

空

"Kara" - Empty

手

"Te" - Hand

道

"Do" - Way

The U. C. Karate Club

The U. C. Karate Club

"Try Harder More!"

**THE U.C. KARATE CLUB:
A Martial Art Program Developed by
Sensei Hidetaka Abe**

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- I. Introduction
- II. Club Organization
- III. Class Schedule
- IV. Dojo Etiquette and Protocol
- V. Training
- VI. Training Objectives
- VII. Kyu Requirements
- VIII. Warmups and Warmdowns
- IX. Glossary of Common Karate Terms

Our thanks to our sempais, kohais,
and especially to our sensei.

E.V.C. and C.P.J.

I. INTRODUCTION

The martial arts are not merely about fighting techniques, and they certainly do not license anyone to go out looking for trouble. They are, on the contrary, about peace and the awareness of one's surroundings and oneself in order to avoid trouble and to stay out of fights. Towards this ideal of peace and awareness, the martial arts cultivate confidence, a healthy body, and the undefeated will or spirit. "Budo," the Japanese word for the Martial Arts or "the Way of the Warrior," itself suggests the purpose of peace in that it also signifies weapons that, rather than drawn in fear, are put away in calm self-assurance.

Karate-do means "the way of the empty hand," and this meaning is significant in several respects. First, in karate, we train without weapons and, thus, with empty ("kara") hands ("te"). Second, "empty" or "kara" also refers to an ideal mental state in which the mind is cleared of desires, anxieties, fears, concerns, preoccupations, and distractions and is focused entirely in a complete and pure awareness. And third, "do" or "way" emphasizes the spiritual and intellectual nature of what we do. Karate is not just about fighting techniques and physical conditioning, but spiritual and intellectual training and discipline as well. As Sensei Hidetaka Abe says, "Karate is a way of life."

The exact beginnings of empty-hand self-defense are unclear. The need to develop efficient and effective forms of self-protection, however, seems to be as old as society itself. Egyptian tomb drawings show and ancient Chinese documents describe self-defense techniques familiar to the modern *karate-ka* or karate practitioner.

The founder of modern Karate, Gichin Funakoshi, relates in his autobiography Karate-Do: My Way of Life the legend that identifies the originator of his branch of the martial arts - - and, thus, the branch of which the U. C. Karate Club is a part -- as Daruma, the founder Zen Buddhism fourteen

hundred years ago who taught at the Shaolin Temple in the Hunan Province of China:

According to one version of the story, his followers were physically unequal to the rigors of the training he demanded, and after many had fallen in exhaustion, he ordered them to begin, the very next morning, to train their bodies so that their minds and hearts would grow to accept and follow the way of the Buddha. His method of training was a form of boxing that came to be known as Shorinji Kempo.

The form of Karate studied here at the University of California at Berkeley came from China to Okinawa, then from Okinawa to Japan, and finally from Japan to the United States.

U. C. Karate Club training consists of the learning and practice of basic techniques (punches, kicks, blocks, and guards), *kata* (prearranged sequences of offensive and defensive techniques performed alone), *kihon kumite* (prearranged sparring sequences performed with a partner), and *jiyu kumite* (free sparring). Karate is both a martial art and a competitive amateur sport governed nationally and internationally by such groups as the United States Karate Association (USKA) and the World Union Karate Organization (WUKO).

Sensei Hidetaka Abe, Head Instructor of the U. C. Karate Club, is a seventh degree black belt in Karate and a second degree black belt in Judo. He has been studying martial arts since he was 13 years old, and at Meiji University in Tokyo, he studied Karate under Master Hironori Otsuka. While there, he was a co-captain of the 1965 All-Japan Collegiate Championship Team. In 1967, after he graduated from college and coached a year at Meiji, he came to Berkeley and began teaching the U. C. Karate Club. He has been the Head Instructor ever since.

II. CLUB ORGANIZATION

The U. C. Karate Club is one of the six clubs comprising the Martial Arts Program (MAP), which was founded by Dr. Ken Min in the late sixties. The Karate Club is not a conventional American dojo (school) in which students pay high monthly rates for lessons and in which the proprietary instructor shields the students from the organizational work. It is, in fact, a kind of Karate cooperative: all the instructors volunteer their time, and all club members participate in essential administrative activities while paying nominal dues.

The Head Instructor, Sensei Abe, is primarily responsible for leading the Karate Club's effort to sustain a successful karate school with traditional values. He certifies the club's black belts and instructors and maintains the quality of the club's training and instruction. Sensei Abe is also the club's liaison with the karate community in Japan.

Sensei Abe delegates most of the day-to-day teaching duties to a Principal Instructor, who is responsible for the organizational and instructional continuity and consistency of the club. The club President, the Vice President, and the Treasurer share the club's organizational duties. These officers are usually senior students who are directly responsible for the details of the club's organizational functions and for maintaining productive communications with MAP. The Principal Instructor coordinates the scheduling of several assistants. Some of these assistants are very senior black belts who may be asked to teach the whole class on certain days of the week. Other black belts may be asked to teach a group of students on a particular day when the class breaks down into ability levels for instruction. Occasionally, when it is appropriate, brown belts are asked to teach ability groups.

At the beginning of each semester, MAP requires that all club members fill out insurance forms and pay dues, which MAP determines. Club members are expected to pay their dues and hand in their insurance forms promptly in order to

save club officers work. Each member has two weeks from the first day that he or she starts practice to return these forms.

