduced to Karate when he joined the United States Navy and was stationed in Yokohama Japan in 1953. He trained with O'Sensei Richard Kim for one year when he was introduced to Gogen Yamaguchi. He trained with Yamaguchi in Tokyo for 3 years, and in 1957 he opened his own dojo in Tokyo, Japan.

When he returned to the United States in 1959, he opened a dojo in New Jersey. His famous “China Town” dojo was established in 1965. He was denied permission by Yamaguchi to create an official Goju club in America. In response he formed the USA Goju Association, and worked under Sensei Kim and the Botoku Kai.

Urban created nine kata and added other styles of karate to make his system uniquely American Goju Ryu. Through his efforts he has spread Goju throughout the United States and Canada. His students include Skipper Ingram, Chuck Merriman, Phil Maldanato, Sekwii Sha, Al Gotay, Bob Dalgleish, and Wallace Platt.
THE GOJU CREST AND ITS MEANING

The fist is half closed and half open, representing Goju Ryu which is neither totally hard nor totally soft. The fist is modelled after the right fist of Master Chojun Miyagi, who was the founder of Goju Ryu Karate-Do. The Kanji characters at the bottom of the palm say GO JU RYU, Hard and Soft Style (Tradition). The second row of characters stands for Kara Te Do, empty hand way.

Our fist has three colours:
BLACK stands for the ideals that go with being a black belt in the martial arts.
RED is for the highest level of proficiency, that of a master.
WHITE stands for the beginner in karate-do.

Black belts have part of their fist strategically filled in with red. This indicates different ranks. A 1st Dan has the end parts of the banner at the bottom of the fist filled in. A 2nd Dan has the entire banner at the bottom of the fist filled in. A 3rd Dan has the banner and the wrist filled in (as high up as the characters), and the 4th Dan has the entire fist red.
5 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.
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

I face you with my empty hands;
Weapons I have none.
If I should be forced to defend myself,
My honour, my principles, my family,
As a matter of life or death, right or wrong,
Then here are my weapons;
My empty hands.

*Be as hard as the world forces you to be;*
*be as soft as the world allows you to be.*

Sensei Chuck Merriman
KATA TRAINING
The Kata is a means of self-perfection.

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

It is said that, if by the time you reach black belt, you can do two kata, (and only one of them very well) your training is being maximized.

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

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

The essence of Karate-Do is in the kata.

Practice your kata repeatedly and indefinitely.

Kata Points
1. Kata is a series of prearranged movements designed for fighting multiple opponents.
2. Be aware of these six areas when training your forms: eyes, pace, breathing, technique, kime, kiai.
3. Performed consistently, the kata will improve your speed, balance, posture, contact, technique and co-ordination.
4. Only Sensei, Senpai, or a designated black belt can show a kyu belt a new kata.
5. Most forms have two kiai points usually set on the finishing techniques or killing blow.
6. Most kata end by stepping away from your opponent. This symbolizes that you have left your opponent alive.
7. All kata start with the right hand covered since the right hand is symbolic of strength and therefore hidden so as not to offend the opponent.
8. Visualize what you are doing when you do the kata, this will help you to understand it better.
9. Steps to follow when learning a kata:
   a. Learn the schematics of the form (the moves).
   b. Learn the proper pace of the form.
   c. Learn to do the form without thinking.
   d. Become one with the kata.
   e. Embrace the spirit of the kata to overcome all fears.
10. If you have any questions about a kata you have been taught, ask your Sensei, Senpai, or designated instructor.
11. All kata start and end with the heels on the embusen.
12. The first and last step of a kata are the most important.
The Three Phases of Training:
1. Body Relaxed, Mind Tight
2. Body Tight, Mind Relaxed
3. Combination of 1 and 2
## ADULT KIHON (BASICS) REQUIREMENTS

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<th>DACHI (STANCES)</th>
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<th>TE WAZA (HAND STRIKES)</th>
<th>KERI (KICKS)</th>
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<td>Choku Uke</td>
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For the uncontrolled there is no wisdom,
For the uncontrolled is the power of concentration,
For him without concentration there is no peace,
And for the unpardoned, how can there be happiness?

