

I can be a black belt, I will be a black belt,
I must be a black belt

空手

Advancement WORKBOOK

Black Belt pledge
I promise to:

- To be a leader
- To be a role model
- Take responsibility
- To be a mentor
- Be humble
- Always finish strong
- Inspire
- Earn my black belt!

Signature: _____



Stay Connected: "Like"
Facebook.com/norwinninjas Facebook.com/allegHENYshotokan

12591 Route 30 North Huntingdon, PA 15642 call/text 724-201-9285 or 724-640-2111

Black Belt TIMELINE



Q: How long does it take an AVERAGE person to earn a black belt? A: The AVERAGE person does not earn a black belt.

<input type="checkbox"/>	White Belt Day 1		Kihon (basics)	
<input type="checkbox"/>	Yellow Stripe		Kihon (basics)	kihon or 1/2 shodan
<input type="checkbox"/>	Yellow Stripe @ 4 Months		3/4 Heian Shodan	can't complete shodan
<input type="checkbox"/>	Yellow Belt @ 8 months		Heian Shodan	Shoshin
<input type="checkbox"/>	Orange Stripe 1 year		1/2 Heian Nidan	
<input type="checkbox"/>	Orange Belt @ 4 months		Heian Nidan	Fudoshin
<input type="checkbox"/>	Blue Stripe @ 8 months		1/2 Heian Sandan	
<input type="checkbox"/>	Blue Belt @ year 2		Heian Sandan	Zanshin
<input type="checkbox"/>	Blue Belt 1 Tip		Heian Sandan	
<input type="checkbox"/>	Blue Belt 2 Tips @ 3 years		1/2 Yodan	Heijoshin
<input type="checkbox"/>	Green Belt		Heian Yodan	
<input type="checkbox"/>	Green Belt 1 Tip		Heian Yodan	
<input type="checkbox"/>	Green Belt 2 Tips @ 4 years		Heian Godan (1st half)	
<input type="checkbox"/>	Purple Belt		Heian Godan	Mushin
<input type="checkbox"/>	Purple Belt 1 Tip		Heian Godan	
<input type="checkbox"/>	Purple Belt 2 Tips @ 5 years		1/2 Bassai Dai	
<input type="checkbox"/>	Brown Belt (3B)		Bassai Dai	Senshin / Kobudo kata
<input type="checkbox"/>	Brown Belt 1 Tip (3 KYU)		Tekki Shodan	Character / 30 / Arm Bar
<input type="checkbox"/>	Brown Belt 2 Tips (2B)		Join	Sincerity / 35 / Guillontine
<input type="checkbox"/>	Brown Belt 3 (2 KYU) Tips		Tekki Nidan	Effort / 40 / RNC
<input type="checkbox"/>	Brown Belt 4 (1B) Tips		Kanku Dai	Etiquette / 45 / Triangle
<input type="checkbox"/>	Brown Belt 5 (1 KYU) Tips		Free / tournament kata	Self-Control / 50 push ups
<input type="checkbox"/>	Pre-Black Belt Test @ 7 years		Bunkai	4-step OYO self-defense
<input type="checkbox"/>	Jr Black Belt 13 & undert+			
<input type="checkbox"/>	Full Shodan 14+			

This is an estimate. Every student moves at his/her own pace. Adults and students with previous martial arts rank and experience may move through the novice ranks quicker.

Viola Shotokan Karate Dojo Traditions:



The dojo motto:

“Building Champions in Life” You can’t “buy” **character**, but you can “build” it!
We teach perfection of character by building a strong mind, body and spirit.

The secret to karate:

Shihan Viola has always famously replied that the secret is, “Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday.” Our dojo believes in **100% work ethic**: Practice-Practice-Practice / Basics-Basics-Basics. We follow a “will over skill” mentality. **Every black belt in our dojo is a white belt who NEVER quit!**

The way we train:

“The more you sweat in here, the less you bleed out there.” Unfortunately we live in a dangerous world, and Shihan has always preached “Intensity” to prepare students to defend themselves. The dojo follows the ancient tradition of “Ikken Hittasu” (finish/defeat with one strike). It’s a philosophy that a “single” powerful technique will end a fight, but always be mentally prepared to strike again, and again, and again if necessary. Over the years we adopted a battle cry, “Tora no me” which translates into Eye of the tiger.

The way we lead:

The formula is simple; each rank above must be a role model for the next group. It’s a domino effect. The passion and desire for self-improvement is contagious.

Our Attitude:

In class, at tournaments, or in life we live by the words, “Either I win, or I learn. I never lose.” Stay positive!

Our method of Self-Defense:

The best defense is having the will power and confidence to avoid dangerous situations. We vow to never start a fight, but always finish.

Our Legacy:

The Viola family traditions have been passed on from generation to generation since 1969. Shihan chose “Allegheny” as our dojo name because the first location was in Allegheny County (East Allegheny Highschool).

CHANCES OF SUCCESS



- 0%. I won't
- 10%. I can't
- 20%. I don't know
- 30%. I wish I could
- 40%. I want to
- 50%. I think I might
- 60%. I might
- 70%. I think I can
- 80%. I can
- 90%. I am
- 100%. I did

Our Pledge: To Inspire.

A mediocre teacher tells. A good teacher explains. A superior teacher demonstrates.
A great teacher inspires.

6

SAMURAI

MINDSETS



Shoshin
Beginner's Mind



Fudoshin
Immovable Mind



Zanshin
Alert Mind



Heijoshin
Peaceful Mind



Mushin
No Mind



Senshin
Enlightened Mind



5 Maxims

Dojo Kun

Shotokan Code of Ethics



“The Ultimate Aim of Karate-do lies not in victory nor defeat, but in the perfection of the character of its participants.”

-Master Funakoshi

首席師範
中山正敏

THE JAPAN KARATE ASSOCIATION
Masatoshi Nakayama
Chief Instructor

訓

一人格完成に努むること
一誠の道を守ることに
一努力の精神を養うこと
一礼儀を重んずること
一血気の勇を戒むること

Character-Sincerity-Effort-Etiquette-Self-Control

1 2 3 4 5

Each begin with the kanji (一) for ichi or “Hitotsu” showing equal importance

- Seek perfection of character (Jinkaku kansei ni tsutomuru koto)
- Follow the way of sincerity (Makoto no michi o mamoru koto)
- Strengthen your spirit with resolution (Doryoku no seishin o yashinau koto)
- Abide by the rules of ethics (Reigi o omonzuru koto)
- Refrain from violence and cultivate self-control (Kekki no yuu o imashimuru koto)

5 Maxims

Shotokan Karate

aka "The Dojo Kun"



"The Ultimate Aim of Karate-do lies not in victory nor defeat, but in the perfection of the character of its participants."

-Master Funakoshi

*You are required to submit 1-page minimum (250-500 words) typed essay on this maxim for your 1st brown belt tip. It should explain the maxim, how it applies to karate and how it has applied to your life.

General rule of thumb a typical paper with 1-inch margins typed in 12- point font with standard spacing elements would be approx. 500 words. If you use double spacing, it would take approximately 250 words to fill the page.

CHARACTER

I. Seek perfection of character

(Jinkaku kansei ni tsutomuru koto)

This is the most famous of all the maxims.

一、人格完成に努める事

Notes:



5 Maxims

Shotokan Karate

aka "The Dojo Kun"



"The Ultimate Aim of Karate-do lies not in victory nor defeat, but in the perfection of the character of its participants."

-Master Funakoshi

*You are required to submit 1-page minimum (250-500 words) typed essay on this maxim for your 2nd brown belt tip. It should explain the maxim, how it applies to karate and how it has applied to your life.

General rule of thumb a typical paper with 1-inch margins typed in 12- point font with standard spacing elements would be approx. 500 words. If you use double spacing, it would take approximately 250 words to fill the page.

SINCERITY

2. Follow the way of sincerity (be faithful)

(Makoto no michi o mamoru koto)

一、誠の道を守る事

Notes:



5 Maxims

Shotokan Karate

aka "The Dojo Kun"



"The Ultimate Aim of Karate-do lies not in victory nor defeat, but in the perfection of the character of its participants."

-Master Funakoshi

*You are required to submit 1-page minimum (250-500 words) typed essay on this maxim for your 3rd brown belt tip. It should explain the maxim, how it applies to karate and how it has applied to your life.

General rule of thumb a typical paper with 1-inch margins typed in 12- point font with standard spacing elements would be approx. 500 words. If you use double spacing, it would take approximately 250 words to fill the page.

EFFORT

3. Strengthen your spirit with resolution

(Doryoku no seishin o yashinau koto)

一、努力の精神を養う事

Notes:



5 Maxims

Shotokan Karate

aka "The Dojo Kun"



"The Ultimate Aim of Karate-do lies not in victory nor defeat, but in the perfection of the character of its participants."

-Master Funakoshi

*You are required to submit 1-page minimum (250-500 words) typed essay on this maxim for your 4th brown belt tip. It should explain the maxim, how it applies to karate and how it has applied to your life.

General rule of thumb a typical paper with 1-inch margins typed in 12- point font with standard spacing elements would be approx. 500 words. If you use double spacing, it would take approximately 250 words to fill the page.

ETIQUETTE

4. Abide by the rules of ethics (courtesy/respect)

(Reigi o omonzuru koto)

一 礼儀を重んずる事

Notes:



5 Maxims

Shotokan Karate

aka "The Dojo Kun"



"The Ultimate Aim of Karate-do lies not in victory nor defeat, but in the perfection of the character of its participants."

-Master Funakoshi

*You are required to submit 1-page minimum (250-500 words) typed essay on this maxim for your 5th brown belt tip. It should explain the maxim, how it applies to karate and how it has applied to your life.

General rule of thumb a typical paper with 1-inch margins typed in 12- point font with standard spacing elements would be approx. 500 words. If you use double spacing, it would take approximately 250 words to fill the page.

SELF-CONTROL

5. Refrain from violence and cultivate self-control

(Kekki no yuu o imashimuru koto)

一 血気の勇を戒むる事

Notes:



ikken

Hissatsu...

"The more
you sweat
in here, the
less you bleed
out there."

-Shihan Viola



A Philosophy of intensity

Ikken Hissatsu 一拳必殺 means "One Fist, Certain Death"

The term "Ikken Hissatsu" should **NOT** be taken literally. It is a Japanese philosophy or attitude of the "effort" in your training. Kihon should be practiced so intense that in theory, you could "annihilate" (defeat) the opponent with one single blow or strike.

Shihan has always preached "Intensity" to prepare students to defend themselves. The dojo follows that ancient tradition of "Ikken Hittasu" (finish/defeat with one strike). It's a philosophy that a "single" powerful technique will end a fight, but always be mentally prepared to strike again, and again, and again if necessary. Over the years we adopted a battle cry, "Tora no me" which translates into Eye of the tiger. Every technique should be performed with maximum effort, 100% "intensity" and "Everything you got!"