At the end of each spring and fall semester, there are examinations for belt advancement (*i.e.* kyu or non-black belt promotionals). In order to participate, students, by a deadline that the Principal Instructor establishes, must fill out an application and pay a small fee, which MAP determines.

All members, and particularly the higher ranking students, are encouraged to help organizationally. At the end of every kyu promotional, Sensei Abe makes it a point to say that with increased rank comes increased club responsibility. The purpose of club organization is to maintain the optimal conditions for the learning and practice of Karate. If everyone does a little work, then a few people will not have to be burdened with all the organizing at the possible expense of their training. Therefore, all club members are urged to support the organizational activities that contribute to the success of the club. At the beginning of every semester the club always needs people to greet and orient new students and to post flyers on campus. There are also opportunities throughout the semester to volunteer -- for example, selling club t-shirts and bags to club members, photocopying, typing or word-processing the club roster, organizing tournaments, and participating in martial art exhibitions. Club members should show their spirit by getting involved without having to be asked.

III. CLASS SCHEDULE

The Karate Club usually practices three times a week, and members are urged to attend as many of these practices as possible. However, all should understand that in order to achieve proficiency, one must practice at home, too.

Daily Schedule

Class begins promptly at 6:00 pm with the students lining up by rank and doing together two kneeling bows following the commands of the Instructor of the Day. Students are responsible for arriving early and warming up themselves. If a student arrives late, then he or she should warm up outside and enter during a break in the practice.

Students line up by rank. Highest ranking are located to the front and left. Ranks follow to the right of Instructor of the Day. Students should move quickly and line up next to or behind someone. Each student should straighten the line by orienting him- or herself in relation to the person farthest to the left and the person standing immediately in front.

The Instructor of the Day commands,

"Seiza!" [Kneel!]

"Shomen-ni-rei!" [Bow for the art and dojo!]

"Otagai-ni-rei" [Bow for the students!]

When Sensei Abe is present, he kneels in front of the class, and the sequence of commands is modified with "Abe Sensei-ni-rei!" [Bow for Sensei Abe!] replacing "Otagai-ni-rei!" If special guests are visiting the club, the sequence of commands may also be accordingly modified.

Following the bows, the class forms a circle for 20 minutes of warmups led by one of the Brown or Black Belts. All students by the time they are Brown Belts are expected to know how to lead warmups and warmdowns. (See section VIII "Warmups and Warmdowns.") Warmups are an

important part of Karate and should be performed as one performs everything else in Karate -- with the utmost seriousness and concentration.

After warmups, the Instructor of the Day will lead the class in 20 minutes of line drills (usually 3/4 speed followed by full speed) after which the class will be divided into ability groups for instruction:

For Mondays, the instruction will emphasize basic techniques.

For Wednesdays, kata.

And for Fridays, kumite.

At the end of class, all the students again line up; the Instructor of the Day leads the class in some final line drills; and then the Brown or Black Belt who led warmups leads 5 minutes of warmdowns. A sequence follows of brief meditation in the kneeling position followed by two kneeling bows: the Instructor of the Day commands,

"Seiza!"

"Mokuso!" [Meditate silently with eyes closed!]

"Mokuso yame!" [Meditation completed, open eyes!]

"Shomen-ni-rei!"

"Otagai-ni-rei!"

Again this final sequence of commands may be modified depending on the occasion. If Sensei Abe is present, he kneels in front of the class, and "Abe Sensei-ni-rei!" replaces "Otagai-ni-rei!" After the last kneeling bow, the Instructor of the Day tells the class to relax (sit comfortably) and asks for any announcements. All announcements must be approved ahead of time by an instructor.

Semester Schedule

Spring, summer, and fall semesters begin on dates determined by the Principal Instructor. Usually spring semesters begin the first or second week in January; summer

semesters two weeks after spring finals; and fall semesters the second week of the university's fall semester. Kyu promotionals are held once in the spring and once in the fall. The Principal Instructor generally determines promotional dates, but typically these occur in early May and early December, usually just before finals.

A Karate Club semester is roughly divided into three periods. The first period focuses on introductions for White Belts and reviews for Advanced Belts with a particular emphasis on weaknesses revealed in the last promotional. The second period focuses on new aspects of Karate, such as, new kata and kihon kumite. The final period emphasizes refining and improving techniques as well as informal and formal tests of student abilities in sparring, board breaking, and promotionals.

First Period: Introduction and Review

White Belts

During the first several weeks new students are separated from the class after warmups so that an instructor can introduce them to basic techniques. By the end of the first month, the beginners are sufficiently proficient in basic techniques to learn Basic Kata and participate in class line drills. They also know how to perform the warm-ups, the standing bow, the kneeling bow, and basic etiquette. By the sixth week, new students have learned one or two basic kata.

Advanced Belts

Advanced students work on their weaknesses in basics, kata, kihon kumite, and free sparring noted during the last promotional. At the end of this period the Advanced Belts have reviewed all the basics, kata, and kihon kumite that they know. The emphasis here is on developing power as well as making technical corrections.

Line drills with a partner are also included for the White Belts and the Advanced Belts to practice distance, control, and exact targeting.

Second Period: Strengthening Fundamentals and Broadening Skills

White Belts

Basic exercises for white belts emphasize deep face punch, deep reverse punch, roundhouse kick, and side thrust kick.

