

Beginner Manual



**International Chito-Ryu Karate-do
Federation of Australia**

国際千唐流空手道連盟
オーストラリア千唐会

www.chitoryu.com.au

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Table of Contents

A Brief History of the Origins of Chito-Ryu.....	2
Chito-Ryu Crest.....	2
Chito-Ryu in Australia.....	3
Seiza (Correct Sitting).....	4
Zarei (Seated Bow).....	5
Ritsurei (Standing Bow).....	5
Conduct In and Out of the Dojo.....	6
Wearing Apparel.....	6
The Spirit of Karate-do.....	6
Basic Stances.....	7
Basic Blocking Technique.....	8
Basic Punching and Kicking.....	10
Words to Consider.....	11
Showa.....	12
Dojo Protocol.....	12
How to Tie Your Belt.....	13
Standard International Grading Syllabus (Overview).....	14
Standard Leadership Badges and Instructor Badges.....	15
Kihon Dosa Ichi (Basic Movements #1) - 11th Kyu.....	16
Kihon Dosa Ni (Basic Movements #2) - 10th Kyu.....	18
Seiken no Migi Hidari (Correct Fist Right And Left) - [10th Kyu].....	20
Kihon Dosa San (Basic Movements #3) - 9th Kyu.....	21
Zenshin Kotai (Advance and Retreat) - 9th Kyu.....	23
Kihon Dosa Yon (Basic Movements #4) - 8th Kyu.....	25
Nijuushichi Te Waza (27 Hand Techniques) - 8th Kyu.....	27
Enpi (Monkey Arm/Elbow) - 8th Kyu.....	29
Kihon Kata Ichi (Basic Kata #1) - 7th Kyu.....	31
Basic Japanese Terminology.....	34



5th Edition compiled for the ICKFA by:

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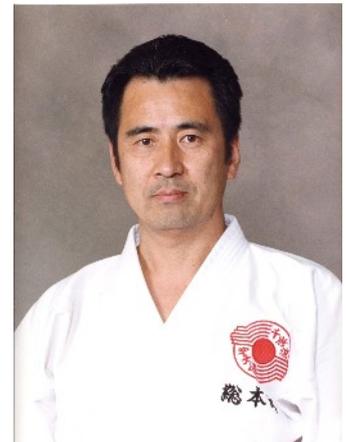
A Brief History of the Origins of Chito-Ryu

Chito-Ryu was developed by O'Sensei (Dr Tsuyoshi Chitose) the 6th master of To-De (Chinese hand) [pictured right]. By combining the strengths of two Okinawan martial arts, Shuri no te and Naha no te, along with his medical knowledge, O'Sensei developed Chito-Ryu.

At the passing of his father Chitose Sensei [also pictured right] became the second generation Soke and is now the supreme instructor of the International Chito-Ryu Karate Federation.



*Dr Tsuyoshi Chitose
1st Generation Soke*



*Yasuhiro Chitose
2nd Generation Soke*

For more detailed history, please refer to the Chito-Ryu Sohonbu (Headquarters) website:

www.chitoryu.co.jp/en

Chito-Ryu Crest

The centre circle represents the sun. The outer circle represents the universe. The five lines on the left and right are hands. The crest as a whole means: by studying Chito-Ryu Karate-Do the people of the world are making a pledge of peace to come together hand in hand.

O Sensei was told by Arigaki Sensei that Karate-do originated approximately one thousand years ago in China. Based on this, O Sensei named his style 'Chito-Ryu', according to the origins of Karate-do.



'**CHITO-RYU KARATE-DO**' means 'The thousand year old style of the empty handed way'.

The Japanese characters on the right side of the crest from top to bottom:

- '**CHI**' means 'one thousand'.
- '**TO**' refers to China's Tang dynasty (618-907), the period in which To-de (which later became known as Karate-do) is commonly thought have originated.
- '**RYU**' is the Japanese word for style.

The Japanese characters on the left side of the crest from top to bottom:

- '**KARA**' means 'empty'.
- '**TE**' means 'hand'
- '**DO**' means 'way'.

Chito-Ryu in Australia

Chito-Ryu was introduced to Australia by Sensei Vance Prince then 4th Dan in the late 1960's - early 1970's (the exact date is unknown). He came to Australia from Canada via the SOHONBU where he spent some time training under O'Sensei. Prince Sensei was later graded to 5th Dan, Renshi before his involvement in the evolution of Australian Chito-Ryu ended.

In the late 1970's Sensei Bill Ker was appointed President and Honbucho (Chief Instructor) of Chito-Ryu in Australia. He later gained the rank of Yondan. In early 1991 he retired from active involvement in the style.

On the retirement of Ker Sensei, Sensei Brian Hayes was appointed President and Honbucho by Soke Chitose.

In November 2004, Sensei Michael Noonan was appointed to represent Soke Sensei and the ICKF in Australia as Honbucho. Noonan Sensei currently teaches at the "Tasseikan" dojo in Sydney and regularly travels to Japan to further his study of Chito-Ryu under the guidance of Soke Sensei and other senior Chito-Ryu Karateka.

In October 2008, Noonan Sensei was graded to the rank of 6th Dan, Renshi. At the same time, Mark Snow Sensei and Martin Phillips Sensei, was graded to the level of Shihan. And for the first time in the history of Australian Chito-Ryu, three active members achieved the level of Shihan or higher. This formed the foundation of an Australian Shihan-kai, which serves to protect the teachings of Soke Sensei in Australia and support Noonan Renshi as Honbucho (Chief Instructor).