FYI

There is an ancient Okinawan saying, "**Kisshu fushin**"

Translation? "Demon's hand, saint's heart." In other words, you have the skill or ability to crush someone, but have the character and compassion to know when it is right or wrong... Example: You are clearly better than your opponent and already winning by a sizeable margin. You can choose to "take it easy" or move around the rest of the match so you don't embarrass them (maybe give them a free point). Advanced belts must understand this deep concept or respect and humility.

一拳必殺



STRIPE REQUIREMENTS

“Karate begins and ends with RESPECT”



Single Yellow stripe @ 4 months

- ✓ Recite School motto: “Karate begins and ends with RESPECT”
- ✓ White Belt Vocabulary (listed online to review)
- ✓ Numbers: 1-10 in Japanese
- ✓ Proper fist
- ✓ Introduction in Japanese “Watashi wa ‘INSERT NAME’ Desu.”
- ✓ Horse Stance
- ✓ Samurai / Hebi / Cho Cho / Focus position
- ✓ Front-snap kick (in place)
- ✓ Side-snap kick (in place)
- ✓ Kamae-te (stepping low block)
- ✓ High block (aka rising block)
- ✓ Balance (chambers) leg up in bent position
- ✓ Stepping punch
- ✓ Kiai / Breathing
- ✓ Tests are a group exam privately (back dojo)
- ✓ No t-shirts: full uniform for tests

Private 1-on-1 lessons may help your child advance faster. Jr. Sensei start @ \$10 ½ hour. See business card holder on the desk for info.

SENSEI SAYS:
We teach 6 SAMURAI mindsets called “SHIN”



SHOW RESPECT

KEN 🖐️ (fist bump) **TE** 🤝 (high five) **REI** 🙏 (bow)

Some students may skip the “single” yellow stripe if they take private lessons or are advanced for their age. Students must be able to meet “minimum” criteria listed above. The more material you know (above and beyond) will determine your place (rank) in the line up. Martial arts is not just physical: your attitude, focus, determination etc. also play a large role in testing. The yellow belt concentration is basics (Kihon) and determination to improve.

White (Shiro) Belt Vocabulary

to earn yellow stripe



Japanese

Pronounced

English

Shiro	shear-roe	white
Chōchō	cho-cho	butterfly
Dōjō	doe-joe	Karate school
Gi	gee	uniform
Obi	oh-bee	belt
Hai / iie	hi / ee-eh	yes / no
Ken	ken	fist
TE	tay	hand
Rei	ray	bow/respect
Kamae-te	ka-my-e-tay	low block & ready
Karate	ka-raw-tay	Empty Hand
Hebi	heb-bee	snake
Kiai	key-eye	spirit yell
Otearai	oh-tay-rye	restroom
Sensei	sen-say	teacher
Shizuka	she-zoo-ka	quiet
Tomodachi	toe-moe-da-chi	friend
Tora	tor-rah	tiger
Kaizen	kie-zen	1% improvement daily

#SenseiSays

864 SECONDS or 14.4 min.
is 1% of your day!

Karate 空手 means "Empty Hand"
(as in no weapons only my hands)

kara= empty / te= hand



FULL BELT REQUIREMENTS

"It's not how good you are, it's how good you want to be"

- Memorize yellow belt quote
- All WHITE BELT YELLOW STRIPE MATERIAL PLUS:
- High (Rising) Block Moving
- Hammer Fist
- Improved front snap (in place)
- improved side snap (in place)



- Back Stance
- Shuto Block
- Improved Kamae-te
- Turns (back foot step into a low block)
- Gyaku Zuki: Reverse punch in front stance
- Counting out loud 1-10 in Japanese
- Both YELLOW STRIPE and YELLOW BELT VOCAB
- 3 correct form Push-ups
- No-t-shirts. Always FULL uniform



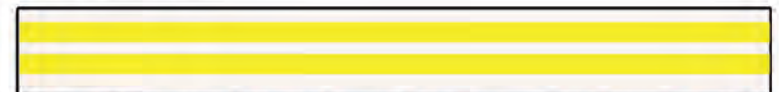
SHOSHIN
 Sho = beginner
 "Beginner Mind"
 Always have an open and humble mind



Double Yellow Stripe or Yellow

1/2 Heian Shodan

Students who take private lessons or are advanced may skip ahead to solid yellow.



*Double yellow is only for students who already have a stripe.

Full Heian Shodan



All solid color belt exams are pass/fail tests: If the student needs more time to prepare they can postpone to the following month.

Students must be able to meet "minimum" criteria listed. The more material you know (above and beyond) will determine your place (rank) in the line up. Martial arts is not just physical: your attitude, focus, determination etc. also play a large role in testing. The yellow belt concentration is basics (Kihon) and determination to improve.

Yellow (Kiiro) Belt Vocabulary

to earn yellow belt



Japanese

Pronounced

English

Kiiro	key-ear-row	yellow
Ashi	awe-she	foot/legs
Domo	doe-moe	thanks
Kata	kah-tah	imaginary fight
Heian	hey-on	peace
Sho	show	beginner
Shodan	show-dawn	beginner kata
Shin	shin	mindset
Shoshin	show-shin	Beginner mindset
Zuki	zoo-key	all punches end in zuki
Gyaku Zuki	gya-koo zoo-key	reverse punch
Dachi	Da-chi	all stances end in dachi
Kiba Dachi	key-bah-dach	horse stance
Koshi	koe-she	hips
Mizu	me-zoo	water
Shiri	shear-ree	butt
Yame / Hajime	yah-may / hah-jee-may	stop / start
Mae / Yoko	yoh-koh my-eh	front / side
Funakoshi	foo-na-koo-she	Father of Karate

#SenseiSays

Yell "Gyaku" on punch
"zuki" on the slow return

Kata is a memorized pattern of moves that simulates and imaginary fight!



松涛馆空手道 REQUIREMENTS

**“Hustle beats talent,
when talent doesn’t hustle.”**

- Remember you orange belt quote
- All yellow belt kihon (Improved)
- Shuto Block Kamae-te
- Front snap kick Kamae-te
- Jab Reverse punch in place
(kamaeTE - jab - shuffle - punch -retract)
- Basics moving up and down the mat
(c-step, square shoulders)
- Full review of Heian Shodan (1st Kata)
- 1/2 Heian Nidan (Orange stripe) to the first Kiai
- 
- Polished white & yellow kihon
- Improved Jab Reverse Punch
(sliding lead punch w gyaku zuki)
- Side Thrust Kick (in place)
hold kick and pivot support foot
- Full Heian Nidan (Orange Belt)
- 5-Good Push-ups



FUDOSHIN
 Fudo= immovable
 “Immovable Mind”
 The right attitude and effort can't
 be stopped or broken!



Orange stripe (1/2 Nidan)
 up to the first kiai (yell)



Double stripe (still working)
 +Must have earned single stripe



Orange belt (Full Nidan)
 +all kihon up to standards



Upgrade to a second class?

AT ORANGE BELT LEVEL MANY STUDENTS MANY STUDENTS ENJOY TRYING OUT A
 SPARRING CLASS, WEAPONS CLASS OR KATA CLASS.
 SEE SENSEI FOR OPTIONS



Orange (orenji) Belt Vocabulary

yellow towards orange



Japanese

Pronounced

English



Orenji
Geri
Mae geri
Yoko geri
Gomen nasai
Hidari
Migi
hiza
Tora no me
Shuto

or-ren-gee
geh-ree
my-ah-gary
yo-co-gary
go-men-nah-sigh
hee-dah-ree
mee-gee
hee-za
tore-rah no-may
shoe-tow

orange
all kicks end in geri
front kick
side kicks
i'm sorry
left
right
knee
eye of the tiger
open hand block



Tatami
Tatsu
Tobi
Kihon
Kubi
Ude
Senpai
Kudasai
Mokuso

ta-tom-mee
tawt-tsue
toe-bee
key-hon
ku-bee
ewe-day
sen-pie
ku-da-sigh
moe-koo-soh

mat
dragon
jump
basics
neck
arm
senior student
please
silent breathing

#SenseiSays

If you want to punch strong. Pull your hiki-te!

TORA NO ME
is your GAME FACE
"EYE of the TIGER"



松涛馆空手道 REQUIREMENTS

"If it doesn't challenge you,
it doesn't change you."



- Always remember your quotes:
- Review of all white-orange kihon
- Moving Kihon (blocks & punches)

Rising "high" block w/Reverse Punch
 Downward "low" block w/Reverse Punch
 Outside "soto" forearm "middle block"
 Inside "uchi" Forearm block "middle block"

- 3-punches (face, stomach, stomach) 1 step only



- Side thrust moving (special Kamae-te)
- Double front snap moving (2-steps) body/head
- Shuto block with spear (step over into spear)
- Outside-to-inside cresant kick *hit hand elbow
- Double up side kick (sparring technique)
- O-soto-gari: step behind sweep
- 10 Good Push ups



ZANSHIN
 ZAN = remaining
 "Alert Mind"
 Always alert and total
 awareness of surroudings

BLUE BELT Intermediate test

- Heian Shodan
- Heian Nidan
- Heian Sandan
- Kihon (basics)
- Tie Belt
- @ Blue Belt all students enroll min. 2x per week membership



- Understand the 12 Monthly Lifeskills
- Self-D: "o-soto gari"
Grab shoulders sweep takedown
- Break Fall (Ukemi)

Blue (Ao) Belt Vocabulary

orange towards blue



Japanese

Pronounced

English

Ao(i)

owl

blue

Uke

eww-kay

all blocks end in uke

Age uke

ah-gay-ewe-kay

high block

Konnichiwa

coe-knee-chi-wa

hello (mid-day)

Uraken

oo-ra-ken

back fist

Oi zuki

oy-zoo-key

stepping punch

Sayanara

sigh-ya-nara

good bye

Shihan

she-hawn

master

Seiza

say-zah

Samurai position

Yoi

yoi

get ready

Shoto

show-toe

pine waves

Funakoshi's nickname

Shotokan

show-toe-con

House of Shoto

o-soto-gari

oh-sow-toe-gah-rhee

judo step behind sweep

Nukite

new-key-tay

spear

Sumimasen

sue-me-ma-seb

excuse me

Doutashimashite

doe-e-tash-e-mosh-tay

you are welcome

Gambatte

gom-bawt-tay

let's go!!!

Ju Ichi up to Ni Ju

counting 11-20

ju ichi - 11 ju ni = 12 etc.

Kumite

ku-me-tay

sparring

#SenseiSays

Zanshin is like having eyes in the back of your head

Shotokan is our style of karate. "Shoto" (whistling pines) and "Kan" means house. Master Funakoshi was a poet and his pen name was Shoto.



松涛馆空手道 REQUIREMENTS



“Look in the mirror,
That’s your competition.”