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**Ryogoku Cito**

33
# ADULT KATA (FORMS) REQUIREMENTS

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<tr>
<th>WHITE BELT</th>
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</tr>
<tr>
<td>Taikyoku Chudan</td>
<td>Gedan Te</td>
<td>Hangetsu</td>
</tr>
<tr>
<td>Taikyoku Jodan</td>
<td>Gedan Dai</td>
<td>Empi Ha</td>
</tr>
<tr>
<td>Taikyoku Soto Chudan</td>
<td>Gedan Chu</td>
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<thead>
<tr>
<th>YELLOW BELT</th>
<th>Taikyoku Mawashi Uke</th>
<th>Taikyoku Dai Dai Chu Sho</th>
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<tbody>
<tr>
<td>Taikyoku Kake Uke Gekisai Itch</td>
<td>Taikyoku Dai Dai Chu Sho Dai</td>
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<table>
<thead>
<tr>
<th>ORANGE BELT</th>
<th>Gekisai Ni</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sanchin</td>
<td></td>
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<table>
<thead>
<tr>
<th>GREEN BELT</th>
<th>Tensho</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saifa</td>
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<table>
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<tr>
<th>BLUE BELT</th>
<th>Sanchin Tensho</th>
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<table>
<thead>
<tr>
<th>BROWN BELT</th>
<th>Tensho</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neko Futari No Kata 1st Level</td>
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<table>
<thead>
<tr>
<th>BLACK BELT-SHO DAN</th>
<th>Shi So Chin</th>
</tr>
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<tbody>
<tr>
<td>Sei San Sho</td>
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<tr>
<td>Neko Futari No Kata 2nd Level</td>
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<table>
<thead>
<tr>
<th>BLACK BELT-NI DAN</th>
<th>Seisan Chu &amp; Dai</th>
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<tbody>
<tr>
<td>Seipai Sho</td>
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<table>
<thead>
<tr>
<th>BLACK BELT-SAN DAN</th>
<th>Seipai Chu &amp; Dai</th>
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<tbody>
<tr>
<td>Kararunfa Sho</td>
<td></td>
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<tr>
<td>Sillum Quan Shu</td>
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<table>
<thead>
<tr>
<th>BLACK BELT-YON DAN</th>
<th>Kararumfa Chu &amp; Dai</th>
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</thead>
<tbody>
<tr>
<td>Hakutsura Sho &amp; Chu</td>
<td></td>
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<tr>
<td>Suparempe Sho, Chu</td>
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</table>

<table>
<thead>
<tr>
<th>BLACK BELT-GO DAN AND UP</th>
<th>Suparempe Dai</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hakutsura Dai</td>
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## HERITAGE KUNG FU

<table>
<thead>
<tr>
<th>HOLY HEAVEN</th>
<th>Chen Zhou Tiger</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHI SAN SERIES</td>
<td>Wudang Quan</td>
</tr>
<tr>
<td>WU DANG QUAN</td>
<td>Di Shu Gou Quan</td>
</tr>
</tbody>
</table>

Once you have achieved the rank of Sho Dan your training will expand to include a host of katas that will enhance your understanding of the art, such as Sho, Chu, and Dai levels of Goju Ryu kata and White Crane Forms.
**CHILDREN IN KARATE-DO**

A very important facet of our training is the education of the young participants of our style. We take this responsibility of developing our future leaders of Goju Ryu very seriously. It is for that reason that we emphasize the character development in children’s classes.

The children's classes are only for those ages 4 to 16. After 16 (depending on their size) they train in the adult classes. Only the children receive incentive belts (red, purple and half belts). At our school an instructor will even add a piece of red tape to a student's belt to show his or her progress.

The following is a list of Kihon (Basics) and Kata (Forms) requirements at each particular belt. These will be required for grading to the next level.

Students must be a minimum of 18 years of age before they can grade for Sho Dan (1st Degree Black Belt)