*1974 Tournament – Featuring Bill Ker Sensei.
Before and after his jumping kick.*



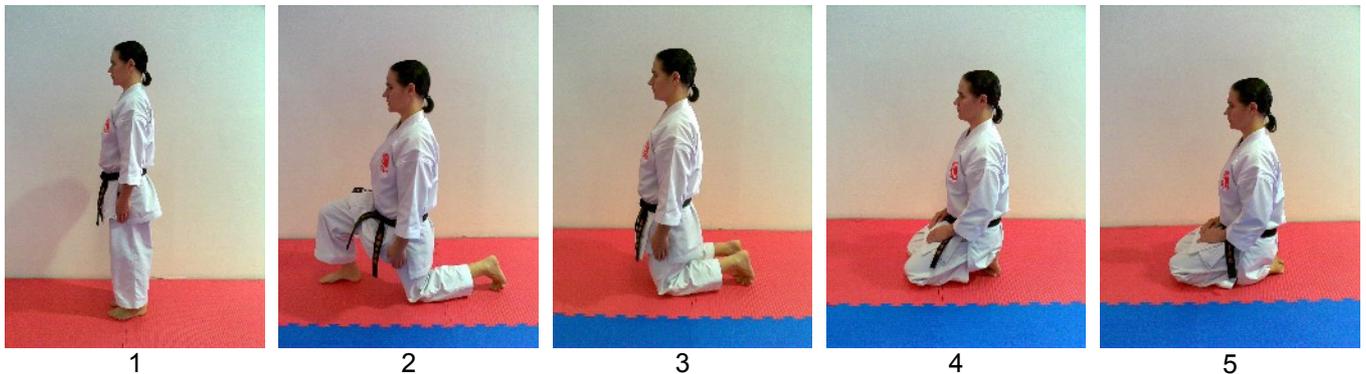
*Michael Noonan, Renshi
Honbucho (Chief Instructor)*

For more detailed information about Chito-Ryu in Australia, please visit the website of the International Chito-Ryu Karate Federation of Australia Inc:

www.chitoryu.com.au

Seiza (Correct Sitting)

Seiza is a formal sitting position and is used at the start and end of every class during meditation and reflection, and at various times throughout the class. Posture is very important not only whilst sitting, but also during the processes of sitting down and standing up from seiza.



Step by step explanation and important points:

1. Start from musubi dachi (refer to basic stances for more information)
2. Drop down onto your left knee, forming a square shape with your thighs and front leg
3. Drop your right knee down to the ground, while maintaining good posture
4. Sit down on your heels, with the balls of your feet in contact with the floor
5. Flatten your feet and sit between your heels, with the big toe on your right foot crossed over on top of the big toe of your left foot

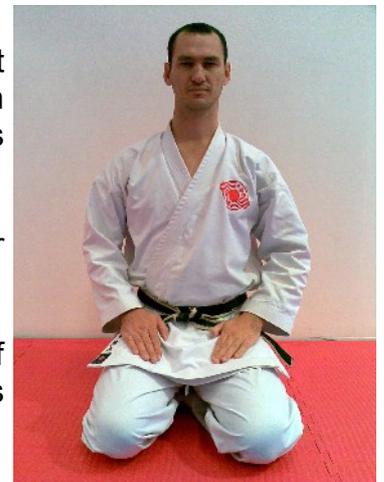
When standing up from seiza, follow the above sequence in reverse order.



Once seated, you should have your belt out to the sides, and your hands placed on the top of your thighs, with your shoulders back and elbows in.

Girls and women should sit with their knees together [pictured left].

Boys and men should sit with a gap of about two fists between their knees [pictured right].



Zarei (Seated Bow)

Step by step explanation and important points:

1. Start for seiza
2. Drop your left hand down first, just in front of your knee
3. Then drop your right hand down, forming a triangle with your thumbs and index fingers
4. Bend at your hips keeping your back straight, until your elbows reach the floor, be sure to keep your fingers together at all times
5. Return your right hand to the top of your thigh
6. Return your left hand to the top of your thigh
7. Return to seiza



1



2



3



4



5



6



7

Ritsurei (Standing Bow)

As Karate is a Japanese tradition we adopt a traditional approach to reigi saho or manners. Bowing is a mutual sign of respect and as such is used often in Karate and other forms of budo. You would use a standing bow every time you enter or leave the dojo, before and after partner work, whenever you do a demonstration and even as a greeting.



1



2

Conduct In and Out of the Dojo

1. Conduct yourself in a formal, respectful manner at all times when in the dojo. Always refer to instructors as Sensei (the black belt instructor) or sempai (assistant instructor). Students must also show respect each other, cultivating the virtues of modesty and humility.
2. Unnecessary roughness, crude language and displays of ill temper are strictly forbidden.
3. Students must always bow on entry or exit from the dojo and as directed by the sensei.
4. Prompt attendance is expected of all students. If you arrive late, proceed to the side of the class and sit in seiza until your presence is recognized by the teacher. When this occurs, the teacher will turn in your direction and you will stand up, bow to your teacher, and proceed to the back of the class.
5. If you need to leave class early, or stop training for any reason, wait until your instructor finishes the drill or exercise, then raise your hand to catch the instructors' attention. Your instructor may ask the reason then dismiss you with a bow.
6. You will make a healthy body through unyielding training and perseverance. "For we who study, the main purpose of karate training is to master technique, make a healthy body, have respect and manners, fortify an indomitable spirit, and to foster growth of these kinds of people." (Soke Chitose)
7. Orders must be followed without question or hesitation. Remember that Karate is a form of self discipline studied with a view to forming strong will, humility and good character.