- 1/3 Green Vocab
- Start sparring (if not already)
- Start of Heian Yodan & Blue Kihon review
- Review all moving blocks with reverse punch
high block, outside, inside, downward block (combos)
- 1/2 WAVE (NAMI): High, outside middle, inside middle, low blocks

- Minimum 1/2 Heian Yodan
- 2/3 of Green Vocab
- Outside forearm block w/elbow strike
- Front snap side thrust moving (2-steps)

GREEN BELT: All Green Vocab

- Full Wave (NAMI) 8-steps
- Round House Kick
- Inside-to-Outside Crescent Kick (circle outward)
- 3 kick combo: stepping front snap, side snap, side thrust
- Shuto front snap kick spear
- 15 push ups



HEIJO SHIN
HEIJO = peaceful
“Peaceful Mind”
Keep a calm and focused
mind when in battle

GREEN BELT Check list:

- Heian Shodan
- Heian Nidan
- Heian Sandan
- Heian Yodan
- x2 days a week membership
- Sparring class

RECITE DOJO MOTTO IN JAPANESE:

Karate wa rei ni hajimari rei ni owaru

BLOCK & COUNTER:

intro sparring techniques

Green (midori) Belt Vocabulary

blue towards green



Japanese

Pronounced

English

Midori

me-door-re

green

Dō

doe

the way

Tsunami

sue-nah-may

powerful wave

Tatsumaki

tot-sue-mah-key

tornado

Enkei

N-key

cartwheel

Arigato gozimasu

air re got toe go zie maus

thanks very much

Hiki-TE

hee-key-tay

reaction arm

Mawatte

mah-wah-tay

turn

Tatte

tot-tay

stand

Suwatte

sue-wa-tay

sit

Mawashi geri

mah-wah-she gary

roundhouse kick

Kokotsu dachi

koe-koo-tsu dah-chee

back stance

Zenkutsu dachi

zen-koo-tsue

front stance

Uchi

eww-chee

strike

Shizen tai

shih-zen-tie

relax but alert

Ashi barai

ah-shi-ba-rye

sweep

Kekomi

kay-koe-me

thrust (kick)

Keage

key-aw-gee

snap (kick)

embusen

em-boo-sen

invisible line

(spot kata begins)

#SenseiSays

"Do" is a way of life and teaches character.

HEIJO means

"normal or peace"
remember to say cool and calm
under pressure



松涛馆空手道 REQUIREMENTS



“Will it be easy, nope,
Worth it? Absolutely!”



- Heian 1-4 review
- 1/3 of Purple belt vocab
- Start of Heian Godan
- 1/2 Oki-NAMI BIG WAVE w/reverse punch (4-steps)
- Defensive Side Kick (shuffle back side thrust)



- 2/3 Purple Vocab
- Hook Kick “ura mawashi geri”
- Low-high lead leg side kick (in place)
- High-low lead leg side kick (in place)

- PURPLE BELT:** All Purple Vocab
- Oki-NAMI (big wave) 8-steps w/reverse punch
 - Jump Front Kick / Spin back thrust kick in place
 - Pump kicks moving / Progressive kicks 1-10 in place
 - 4 kick combo: front snap, side snap, side thrust, roundhouse



MUSHIN
MU = no
Automatic Mind
Don't think, just automatic
reactions.

PURPLE BELT “Advanced”

- | | |
|---|--------------------------|
| <input type="checkbox"/> Heian Shodan | OTHER: |
| <input type="checkbox"/> Heian Nidan | -Ultimate Aim of Karate? |
| <input type="checkbox"/> Heian Sandan | -Formal bow” ceremony |
| <input type="checkbox"/> Heian Yodan | -20 push ups |
| <input type="checkbox"/> Heian Godan | -Shoot vs Sprawl |
| <input type="checkbox"/> 3x Per week membership (begin weapons) | |

Purple (murasaki) Belt Vocabulary

green towards purple



Japanese

Pronounced

English

Murasaki

mur-ra-sa-key

purple

Bu

boo

martial

Bunkai

boon-kie

break down kata

Ura mawashi geri

ew-rah

hook kick

Jodan

joe-dawn

high level

Chudan

chew-dawn

middle level

Gedan

gay-dawn

lower level

Go no sen

go-no-sen

block and counter

Sen no sen

sen-no-sen

timing (speed)

Sen sen no sen

sen-sen-no-sen

take initiative *

Wakarimasu ka

wa-car-e-mas-ka

do you understand

Hai wakarimasu

Hi-wa-car-e-mas

yes, i understand

Ryu Kyu

rue-Q

where karate grew

Shomen

show-men

front of room

Otagai

oh ta guy

mutual respect

Tegumi

tay-goo-me

wrestling/grappling

Urshiro geri

ewe-she-row

back kick

Zentensity

Zen + Intensity

push past potential

Kiotsuke

key-oh-suekay

attention

#SenseiSays

"Tegumi" is just "Kumite" Backwards.



Synergy of mind, body, and spirit to dig deeper and push harder than you thought possible!



松涛馆空手道 REQUIREMENTS

“Inhale confidence,
Exhale doubt.”



SENSHIN
SEN - before
Enlightened Mind
Harmony of all the "SHIN"
mastery of your mind



- Heian 1-5 review
- 1/3 Brown Vocab
- Begining of Bassai Dai
- The “WAVE” 1/2 Tsunami: with reverse punch and reverse front snap kick (half 4-steps).

- 2/3 Brown Belt Vocab
- Round house kick hook kick (same leg with no touch)
- Hook kick round house (same leg with no touch)

BROWN BELT: All Brown Belt Vocab

- The Full “WAVE” Tsunami (Full 8-steps)
- Axe kick
- Jump side kick
- 5 kick combo: front snap kick, side snap, side thrust, roundhouse, hook kick
- One Kobudo (weapons kata)
- Sensei choice: random combos at brown belt level

BROWN BELT “Senpai Test”

- Heian Shodan-Heian Godan
- Bassai Dai
- Dedicated Attendance
- Brown belt vocab
- Tegumi - japanese wrestling
- One Kobudo kata

OTHER:

- Self-Defense Knowledge
- Guard. Mount, Side guard, Pin
- ~25 push ups

Brown (Chairo) Belt Vocabulary

purple towards brown



Japanese

Pronounced

English



Chairo
Dojo Kun
Niju Kun

cha-ear-row
coon

brown

5 code of ethics

Budo (self-perfection)

knee jew

20 Principals of Funakoshi

Bujutsu (fighting)

boo-doe

martial way/life

Ikken hissatsu

boo-jit-sue

martial arts/science



Inyo

eek-ken-he-sause-sue

Japanese: **dark/light**

Yin / Yang

in-yo

Chinese: **dark / light**

Kime

yin-yang

focus/tense

Dai / Sho

key-may

big and small version

Oyo

die-show

apply of bunkai

Onegasishimasu

oh-yo

please "teach"

Kobudo

oh-na-guy-she-maz

Weapons



Waza

koe-boo-doe

technique

Ren

wa-za

consecutive

Dan / Kyu

ren

level/degree: **black belts**
grade: **under black belts**

Soto / Uchi

dan/Q

outside / inside

Mo ichido

so-toe / ewe-chi

once again

No kachi

moe-itch-e- doe

winner (of match)

no-kaw-chi

Kyu/Dan system was introduced by the founder of Judo and adapted from a Japanese board game "GO"



IN YO



YIN YANG

Sensei "Vi" THE SCIENCE GUY!

"This will really help Funakoshi"



Sir Isaac Newton (a.k.a. "The Big Fig") learned a lot from his famous apple-on-the-head incident, and we use that science in karate today!

STANCES:

Newton's first law (inertia) basically says if something is moving, it will continue to move the same direction and speed until some **force** stops it. This is why a **strong stance (foundation) is so important in karate**. Stances and stepping drills are designed to give you a rooted position so you aren't run over by an opponent. Once a technique is executed, it will continue forward until it meets an unbalanced force. If the target cannot move or block, it will be hit.

Shihan Viola was a Science teacher for over 30 years. Our teaching style is a "Practical" approach to karate with methods that are proven to work.

FYI

FORCE:

Newton's second law states that the greater the mass (size/weight) of an object, the more force it will take to accelerate the object. (Force = mass x acceleration or $F=ma$). Simply put, the harder you kick the more it will hurt. You need to use your entire body to deliver a punch. The faster you can move and the more mass behind the punch, the harder the strike will hit the target. **So train with "intensity" and "Tora no me."**

REACTION ARM

Newton's third law of motion and "**Sensei's Favorite**" says that for every action (force)... there is an **equal and opposite reaction** (force).

Forces are found in **pairs**. Think about sitting in a chair. Your "shiri" (butt) is the force downward. The chair, (you hope) has equal force upward or it will collapse (symmetry).

How many times have you heard Sensei yell "**pull**" your **reaction arm**? If you are a black belt, you have heard it and said it thousands of times. Why? Because it works, and we have science to prove it.

Pulling the "reaction arm" (**Hiki-Tel**) is my #1 law in karate. The harder you pull your passive arm, the harder your technique will be, Period. Your reaction arm is the "non-active" arm. Combine that speed and power with a solid stance and proper hip thrust (rotation) and there you have it—the perfect punch.

*Don't stop there. You should visualize "pulling" something towards you when you execute the technique. Maybe it's pulling in an opponent's head towards an elbow strike or grabbing an arm while you execute a block. Why?

THINK OF YOUR PUNCH AS AS A CAR WRECK.

1. If a car is parked, and another car hits it: Small bang.
 2. If both cars are moving and collide head on: Huge bang.
- This type of crash is the **hiki-te (reaction arm)**. It **multiplies the impact**.



Try to apply all 3 laws of motion into your techniques (waza). If you want to **maximize** your waza, your body must work in harmony. Everything must be in synch, that includes proper timing, breathing and distance.



松涛馆空手道 REQUIREMENTS



“A Black Belt is a White belt who never quit.”

BROWN BELT KIHON PLUS:

Sensei choice of black belt level kihon. This includes but not limited to to advanced verisions of any combos and incorporation of any waza from kata or kumite. Kihon will be fast and emphasis on intensity and focus.

BONUS POINTS

- Tornado kick
- Vertical jump kicks
- Jump spin thrust / Jump spin hook
- Split kick
- Iron broom sweep (dragon tail)
- Cartwheel Kick
- 100 rebound kicks in 60 seconds

WRITTEN REQUIREMENT:

Each tip requires a 1-page typed essay of one Dojo Kun (Maxims). Paper due on test date.

SELF-DEFENSE:

Tegumi matches (realistic match) with the goal to pin or tap out oppenent) with new submissions.

*5th Belt Tip

Requires a **Self-defense performance** Prepare a series of min. (4) attacks and counters with a partner based off of OYO (performance of bunkai) with modern practical application.

