



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



Basics (Kihon)
Basic techniques such as
punches, kicks, stances,
and blocks.



Forms (Kata)
A pre-arranged fight or
choreographed training
sequence integrating several
techniques.



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



Self-Defense (Baka)
(Goshin Jutsu)
Specialized self defense
techniques address chokes,
holds, grabs, and weapon
threats.

COUNTRY OF ORIGIN



JAPAN



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



Shodan Black Belt



Wear a clean, white
karate gi to class.

OSU!

A common greeting,
pronounced "Oss!"

KIRI

A powerful yell when
striking. "Ki" means
energy and "Ia" 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 Sanford



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 **Black Belt** ,2000-03 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 Black Belt ,2000-04 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 **Black Belt** ,1979-12 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 *Black Belt* ,1980-05 The oldest and most

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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 martial arts figure in the world **Black Belt** ,1980-03

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 martial arts figure in the world **The Insiders' Guide to Metro Atlanta** David Goldman,Pam Perry,1996

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Table of Contents Beginners Guide To Shotokan Karate

1. Understanding the eBook Beginners Guide To Shotokan Karate
 - The Rise of Digital Reading Beginners Guide To Shotokan Karate
 - Advantages of eBooks Over Traditional Books
2. Identifying Beginners Guide To Shotokan Karate
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Beginners Guide To Shotokan Karate
 - User-Friendly Interface
4. Exploring eBook Recommendations from Beginners Guide To Shotokan Karate
 - Personalized Recommendations
 - Beginners Guide To Shotokan Karate User Reviews and Ratings
 - Beginners Guide To Shotokan Karate and Bestseller Lists
5. Accessing Beginners Guide To Shotokan Karate Free and Paid eBooks

- Beginners Guide To Shotokan Karate Public Domain eBooks
- Beginners Guide To Shotokan Karate eBook Subscription Services
- Beginners Guide To Shotokan Karate Budget-Friendly Options
- 6. Navigating Beginners Guide To Shotokan Karate eBook Formats
 - ePub, PDF, MOBI, and More
 - Beginners Guide To Shotokan Karate Compatibility with Devices
 - Beginners Guide To Shotokan Karate Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Beginners Guide To Shotokan Karate
 - Highlighting and Note-Taking Beginners Guide To Shotokan Karate
 - Interactive Elements Beginners Guide To Shotokan Karate
- 8. Staying Engaged with Beginners Guide To Shotokan Karate
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Beginners Guide To Shotokan Karate
- 9. Balancing eBooks and Physical Books Beginners Guide To Shotokan Karate
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Beginners Guide To Shotokan Karate
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Beginners Guide To Shotokan Karate
 - Setting Reading Goals Beginners Guide To Shotokan Karate
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Beginners Guide To Shotokan Karate
 - Fact-Checking eBook Content of Beginners Guide To Shotokan Karate
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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