Wearing Apparel

1. A complete uniform must be worn by all students who have completed the introductory program. The Chito-Ryu crest is to be worn over the left breast.
2. The belt must be worn in the proper fashion, in the colour representing your correct rank, and must be worn at all times.
3. If the belt becomes undone during practice, the student will face in the opposite direction from his opponent or class and secure the belt.
4. For the safety of yourself and your fellow students, all jewelery must be removed before training, and fingernails and toenails are to be trimmed short.
5. Shoes must not be worn in the dojo.
6. Complete protective gear must be worn during kumite practice at the direction of your sensei. Protective equipment includes: mouth guard, shin insteps, hand protectors, groin guard, etc.

The Spirit of Karate-do

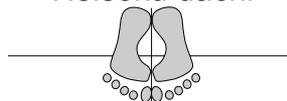
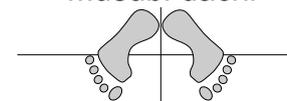
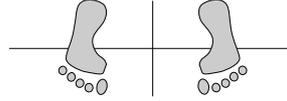
"The ultimate aim of Karate lies not in victory or defeat, but in the perfection of the character of its participants."

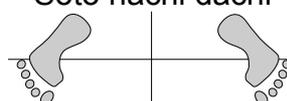
Gichin Funakoshi
1869 – 1957

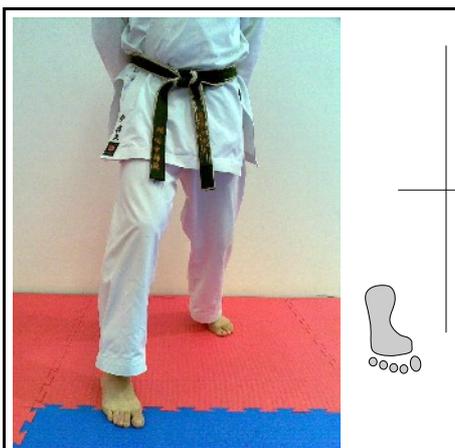
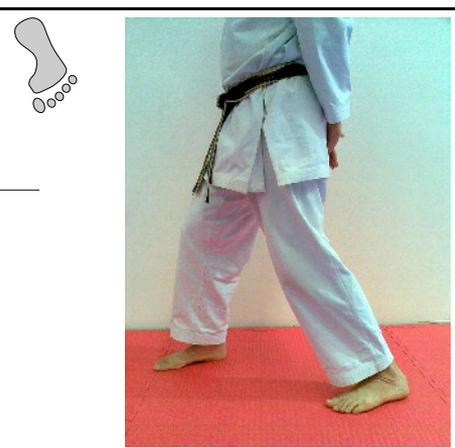
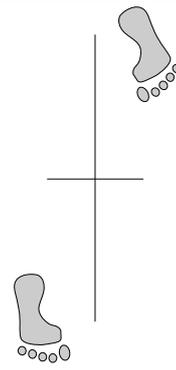
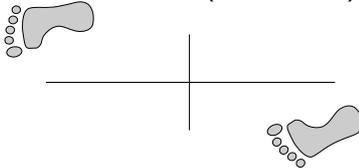
"Karate-do begins with courtesy and ends with courtesy. If superior to their teachers in skill, the disciples should never forget to respect their teachers. Karate is a life-time practice for a person. Karate training is comparable to the boiling of water over a fire; once the fire ceases to burn the water starts to get cold. Karate is not only for the strong, but particularly suitable for the weak and the handicapped; that through Karate they make up for their shortcomings. The physical strength alone is not true Karate. Sincerity of heart and determination of mind will give a person superiority in Karate."

Zenryo Shimadukuro
1909 - 1969

Basic Stances

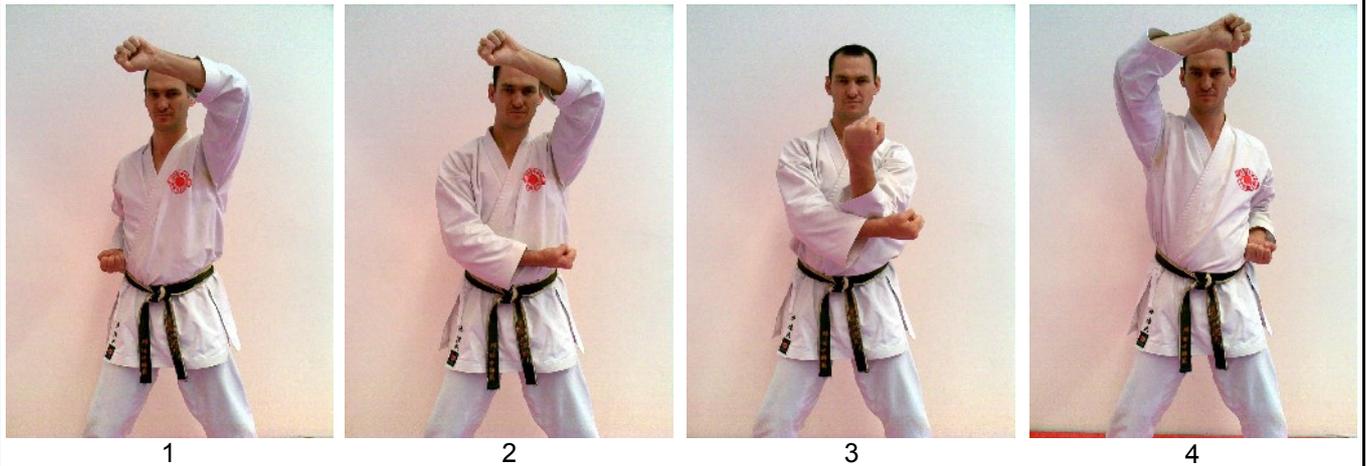
		
<p>Heisoku dachi</p> 	<p>Musubi dachi</p> 	<p>Heiko dachi</p> 

		
<p>Soto hachi dachi</p> 	<p>Uchi hachi dachi</p> 	<p>Shiko dachi</p> 

		
<p>Seisan dachi (front view)</p> 	<p>Seisan dachi (side view)</p> 	<p>Kosa dachi</p> 