4-step OYO features: 1. RNC 2. GUILLOTINE 3. ARM BAR 4. Triangle choke

Check list:

	Essay:	KATA :	SELF-DEFENSE
<input type="checkbox"/> Kobudo: One weapons Kata	Character	Tekki Shodan	Arm Bar
<input type="checkbox"/> 1 Tip: 30 push ups Maxim (1) Essay	Sincerity	Jion	Guillontine
<input type="checkbox"/> 2 Tip: 35 push ups Maxim (2) Essay	Effort	Tekki Nidan	RNC
<input type="checkbox"/> 3 Tip: 40 push ups Maxim (3) Essay	Etiquette	Kanku Dai	Triangle
<input type="checkbox"/> 4 Tip: 45 push ups Maxim (4) Essay	Self-Control	Free Kata	4-step OYO
<input type="checkbox"/> 5 Tip: 50 push ups Maxim (5) Essay			
<input type="checkbox"/> Pre-Test: Bunkai Review min. 3 months after 5th tip			

Black Tips 1-2 Vocabulary



Japanese

Pronounced

English



Shugyō

shoe-gee-o

intense workout

Hanmi

hawn-me

Half front

Kizami Zuki

key-za-me

jab (lead hand)

Shiko Dachi

she-koe

Square feet out

Sanchin Dachi

san-chin

hour glass

Neko ashi Dachi

nay-koe

cat stance

Kosa Dachi

ko-sah

feet crossed

Fudo Dachi

foo-doe

immovable

Heiko

hey-e-koe

parallel

Heisoku

hey-e-so-ku

feet together

juji

jew-ji

x

Morote

moe-roe-tay

double hand

Empi Uchi

em-pea

elbow strike

Nikkō

knee-koe

no daylight

Kokyu

ko-Q

breathing

Dōteki

doe-tek-e

Dynamic

Makiwara

mak-e-wa-rah

punching board

Hyaku

hi-ah-ku

100

Hanshi

han-shi

Okinawan Master



#SenseiSays

Dōteki is dynamic or kinetic (self-resistance) as in kata

**Shihan is Master in Japanese
flip it around to Hanshi
and it means Master in Okinawan**

Black Tips 3-5 Vocabulary



Japanese

Pronounced

English



Itosu

E-toe-sue

Funakoshi's Teacher

Tode

toe-day

Chinese Hand (okinawan)

Tang

tang

Hand (in Chinese)

Tamashii

ta-mah-she

indomitable spirit

Naihanchi

nie-hawn-she

Okinawan Tekki

Pinan

pea-nan

Okinawan Peace



Shorin

shore-in

circular, fast

Shorei

shore-ray

strong & powerful

Bushido

boo she doe

way of the warrior

Nippon (Nihon)

Knee-pon / Knee-hone

Japan

Ryu

rye-you

style

kanji

con-gee

japanese symbols



Kuroi

ku-roe-ee

black

Yudansha

you-don-sha

black belt level

Tai sabaki

tie-sa-ba-key

body movement

Nage

nah-gay

throw

Hara

har-rah

ki in belly

Tokui

toe-kuWEE

free kata

Kenpo

ken-poe

law of the fist

#SenseiSays

Shorei and Shorin styles of Okinawan Karate make up Shotokan.

空手

KARA

TE

KARA = EMPTY

TE = HAND

Be prepared to draw the kanji

PRE-TEST Vocabulary



Japanese

Literal

English



Yuko	dot or point	1-point
Wazari	there are techniques	2- points
Ippon	1-full point	3-points
Bugei	military art / craft	Martial Performance
Samurai	to wait upon / server	bushi (warrior)
Katana/Wakizashi	one sided blade / side inserted	long / short swords
Za Rei / Ritsu Rei	Seated bow / standing	kneel / standing rei
Koryu	Pre Meiji Restoration	Old school martial arts
Gendai budō	Post Meiji Restoration	New school martial way
Tetsui	Iron hammer	hammer fist
Uke/Tori	recieve / taker	defender/ attacker
Quan Fa	Fist Law	Chinese boxing
Kung Fu	Hard work/effort	Soft style Chinese
Wushu	Martial skill	Acrobatic Chinese
Naha-te	New Capital Okinawa	Indigenous Naha
Tomari-te	Tomari village	Indigenous Tomari
Shuri-te	Old Capital -Ryu Kyu Kingdom	Indigenous Shuri
Jigorō Kanō	Funakoshi's good friend	Founder - JUDO (gentle way)
Ensō	Circular form	Zen Enlightenment

#SenseiSays

Bruce Lee practiced Chinese martial arts called WING CHUN and later created his own style:
Jeet Kun Do



Enso
The ensō symbolizes absolute enlightenment, strength, elegance, the universe
Performed with a single brush-stroke emphasis on fluidity not perfection

Talk the Talk

Sounds & Symbols

空手

Hanzi: “Han” logograms (Chinese Characters) read left-right

Hanja: Korean name for Chinese Characters

Kanji: Japanese name for Chinese Characters

Katakana: Japanese alphabet for romaji (Latin) non-japanese words

Hiragana: Japanese alphabet phonetic “simple” system as opposed to Kanji lettering system

あ い う え お

a i u e o

Japanese
Vowels

	Sound	English	Japanese	sound it out
A	ahh	pat	Karate	Ca rah tay
I	eee	seat	Kumite	Koo me tay
U	eww	mood	Kumaete	Koo my eh tay
E	eh	late	Me	May
O	ohh	coat	Dojo	Doe Joe

Most people pronounce “karate” as ka raw tee... it really should be pronounced ka ra tay.

1-10 Counting



ICHI

sounds like the word "each"



ROKU

sounds like "row" "kew"



NI

sounds like the word "knee"



SHI CHI

sounds like "she" "chee"
"nana" also means seven



SAN

sounds like the word "sawn"



HACHI

sounds like "hach-ee"



SHI

sounds like the word "she"
"yon" also means 4



KU

sounds like "kew"



GO

sounds like the word "go"



JU

sounds like "jew"

“ KIHON Basics ”



Basic Punches (zuki):

Shotokan Karate punches are “straight line” (quickest way to any point) with a twist of the wrist near the point of impact. Make sure that your elbow is not overextended. Always pull the fist that isn’t punching back to your hip. This is called reaction arm (Hikite) and will make your punch explosive. The harder you pull, the harder the punch.

Most common punches: Gyaku-zuki (reverse punch) Oi-zuki (stepping punch)



Rising (high) block (Age Uke) 上げ受け

The rising block always has a slight slant in order to deflect the attack so you don’t absorb the full power of the strike.

“Uke” or block means to receive in Japanese.



Outside / Inside middle block (Ude Uke) 受け

Soto Ude Uke for (outside)
Uchi Ude Uke (inside).



Downward block (Gedan Barai) 下段払い

The term barai (sweep) is often used instead of uke due to the swinging motion of the technique. The downward block is identical to the Kamaete.



Front kick (Mae Geri) 前蹴り

Hit with the ball of the foot. The front kick is always performed with a chamber, snap, chamber sequence. You strike with the ball of your foot. Imagine bubble gum stuck on the bottom of your foot. This is the snapping motion you should feel when performing the mae geri.



Side kick (Yoko Geri) 横蹴り蹴

Hit with the knife edge of your foot. Yoko Geri Kekomi (thrust) emphasis on the support foot pivot and holding the kick. Yoko Geri Keage (snap) emphasis on speed



Roundhouse kick (Mawashi Geri) 廻し蹴り

Hit with the ball of the foot, curl your toes up and try to turn your foot sideways. For sport Mawashi Geri, strike with the instep of your foot. You must open your hips by pivoting your support foot.



Hook Kick (Ura Mawashi Geri)



Back kick (Ushiro Geri)

This is a kick behind you, make sure you look where you’re kicking

Jōdan: high level
Chūdan: middle level
Gedan: lower level

vocab:

Te: hand
Ken: fist
Koshi: hips
Ashi: foot/leg

Waza: techniques
Mawate: turn
Yame: stop
Hajime: begin

KIAI

Spirit Shout

気合

**KIAI (気合) is short yell when doing a karate move...
AKA "Hi-yah, Aiyah, Eeeyah!"**

The term is a compound of ki (気) meaning energy or mood, ai (合) join. It is the convergence of your energy. When you kiai, you release your "stored energy." Think of when a football player tackles and screams or a weight lifter yells to get that last rep. It's the same idea.

In martial arts we teach students how to cultivate their primal "fighting spirit." Survival is the very first law of nature and should come automatically to everyone, but the truth is, it doesn't. In karate we teach that fighting spirit and it starts and ends with a kiai.

How to perform a kiai.

Think of when a Tiger Roars, he seems intimidating. It's a natural boost to your fighting spirit! It should originate in your soft belly (hara) not your throat. Hara (tanden) is not to be confused with the stomach. In the Japanese medical tradition, the hara is the energy field of the body. Now, imagine rolling thunder and at the moment that lightning cracks down, explode. That noise should be your kiai. Never say "Keey Eyeeee." Everyone has their own unique sound or yell. There is no right or wrong. Just push your energy out.

K'ihap is the Korean version. Hap is the Korean reading of the same characters

FYI

When you should kiai?

1. To channel your energy
2. Startle your opponent
3. During Kata/Kihon
4. Attacking or countering
5. To Fire up your spirit!



*Example: you just got the wind knocked out of you.

You can cry or you can get up, bang your gloves and kiai. We choose the Kiai!

Bonus Voacb: "KIME" Kime is another popular term commonly used for focus or commitment, but it literally means "fixating." The verb Kimeru means to decide, fix or set. So kime is the fixation at the end of a certain technique due to muscle tension. I like to think of it as that moment right before you get that perfect snap with your gi...

FYI

Some martial artists share a metaphysical belief of internal "life" energy (Chinese "chi/qi" Japanese "ki" Indian "prana" or "vital energy" to Westerners). In laymen's terms, followers believe these masters to have supernatural power; they can "use the force," an idea most can relate to from Star Wars. Traces of this can be seen in movies and tv. Demonstrations of breaking boards or even walking on shards of glass sometimes seem to defy physics, but it is just a "wow factor." Those performances take precision and skill but remember, "Boards don't hit back." At our dojo we make contact with each other, not things that can't defend themselves. It seems silly, but you can have all the skill in the world, but if you've never been hit, that skill becomes useless.

KARATE 空手

Karate (空手) is a Japanese martial art and system of self-defense developed in the Ryukyu Islands (Okinawa) often called called te (手) literally "hand"

Kanji	Mandarin Pronunciation	Japanese Pronunciation	Meaning
唐	Tang	"Tou" or "Kara"	China
空	Kong	"Kara" or "Sora"	Empty or Sky
手	Shou	"Te" or "De"	Hand



The switch from 唐 → 空 was the result of "homonym" *both are pronounced "kara" in Japanese "China" hand → became "Empty" hand in early 1900's (now with a Japanese emphasis)

Where Did Karate come from?

Karate is just one of thousands of martial arts from around the world. There is no way to know where martial arts were first created. (Please reference "Mixing Martial Arts" article). Hand to hand combat have been part of culture since the dawn of mankind. Martial Arts or the "Arts of Mars" in Latin (named after Roman God of War) are military arts (Bu in Japanese). The origins are a mystery, but many experts credit the conquests of "Alexander the Great" as main reason why early mixed martial arts (ie: Pankration) spread across the world including, India. Popular folklore glorifies the teachings of Bohidharma.