By the end of this period the White Belts should know Basic Kata 1 through 5 and Kiso Kumite 1 and 2. They will also begin learning Pinan Kata Shodan.

Advanced Belts

The advanced belts work on Tobikomi-zuki, Nagashi-zuki, and face-high and knee-high kicks.

New kata and kihon kumite are introduced. At the end of the period, Green Belts should know up to Pinan Kata Sandan and Kihon Kumite 1 and 2. The Purple Belts should know up to Nihanchi and Kihon Kumite 1 through 3. New Brown Belts should know Kushanku and Kihon Kumite 1 through 4. The advanced Brown Belts should know Seishan and Kihon Kumite 1 through 4 and the first half of 5.

Green Belts are introduced to Sparring. Advanced Belts work on kata application and various aspects of sparring, such as combinations, movement, fluidity, advanced kicks, anticipation, and breaking the opponent's rhythm.

Third Period: Refining Techniques

White Belts and Advanced Belts

The last three weeks are dedicated to reviewing for and then taking the Promotional. This is a time for reviewing all basics, kata, and kiso/kihon kumite as well as improving mental attitude. All students should check the Kyu Requirements (Section VII) to ensure that they have not missed anything.

Notes

These are general guidelines and are subject to alteration by the Instructors. They are designed to give the students an idea of what will be covered and when they are expected to know certain things.

It is the goal of each semester period to let the students review and refine what they have learned previously, learn new techniques, and then to receive feedback on their development in the form of a promotional. It must be emphasized that learning *Karate is not just knowing a series of techniques*. Students must always strive to increase their focus, awareness, relaxation, and power. Karate is primarily a mental and spiritual discipline, and spirit is paramount.

IV. DOJO ETIQUETTE AND PROTOCOL

The U.C. Karate Club has etiquette, protocol, and certain procedures that all its members follow in the dojo. These are not secret rules that exist in order to trip up or to haze unsuspecting beginners. These are more akin to guidelines for the effective learning and practice of Karate.

Karate begins and ends with courtesy and respect -- that is respect for oneself, one's fellow students, one's instructors, the project at hand (the learning, teaching, and practice of Karate), and the Martial Art -- as the club's system of bows signifies.

Before Practice Begins

1. Students should arrive well before class starts. Each student is responsible for preparing him- or herself physically and mentally for training.
2. Club members remove shoes and socks before entering the dojo. Club members do not dress for class inside the dojo. Pants and tops should be tied and belts should be on and properly knotted. Each club member does a standing bow upon entering the dojo to signify the beginning of his or her personal practice -- the outside world is left behind, and the mind focuses only on Karate.
3. Uniforms should be clean (that is, they should neither smell nor be discolored). T-shirts under uniforms should be tucked in. No body armor is allowed unless it is protecting an existing injury.
4. Bags, backpacks, shoes, and other such things that club members may bring into the dojo should be neatly placed along the side of the room nearest the entrance.

5. For safety reasons, club members do not chew gum, and they remove all jewelry and watches before training. Fingernails and toenails are kept trimmed.
6. Without being asked, junior students -- especially white belts -- should sweep the dojo's floor before training.
7. If junior students need help, they may ask the senior students, who are both happy and expected to assist.
8. Club members bow to acknowledge the help or instruction that they personally receive from others.

During Practice

9. When Sensei Abe or another instructor addresses the class, all should immediately stop what they are doing and listen carefully.
10. Silence and seriousness are essential for the intensity and focus necessary for productive training.
11. Club members should move quickly and not waste time. Every movement one makes in the dojo is Karate-Do.
12. The training is hard, but one should never give up. One should always try one's best. There is no shame in trying but failing. There is shame in not trying.
13. All injuries should be reported immediately to the instructor.
14. Club members should respectfully heed the advice and comments of others. If someone tells a student something that the student suspects is wrong, the student should not ignore this person, but politely

thank him or her and then check this information with an instructor.

15. Club members who demonstrate proficiency, knowledge, and good communication skills may be given opportunities to help teach.
16. Club members should not offer information that is conjectural to others. They should provide only what they know is true. If one does not know how to answer a question, then he or she should find someone who does.
17. A break in the middle of class is not an opportunity for club members to chat. Everyone should stretch and stay focused. No one is to go for a drink of water, unless he or she actually feels ill.
18. The dojo is a place of mutual respect. Gender and age make no difference.

After Practice

19. On some days, the Karate Club must be out of the dojo promptly at 7:30 so that another class can use the room; thus, on such days, club members should move out of the room quickly; any necessary club business should be conducted in the hallway.
20. There are days, however, when club members are welcome to stay after practice to work out. This is a good time for club members either to work on their own or to get extra help from senior students or instructors.
21. Before leaving the dojo, each club member does a standing bow to signify the end of his or her personal practice.

V. TRAINING

The technical skills of Karate are built up gradually over a period of time. One must develop the appropriate muscles and train the nervous system to control these muscles. For an effective Karate technique, one must learn to relax certain muscles and tense others. These muscles and muscle groups are not subject to immediate voluntary control, so the control must be learned little by little.

Much of the training is by repetition; so the pursuit of Karate requires a prolonged and consistent commitment. Karate techniques must be practiced for years before proficiency is achieved. Eventually, these techniques will not require conscious effort because they have become automatic.