Basic Blocking Technique

Jodan Uke (Upper Block)



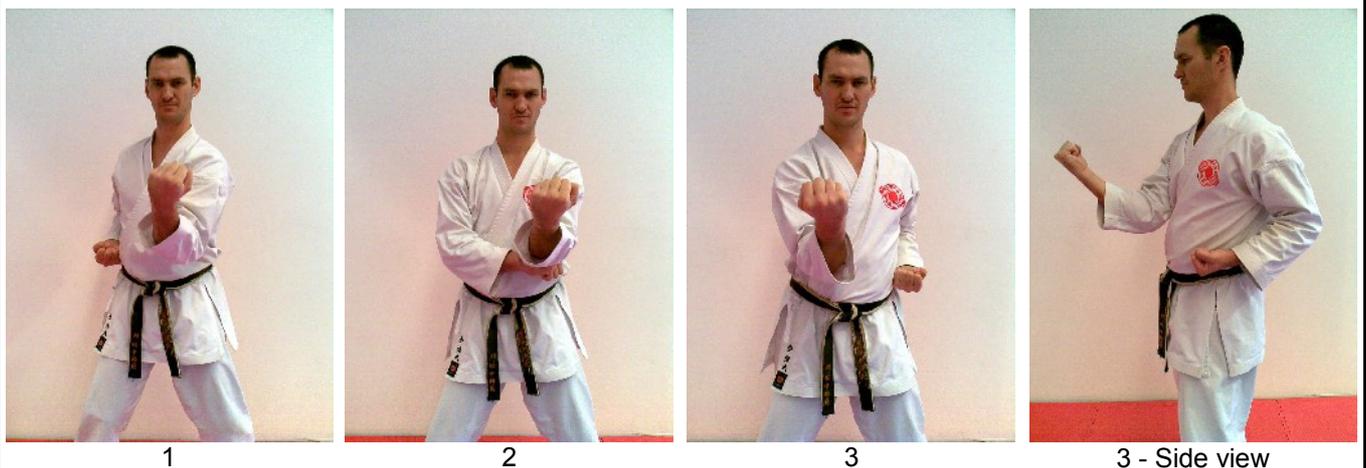
Step by step explanation and important points:

1. Starting from an existing block
 2. Bring your blocking hand straight across your body with your palm facing up
 3. Raise your blocking hand on the outside of your pull back hand
 4. Finish your jodan uke, twisting your forearm at the end until your palm is facing out, finishing with your fist higher than your elbow and your wrist in front of your forehead
- Side view [picutred right] – finish with a gap of about one fist between your wrist and your forehead



4 - Side view

Soto Uke (Outside Block)



Step by step explanation and important points:

1. Start from an existing block
 2. Bring your blocking hand across your body until the back of your hand reaches the elbow of the existing block
 3. Keep your elbow where it is, slide your new block up the outside of the existing block and twist your forearm until your palm faces you at the end point
- Side view – finish with a gap of about one fist between your elbow and your body and an angle of about 100° at your elbow (wrist at chudan height)

Uchi Uke (Inside Block)



Step by step explanation and important points:

1. Start from an existing block
 2. Bring your blocking hand out to the side of your body with your palm facing forward, be sure not to lift your shoulder or draw the arm back behind the line of your body
 3. Leading with your elbow, twist your forearm until you finish your block with your palm facing towards your face
- Side view – uchi uke finishes in the same end position as soto uke (outside block)