**CHILDREN’S KIHON (Basics) REQUIREMENTS**

<table>
<thead>
<tr>
<th>Belt</th>
<th>DACHI (STANCES)</th>
<th>UKE WAZA (BLOCKS)</th>
<th>TE WAZA (HAND STRIKES)</th>
<th>KERI (KICKS)</th>
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<tbody>
<tr>
<td>WHITE</td>
<td>Heiko Dachi</td>
<td>Gedan Barai</td>
<td>Seiken Zuki</td>
<td>Hiza Geri</td>
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<tr>
<td></td>
<td>Musubi Dachi</td>
<td>Chudan Uchi Uke</td>
<td>Oi Zuki</td>
<td>Fumikomi Geri</td>
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<td>Gyaku Zuki</td>
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<tr>
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<td>Shiko Dachi</td>
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<td>Teisho (Jodan)</td>
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<tr>
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<td>Zenkutsu Dachi</td>
<td>Harai Otoshi Uke</td>
<td>Shuto Waza</td>
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<tr>
<td></td>
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<td></td>
<td>Nukite</td>
<td></td>
</tr>
<tr>
<td>YELLOW</td>
<td>Sanchin Dachi</td>
<td>Kakiwake Uke</td>
<td>Kizami Zuki</td>
<td>Mae Geri Keage</td>
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<td></td>
<td>Fudo Dachi</td>
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<td>Ura Ken</td>
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<td></td>
<td>Age &amp; Yoko Empei</td>
<td></td>
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<tr>
<td>ORANGE</td>
<td>Kosa Dachi</td>
<td>Mawashi Uke Kake Uke</td>
<td>Morote Zuki</td>
<td>Yoko Geri Kekomi</td>
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<td>Tettsui</td>
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<tr>
<td>RED</td>
<td>Neko Ashi Dachi</td>
<td>Shuto Uke</td>
<td>Ushiro Empei</td>
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<td>Gedan Tettsui</td>
<td>Mae Tobi Geri</td>
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<td></td>
<td></td>
<td>Teisho (Chudan &amp; Gedan)</td>
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<td>Shuto (in Neko Ashi Dachi)</td>
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<td>Tettsui (Jodan &amp; Chudan)</td>
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<tr>
<td>PURPLE</td>
<td>Chinese Neko Ashi Dachi</td>
<td>Kakuto Uke Joge Uke Haisho</td>
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<td>Ashi Barai</td>
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<td>Ushiro Tobi Geri</td>
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<tr>
<td>BLUE</td>
<td>Han Zenkutsu Dachi</td>
<td>Hojo Uke Harai Uke Joge Uke</td>
<td>Ippon Ken Kote Uke (Uchi and Soto)</td>
<td>Gyaku Mawashi Geri</td>
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<td>Sagi Ashi Dachi</td>
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<td>Mawate Ura Ken Age zuki</td>
<td>Mawate Mikazuki</td>
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<td>Haishu</td>
<td>Geri – Uchi &amp; Soto</td>
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<td>Mawate Kakato Geri</td>
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# CHILDREN’S KATA (Form) REQUIREMENTS

<table>
<thead>
<tr>
<th>GOJU RYU</th>
<th>ADDITIONAL FORMS (CHILDREN)</th>
<th>ADDITIONAL FORMS (YOUTHS)</th>
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<tbody>
<tr>
<td><strong>White Belt</strong></td>
<td></td>
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<tr>
<td>Taikyoku Gedan</td>
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<td></td>
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<tr>
<td>Taikyoku Chudan</td>
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<td></td>
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<tr>
<td>Taikyoku Jodan</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Orange Belt</strong></td>
<td></td>
<td>Wanshu</td>
</tr>
<tr>
<td>Taikyoku Mawashi Uke</td>
<td></td>
<td></td>
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<tr>
<td>Taikyoku Kake Uke</td>
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<td></td>
</tr>
<tr>
<td><strong>Red Belt</strong></td>
<td>Wanshu</td>
<td>Hangetsu</td>
</tr>
<tr>
<td>Gekisai Itch</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gekisai Ni</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Green Belt</strong></td>
<td>Hangetsu</td>
<td>Empi Ha</td>
</tr>
<tr>
<td>Saifa</td>
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<td></td>
</tr>
<tr>
<td><strong>Purple Belt</strong></td>
<td>Empi Ha</td>
<td>Taikyoku Dai Chu Sho</td>
</tr>
<tr>
<td>Taikyoku Soto Chudan</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sanchin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tensho</td>
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<td></td>
</tr>
<tr>
<td><strong>Blue Belt</strong></td>
<td>BassaiDai</td>
<td>Bassai Dai</td>
</tr>
<tr>
<td>Seiunchin</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Brown Belt</strong></td>
<td>Nihanchi</td>
<td>Nihanchi</td>
</tr>
<tr>
<td>Sanseiru</td>
<td>Taikyoku Mawashi Kake Uke</td>
<td>Taikyoku Mawashi Kake Uke</td>
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</table>
GOJU RYU KATA MEANINGS
The following is the literal translation of each Goju Ryu Kata. The esoteric meanings will be explained at each level.

| Taikyoku Gedan ............... | first course lower       |
| Taikyoku Chudan ............... | first course middle      |
| Taikyoku Jodan ............... | first course upper       |
| Taikyoku Soto Chudan ........ | first course outside middle |
| Taikyoku Mawashi Uke ........ | first course wheel wrist block |
| Taikyoku Kake Uke ............ | first course hooking block |
| Gekisai Itch .................. | attack and smash 1       |
| Gekisai Ni .................... | attack and smash 2       |
| Sanchin ....................... | three battles            |
| Tensho ....................... | turning palm             |
| Saifa ......................... | destroy and defeat       |
| Sanchin Tensho ............... | three battles turning palm |
| Seiunchin ..................... | attack, conquer, suppress |
| Sanseiru ...................... | 36 movements             |
| Shi So Chin ................... | 27 movements             |
| Seisan ....................... | 13 movements             |
| Seipei ....................... | 18 movements             |
| Kararumfa ..................... | to break the attack      |
| Suparumpei .................... | 108 movements            |

108 movements
KUMITE TRAINING

Ippon Yaku Soku Kumite (one step pre-arranged sparring) is a series of pre-set self-defence techniques done with a partner performed entirely in one stage or one step. It teaches you timing and distancing.