At the core of the U. C. Karate Club's training is five basic progressive building blocks. The student will have individual instruction by the instructors, but he or she should also learn by observing others and imitating their movements.

1. Warmups/Warmdowns

Warmups and Warmdowns are not what one does before and after doing Karate; they are, in fact, an essential part of Karate. Warmups prepare one's body and mind for other aspects of training. Together with Warmdowns, they build flexibility, strength, and mental focus as well as help prevent injuries.

2. Basics -- Line Drills

Basics are the learning and practice of individual basic techniques and combinations. Their emphasis is on technical precision and the efficient and effective use of one's whole body. While there is some variation from day to day, the class should normally practice each of the following basic techniques:

| | |
|-----------------------|--------------------|
| Sonoba-zuki | Punching in place |
| Jun-zuki | Step in punch |
| Gyaku-zuki | Reverse punch |
| Jun-zuki no tsukomi | Deep face punch |
| Gyaku-zuki no tsukomi | Deep reverse punch |
| Maegeri | Front snap kick |
| Mawashgeri | Roundhouse kick |
| Sokuto | Side thrust kick |

3. Kata

In Kata, individual techniques are put together into predetermined defensive/offensive sequences in the performance of a hypothetical fight with multiple opponents coming from various directions. The emphasis is on fluidity, coordination, rhythm, and mental focus. These are the katas that are regularly taught in the Karate Club:

Kihon (Basic) Kata 1-5
Pinan Kata 1-5
Nihanchi
Kushanku
Seishan

4. Kiso and Kihon Kumite

In Kiso and Kihon Kumite, prescribed sequences are now performed with a partner who plays the role of an opponent. The focus here is on the exact gauging of distance, timing, and targeting and on practically discovering that, as Sensei Abe says, "the best offense is the best defense, and the best defense is the best offense."

5. Jiyu Kumite

In Jiyu Kumite, one spars respectfully with various partners at 1/2-, 3/4-, or full speed. The emphasis is on fighting spontaneity, proper technique, awareness, creativity, anticipation, control, fluidity, distancing, targeting, stamina, and courage. One works in cooperation with a partner to

improve one's sparring techniques; Jiyu Kumite is not a competition or real fight in which one is trying to defeat an opponent. The sparring is strictly controlled: kicks and various closed fist punches with emphatic pull-backs are used; only techniques to the abdomen and the back (off the spine) with moderate contact and techniques to the head with no contact are allowed; techniques targeted below the belt are prohibited; sweeps are allowed if they lead to an effective punch or kick.

During Jiyu Kumite, no one should get hurt. Very occasionally, however, there are minor accidents. These are, of course, a natural risk in Karate, and students should learn from them. No one should hold a grudge for being accidentally struck. White Belts do not spar, only Yellow Belts and above. Everyone who spars must have his or her own cotton hand guards; the club will provide hand guards only to guests. Club members can also use mouth guards and cups. No one can use body armor or extra padding unless they have a special reason and have consulted the instructors. Students should not spar without an instructor's supervision.

There are also these additional aspects to the U. C. Karate Club's training:

Self-Defense

Karate develops self-defense skills. There are some eminently practical techniques that ordinarily do not get covered in the club's regular practices, so occasionally the instructors have a practice day during which they review some of these techniques.

Tameshiwari (Board Breaking)

Board breaking is a practical test of technique and mental focus.

Special Training

Throughout the year there are special training sessions that are held on Saturdays or Sundays. These are opportunities for instructors to work with club members on particular problems or themes and are sometimes limited to Advanced Belts or Black Belts. There are also occasional weekend review sessions during which Black Belts will work with whoever shows up on whatever that individual feels he or she needs extra help in.

Tournaments

Tournaments are opportunities for club members to test themselves both in sparring against unknown opponents in a controlled environment and in kata under the stressful conditions of tournament competition. Though this competition is not the primary focus of the martial arts, it can be a useful tool used in conjunction with other tools for the practice of Karate.

Teaching

As Sensei Abe explains, teaching is a part of karate training. Having to have to teach makes one think about and articulate how and why the various aspects of Karate are performed. It is also a way of giving back the teaching that one has already received. See Section IV for teaching etiquette and Section II for who gets to teach.

Promotionals

Promotionals are an opportunity for club members to perform under pressure, show their instructors what they have learned, receive assessments on their strengths and weaknesses from their instructors, and inspire themselves to -- as Sensei Abe says -- "Try harder more!" See Section VII for promotional requirements.

VI. TRAINING OBJECTIVES

1. Form

Although all martial arts have similar philosophies and training techniques, each style is distinguished by a unique way of positioning and moving the body. For example, some styles emphasize low and powerful stances while others emphasize higher, more mobile stances. One of the advantages of focusing on a specific style is that it allows the student to build a solid technical foundation. This foundation enables the student to explore more advanced techniques and to develop a deeper general understanding of the Martial Arts. The refinement of one's form is an on-going process. Even students who train for several years continually strive to master the subtleties of even the most basic technique.

2. Balance

Standing and moving correctly require good balance. Balance, therefore, is a useful measure of one's form. New students will find this especially true when learning how to deliver an effective kick while balanced on one leg. Unless the student stands and moves correctly with good balance, the kick will lack speed, power, and accuracy. When one is off balance, the technique is ineffective, and one is vulnerable to attack.