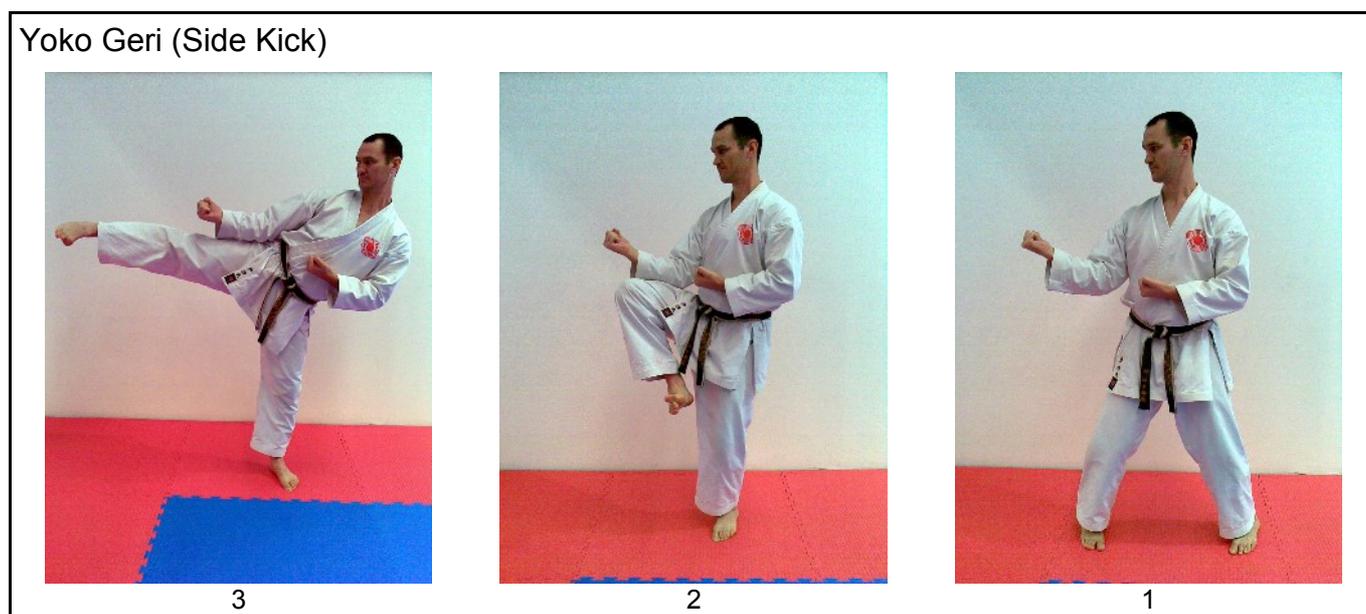
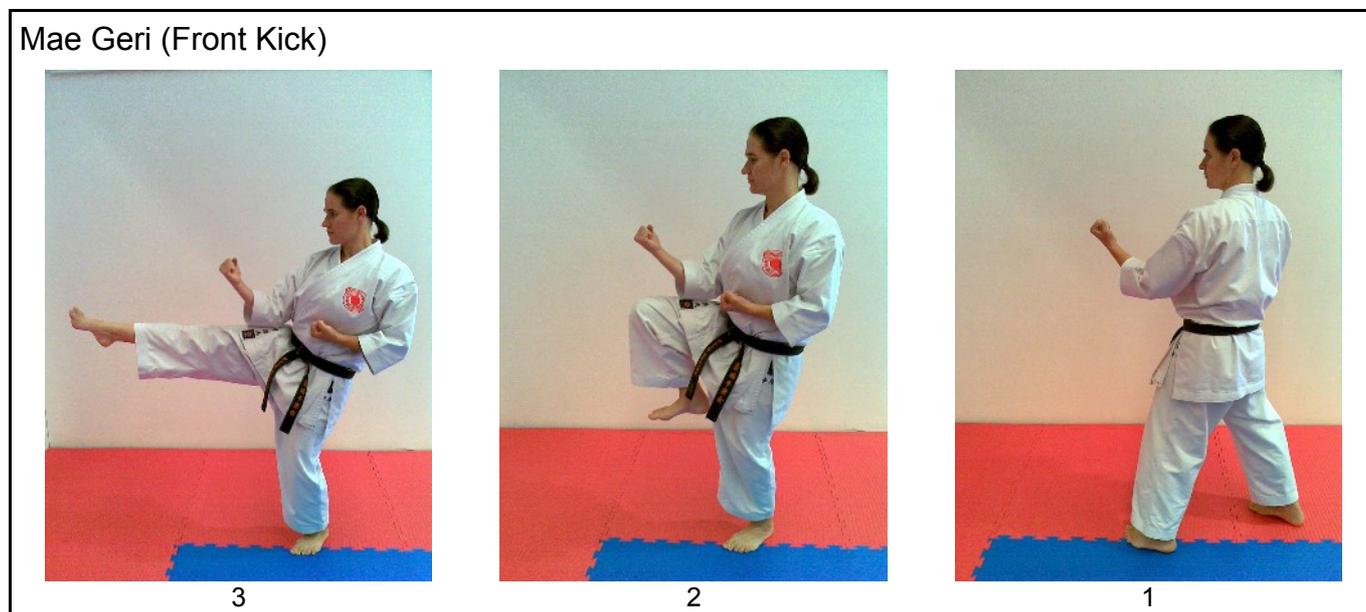
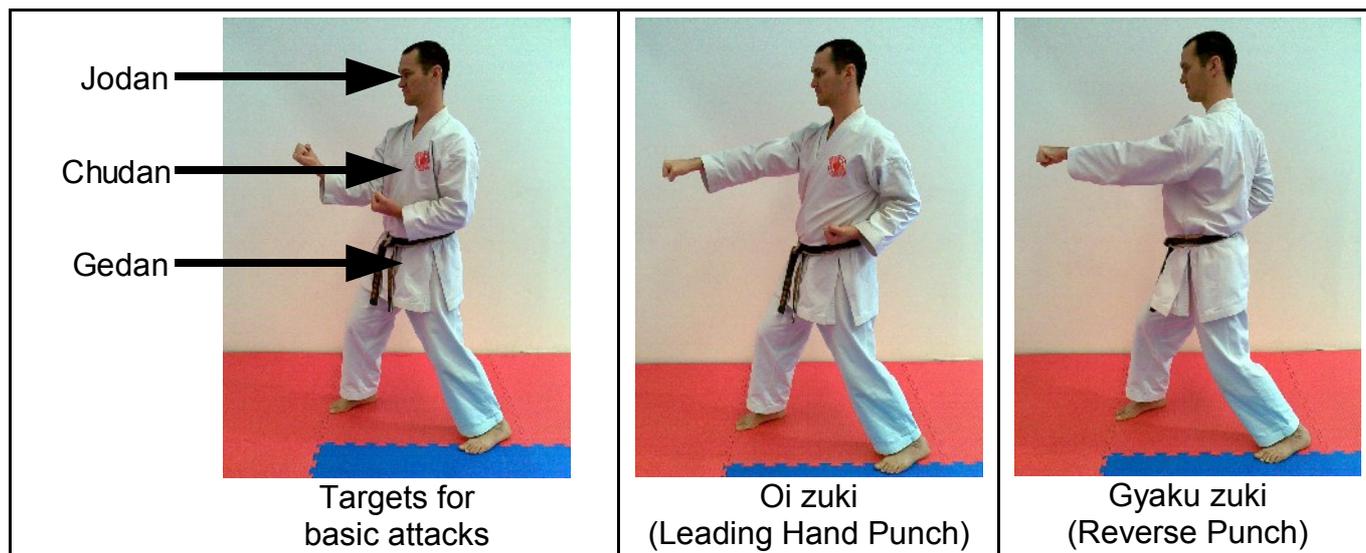
Gedan Barai (Lower Sweeping Block)