Bodhidharma was an Indian Prince turned Buddhist Monk who in 6th century traveled across the Himalayas to spread "Zen" to China. His story is layered in "Legend." Many believe is responsible for training the Shaolin Monks which lead to the creation of Shaolin *Kung Fu (Quán fa / Kenpo) that influenced Okinawan "te." *Kung fu 功夫 aka gong fu (Pinyin Spelling). means "Hard work or effort"



In Japan he is known as **Daruma**

Circa 1372 - cultural exchanges between the Chinese and Okinawans. The Okinawans mix their native fighting arts known as 'de' or 'te' or 'tote' or 'tode' with the Chinese arts. 1429 Kingdom of Ryukyu was established. King Sho Shin banned all martial arts in 1477. Tōde or Tote (唐手 Tuudi), Tang hand, China hand) was practiced in secret. 1806 - Kanga "Tode" Sakugawa (1762-1843) begins teaching fighting arts in Shuri. His teachers are Takahara Peichin and Kusanku. 1816 - Sokon "Bushi" Matsumura (1798), a student of Sakugawa, is recruited by Okinawan King Sho Ko as the chief martial arts instructor for the king's bodyguards. His fighting art becomes known as Shuri-te. Matsumura taught Anko Itosu and Yasutsune Azato who in turn taught Gichin Funakoshi. 1881 - Kanryo Higaonna returns from China and founds what becomes known as Naha-te. Countless styles (Ryu) and schools are born in this era.



In the 18th century different martial arts were developed by village/cities: Shuri-te (Capitol), Tomari-te, Naha-te (Seaports) Collectively they were called Te 手Tode-jutsu or To-de. Karate was brought to the Japanese mainland in the early 20th century during a time of cultural exchanges between the Japanese and the Chinese. In 1922 the Japanese Ministry of Education invited Gichin Funakoshi to Tokyo to give a karate demonstration. In 1924 Keio University established the first university karate club in mainland Japan and by 1932, major Japanese universities had karate clubs. In this era of escalating Japanese nationalism the name was changed from 唐手("Chinese hand" or "Tang hand") to 空手 ("empty hand") – both of which are pronounced karate After World War II, Okinawa became an important United States military site and karate became popular among servicemen. As they returned, they spread what they were taught. Robert Trias was the first to open a karate school in continental USA in 1946 in Phoenix, Arizona.

Okinawan Styles: Shorin & Shorei.

- 1. Shorin** (Japanese pronunciation of Shaolin) flexible, soft / slow with quick /sharp movements. (Shuri-Te) Aka smaller man
- 2. Shorei** Legend says it was named after the Soreiji Temple in Southern China (strong solid movements with hard foundation (Naha-Te) Aka for the bigger Man ie: Goju-Ryu, Uechi Ryu

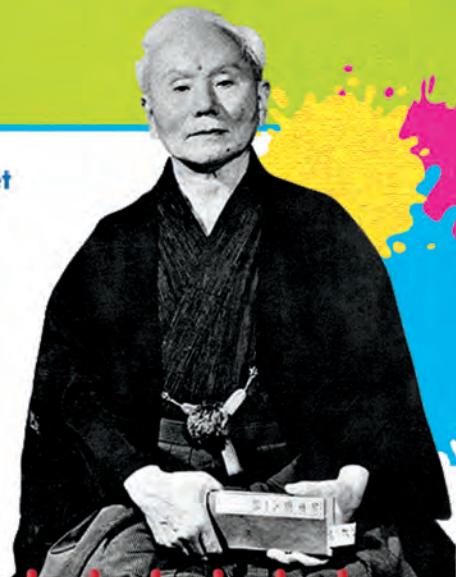


Shotokan

松涛館

Master Gichin Funakoshi 船越義珍 (1868-1957), the founder of Shotokan 松涛館 was a teacher and poet who used the pen name (nickname) of "Shoto." He is considered the "father" of modern karate.

When Funakoshi was a young man, he enjoyed walking in solitude among the pine trees that surrounded his home town of Shuri (Okinawa) and would often walk up Mt. Torao to write. From a distance, the road going up the mountain resembles a tiger's tail. Funakoshi explained that the cool breeze that blew through the pines on Mt. Torao made the trees whisper so he chose the pen name (nickname) of "Shoto," or "Pine Waves." In the late 1930's Funakoshi's students created a sign for his dojo reading shōtō-kan. Funakoshi himself never gave his system a name, just calling it karate.



FYI The dojo was destroyed in 1945 as a result of an allied bombing.

Shoto (松涛), meaning "pine-waves"

Kan (館), means "house" or "hall"

"Shotokan" is literally "Shoto's House," (or basically, the Funakoshi Building)

Our Symbol is the **Tiger (Tora)**

FYI The Shotokan Tiger drawing was created by a student (Hoan Kosugi). The tiger design was created for the cover of Funakoshi's first book: "Ryukyu Kempo: Tode," edited by Bukyo-Sho in 1922. *In Japan, an official document was called "Tora no maki" or The Tiger Scroll. Funakoshi's book was considered the master text at the time, hence it was a "Tora no maki." The tiger became the inspiration also because it represented strength, power and tenacity. The circle around the tiger is a traditional Chinese design that implies the tiger never sleeps, a keen alertness of the wakeful tiger and serenity of the peaceful mind. The power of Shotokan is contained in the circle. Power is only broken from the circle in self-defense.



Karate "Empty Hand"

Karate (空手) is a Japanese martial art and system of self-defense developed in the Ryukyu Islands (Okinawa) originally called called te (手) literally "hand"

A karate practitioner is called a **karate-ka** (空手家).

空手

FYI Karate was developed in the early 20th century during a time of cultural exchange with China, so originally "Karate" was translated as "Tang (Chinese) hand" 唐手. The first kanji was later changed to "Empty" 空手 at the turn of the century to distinguish it as Japanese. Both were pronounced KARATE but the first kanji changes the meaning from China to Empty.

Karate Creed

I come to you with only Karate; "empty hands."
I have no weapons, but should I be forced
to defend myself, my honor, or my principals,
should it be a matter of life or death, of right or wrong,
Then here are my weapons, Karate;
My empty hands.

I pledge to honor the creed, to never use my karate unless
I absolutely have no other choice. I will never start a fight, but
if forced to, I will always finish.

Student Signature

Date



15

FAMOUS KANJI

空

KARA
空
“Empty”

日本

NIHON
日本
Nippon
“Japan”
(Sun’s Origin)

道

DO
道
“Way”

手

TE
手
“Hand”

礼

REI
礼
“Bow”
show respect

虎

TORA
虎
“Tiger”

気

KI
気
“Energy”
internal
spirit

組

KUMI
組
Intertwined
Grappling
Entangled
Unite

松

SHO
松
Pine
“Tree”

合

AI
合
“Join”
Harmony

愛

AI
愛
“Love”

涛

TO
涛
“Waves”

武

BU
武
“Military”
Martial

力

CHIKARA
力
“Strength”

館

KAN
館
“House”

15

MARTIAL ARTS SYMBOLS



Shotokan
松濤館
"House of Whistling Pines"
Tiger (Tora)
Est. 1936
Gichin Funakoshi



Legendary Symbol of Okinawan Karate
Some call it 3 tears
"Death before dishonor"
Similar to Mitsudomoe (man, earth sky)



Shito-Ryu
系東流
Kanji
Est. 1931
Kenwa Mabuni
Named after his teachers. "Shi" (Itosu) and Higashi also read "To" (Higashionna)



Jeet Kune Do
截拳道
"Way intercepting fist"
Ying Yang (Dark-Bright)
Est. 1967
Bruce Lee
Jun Fan *birth name



Inyo
JKA Symbol
Japanese Ying Yang
2 energies
negative (In) ying
positive (yo) yang



WKF
Est. 1990
Successor to WUKO
Member IOC
Headquarter Spain
Olympic Karate



Goju-ryu
"hard-soft" style
剛柔流
Chojun Miyagi
Est. 1930
The fist was designed by Gogen Yamaguchi



Kenpo
拳法
"Fist Law"
Mitose Family
Chinese "quán fǎ"
American Kenpo
Ed Parker
Pronounced "M" spelled with "N"



Wado-ryu
和道流
"Harmony Way"
Hironori Ohtsuka
Est. 1934
Dove represents peace contains strength



Isshin-Ryu
一心流
"One heart way"
Tatsuo Shimabuku
Est. 1956
Megami (goddess) half-sea-snake woman



Tang Soo Do
"Way of Chinese Hand"
Won Kuk Lee
Hwang Kee
당수도
Kwans (Major styles)
Moo Duk Kwan Symbol
"School of Martial Virtue"



Kyokushin
極真
"Ultimate Truth"
Mas Oyama
Full Contact Style
Est. 1964
Kanku symbol



Shorin-Ryu
少林流
"Small Forrest"
Chosin Chibana
Est. 1933
Student of Itosu



Chito Ryu
千唐流
"1000 year old Chinese Style"
Tsuyoshi Chitose
Est. 1946
Symbol represent fingers clasping hand



Ensō
円相
"Circle"
represents the universe and mu (the void)
Mind is free for body to create

8

VIRTUES of the Samurai



Rectitude (gi)

Rightness, integrity, truth and honesty to the rules prescribed for moral conduct and Justice



Benevolence (jin)

Mercy or Compassion. The power they develop is used for good.

Disposition to do good; charitable kindness; an altruistic gift or act.



Courage (yu)

Heroic. The quality of confidence. Not to be afraid or intimidated easily but without being incautious or inconsiderate; the ability to do things which one finds frightening.



Loyalty (chugi)

Duty. Unswerving and faithful in allegiance to a cause, ideal, custom, institution, or product; the state of being loyal; fidelity.



Honor (meiyō)

an objectification of praiseworthiness, respect



Respect (rei)

An attitude of consideration or high regard, good opinion, honour, or admiration, polite greetings.



Honesty (makoto or shin)

Sincerity. The act, quality, or condition of being honest; to be truthful. Speaking and doing are the same action.



Self-Control

Character. Absolute moral standard

SAMURAI 侍 (to wait upon)

Samurai were educated military nobility in feudal Japan and often called "bushi" loosely translated as "warrior" who served the Shogun and protected the emperor.

The samurai would dominate Japanese government and society until the Meiji Restoration of 1868 led to the abolition of the feudal system.

The heart and soul of a Samurai was his sword "nihontō." Samurai were recognized by their feared Daisho (big sword / little sword). Katana: Long Sword / Wakizashi: Little sword.

The wakizashi was used to take the head of an opponent and also used to ritually perform (hara-kiri). Part of the bushido code was to die with honor rather than fall into enemy hands or capital punishment if they brought shame. The "hara" was considered the soul.

BU 武 (military or martial)

Bujutsu	武術	Martial Science
Budo	武道	Martial Way
Bugei	武芸	Martial Arts
Bushido	武士道	Samurai code meaning

"The way of the warrior"
Translations of "shi"

1. Japan: "shi" is warrior class
2. Okinawa: "shi" gentleman

FYI

THE FATHER of Modern Karate-do



船越 義珍 **Gichin Funakoshi**
November 10, 1868 - April 26, 1957

Notable Work:

(1922) Tō-te Ryūkyū Kenpō

Kenpo is Japanese pronunciation Quan fa meaning "fist law" Tōde 唐手 is China "Tang" Hand

(1925) Karate Jutsu aka (Rentan Goshin Toudi-jutsu) means to polish your courage for self defense

(1935) Karate-Do Kyohan 教範 or "Teaching Methods" Funakoshi publishes the kanji 空 meaning "empty" instead of 唐 meaning China. 空 gives a "Zen" philosophy of emptiness

(1943) Karate-Do Nyumon "Introductory"

(1975) Karate-Do: My Way of Life (Autobiography made from his antidotes).