Yaku Soku Kumite (pre-arranged sparring) is a series of pre-determined self-defence techniques done with a partner that is performed in multiple stages or multiple steps.

The invention Jiyu Kumite (free sparring) is attributed to Gogen Yamaguchi. It is meant to combine all of the aspects of yaku soku kumite in a spontaneous fashion.

Sparring will help with your distancing, timing, spontaneity, and development of self-defence 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 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 go in on your opponent, go 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.

“Should a kyu belt who is in charge of leading a class allow any type of fighting?“
No! He or she does not have the experience or expertise to conduct a sparring match properly. No sparring is allowed without the express permission and supervision of the Sensei or a Black Belt.

When sparring in a Dojo remember that there is absolutely no contact allowed to the head or spine and only light body contact is permitted. Due to the risk of injury it is not permissible to attack below the belt. Dangerous throws are not allowed, but safe take-downs are encouraged. Always remember that safety is the main concern when sparring in the Dojo. To ensure the safety of both yourself and your partner, certain safety equipment is mandatory; ask your instructor what equipment you require.

Control your emotions
or they will control you.
Chinese Adage
## KUMITE REQUIREMENTS

<table>
<thead>
<tr>
<th></th>
<th>CHILDREN &amp; YOUTH</th>
<th>ADULTS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WHITE</strong></td>
<td>Yaku Soku Kumite 1-Sho</td>
<td>Yaku Soku Kumite 1-Sho, Chu</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Yaku Soku Kumite 2-Sho, Chu</td>
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<tr>
<td><strong>YELLOW</strong></td>
<td>Yaku Soku Kumite 2-Sho</td>
<td>Ippon Kumite 1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1st Half Wanshu Yaku Soku</td>
</tr>
<tr>
<td><strong>ORANGE</strong></td>
<td>Yaku Soku Kumite 1 &amp; 2-Chu</td>
<td>Yaku Soku Kumite 1 &amp; 2-Dai</td>
</tr>
<tr>
<td></td>
<td>Ippon Kumite 1 &amp; 2</td>
<td>Ippon Kumite 2-4</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2nd Half Wanshu Yaku Soku</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 Side Gekisai Itchi Yaku Soku</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Jiyu Kumite</td>
</tr>
<tr>
<td><strong>RED</strong></td>
<td>Ippon Kumite 3 &amp; 4</td>
<td>Yaku Soku Kumite 1 &amp; 2-Dai</td>
</tr>
<tr>
<td></td>
<td>1st Half Wanshu Yaku Soku</td>
<td>Ippon Kumite 2-4</td>
</tr>
<tr>
<td></td>
<td>Jiyu Kumite</td>
<td>2nd Half Wanshu Yaku Soku</td>
</tr>
<tr>
<td><strong>GREEN</strong></td>
<td>Ippon Kumite 5</td>
<td>Yaku Soku Kumite 1 &amp; 2-Dai</td>
</tr>
<tr>
<td></td>
<td>1 Side Gekisai Itchi Yaku Soku</td>
<td>Ippon Kumite 3 &amp; 4</td>
</tr>
<tr>
<td></td>
<td>Yaku Soku Kumite 1 &amp; 2 – Dai</td>
<td>Sho, Chu, Dai</td>
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<tr>
<td></td>
<td>Jiyu Kumite</td>
<td>Ippon Kumite 5-8</td>
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<tr>
<td></td>
<td></td>
<td>Both Sides Gekisai Itchi Yaku Soku</td>
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<tr>
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<td></td>
<td>Saifa Yaku Soku Kumite</td>
</tr>
<tr>
<td><strong>PURPLE</strong></td>
<td>Ippon Kumite 6-8</td>
<td>Yaku Soku Kumite 1 &amp; 2-Dai</td>
</tr>
<tr>
<td></td>
<td>2nd Half Wanshu Yaku Soku</td>
<td>Ippon Kumite 3 &amp; 4</td>
</tr>
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<td>Both Sides Gekisai Itchi Yaku Soku</td>
<td>Sho, Chu, Dai</td>
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<td>Yaku Soku Kumite 1 &amp; 2 – Dai</td>
<td>Ippon Kumite 5-8</td>
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<td></td>
<td>Jiyu Kumite</td>
<td>Both Sides Gekisai Itchi Yaku Soku</td>
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<td>Saifa Yaku Soku Kumite</td>
</tr>
<tr>
<td><strong>BLUE</strong></td>
<td>Yaku Soku Kumite 3 &amp; 4 – Sho, Chu, Dai</td>
<td>Yaku Soku Kumite 3 &amp; 4 – Dai Chu Sho</td>
</tr>
<tr>
<td></td>
<td>Ippon Kumite 9 &amp; 10</td>
<td>Ippon Kumite 9 &amp; 10</td>
</tr>
<tr>
<td></td>
<td>Saifa Yaku Soku Kumite</td>
<td>Seiunchin Yaku Soku Kumite</td>
</tr>
<tr>
<td></td>
<td>Jiyu Kumite &amp; Randori</td>
<td>Jiyu Kumite &amp; Randori</td>
</tr>
<tr>
<td><strong>BROWN</strong></td>
<td>Yaku Soku Kumite 3 &amp; 4 – Dai Chu Sho</td>
<td>Nekko Futari No Kata 1st Level</td>
</tr>
<tr>
<td></td>
<td>Seiunchin Yaku Soku Kumite</td>
<td>Jiyu Kumite &amp; Randori</td>
</tr>
<tr>
<td></td>
<td>Nekko Futari No Kata 1st Level</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Jiyu Kumite &amp; Randori</td>
<td></td>
</tr>
</tbody>
</table>