Step by step explanation and important points:

1. Start from an existing block
 2. Bring your blocking hand up to your opposite shoulder with your palm facing your ear
 3. Slide your new block down the outside of your existing block, sweeping past your groin, twisting your forearm as you finish with your palm facing towards your thigh
- Side view – ensure the finish position is not too close or too far away from your thigh

Basic Punching and Kicking



Mawashi Geri (Round house Kick)



3



2



1

Ushiro Geri (Back Kick)



4



3



2



1

Words to Consider

Leadership is about helping others discover, believe in, and take action to improve what they know.

Don't sit back and wait for something exciting to happen. Black belts will admit that the biggest step was the first step into the martial arts dojo. To accomplish your dreams, you must take action. Even if you don't know how you are going to accomplish what you want, action is the first step that will lead you in the right direction.

When you are young, one of the hardest things to accept is that you failed. To be a champion, you must know that failing doesn't mean that you aren't good enough. It just means that you have to work a little harder. That is how a black belt perseveres through their training everyday. Train hard, work hard and grow stronger overcoming your obstacles as you get closer to achieving your goals.

There is nothing more important than believing that you can do something. That is the definition of confidence. It is the key to all of your dreams and goals. Without the key, you cannot start the car which will take you down the path to your success.

Showa

The showa is a poem written by O'Sensei which depicts the ethics and training attitude we should all aim to follow as students of Chito-Ryu Karate-Do. The showa is recited at the end of training in Chito-Ryu dojos throughout the world.

English

We who study Karate-do,
 Must never forget the spirit of the samurai,
 With peace, perseverance and hard work,
 We are sure to reach our goals.



Japanese

Ware ware karate do o shugyo suru mono wa
 Tsuneni bushido seishin o wasurezu
 Wa to nin o motte nashi
 Soshite tsutomereba kanarazu tassu

For more detailed explanation of the showa and the key phrases contained within, please refer to the Chito-Ryu Sohonbu (Headquarters) website: www.chitoryu.co.jp/en

Dojo Protocol

START OF TRAINING

[Instructor commands]	1. Shugo	集合	Assemble
	2. Seiretsu	整列	Line up
[Senior student commands]	1. Seiza	正座	Correct sitting
	2. Mokuso	黙想	Meditation
	3. Mokuso yame	黙想やめ	End meditation
	4. Shomen ni rei	正面に礼	Face the front, bow
	5. Sensei ni rei	先生に礼	Face the teacher, bow
	6. Kiritsu	起立	Stand up

END OF TRAINING

[Instructor commands]	1. Sore made	それまで	That's all
	2. Shugo	集合	Assemble
	3. Seiretsu	整列	Line up
[Senior student commands]	1. Seiza	正座	Correct sitting
	2. Mokuso	黙想	Meditation
	3. Showa	唱和	Sing in unison
	4. Hansei	反省	Reflection
	5. Hansei yame	反省やめ	End reflection
	6. Shomen ni rei	正面に礼	Face the front, bow
	7. Sensei ni rei	先生に礼	Face the teacher, bow
	8. Otagai ni rei	おたがいに礼	Face your partner. bow
	9. Kiritsu	起立	Stand up
[Instructor commands]	1. Kaisan	解散	Disperse

How to Tie Your Belt

Ensure that there are no twists wrap your belt around twice directly over the top of itself, finishing with both ends the same length.



1



2



3



4



5



6



7



8



9



10



11



12

Standard International Grading Syllabus (Overview)

Standard Australian belt colours are shown below. Please note that the table below only covers up to black belt level.

Kyu ▪ Dan	Belt Colour	Basics ▪ Kata ▪ Bunkai	Fitness
12th Kyu	Yellow Belt	Basics	5
11th Kyu	Orange Belt White Stripe	Kihon Dosa Ichi	10
10th Kyu	Orange Belt	Kihon Dosa Ni ▪ Seiken no Migi Hidari	15
9th Kyu	Green Belt White Stripe	Kihon Dosa San ▪ Zenshin Kotai Ido Tsuki Keri (Punch and kick while stepping)	20
8th Kyu	Green Belt	Kihon Dosa Yon ▪ Enpi ▪ Nijuushichi Te Waza	25
7th Kyu	Blue Belt White Stripe	Kihon Kata Ichi	30
6th Kyu	Blue Belt	Kihon Kata Ni ▪ Basics ▪ Kicks	35
5th Kyu	Purple Belt White Stripe	Kihon Kata San ▪ Basics ▪ Rinten Tsuki	40
4th Kyu	Purple Belt	Shiho Wari ▪ Shime Kata ▪ Shihohai ▪ Basics	45
3rd Kyu	Brown Belt White Stripe	Seisan ▪ Kihon Dosa Ni ▪ Kihon Kata Ichi	50
2nd Kyu	Brown Belt	Niseishi Dai ▪ Kihon Dosa San ▪ Kihon Kata Ni Niseishi Bunkai	55
1st Kyu	Brown Belt Black Stripe	Bassai ▪ Kihon Dosa Yon ▪ Kihon Kata San	60
Jr. Shodan (U/16 years)	Black Belt	Chinto & one Kata of your choice ▪ Basics Henshuho 1-10	70
Shodan	Black Belt	Chinto & one Kata of your choice Henshuho 1-10	100+