A memorial to Master Funakoshi was established by the Shotokai at Engaku-ji, a temple in Kamakura, on December 1, 1968. To the right of Funakoshi's precept is a copy of the poem he wrote on his way to Japan in 1922. His stone reads:

“ Funakoshi Gichin Sensei, of karate-do, was born on November 10, 1868 in Shuri Okinawa. From about eleven years old he began to study to-te jutsu under Azato Anko and Itosu Anko. He practiced diligently and in 1912 became the president of the Okinawan Shobukai. In May 1922, he relocated to Tokyo and became a professional teacher of karate-do. He devoted his entire life to the development of karate-do. He lived out his eighty-eight years of life and left this world on April 26, 1957. Reinterpreting to-te jutsu, the Sensei promulgated karate-do while not losing its original philosophy. Like bugei (classical martial arts), so too is the pinnacle of karate “mu” (enlightenment): to purify and make one empty through the transformation from “jutsu” to “do”. Through his famous words “空手に先手なし” (karate ni sente nashi) meaning There is no first attack in Karate and 空手は君子の武芸 (karate wa kunshi no bugei) meaning Karate is the martial art of intelligent people, Sensei helped us to better understand the term “jutsu.” In an effort to commemorate his virtue and great contributions to modern karate-do as a pioneer, we, his loyal students, organised the Shotokai and erected this monument at the Enkakuji. “Kenzen ichi” (“The fist and Zen are one”). ”

THE INNOVATOR

“Gentle Way” -1882

Judo 柔道



Kanō Jigorō

October 28, 1860 - May 4, 1938

“Maximum efficiency with minimum effort”

Innovations:

The transition from Jutsu → Do. Jujutsu (art) → Judo (way)

Educator/Professor (Director of primary education for Ministry of Education)

Adapted ancient Japanese board game GO to rank students with Kyu/Dan system

Awarded the first Dan ranks in 1883 (later added black sash, and then the obi we know today)

First tournament 1884 “Red and White”

Created “gi” dogi or keiko gi fashioned after Japanese fireman hanten

Introduced Kendo and Judo to schools

First Asian member of IOC (International Olympic Committee)

His student Mitsuyo Maeda introduced Judo to Brazil and Gracies → BJJ Born

His student Kawaishi Mikonosuke added color belts for visual rewards in Europe

Kano was born into an affluent family and very educated but was small and bullied so he studied classical Japanese Jujutsu. In 1882 he founded the “Kodokan” or House to study the way. He was a member of the powerful “Dai Nippon Butoku Kai” 大日本武徳会 (Greater Japan Martial Virtue Society) established in 1895 in Kyoto (under the authority of the Japanese Government). The Butoku Kai was in charge of standardizing martial arts. Kano’s innovations of the gi, belts, kyu/dan etc. got Judo accepted into schools and mainstream life. Funakoshi and Kano shared ideas (they were both educators) and karate adopted most of Judo’s structure such as dan rank and black belts. Other Japanese athletic departments such as swimming used a black ribbon to designate advanced competitors so martial arts followed. *The urban legend of a white obi soiled through blood and sweat as means to reach black color is nonsense. Japanese culture has a propensity for cleanliness. When Itosu Anko, passed away, Funakoshi picked up his mentors torch and followed Kano’s lead. On April 12, 1924, he awarded the first karate dan rankings to seven of his students. At the time, Funakoshi himself held no rank. Kyu/Dan did not become universal until after WWII and really took off in 1959 when all the major groups Japanese karatedo were brought under FAJKO (Federation of All Japan Karatedo Organizations) umbrella (JKF today).

TE 手

Japanese for “hand”



KARATE 空手

By now you know that karate means “empty hand.” Te of course means hand, as in raise your te. Before the term “karate” became popular, the fighting arts of Okinawa were simply called “Te.”

KUMITE 組手

As in “team kumite” or “kumite classic” literally translated means “grappling hands, entangled hands, or crossing of hands.” Kumu is the verb to unite. In martial arts it is the term used to describe “sparring” or fighting.

TEGUMI 手組

Old school
Tegumi

If you flip or “Reverse” the kanji for Kumite, the translation is now “hands grappling” In this case it refers to wrestling in old school karate. (more emphasis on throws, takedowns, submissions, and ground fighting). The “K” from Kumite is spelled with a “G.” In some circles they still call Kumite, “Gumite.”

KAMAETE 構え手

Kamaete is the most common command in the dojo. When Sensei yells “Kamaete,” everyone executes a low block (gedan barai).

The term is used in martial arts and traditional theater. It translates to “posture.” The first Kanji means “base.” Te 手 of course means hand. Together in karate they mean “on guard” a posture “ready to fight.”

HIKITE 引手

Reaction hand (arm)! Pull it. Harder. Faster. It is shotokan 101. Hikite is a Japanese word consisting of “hiki” meaning pull or draw and “te”, of course your hand.

Formal (seated) Bow: Za Rei

The bow is a form of etiquette rooted in Japanese culture and is a sign of respect. It does not have any religious significance. It symbolizes pushing your ego down. Za means "Seat"

礼



"Senpai" is commonly written with an "N" but pronounced with a "M" so it sounds like Sempai.

Senpai (senior student) commands:

- Seiretsu:** Line Up Command (wait for Sensei)
- Kiotsuke:** Attention (focus/ready stance)
- Ritsu Rei:** Standing bow (anytime master enters)
- Mokuso:** Focus (left hand on top of right forming a circle on your hara) *thumbs don't touch
- Mokuso Yame:** Mokuso Stop

Seiza: 正座 "proper sitting" Reishiki - Etiquette

Assume position by kneeling with left knee first on ball of feet then right knee (opposite when standing up right knee then left). *Samurai tradition was to always be ready (they often slept with their sword). Seiza tradition is left based because the samurai "sword" was drawn from the left side. Hands on thighs. Ladies: Knees touch. Guys: knees apart

FYI

Big toe cross over each other in seiza with right toe on top.

REI 礼

*Never make eye contact during a formal rei. Bowing you eyes shows trust and humility.

1. Shomen ni rei:

Bow to front
We bow to the photo of Master Funakoshi to honor his memory and all those masters who came before us.



2. Sensei ni rei:

Bow to Sensei

Onegai shimasu *start class

Student reply:

"Please teach" (an exchange of good will)

Arrigato Gozaimashita *end class

"Formal Thank you" (Informal is "Domo")

3. Otagai ni rei:

Bow to each other (mutual respect)

Student reply:

Chimuwaku (teamwork)

Each Rei is approx. 3 seconds. Hands form a triangular opening. The order is **left-right** out, then **right-left** back motion. Your head never touches your hands.

Sensei stands first and says "Tatte Kudasai" (stand please), right knee first. All students wait their turn and rise in order of rank in "Domino" order.

Entire class recites: "Karate wa rei ni hajimari rei ni owaru." Translation: Karate begins and ends with courtesy. A standing Rei is performed and class begins.

FYI

In Japan it is very common to rei from the "Musubi Dachi" for a formal bow. Musubi can be translated as "knot" as in the knot of our obi. Feet are positioned in a "V."

In any room the "Kamiza" is the top seat. It is typically the furthest from the door because it was the safest from attack during the feudal period. We follow this tradition by the way we line up in rank order. Highest ranks are farthest from door.



DO vs JUTSU

道

And everything in between

Do 道 (way, path)

Jutsu 術 (art, technique, skill, craft) ie: Jujutsu “soft skills”

Ryū 流 (school, system, flow, stream) Chinese: Liu

Kai 會 (organization, association, union) Chinese: Pai (liu-pai means school of thought)

Bu 武 (martial) Chinese: Wu

Bujutsu 武術 (martial technique alternatively science, art or craft of war)

Bugei 武芸 (martial art)

Kan 館 (building, house)



Japanese: Kan 館 Chinese (Cantonese): Kwoon: 館 Korean: Kwan 館

Refers to an actual school, a physical building where the art would be taught (house/building)
In Korean there were “5” original “Kwans”

Quan 拳 "fist" used to identify schools of Chinese martial arts.

Quan fa 拳法 means "fist principles" or "the fist law"

Quan fa is pronounced “Kenpo” in Japanese and was the name for many early martial arts that came from China and spread through Okinawa.



1. Koryū 古流 old style (aka old school) and kobudō 古武道 are considered ancient martial arts that predate the Meiji restoration (1868). Example: Bōjutsu 棒術 staff technique and jujutsu, kenjutsu, etc. Sumo is often by mistake considered Gendai budo, but it is ancient.

2. Gendai budo "modern martial arts" (or shinbudo "new martial arts") are schools / styles that developed after the Meiji Restoration: aikido, judo, karate and shorinji kempo, etc.

Niju Kun Ichi-ban

1st Rule of Karate-do



“Karate wa rei ni hajimari rei ni owaru”

-Ō Sensei Gichin Funakoshi

DOJO means “way place” **Do** (way) **Jo** (place).

The dojo is much more than a place to just punch and kick, It a place for self-improvement and mastering yourself; building character! “Champions in Life”

The niju kun 松濤館二十訓 are “twenty instructions” of Master Funakoshi.

They are also know as the 20 Precepts. A precept is basically a rule, principal or a life lesson. Funakoshi was a very educated man (poet & school teacher) His first rule was that “karate” begins and ends with a bow (a sign or respect and courtesy).



“ Karate wa rei ni hajimari rei ni owaru ”

空手道は礼に始まり礼に終る事を忘るな

Karate begins and ends with a bow (respect/courtesy).

REI (pronounced RAY) 礼 means “etiquette, bow, gratitude”

The act of bowing symbolizes pushing your ego down.

The lower the bow, the more respect it demonstrates.



Niju Kun Ni-ban

2nd Rule of Karate-do



“Karate ni sente nashi”

Ō Sensei Gichin Funakoshi

DOJO means “way place” **Do** (way) **Jo** (place).

The dojo is much more than a place to just punch and kick, It a place for self-improvement and mastering yourself; building character! “Champions in Life”

The niju kun 松濤館二十訓 are “twenty instructions” of Master Funakoshi.

They are also know as the 20 Precepts. A precept is basically a rule, principal or a life lesson. Funakoshi was a very educated man (poet & school teacher) His second rule was that never attack first. AKA it is an art of self-defense and self-discipline

“**Karate ni Sente nashi**”

空手に先手なし

There is no first strike in karate

Remember “The Karate Creed” of Self-Defense:

“I come to you with only Karate, Empty Hands. I have no weapons, but should I be forced to defend myself, my principles or my honor, should it be a matter of life or death, of right or wrong, then here are my weapons, Karate, my Empty Hands. Never start a fight, but always finish!”