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

Mahatma Gandhi
JIU JITSU & AIKIDO PROGRAM

Jiu Jitsu is the technique of suppleness, flexibility, and gentleness. The origins of this art can be traced to the period between 1600 and 1650. The late 17th to mid-19th century is considered the golden age of Jiu Jitsu during which time more than 700 styles appeared in Japan. In those days the vital issue in Jiu Jitsu was effectiveness in combat. Methods were tested in duels and public competitions among members of various schools. The Jiu Jitsu that we study comes from Daito-Ryu Aiki-Jitsu. O’Sensei Richard Kim was a leading exponent of Daito Ryu Aiki-Jitsu which is the forerunner of all traditional Jiu Jitsu and Aikido Systems.

Jiu Jitsu techniques include kicking, striking, kneeing, throwing, choking, joint kicking, and holding, as well as the use of certain weapons. Although Jiu Jitsu techniques are initially learned one at a time in a static position, the essence of Jiu Jitsu is the ability to move from one technique to another as quickly and as often as necessary to control an attacker. Each system emphasizes only a few major techniques (waza). Every technique is designed to illustrate and teach a specific principle which can be applied in many different situations. Some of the techniques included in this section could be included in the Karate-Do or Kobudo programs since the arts overlap.

Aikido is the learning of techniques to overcome your opponents by concentrating all of your body, be it your hands, legs, or back, when moving in a straight line or in a curve. When you have mastered these two ways of moving you will be able to perform an infinite number of throws without involving the excessive use of force, to be in harmony with your opponent.

Our Jiu Jitsu and Aikido program is presented in combination with our Karate program since the moves and techniques complement each other.

The five stages of a Self-Defense Situation are:
1. Block
2. Counter
3. Break
4. Take-down
5. Finish
# ADULT JIU JITSU REQUIREMENTS

<table>
<thead>
<tr>
<th>White Belt</th>
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<tbody>
<tr>
<td>Hand grabs</td>
<td></td>
<td>Front roll</td>
</tr>
<tr>
<td>Right to left, left to right</td>
<td></td>
<td>Back break fall</td>
</tr>
<tr>
<td>Left to left, right to right</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Double hand grab</td>
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<table>
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<tr>
<th>Yellow Belt</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Lapel grabs</td>
<td>Side break fall, left and right</td>
<td></td>
</tr>
<tr>
<td>Right to left, left to right</td>
<td></td>
<td>Front break fall</td>
</tr>
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<td>Hair pull, front and back</td>
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<td>Grab and punch</td>
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# CHILDREN’S JIU JITSU REQUIREMENTS

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<tr>
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<td>Stick defenses&lt;br&gt;Kakie 4, 5 &amp; Randori&lt;br&gt;Jimen Waza 6-10 &amp; Randori</td>
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LEADERSHIP

At the Classical Martial Arts Centre-Kaze Hatsu Dojo we are a community as much as we are a school or even business. As the saying goes, “it takes a village to raise a child” and we take that philosophy to heart. It is the obligation of senior students to help out and assist the junior students at all times because at some point in time someone helped you. Assisting and teaching in the regular classes has always been a part of a student’s continued training, growth and development. Helping out your junior students gives a greater sense of awareness for your own techniques and as much can be learned from them as they learn from you. Developing leadership skills does not happen by accident and assisting your sensei or black belt instructor during class should be considered a privilege and an honour.