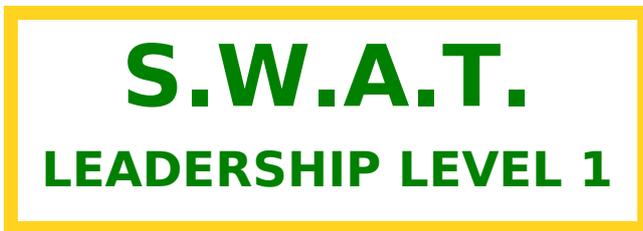
Notes:

- The fitness component is made up of the appropriate number of:
 - Pushups – performed with the elbows close to the body to develop the muscles necessary to perform a correct punch
 - Situps – to develop abdominal strength and strength in the hip flexors which are used in the knee lift in the first half of a kick
 - Squat kicks – squat into shiko dachi then kick mae geri to develop leg strength
- This manual give shows pictures all kata for all beginners, up to and including 7th kyu.

Standard Leadership Badges and Instructor Badges

The following badges are worn by members who have been invited to join leadership program or who have national or international instructor qualifications. Ask your instructor for more information about what you need to do to become part of the leadership team in your dojo.

National Leadership Badges



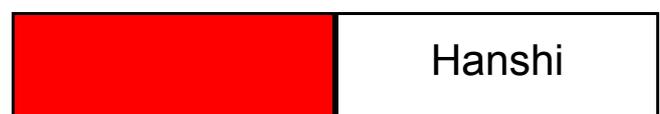
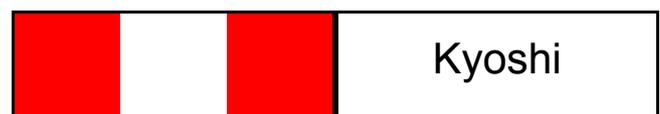
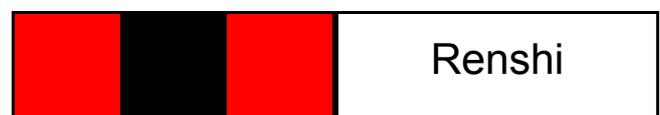
National Instructor Badges



International Instructor Badges



Master Instructor Belt Colours



Kihon Dosa Ichi (Basic Movements #1) - 11th Kyu

基本動作 1

Four steps forward, 4 steps back.

Kiai every fourth punch.

Punch correctly with power, block with a slow breath out.



"Ki o tsuke"
Musubi dachi



"Yoi"
Uchi hachi dachi



(1) Step forward
Migi jodan oi zuki



(2) Step forward
Hidari jodan oi zuki



(3) Step forward
Migi jodan oi zuki



(4) Step forward
Hidari jodan oi zuki – Kiai



(1) Step backward
Migi soto uke (slowly)



(2) Step backward
Hidari soto uke (slowly)



(3) Step backward
Migi soto uke (slowly)



(4) Step backward
Hidari soto uke (slowly)



(1) Step forward
Migi chudan oi zuki



(2) Step forward
Hidari chudan oi zuki

Continues next page...



(3) Step forward
Migi chudan oi zuki



(4) Step forward
Hidari chudan oi zuki – Kiai



(1) Step backward
Migi soto uke (slowly)



(2) Step backward
Hidari soto uke (slowly)



(3) Step backward
Migi soto uke (slowly)



(4) Step backward
Hidari soto uke (slowly)



(1) Step forward
Migi shiko zuki



(2) Step forward
Hidari shiko zuki



(3) Step forward
Migi shiko zuki



(4) Step forward
Hidari shiko zuki – Kiai



(1) Step backward shiko dachi
Migi soto uke (slowly)



(2) Step backward shiko dachi
Hidari soto uke (slowly)



(3) Step backward shiko dachi
Migi soto uke (slowly)



(4) Step backward shiko dachi
Hidari soto uke (slowly)



Right leg steps forward
Yame (musubi dachi)



Kihon Dosa Ni (Basic Movements #2) - 10th Kyu

基本動作 2

Four steps forward, 4 steps back.

Kiai every fourth punch.

All punches and blocks with power.



"Ki o tsuke"
Musubi dachi



"Yoi"
Uchi hachi dachi



(1) Step forward
Migi jodan oi zuki



(2) Step forward
Hidari jodan oi zuki



(3) Step forward
Migi jodan oi zuki



(4) Step forward
Hidari jodan oi zuki – Kiai



(1) Step backward
Migi jodan uke



(2) Step backward
Hidari jodan uke



(3) Step backward
Migi jodan uke



(4) Step backward
Hidari jodan uke



(1) Step forward
Migi chudan oi zuki



(2) Step forward
Hidari chudan oi zuki

Continues next page...