3. Speed

Developing speed requires excellent body control. The student must explosively contract certain muscles while keeping others completely relaxed -- in other words, moving from a static position to a fully effective and efficient movement. Punching and kicking with speed can be especially challenging for new students when they are still trying to remember how to move correctly. Good form developed by repeating basic techniques thousands of times is an important foundation for developing speed.

4. Power

As a student's form, balance, and speed improve, the power behind a karate technique increases. Formal karate stances and movements were developed using basic laws of physics to optimize the delivery of powerful punches, kicks, and guards. When students move correctly with good form, balance, and speed, they will begin to feel more power.

5. Focus/Definition (Kime)

The execution of any karate technique requires focus, or "kime," in order to be effective. In the beginning, focus is needed to coordinate correct form, speed, and power so that punches, kicks, and guards are delivered accurately. Imagining or visualizing an opponent when practicing basic techniques is one way of improving focus.

6. Control

Building physical and mental control is an important karate training goal. Developing a well timed punch with full speed and power, but stopping within a fraction of an inch from your opponent's face is an example of physical control. Overcoming one's fear and continuing to remain calm and relaxed when faced with a strong, fierce opponent is an example of mental control.

7. Timing

After the student can perform the basic techniques reasonably well, sparring becomes a more frequent part of training. Through attack and guard exercises with a partner, the student begins to develop a sense of timing. At first the student needs to work on timing the guard so that the attack is parried correctly. As the student becomes more advanced, he or she strives to develop a sense of timing and intuition so that he or she can anticipate attacks and strike preemptively.

8. Distance

When faced with an opponent, the student needs to have a sense of distance -- the range within which he or she can attack or be attacked. The student needs to know what attacks are possible at what ranges, and needs to develop a sense of how and why the distance between him/her and the opponent can be controlled and manipulated.

VII. KYU REQUIREMENTS

The rank structure is divided into two categories. These are the kyu ranks and dan ranks. Kyu ranks rise from the lowest 10th kyu to 1st kyu. Dan ranks progress from 1st dan (shodan) upwards. The U. C. Karate Club belt system is as follows.

All beginning students start at 10th kyu.
9th kyu White Belt
8th kyu Yellow Belt
7th kyu Yellow Belt
6th kyu Green Belt
5th kyu Green Belt
4th kyu Purple Belt
3rd kyu Brown Belt
2nd kyu Brown Belt
1st kyu Brown Belt
Shodan and higher Black Belt

In addition there is a +/- system within each kyu. For example, a 7- is below a 7, and a 7 is below a 7+, which is below a 6-. (One should think of a 7+ as a very strong 7 and a 7- as a weaker 7.)

The kyu examination typically occurs on two consecutive class periods. On the days of the exam, participants are expected to arrive early and warm up on their own. The committee of judges includes the Head Instructor, a panel of the most senior Black Belts, and a caller. Participants are evaluated on their proficiency, knowledge, effectiveness of techniques, spirit, and class participation. Promotionals are stressful and therefore are a good test of how one performs under pressure.

There is no set period of time for advancement through the ranks. Advancement depends upon the individual's dedication and effort, and it becomes increasingly more difficult as the student progresses. Some time after a student has practiced diligently for four or more years and has

achieved the rank of 1+, Sensei Abe may ask him or her to take the examination for Black Belt.

WHITE BELTS/YELLOW BELTS

At the white belt level the student should learn intent. Although the student may not be able to perform the techniques exactly, he or she should begin to understand their purpose and to manifest that understanding. One does not do the movements as tricks nor just for exercise, but rather each movement has a meaning as an attack or defense. The white belt student should learn to perform the techniques as if really attacking or defending. The facial expression and focus in the eyes should show concentration and an understanding of the purpose of the movements.

KIHON

Kihon no tsuki (basic punches)

Sonoba-zuki
Jun-zuki
Gyaku-zuki
Jun-zuki no tsukomi
Gyaku-zuki no tsukomi

Kihon no keru (basic kicks)

Maegeri: chudan, jodan
Mawashigeri: chudan
Sokuto: chudan

Kihon no uke (basic guards)

Jodan-uke
Gedan-barai
Soto-uke
Uchi-uke
Shuto-uke (in Cat Stance)

KATA

Kihon no kata (basic katas) No. 1 through 5

Pinan kata (advanced katas) No. 1

KUMITE

Kiso kumite No. 1 and 2

Jiyu kumite for yellow belts only.

KARATE TERMS

Dojo - Practice hall

Karate gi - Karate uniform

Seiza - Kneel

Rei - Bow

Shomen-ni rei - Bow of respect for the dojo and the activity of Karate

Sensei-ni rei - Bow of respect for the teacher

Yoi - Ready, get ready

Yame - Stop or finish, return to ready position

Naore - Return to attention position

Hajime - Begin

Mawate - Turn around

Mokuso - Meditate

Kiai - Yell

Kyu - Class, ranking

Kata - Pre-arranged form

OTHER SKILLS AND KNOWLEDGE

Standing bow

Kneeling

Kneeling bow

Wearing a karate-gi

Tying a belt

Basic etiquette and protocol

Warming up on one's own

Counting to ten in Japanese

Basic practice responsibilities (such as sweeping the floor)

GREEN BELTS

The green belt student begins to work to perfect both technique and form: for example, solid stances and good control of the body. In addition the student should develop a strong spirit and show enthusiasm in class. This enthusiasm will provide a good example for the White Belts and push the Upper Belts.