Students must be 8 years of age or older. Students are permitted to help out and assist one class level below your current. Youths and adults (age 12 and up) are permitted to assist with any child/youth class starting at orange belt. Adults age 17 and up must submit a clean police check and signed non-disclosure waiver form before assisting can begin. Students under 8 years of age do not assist other classes and therefore earn their leadership stripe in their own regular class by helping their peers.

*Special note: Youth assistants under the age of 12 will not be left unsupervised by the class instructor.

Please see the table below for minimum required assisting hours at each level. Hours must be achieved in order to attain your 3rd stripe (leadership stripe) and be able to grade/test for your next belt.

ASSISTING REQUIREMENTS

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<td>BLUE</td>
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<tr>
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A leader is best when people barely know he exists. When his work is done, his aim fulfilled, they should say: “we did it ourselves.”

Lao Tzu
KARATE-DO GRADING REQUIREMENTS

When your Sensei deems you ready to grade you will receive a written invitation.

**Our grading examinations consist of five main areas for each belt or kyu:**
1. The technical part.
2. The written examination (which has to be 100% correct).
3. The oral examination.
4. You classroom performance day in and day out.
5. Your personal development in the philosophical and psychological aspects of Karate-Do.

---

**The ultimate aim of Karate-Do lies in neither victory nor defeat, But in the perfection of the character of its participants.**

Gichin Funikoshi

---

The technical aspects consist of kihon, kata, kumite, and self defense.

**The written examination, along with the grading fee, must be handed in at least 1/2 hour prior to the grading.** The examination board will have at least two members on it, one of which will be a head instructor and at least one other black belt.

Other parts of training are also taken into consideration, such as time spent at the belt level, the participant’s age, physical disabilities, and—most important—the attitude of the student towards his or her training, the Dojo, and other students and instructors.

**Make sure that you bring your membership card** to each grading. It is to be handed in along with your test and will be returned with your certificate should you pass your examination.

It is also very important that your **gi is clean and that all your crests have been sewn** on in their respective spots and that you bring the mandatory safety equipment.

One point—**don’t jump the gun white belts!** The next class you attend after your grading should still be the white belt class—not the yellow belt class. Do not ask if you have passed! **Wait to be awarded your belt. Do not change classes until you are invited by Sensei.** Any other questions you may have will be happily answered by your Sensei.

**GOOD LUCK!**
In traditional Martial Arts a minimum grade of 4th Dan is required to grade a student to Shodan.

Hanshi W. M. Platt is internationally accredited by three different Martial Arts Organizations.

By successfully passing a grading in Classical Martial Arts Canada (CMAC), which takes a world class effort, you will receive an international quality accreditation.

A CMAC grading is a serious matter and not a simple formality. Even if you pass your Dojo’s pre-grading, it does not guarantee a passing grade of the CMAC test. You must demonstrate all facets required for your belt level in your performance in an unfamiliar setting interfacing with other CMAC students you do not normally train with.

**CMAC Grading Fees**
ALL KYU BELTS: $40.00* ($50.00* Non-CMAC Members)

**CMAC MEMBERSHIP MANDATORY**
FIRST DAN $140.00 ($158.20)* LEVEL I
SECOND DAN $160.00 ($180.80)* LEVEL II
THIRD DAN $180.00 ($203.40)* LEVEL III
FOURTH DAN $200.00 ($226.00)* LEVEL IV
FIFTH DAN $221.00 ($249.73)*
*fees subject to 13% HST

ALL BLACK BELT GRADING FEES PAYABLE IN CASH ONLY.

*All successful grading candidates will receive a CLASSICAL MARTIAL ARTS CANADA certificate signed by HANSHI WALLACE PLATT*
CLASSICAL MARTIAL ARTS CANADA

All 1st Dan grading participants require in duplicate:
1. A complete scholastic, Martial Arts and sporting resume.
2. Your goals for the future.
3. Three action photos of yourself in your gi.
4. A 1000 word essay entitled “What Karate Means to Me”.
5. A complete kata list, plus one loose copy.
6. A completed waiver form.

All 2nd Dan grading participants require in duplicate:
1. A 1000 word essay on the “History of Goju Ryu”.
2. Your goals for the future.
3. Describe how you have changed since you have started training.
4. What have you given in return for your Karate training?
5. A complete kata list, plus one loose copy.
6. A completed waiver form.

All 3rd Dan grading participants require in duplicate:
1. A 1000 word essay on an area to be assigned.
2. Your goals for the future.
3. A list of books that you have read, related to the Martial Arts.
4. List your 10 major accomplishments in life.
5. A complete kata list, plus one loose copy.
6. A completed waiver form.

