



# The Complete Beginner's Guide to **SHOTOKAN KARATE**

## THE FOUNDER



**GICHIN  
FUNAKOSHI**

## ETIQUETTE



Bow when entering or exiting the dojo.



Refer to your teacher as Sensei or his/her proper title. Show great respect to all peers.

## CURRICULUM SECTIONS



**Bunkai** (kan-i) Basic techniques such as punches, kicks, stances, and blocks.



**Bunkai** (kan-i) A pre-arranged fight or choreographed training sequence integrating several techniques.



**Self-Defense Kata** (jōdōgi jūjutsu) Specialized self-defense techniques address chokes, holds, grabs, and weapon threats.

**Shuppin** (shoo-pen) Sparring practice that begins with controlled one-steps, and then gradually morphs into freestyle sparring.

## COUNTRY OF ORIGIN



## BELT SYSTEM

9th Kyu White Belt

8th Kyu Yellow Belt

7th Kyu Orange Belt

6th Kyu Green Belt

5th Kyu Blue Belt

4th Kyu Purple Belt

3rd Kyu Brown Belt

2nd Kyu Brown Belt

1st Kyu Brown Belt

Sho-dan Black Belt



Wear a clean, white karate gi to class.

## OSU!

A common greeting, pronounced "Oss!"

## KIRI

A powerful yell when striking. "Kir" means energy and "Iri" means to join.

## BASIC TERMS

### Jodan

Head Level

### Chudan

Middle Level

### Gedan

Lower Level

### Hajime

Begin

### Mawate

Turn Around

### Rei

Bow

### Yame

Stop

### Yoi

Ready

### Mae

Front

# Beginners Guide To Shotokan Karate

**R Sandford**

## **Beginners Guide To Shotokan Karate:**

The Beginners Guide to Shotokan Karate John Van Weenen,1983    *The Beginner's Guide to Shotokan Karate* John Van Weenen,1999-03-01    *Newsletter* ,1990    **The British National Bibliography** Arthur James Wells,2002    *Task Force Albania* John Van Weenen,2001 In this the second of John Van Weenen's books on the story of the British Charity Task Force Albania the author concentrates mainly on its Kosovo connection His group was one of the first foreign aid agencies to enter the province alongside NATO on 16th June 1999 The carnage and destruction he encountered despite his long experience in the humanitarian field sickened him to his stomach

**Books on Japan in Western Languages Recently Acquired by the National Diet Library** Kokuritsu Kokkai Toshokan,1990    **British Books in Print** ,1985    The Guide to Karate Fay Goodman,2000

**Black Belt** ,2003-11 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world

Whitaker's Cumulative Book List ,1984    *Whitaker's Books in Print* ,1998    *The Complete Idiot's Guide to Karate* Edmond Otis,Randall Hassell,2000-07-09 Learn all about the art of karate with The Complete Idiot's Guide to Karate including Simple tips for mastering the ancient Japanese martial art of karate Behind the scenes looks at tournaments and competitions Down to earth advice on how to strike whether it be with fists or feet The Complete Idiot's Guide to Karate is a witty inspiring and user friendly book this book is not only for beginners it is equally useful for advanced karate students Stan Schmidt Karate Master of the Japan Karate Association JKA Member of the JKA Shihankai World Council of Masters

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