KIHON

Kihon no tsuki

Sonoba-zuki
Jun-zuki
Gyaku-zuki
Jun-zuki no tsukomi
Gyaku-zuki no tsukomi
Kette jun-zuki
Kette gyaku-zuki

Kihon no keru

Maegeri: chudan, jodan, gedan
Mawashigeri: chudan, jodan, gedan
Sokuto: chudan, jodan

Kihon no uke

Jodan-uke
Gedan-barai
Soto-uke
Uchi-uke
Shuto-uke (in Cat Stance)

KATA

Kihon no kata No. 1 through 5

Pinan kata No. 1 through 3

KUMITE

Kiso kumite No. 1 and 2

Kihon kumite No. 1 and 2

Jiyu kumite: basic attacks, basic defenses

KARATE TERMS

Zenkutsudachi - Forward stance

Kibadachi - Horse riding stance

Shikodachi - Square stance

Gedan-barai - Lower block

Jodan-uke - Upper block

Soto-uke - Outside block

Uchi-uke - Inside block

Shuto-uke - Knife-hand block

Sonoba-zuki - Punching in place

Jun-zuki - Forward punch

Gyaku-zuki - Reverse punch

Jun-zuki no tsukomi - Deep forward punch

Gyaku-zuki no tsukomi - Deep reverse punch

Maegeri - Front snap kick

Mawashigeri - Round-house kick

Sokuto - Side-thrust kick

Kette_____zuki - Kick and punch

Jodan - Upper

Chudan - Middle

Gedan - Lower

Shodan - First

Nidan - Second

Sandan - Third

Yondan - Fourth

Godan - Fifth

OTHER SKILLS AND KNOWLEDGE

Basic organizational responsibilities (*i.e.*, work on the flyer campaigns, and exhibition participation)

PURPLE BELTS

The Purple Belt ought to have especially good spirit and enthusiasm. He or she also should now combine power with correct form, good balance, and speed.

KIHON

Kihon no tsuki

Sonoba-zuki
Jun-zuki
Gyaku-zuki
Jun-zuki no tsukomi
Gyaku-zuki no tsukomi
Kette jun-zuki
Kette gyaku-zuki

Kihon no keru

Maegeri: chudan, jodan, gedan
Mawashigeri: chudan, jodan, gedan
Sokuto: chudan, jodan

Kihon no uke

Jodan-uke
Gedan-barai
Soto-uke
Uchi-uke
Shuto-uke (in Cat Stance)

KATA

Kihon no kata No. 1 through 5

Pinan kata No. 1 through 5

Advanced kata Nihanchi

KUMITE

Kiso kumite No. 1 and 2

Kihon kumite No. 1, 2, and 3

Jiyu kumite: anticipation and feinting

OTHER SKILLS AND KNOWLEDGE

Knowledge of how to lead Warmups

More advance organizational participation (*i.e.*, the coordination of flyer campaigns and other basic organizational activities)

Advanced protocol and etiquette

3RD KYU AND 2ND KYU BROWN BELTS

The student at this level improves his or her basic techniques by learning to relax. He or she learns confidence and poise as well as technique and how to focus and concentrate power.

KIHON

Kihon no tsuki

Sonoba-zuki
Jun-zuki
Gyaku-zuki
Jun-zuki no tsukomi
Gyaku-zuki no tsukomi
Kette jun-zuki
Kette gyaku-zuki
Kette jun-zuki no tsukomi
Kette gyaku-zuki no tsukomi

Kihon no keru

Maegeri: chudan, jodan, gedan
Mawashigeri: chudan, jodan, gedan
Sokuto: chudan, jodan, gedan

Kihon no uke

Jodan-uke
Gedan-barai
Soto-uke
Uchi-uke
Shuto-uke (in Cat Stance)

Other techniques

Tobikomi-zuki
Nagashi-zuki

KATA

Kihon no kata No. 1 through 5

Pinan kata No. 1 through 5

Advanced kata Nihanchi, Kushanku

KUMITE

Kiso kumite No. 1 and 2

Kihon kumite No. 1 through 4

Jiyu kumite: timing, use of distance, breathing,
relaxation, technical control, concentration of
power

KARATE TERMS

Sempai - Senior student

Kohai - Junior student

Hiki-te - Pulling hand back

Kime - Definition

Zanshin - Awareness

Ipponken - One-knuckle fist

Uraken - Backfist

Ashi barai - Foot sweep

Tobikomi-zuki - Sliding forward punch

Nagashi-zuki - Sliding sideways punch

OTHER SKILLS AND KNOWLEDGE

Teaching basic techniques and katas

Most advanced organizational participation (*i.e.*, as
club President, Vice President, or Treasurer)

1ST KYU BROWN BELTS

At this level, the brown belt student should demonstrate profound commitment, dedication, and self-motivation in his or her training.