All 4th Dan grading participants require in duplicate:
1. A 1000 word essay on an area to be designated.
2. Your goals for the future.
3. What have you gained since you started taking karate?
4. How have you helped society through your involvement in Karate?
5. A new and up-to-date resume.
6. A complete kata list, plus one loose copy.
7. A completed waiver form.

All grading fees are to be paid in cash only.
UNIFORM REQUIREMENTS

Purchased at the Front Office.

Karate: White Gi
Kobudo: White Gi top, belt or blue hakama (Kyu Belts)
        White Gi top, black hakama (Black belts)
Tai Chi: Black trackpants, Red Yin/Yang tai chi t-shirt, or sweatshirt
        White socks and/or kung-fu slippers are optional
        Instructor’s uniform is a traditional Black Tai Chi / Kung Fu jacket.

BOOKS YOU SHOULD READ

Karate: My Way Of Life  The Karate Dojo  Zen In The Martial Arts
Gichin Funakoshi  Peter Urban  Joe Hyams

The Classical Man  The Weaponless Warrior  The Book Of Five Rings
Richard Kin  Richard Kim  Myamoto Musashi

CMAC Goju Ryu Volumes 1 through 7 – Chet Dixon

Not all readers are leaders, but all leaders are readers!
SUPPORT YOUR DOJO

Purchase what you need from your Dojo’s store.
See the office for Merchandise, books, gi’s and nutritional information.

vEgA

Genuine Health

Mikado
Martial Arts Supplies

Hugo Sport

Century

Seek wisdom not knowledge
### RECORD FORMS

#### BOOKS READ

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TRANSLATIONS

Stances (Tachi Kata)

Bensoku Dachi.................................................................Female horse stance, heel down
Fudō Dachi........................................................................Immovable stance / free stance
Gyaku Zenkutsu Dachi......................................................Leaning to the front, looking to the back
Han Zenkutsu Dachi..........................................................Half of a forward leaning stance
Hankutsu Dachi................................................................Half bent leg stance
Heiko Dachi........................................................................Natural stance
Heisoku Dachi.....................................................................Attention stance
Iaigoshi Dachi.................................................................Kneeling stance
Kiba Dachi.........................................................................Horse-riding stance
Kōkutsu Dachi....................................................................Back stance
Koshi Dachi........................................................................Squatting ball of foot position
Kosa Dachi..........................................................................Cross leg stance
Musubi Dachi......................................................................Knot-shaped stance / mukuso stance
Neko Ashi Dachi.............................................................Cat foot stance
"Re" Noji Dachi...............................................................“L” stance
Sagi Ashi Dachi...............................................................Heron foot stance
Sanchin Dachi.................................................................Three Battle Stance / hour glass stance
Shiko Dachi........................................................................Lower form stance / sumo stance
Sotohachi Monji Dachi....................................................Outward shape of the letter eight stance
Tei Ji Dachi.........................................................................“T” stance
Tsuru Ashi Dachi.............................................................Crane foot stance
Zenkutsu Dachi...............................................................Forward leaning stance
Zuri Ashi Dachi...............................................................Dragged foot stance

Footwork (Ashi Sabaki)

Ayumi Ashi........................................................................Natural stepping
Naname............................................................................Diagonal 45
Okuri Ashi.........................................................................Sliding step forward
Suri Ashi...........................................................................Sliding step backward
Tai Sabaki...........................................................................Sideways avoiding step
Tenshin...............................................................................Suri Ashi maintaining striking distance
Tsugi Ashi...........................................................................Shifting stance
Yari Ashi...........................................................................Fighting distance and timing footwork
Yoko Muki...........................................................................Side facing and look at opponent

Blocks (Uke Waza)

Barate uke.................................................................Back of fingers strike
Cho uke................................................................................Butterfly block
Chudan soto uke..............................................................Outside middle area forearm block
Chudan uchi uke..............................................................Inside forearm block
Gedan barai........................................................................Downward sweeping block
Hari uke............................................................................Archer palm block
Harai otoshi.........................................................................Three point block
Hojo uke............................................................................Augmented forearm block
Jodan age uke.....................................................................Upper rising block
Joge uke...........................................................................Middle and lower block simultaneously
Joge uke hai sho..............................................................Open hand middle and lower block simultaneously
Juji uke...............................................Cross block / “x” block
Kake uke.................................................Wrist hook block
Kake uke.................................................Wrist hook block
Kakigate uke.........................................Double hooking block
Kakutei uke..........................................Crane head block
Mawashi uke........................................Wheel wrist block
Morote uke...........................................Both hands block
Osae uke.................................................Press block
Shotei barai..........................................Open hand sweeping block
Shuto uke.............................................Sword hand block
Sukui uke..............................................Sweeping block
Teisho uke............................................Palm heel block
Tora guchi...........................................Tiger mouth block