KATA 型

And everything in between

KATA 型 Translates as "Form"

or a mold, law, or model. This choreographed pattern of movements simulates a "imaginary fight."

- Chinese pronunciation 型 "hsing"
- Korean pronunciation 型 "hyeong"

Words to Know:

Bunkai (analysis) Oyo (application) Embusen (kata line)

Circa 1891 - The Japanese Army was very impressed with "te" but lost interest due to poor organization and outdated training methods. Master Itosu took steps to modernize karate by introducing the "Pinan" Kata as a form of physical fitness and removed the dangerous elements (tegumi). (Funakoshi later named them Heian to suit Japanese nationalism). In 1901, Itosu started teaching Karate at the Shuri Jinjo Elementary School and by 1905 he teaching at the First Junior Prefectural School. Karate became part of the official physical education of Okinawa's school system, eventually making its way to mainland Japan via Funakoshi in 1922.



"Heian"

The word "Heian" is Japanese and shortened from two words - 平 heiva (peace) and 安 antei (stability)

Heian 1-5 are the most popular kata in the world.

- 平安 Pingan (Chinese) "stay safe"
- 平安 Pinan (Okinawan) "stay safe"
- 平安 Heian (Japanese) "peaceful"
- 平安 Pyong-an/Pyung-Ahn (Korean)

FYI

SHITEI 指定 Kata "designated" (Heian & Tekki Shodan)

- 平安初段 Heian Shodan - (peaceful mind, first level)
- 平安二段 Heian Nidan - (peaceful mind, second level)
- 平安三段 Heian Sandan - (peaceful mind, third level)
- 平安四段 Heian Yondan - (peaceful mind, fourth level)
- 平安五段 Heian Godan - (peaceful mind, fifth level)

Okinawan "Naihanchi" kata and naihanchi-dachi demonstrate elements of Tegumi and tai sabaki. This Shōrei-Ryu kata was later renamed "Tekki" 鉄 Tetsu (Iron) 騎 (to ride or sit horseback) by Funakoshi who also renamed the straddle stance to Kiba-dachi (Cavalry Horse Stance)

- 鉄騎初段 Tekki Shodan - (iron horse riding, first level)
- 鉄騎二段 Tekki Nidan - (iron horse riding, second level)
- 鉄騎参段 Tekki Sandan - (iron horse riding, third level)

SENTEI 選定 Kata "Selection" are (4) required kata (compulsory):

9. Bassai Dai (Passai) 拔塞 (to penetrate a fortress - major/big) Japanese meaning of 拔(batsu) is "to pull out or to extract" in Chinese "拔 (bá)" can mean "to seize or capture" and 塞(sai/soku) means a "place of strategic importance" or fort. Bá sāi (拔塞) would mean "to seize or capture" a "place of importance. Some moves symbolize a battering ram used against fortress walls.
10. Kanku Dai 觀空大 (Kushanku) (to view the sky - major/big) The first movement views the sky, which symbolizes the universe and shows your opponent that you are unarmed. It was Master Funakoshi's preferred kata.
11. Jion 慈恩 (love and goodness) or mercy is a term in Buddhism. It is also the name of a temple (Jionji 慈恩寺) in China.
12. Enpi 燕飛 (Wanshu/excellent wrist) The quick up and down movements of this kata are reminiscent "flying swallow" where it gets its name. Enpi is one of the oldest kata in Shotokan.

The "Funakoshi 15" Heian 1-5, Tekki 1-3, +4 Sentei kata, + these (3)

13. Hangetsu 半月 (Seisan) meaning half moon based off the hangetsu dachi (half moon stance).
14. Jitte 十手 (ten hands) also spelled Jutte is designed to fight against ten opponents.
15. Gankaku 岩鶴 (Chinto) (crane on a rock) The main stance in this kata (tsuruashi dachi) resembles a crane ready to strike at its prey. The movements are supposed to simulate a fight in the narrow alleyways of Okinawa. The former name was Chinto.

Other Advanced Kata:

16. Bassai Sho 拔塞小 (Passai) (to penetrate a fortress - minor/small)
17. Kanku Sho 觀空小 (Kushanku) (to view the sky - minor/small) Kanku Sho was created from Kanku Dai. The movements and performance line are similar.
18. Sochin 壯鎮 (Hakko) (strength and calm) The name of this kata comes from its stance (sochin or fudo dachi), a strong, rooted stance. The purpose of this kata is to teach defense against a stick.
19. Chinte 珍手 (rare or extraordinary hand) Chinte has a lot of circular and roundhouse techniques. These are rare and are not typical of the shortest distance between two points concept of Shotokan.
20. Goju Shi Ho Dai 五十四步大 (fifty four steps - major/big) This kata is one of the most advanced kata of Shotokan. Master Funakoshi called it hotaku (knocking of a woodpecker) because some of the techniques resemble a woodpecker tapping its beak against a tree.
21. Goju Shi Ho Sho 五十四步小 (fifty four steps - minor/small) This is a smaller version of Goju Shi Ho Dai. It is also one of the most advanced kata of Shotokan.
22. Meikyo 明鏡 (Rohai) (bright mirror) The first movements of this kata suggest the smoothing of water to make it as calm and even as a mirror. The triangle jump at the end of this kata is said to have a secret meaning portending to a miracle.
23. Niju Shi Ho 二十四步 (twenty-four steps) The movements in this kata resemble waves breaking on a cliff. The former name of this kata was ni sei shi.
24. Unsu 雲手 (cloud hands) Unsu has several techniques that symbolize parting the clouds with open hands. Classically pronounced "un-shu"

Considered Rare Kata:

25. Wankan 王冠 (king and crown) The shortest kata in Shotokan introduced by Funakoshi's son (Gigo/Yoshitaka).
26. Ji'in 慈陰 (love and shadow) or inverted mercy. Along with Jion and Jitte begin with left hand covering right (ancient Chinese)

Tokui kata 得意 is your "free" or favorite kata. It translates into: speciality, pride, triumph aka your best! Its pronounced: (toe ku eee)

*Kata has been described as the soul of karate. There are 26 standard Shotokan Kata. Some count Taikyoku "first cause" (Kihon Kata) as a 27th kata. Gigo Funakoshi also created partner kata "Ten no Kata" 天の形 Which translates as kata of the universe/heaven in 1930s.

THE HISTORY OF Allegheny Shotokan Karate

1939

1939-1945

WWII: Soldiers stationed in Okinawa return home and spread karate across The United States of America



1946

First karate school in mainland United States opened by Robert Trias (Shuri-ryu). Shihan Viola would later earn rank under Master Trias.



1955

Shihan Bill Viola begins boxing lessons in Brownsville, PA under the legendary Marion "Slugger" Klingensmith



1957

Master Funakoshi dies His students spread around the world to teach Shotokan Karate-do.



1959

Bruce Lee arrives in America and teaches Wing Chun



1961

Teruyuki Okazaki arrives in Philadelphia as first official JKA instructor in United States. He would control the East Coast while Hidetaka Nishiyama (West Coast).



Early 1960's

Shihan Viola is introduced to karate by an older friend Medick Capirano (pic right) who learned martial arts in ROTC



Mid 1960's

Shihan Viola joins a dojo under the direction of JKA and Teruyuki Okazaki. Masatoshi Nakayama is head of the JKA.



Late 1960's

Shihan Viola begins teaching private lessons in Brownsville, PA. His first student was Denny Costello (Cal U Football Player and friend)



1969

Shihan Viola establishes his first karate club at East Allegheny. "Allegheny Shotokan" is born and would hold classes in Turtle Creek, North Versailles, North Irwin, Paintertown and North Huntingdon over the years. The first student was Keith Bertuluzzi (a fellow teacher).



1971

Sensei Ray Adams joins the dojo (a fellow teacher at East Allegheny) Remains the longest tenured student at The Allegheny Shotokan dojo



1973

Bruce Lee film "Enter the Dragon" is released (martial arts boom in America)



1974

Kickboxing goes mainstream PKA (Professional Karate Association) Featured on ESPN and ABC wide world of sports Jacquet Bazemore would rise to #1 ranked Heavy Weight in the World



1977

Sensei Bill Viola Jr. born "Kicking before he can walk" Around this time Shihan established "Laurel State" Karate tournament (now the Christmas Kumite)



1979

CV (Caliguri and Viola) Productions founded Credited as the first mixed martial arts company in the history of the United States



Late 1970's

Jack Bodell - Shihan's first black belt promotion at Allegheny Shotokan. Bodell would become a member of The United States Secret Service Protected President Jimmy Carter



1980

Sensei Ray Walters joins the dojo Master Walters is the leader of the Saturday "Kihon" Class



1980

CV Productions creates the "sport" of MMA First "Tough Guy" contest held March 20-22nd at the New Kensington Holiday Inn Ballroom. Finals held at Stanley Theater (Benedum Center)



1980

Dojo alum Dave Jones wins TKO victory over Mike Murray in the first "Tough Guy" Contest His fight is recognized at the Heinz History Center This is the birth of Mixed Martial Arts in America



1983

"Tough Guy Law" signed into law by Governor Thornburgh (Banning mixed martial arts in PA) targeting CV Productions *The first legal precedent in US history



1985

USAKF becomes NGB for karate under WUKO a member of International Olympic Committee (President George Anderson) Begins feud with AAU Rich Sowash wins International kata medal



1987

USAKF ERA: Shihan Viola named RSO (Regional Sports Organization) Director for USAKF under the United States Olympic Committee



1987

THE HISTORY OF Allegheny Shotokan Karate (continued)

1989

1989
Master Robert Trias dies
Shihan Viola forms stronger ties
with George Anderson and the USAKF



1980s & Early 1990s
NASKA ERA: "X-Caliber" National Team
First Pittsburgh All-Star Team.
Captain: Mike Shurina, Bill Viola Jr, Todd Humes,
Masai Turner (members would join Metro in 1990s)



1992
Shihan Viola hosts the USA Karate Jr.
Olympics at University of Pittsburgh
Fieldhouse (Member of United
States Olympic Committee)



1993

First Ultimate Fighting Championship won by
Royce Gracie: Brazilian Jiu-Jitsu boom begins



1996
USA National Karate-do Federation
(USANKF) becomes the new NGB for
Karate in America.
USAKF vs NKF feud begins



1998
Arnold Schwarzenegger recognized
Allegheny Shotokan as the #1 team in
America at the Arnold Classic
Columbus, Ohio



1999
Team "Yakuza"
International Karate Team
Matt Kincaid, Addie Viola, Rocky Whatule,
Angelo Marziale, Bill Viola Jr.



1999
Doug Selchan wins Kumite Gold at the
1999 Pan American Games (USAKF gained
Pan-Am status in 1995 under George Anderson)



1999
Sensei Bill fractures neck in car accident
Retires from competition after setting
PA Karate Record for titles and
USAKF All-American Athlete Triple Gold
National Champion Kata, Kumite, Kobudo



1999

-Sensei Bill works in Hollywood
"Kumite Classic" Entertainment Established
-Sensei Rocky Whatule begins comedy career,
later establishes "Zanshin Karate Dojo" (2011)