KIHON

Kihon no tsuki

Sonoba-zuki
Jun-zuki
Gyaku-zuki
Jun-zuki no tsukomi
Gyaku-zuki no tsukomi
Kette jun-zuki
Kette gyaku-zuki
Kette jun-zuki no tsukomi
Kette gyaku-zuki no tsukomi

Kihon no keri

Maegeri: chudan, jodan, gedan
Mawashigeri: chudan, jodan, gedan
Sokuto: chudan, jodan, gedan

Kihon no uke

Jodan-uke
Gedan-barai
Soto-uke
Uchi-uke
Shuto-uke (in Cat Stance)

Other techniques

Tobikomi-zuki
Nagashi-zuki

KATA

Kihon no kata No. 1 through 5

Pinan kata No. 1 through 5

Advanced kata Nihanchi, Kushanku, Seishan

KUMITE

Kiso kumite No. 1 and 2

Kihon kumite No. 1 through 4 and first half of 5

Jiyu kumite rhythm, controlling the flow of energy

KARATE TERMS

Seishandachi - Pigeon-toed with heel and toe on one
line

Tate seishandachi - Forward seishandachi

OTHER SKILLS AND KNOWLEDGE

Teaching basic techniques and katas

Most advanced organizational participation (*i.e.*, as
club President, Vice President, or Treasurer)

1+ -- BLACK BELT CANDIDATE

The student at this level, besides general proficiency, must develop an understanding of the significance of the techniques and the perception of the correspondences between basic techniques, the advanced versions found in katas, and the free-form versions used in sparring. He or she should be able to communicate this understanding and perception and thus effectively teach.

KIHON

Kihon no tsuki

Sonoba-zuki
Jun-zuki
Gyaku-zuki
Jun-zuki no tsukomi
Gyaku-zuki no tsukomi
Kette jun-zuki
Kette gyaku-zuki
Kette jun-zuki no tsukomi
Kette gyaku-zuki no tsukomi

Kihon no keru

Maegeri: chudan, jodan, gedan
Mawashigeri: chudan, jodan, gedan
Sokuto: chudan, jodan, gedan

Kihon no uke

Jodan-uke
Gedan-barai
Soto-uke
Uchi-uke
Shuto-uke (in Cat Stance)

Other techniques

Tobikomi-zuki
Nagashi-zuki

KATA

Kihon no kata No. 1 through 5

Pinan kata No. 1 through 5

Advanced kata Nihanchi, Kushanku, Seishan

KUMITE

Kiso kumite No. 1 and 2

Kihon kumite No. 1 through 5

Jiyu kumite: Fluidity, Creativity, Spontaneity

KAISETSU

Oral examination on any aspect or combination of aspects of Karate.

VIII. WARMUPS AND WARMDOWNS

The leader for warmups and warmdowns must establish a good rhythm and pace. For warmups he or she both performs as a model of how the exercises are supposed to be done and builds a class spirit that inspires the students to work hardest .

Warmups

- Jumping in place
- Jumping side to side
- Jumping diagonal
- Jumping highest with kiai (3)
- Body side to side (6)
- Body front to back (6)
- Circles with the body (6)
- Twisting body to left and right (6); deepest (6)
- Stretching knees (8)
- Knees deepest (8)
- Stand up in shikodachi (square stance)
- Shikodachi up and down (6 -- optional)
- Shikodachi up and down with toes (6 -- optional)
- Bending knees (6)
- Circles with the knees (6)
- Hands to the floor coming up with kiai (3)
- Arms open (6)
- Arms diagonal (6)
- Circles with arms; forward (6) and reverse (6)
- Right arm forward (6); reverse (6)
- Left arm forward (6); reverse (6)
- Waist side to side coming up with kiai (6)
- Circles with the waist (6)
- Head up and down (6)
- Head twisting (6)
- Head tilting (6)
- Circles with the head (6)
- Making fists (10 progressing in speed; several as fast as everyone can go; 3 tightest; 10 progressing in speed)

Stretching wrists (10)
Push ups (10-20)
Sitting; twisting ankles and toes (left then right)
Feet together touching head to knees for short
count (5)
Feet apart stretching to left (3), right (3), center (3)
for short count
Feet together touching head to knees for long
count (3)
Feet apart stretching to left (3), right (3), center (3)
for long count
Split center; left and right (3 each side); center
Lay down: sit ups (10-20)
Leg lifts: feet 45, 6 inches (10)
Alternate kicking (20)
Body left, legs right/vice versa (10)
Up as quick as you can without using hands
Jumping Jacks (20)
Yame; step in basic stance
Lifting legs highest (5; kiai on the 5th)
Turn to the left; kicking inside/outside with heel up
(5 each side; kiai on the 5th)

Face center

Sonoba-zuki; slowest (6), 1/2 speed (6),
3/4 speed (6)

Maegeri chudan; right side slowest (6),
1/2 speed (6)

left side slowest (6), 1/2 speed (6)

right side 3/4 speed (6)

left side 3/4 speed (6)

Sonoba-zuki speed (10)

Maegeri chudan speed (6 each side)

Yame, naore

Warmdowns

Arms open (4)
Arms diagonal (4)
Circles with the arms; forward and reverse (4)
Right arm forward, reverse (4)
Left arm forward, reverse (4)
Body side to side (4)
Body front and back (4)
Circles with the body (4)
Twisting body to left and right (4); deepest (4)
Stretching knees (6)
Knees deepest (6)
Stand up in shikodachi (square stance)
Bending knees (4)
Circles with the knees (4)
Hands to the floor coming up with kiai (3)
Waist side to side coming up with kiai (4)
Circles with the waist (4)
Head up and down (4)
Head twisting (4)
Circles with the head (4)
Stretching highest and throw arms down (3)
Yame, naore

IX. GLOSSARY OF COMMON KARATE TERMS

Pronunciation: Terms are written here in approximate Roman letter equivalents. Vowels are pronounced much as they are in Spanish. Thus:

a = ah, as in saw
e = ay, as in hay
i = ee, as in knee
o = oh, as in so
u = oo, as in tube

Japanese often drops i and u between consonants. Shiko is pronounced "shkow"; mokuso is pronounced "mowk'so."