Punches (Zuki Waza)
Age zuki...............................................Upper cut
Awase zuki.............................................Simultaneous double punch
Choku zuki.............................................Straight jab punch
Furi zuki...............................................Hook punch
Gyaku zuki.............................................Reverse punch
Heppon ken morote zuki.............................Parallel double fist punch
Ippon ken shitosashi.................................Forefinger one knuckle punch
Ippon ken nakadaka.................................Middle finger one knuckle punch
Kagi zuki............................................L-shaped punch
Kizami zuki..........................................Lunging lead hand jab
Mawashi zuki........................................Wheel punch
Nanage age zuki....................................45 punch
Nihon zuke...........................................Double punch
Oi zuki...............................................Lunge punch
Otoshi zuki..........................................Downward punch
Qurt zuki..............................................Spinning back fist
Sanbon zuki..........................................Triple punch
Sandan zuki........................................Triple punch three levels
Seiken zuki..........................................Square knuckle punch
Tateken zuki.......................................Vertical punch
Uraken...............................................Back fist punch
Ura zuki...............................................Close punch
Yama zuki...........................................Mountain punch

Strikes (Te Waza)
Empi uchi...............................................Elbow strike
Otoshiempi uchi......................................Downward elbow strike
Tate empi uchi......................................Rising elbow strike
Yoko empi..............................................Side elbow strike
Haito uchi............................................Ridge hand strike
Ura haito.............................................Ridge hand strike palm up
Hiji ate (Empi)........................................Elbow strike
Mae hiji ate..........................................Forward elbow strike (rising up)
Mawashi hiji ate....................................Forward elbow strike (pointed elbow straight in)
Otoshi hiji ate......................................Forward elbow strike (pointed down)
Ushiro hiji ate.......................................Rear elbow strike
Kicks (Keri Waza)
Ashi barai...............................................Foot sweep
Fumikomi.............................................Stomp kick
Hiza geri.............................................Knee kick
Mawashi hiza geri................................Circular knee kick
Kakato geri..........................................Axe kick
Kansetsu geri.....................................Knee joint kick
Kogan geri.....................................Front snap kick using top of foot
Mae geri...........................................Front kick
Mae geri keage...................................Front snap kick
Mae geri kekomi.................................Front thrust kick
Mae ren geri......................................Double front kick
Mae tobi geri.....................................Front flying kick
Mawashi geri....................................Roundhouse kick
Ura mawashi geri.................................Upper inside roundhouse kick
Ushiro mawashi geri..............................Reverse roundhouse kick
Mikazuki geri....................................Crescent kick
Nami ashi geri...................................Inside snap kick ("returning wave")
Taka geri..........................................Front leg swing
Ushiro geri........................................Back kick
Mawate ushiro geri..............................Spinning back kick
Yoko geri..........................................Side kick
Yoko geri keage..................................Side snap kick
Yoko geri kekomi...............................Side thrust kick
Yoko tobi geri....................................Flying side kick

Miscellaneous
Aka..................................................Red
Ao..................................................................Blue
Arigato goshaimashita..............................Thank you
Atemi waza..........................................Striking vital points
Budo....................................................Martial Arts Way
Seisa..................................................kneel
Senpai..................................................Second in command, / assistant to the Sensei
Sensei.................................................................Teacher (one who has gone before)
Shiro.......................................................................White
Tsubomi heki...........................................................Grab and pull
Te waza..................................................................Hand technique
Tsumasaki.................................................................Tip of the toes
Ura..........................................................................Upper
Ushiro......................................................................Back
Yame........................................................................Stop
Yasumi......................................................................Relax
Yoi...........................................................................Ready

Counting
1  Ichi
2  Ni
3  San
4  Shi
5  Go
6  Roku
7  Shichi
8  Hachi
9  Kyu
10 Ju
11 Ju Ichi
12 Ju Ni
13 Ju San
14 Ju Yon
15 Ju Go
16 Ju Roku
17 Ju Shichi
18 Ju Hachi
19 Ju Kyu
20 Ni Ju
30 San Ju
40 Yon Ju
50 Go Ju
60 Roku Ju
70 Nana Ju
80 Hachi Ju
90 Kyu Ju
100 Hyaku

Know thy enemy
And know thyself,

And in one hundred years you will never be in peril.
When you are ignorant of the enemy, but know thyself,

Your chances of winning or losing are good.
If ignorant of the enemy and of yourself,

You are certain to be in peril in every battle.
Sun Tzu