2002
"Team Kumite" established
aka Kumite International
(Gold, Silver, Bronze)



2003-2015
NBL ERA: (World Champions: Terrence
Tubio, Nichole Sullivan, Ali Viola, Dominic
Leader, Chase Sisters, Jose Rivera, Sara Russell)



2004
Kumite Classic moves to Monroeville
Bill Viola Jr. & Lynn Swann
(President George Bush's Chairman for Fitness)
award \$10,000 in college scholarships
at The Pittsburgh Fitness Expo



2009
-Master George Anderson Dies
-Shihan Viola is promoted to 8th Dan



2010
30-Year Anniversary (1980-2010) of first MMA
league in America, commemorated with
establishment of Pittsburgh MMA
*2009 Commonwealth of PA lifted ban on MMA
that was created to stop the Tough Guy Contest



2010

Hines Ward Positive Athletes
Connor Burns, Dominic Leader, Liz Leaseburg
Only martial artists ever honored



2011
Western PA Sports Museum
opens exhibit to honor Shihan Viola as
co-creator of the sport of MMA



2014
Godfathers of MMA Published by Bill Viola Jr.
and Dr. Fred Adams. The book documents
the history of mixed martial arts. In 2017
it was re-released as "Tough Guys" peaking
as the #1 Sports book on Amazon



2016
Go Ask Your Dad Published
Debuts as Amazon Best Seller
Bill Viola Jr. introduces "Sensei Says ©"



2017
Tough Guys (Film based on the life of
Shihan Viola) and inspired by Sensei
Bill Jr.'s book makes debut on Showtime
Sept. 15th



2019
Viola Karate Dojo 50 Year Anniversary



2020
Karate is an Olympic Sport, Tokyo Japan



2020

Training Karate 空手 involves

4 aspects:

- **Kihon 基本** (Basic techniques: blocks, punches, kicks, stances)
- **Kata 型** (Memorized form of the basics) like an imaginary fight
- **Bunkai 分解** (Analysis and application of what the kata means)
- **Kumite 組手** (Sparring)



In Kihon, you learn proper punching, blocking, kicking and movement.

Kihon are the **BUILDING BLOCKS** of karate. This also included proper breathing, attitude, spirit, body connection and form. Kihon build muscle memory, strength and reflexes necessary to kata and kumite.



In Kata, you learn to combine kihon (the basic techniques) in a memorized pattern.

Every kata begins with a “block” because karate is an art of self-defense. Kata is explosive, dynamic and is performed with the mental focus of a real fight. Kata are classical techniques passed from generation to generation. We carry on the tradition of Shotokan kata created by Master Gichin Funakoshi the “Father of Karate.”



In Bunkai, you analyze every move and technique in the kata. It is an imaginary fight, so you must understand the combat of the form.

Once the student learns the meaning of each move, the actual Bunkai is usually performed with partners. The student performing the kata responds with the correct blocks, strikes, counterattacks, according to the kata. Bunkai is a transition step to kumite.



In kumite, you apply kihon and bunkai in a controlled “sport” environment.

Kumite is one step towards real combat, but is practiced with safety gear, equipment and rules. We practice point based kumite where each technique with the appropriate amount of control and power are counted as “points.” The more difficult technique you score, the more points it is worth. Kumite teaches timing, endurance, and courage. Students must learn how to hit and take a hit in order to defend themselves.

DO

“The Way”

Karate-do is a way of life



Dō (sounds like pizza dough)

“Do” is the vocalization of the Japanese kanji 道
It means “the way” or path. It is what makes karate a lifestyle not just a fighting art. “Do” includes the lifeskills and character traits we teach.
*In Mandarin Chinese 道 is called Dào or Tao (way, path, route, key, doctrine or principal).

道

SOME FAMOUS “DO”

Dojo: “Way Place”

Budo: “Martial (military) Way”

Bushido: “Way of the warrior”

Karate-do: “Way of the empty hand”

Judo: “Gentle Way” Created by Jigoro Kano.

Taekwondo tae “to stomp” kwon “fist” do “way” *Hanja is korean name for Chinese characters). 跆拳道

Tangsoodo “Way of the Chinese Hand” Hanja 唐手道

Hapkido Korean marital art of self-defense (similar to Aikido).

Iaido: “Way of sword drawing”

Aikido: “Way of unifying life energy or spirit/harmony.”

Kendo: “Sword Way” 剣 ken (sword) is different than 拳 ken(fist)

DoJang: “Way Place” Korean Martial Arts School

Jeet Kune do: The way of the intercepting fist.
JKD is an non-classical martial art founded by Bruce Lee in 1967.

KARATE

“EMPTY HAND”

空手

“I come to you with empty hands”

No weapons (self-defense)

Karate is made up of 2 “Kanji” or symbols (ideograms)

1. Kara (empty) 空

2. Te (hand) 手

FYI: Karate developed in the Ryukyu Islands (Okinawa) Japan, often just called “Te.” Long ago it meant 唐手 (Chinese hand or Tang hand) but it was changed to 空手 (empty hand) at the turn of the century to distinguish the Japanese. Both were pronounced “Karate” but the first kanji changes the meaning. Modern karate uses the kanji below which means empty. Practice drawing the kanji underneath.



TRACE KANJI x2



FREE HAND DRAW

空手空手

Precepts 1-10

Shotokan Karate



“The Ultimate Aim of Karate-do lies not in victory nor defeat, but in the perfection of the character of its participants.”

-Master Funakoshi

松濤翁二十訓

- 空手道は礼に始まり礼に終ることを忘るな
- 空手に先手なし
- 空手は義のため
- 先づ自己を知れ而して他を知れ
- 技術より心術
- 心は放たん事を要す
- 禍は懈怠に生ず
- 道場のみの空手と思ふな
- 空手の修業は一生涯ある
- 凡ゆるものを空手化せよ
- 其処に妙味あり
- 空手は湯の如く絶えず執度を与えされれば元の水に還る
- 勝つ考は持つな負けぬ考は必要
- 敵に因つて轉化せよ
- 戦は虚実の孫變如何に在り
- 人の手足を剣と思へ
- 男子門を出づれば百万の敵あり
- 構は初心者以後は自然体
- 形は正しく実戦は別物
- 力の強弱俣の伸縮技の緩急を忘るな
- 常に思念工夫せよ



1. Karate-do begins with courtesy and ends with rei.
2. There is no first strike in karate.
3. Karate is an aid to justice.
4. First know yourself before attempting to know others.
5. Spirit first, technique second.
6. Always be ready to release your mind.
7. Accidents arise from negligence.
8. Do not think that karate training is only in the dojo.
9. It will take your entire life to learn karate, there is no limit.
10. Put your everyday living into karate and you will find "Myo" (subtle secrets).

Precepts II-20

Shotokan Karate



“The Ultimate Aim of Karate-do lies not in victory nor defeat, but in the perfection of the character of its participants.”

-Master Funakoshi

松濤翁二十訓

- 空手道は礼に始まり礼に終ることを忘るな
- 空手に先手なし
- 空手は義のため
- 先づ自己を知れ而して他を知れ
- 技術より心術
- 心は放たん事を要す
- 禍は懈怠に生ず
- 道場のみの空手と思ふな
- 空手の修業は一生涯ある
- 凡ゆるものを空手化せよ
- 其処に妙味あり
- 空手は湯の如く絶えず熱度を与えざれば元の水に還る
- 勝つ考は持つな負けぬ考は必要
- 敵に因つて轉化せよ
- 戦は虚実の孫變如何に在り
- 一人の手足を剣と思へ
- 男子門を出づれば百万の敵あり
- 構は初心者以後は自然体
- 形は正しく実戦は別物
- 力の強弱伸縮の伸縮技の緩急を忘るな
- 常に思念工夫せよ

11. Karate is like boiling water, if you do not heat it constantly, it will cool.

12. Do not think that you have to win, think rather that you do not have to lose.

13. Victory depends on your ability to distinguish vulnerable points from invulnerable ones.

14. The outcome of the battle depends on how you handle weakness and strength.

15. Think of your opponents hands and feet as swords.

16. When you leave home, think that you have numerous opponents waiting for you.

17. Beginners must master low stance and posture, natural body positions are for the advanced.

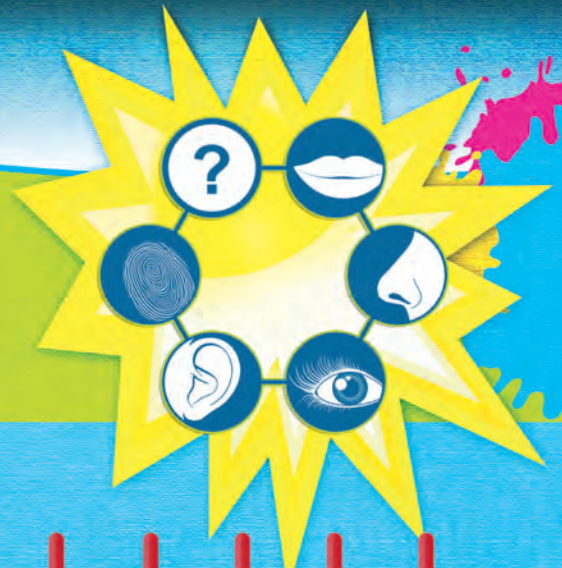
18. Practicing a kata exactly is one thing, engaging in a real fight is another.

19. Do not forget to correctly apply: strength and weakness of power, stretching and contraction of the body, and slowness and speed of techniques.

20. Always think and devise ways to live the precepts of karate-do every day.

“SEN”

Kumite Senses 3 types of timing



SEN 先 SEN AS IN “SENSEI” (ONE BORN BEFORE)

Before or Prior SEN IS SHORTENED FROM “SENTE” OR BEFORE HAND

AFTER THE PRIOR

1. GO NO SEN 後の先

Block & Counter “GO”(後) IN THIS CASE MEANS BEHIND OR AFTER

PRIOR TO PRIOR

2. SEN NO SEN 先の先

Simultaneous SEE THE ATTACK, BEAT THE ATTACK. (TIMING)

PRIOR TO PRIOR TO PRIOR

3. SEN SEN NO SEN 先先の先

Anticipation INTUITION (PREDICT AND ATTACK BEFORE THEIR ATTACK)

FYI

THE SIXTH SENSE

DEAI:

DEAI IS A KUMITE “SENSE” THAT YOU FEEL WHEN AN ATTACK IS EMMIENT AND YOUR PREMPTIVE STRIKE ATTACKS AT THE EXACT MOMENT “BEFORE” THEY DO. (MYSTERIOUS) SIMILAR TO A “SIXTH” SENSE

Ultimate

“Character”



空白道は勝敗も究極
の目的とするものではなく
練磨を通じ人内の完
成を信條とするのである

松

清



~Gichin Funakoshi
The Father of Modern Karate



“THE ULTIMATE AIM OF KARATE
LIES NOT IN VICTORY NOR DEFEAT,
BUT IN THE PERFECTION OF THE
CHARACTER
OF ITS PARTICIPANTS.”



“KARATE BUILDS CHAMPIONS IN LIFE”



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