Consonants are pronounced as in Spanish.

General Terms

| | |
|---------------|--|
| Karate-Do | Way of the Empty Hand |
| Shihan | Master, founder |
| Sensei | Teacher, instructor |
| Dojo | Practice hall |
| Karate-Gi | Practice uniform |
| Obi | Belt |
| Sempai | Senior student |
| Kohai | Junior student |
| Kyu | Class, ranking |
| Dan | Degree |
| Seiza | Kneel |
| Rei | Bow |
| Shomen-ni rei | Bow of respect for the activity of Karate and the dojo |
| Sensei-ni rei | Bow of respect for teacher and the instruction |
| Kiai | Yell |
| Ki | Breath, energy, spirit |
| Tachi/Dachi | Stance |

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| | |
|-------------|--|
| Uke | Guard |
| Tsuki/Zuki | Punch |
| Keri/Geri | Kick |
| Jiyu-Kumite | Free-fighting |
| Chudan | Middle |
| Jodan | Upper |
| Gedan | Lower |
| Kumite | Fighting |
| Kata | Pre-arranged form |
| Kiotsukei | Attention Stance |
| Yoi | Ready, get ready |
| Hajime | Begin |
| Yame | Stop or finish, return to ready position (lit. "good") |
| Naore | Return to attention position |
| Mawate | Turn around |
| Mokuso | Meditate |
| Hai | Yes, agree |
| Osu | Formal affirmation, "Yes sir!" |
| Zanshin | Awareness |
| Kime | Definition |
| Hara | Middle/stomach, seat of the soul |
| Gyaku | Reverse |
| Hiku | Pulling (hiki-te = pulling hand) |
| Kamae | General posture of the whole body |
| Mae | Front |
| Mushin | No mind, clearing mind of obstacles |
| Te | Hand |
| Ushiro | Back |

Types of Stances (Tachi)

| | |
|------------------|-------------------------|
| Musubidachi | Attention position |
| Heisokudachi | Heels and toes together |
| Sotohachijidachi | Ready stance |
| Zenkutsudachi | Forward stance |
| Kibadachi | Horse riding stance |

| | |
|-------------------|--|
| Shikodachi | Square stance |
| Kokutsudachi | Back stance |
| Nekoashidachi | Cat stance |
| Seishandachi | Pigeon-toed with heel and toe on one line |
| Tate seishandachi | Forward seishandachi |

Striking Surfaces

| | |
|-----------|-----------------------------------|
| Seiken | Forefist |
| Uraken | Backfist |
| Ipponken | One-knuckle fist |
| Tetsui | Hammer hand |
| Shotei | Heel of palm |
| Shuto | Knife-hand |
| Nukite | Spear hand |
| Haito | Ridge hand |
| Hiji/Empi | Elbow |
| Sokuto | Sword edge (outside edge of foot) |
| Kakato | Heel |
| Haisoku | Instep |
| Hiza | Knee |

Types of Guards (Uke)

| | |
|-------------|------------------|
| Gedan barai | Lower block |
| Jodan uke | Upper block |
| Soto uke | Outside block |
| Uchi uke | Inside block |
| Shuto uke | Knife-hand block |
| Hiji uke | Elbow block |

Types of Punches (Tsuki)

| | |
|-------------|-------------------|
| Sonoba-zuki | Punching in place |
| Jun-zuki | Forward punch |
| Gyaku-zuki | Reverse punch |

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| | |
|-----------------------|------------------------|
| Jun-zuki no tsukomi | Deep forward punch |
| Gyaku-zuki no tsukomi | Deep reverse punch |
| Tobikomi-zuki | Sliding forward punch |
| Nagashi-zuki | Sliding sideways punch |
| Kette _____-zuki | Kick and punch |

Types of Kicks (Keri)

| | |
|-------------|------------------|
| Maegeri | Front snap kick |
| Mawashigeri | Round-house kick |
| Sokuto | Side-thrust kick |
| Ushirogeri | Back kick |
| Hizageri | Knee kick |

Other Techniques

| | |
|--------------|--------------------|
| Uraken uchi | Back fist strike |
| Tettsui uchi | Hammer fist strike |
| Shuto uchi | Sword hand strike |
| Nukite | Spear hand strike |
| Empi uchi | Elbow strike |

Numbers (Cardinal)

| | |
|--------|-------|
| Ichi | One |
| Ni | Two |
| San | Three |
| Shi | Four |
| Go | Five |
| Roku | Six |
| Shichi | Seven |
| Hachi | Eight |
| Ku | Nine |
| Ju | Ten |

Numbers (Ordinal)

Shodan-First
Nidan-Second
Sandan-Third
Yondan-Fourth
Godan-Fifth

Other Terms

| | |
|-------------|----------------------------|
| Tameshiwari | Board breaking |
| Makiwara | Punching board |
| Hachimaki | Headband |
| Ashi barai | Foot sweep |
| Nunchaku | Two sticks joined by chain |
| Sai | Short pronged swords |
| Bo | Long staff (6 feet) |
| Jo | Short staff (3 feet) |



Heart