(3) Step forward
Migi chudan oi zuki



(4) Step forward
Hidari chudan oi zuki – Kiai



(1) Step backward
Migi uchi uke



(2) Step backward
Hidari uchi uke



(3) Step backward
Migi uchi uke



(4) Step backward
Hidari uchi uke



(1) Step forward
Migi shiko zuki



(2) Step forward
Hidari shiko zuki



(3) Step forward
Migi shiko zuki



(4) Step forward
Hidari shiko zuki – Kiai



(1) Step backward shiko dachi
Migi gedan barai



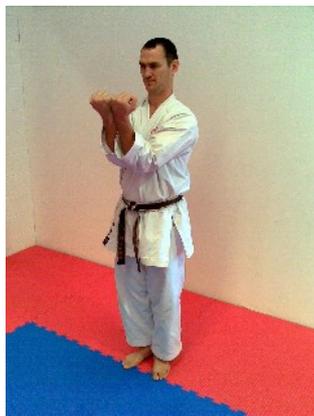
(2) Step backward shiko dachi
Migi gedan barai



(3) Step backward shiko dachi
Migi gedan barai



(4) Step backward shiko dachi
Migi gedan barai



Right leg steps forward
Yame (musubi dachi)



Seiken no Migi Hidari (Correct Fist Right And Left) - [10th Kyu]

正拳の右・左

Taisabaki (body evasion) to the right and left with niren zuki (double punch).



“Ki o tsuke”
Musubi dachi



“Yoi”
Uchi hachi dachi



Look to the right (migi)
Step behind into kosa dachi



Twist into seisan dachi
Hidari chudan zuki



Then renzuki (double punch)
Starting with gyaku zuki



And finishing with
Oi zuki – Kiai



Look to the front
Step with the right leg
into uchi hachi dachi



Look to the left (hidari)
Step behind into kosa dachi



Twist into seisan dachi
Migi chudan zuki



Then renzuki (double punch)
Starting with gyaku zuki



And finishing with
Oi zuki – Kiai



Look to the front
Step with the left leg
into uchi hachi dachi

Continues next page...



Left leg steps in
Yame (musubi dachi)



Kihon Dosa San (Basic Movements #3) - 9th Kyu

基本動作 3

Four steps forward, 4 steps back.

Kiai every fourth step forward and fourth step back.

Correctly block and then punch, gyaku zuki with kime (focused power).



"Ki o tsuke"
Musubi dachi



"Yoi"
Uchi hachi dachi



(1) Step forward
Hidari jodan uke



Migi chudan gyaku zuki

- (2) Step forward, migi jodan uke, then hidari chudan gyaku zuki
- (3) Step forward, hidari jodan uke, then migi chudan gyaku zuki
- (4) Step forward, migi jodan uke, then hidari chudan gyaku zuki, and kiai

- (1) Step backwards, hidari jodan uke, then migi chudan gyaku zuki
- (2) Step backwards, migi jodan uke, then hidari chudan gyaku zuki
- (3) Step backwards, hidari jodan uke, then migi chudan gyaku zuki
- (4) Step backwards, migi jodan uke, then hidari chudan gyaku zuki, and kiai

Continues next page...



(1) Step forward
Hidari soto uke



Migi chudan gyaku zuki



(2) Step forward
Migi soto uke



Hidari chudan gyaku zuki

- (3) Step forward, hidari soto uke, then migi chudan gyaku zuki
- (4) Step forward, migi soto uke, then hidari chudan gyaku zuki, and kiai

- (1) Step backwards, hidari soto uke, then migi chudan gyaku zuki
- (2) Step backwards, migi soto uke, then hidari chudan gyaku zuki
- (3) Step backwards, hidari soto uke, then migi chudan gyaku zuki
- (4) Step backwards, migi soto uke, then hidari chudan gyaku zuki, and kiai

- (1) Step forward, hidari uchi uke, then migi chudan gyaku zuki
- (2) Step forward, migi uchi uke, then hidari chudan gyaku zuki
- (3) Step forward, hidari uchi uke, then migi chudan gyaku zuki
- (4) Step forward, migi uchi uke, then hidari chudan gyaku zuki, and kiai

- (1) Step backwards, hidari uchi uke, then migi chudan gyaku zuki
- (2) Step backwards, migi uchi uke, then hidari chudan gyaku zuki
- (3) Step backwards, hidari uchi uke, then migi chudan gyaku zuki
- (4) Step backwards, migi uchi uke, then hidari chudan gyaku zuki, and kiai



(1) Step forward
Hidari gedan barai



Migi chudan gyaku zuki



(2) Step forward
Migi gedan barai

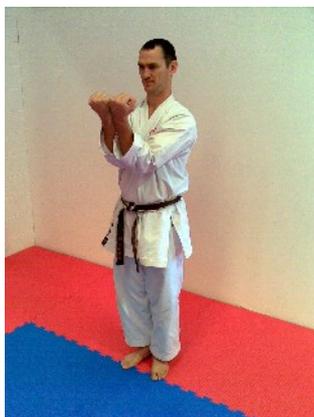


Hidari chudan gyaku zuki

- (3) Step forward, hidari gedan barai, then migi chudan gyaku zuki
- (4) Step forward, migi gedan barai, then hidari chudan gyaku zuki, and kiai

- (1) Step backwards, hidari gedan barai, then migi chudan gyaku zuki
- (2) Step backwards, migi gedan barai, then hidari chudan gyaku zuki
- (3) Step backwards, hidari gedan barai, then migi chudan gyaku zuki
- (4) Step backwards, migi gedan barai, then hidari chudan gyaku zuki, and kiai

Continues next page...



Left leg steps forward
Yame (musubi dachi)



Zenshin Kotai (Advance and Retreat) - 9th Kyu

前進後退



"Ki o tsuke"
Musubi dachi



"Yoi"
Uchi hachi dachi



(1) Step forward
Migi chudan oi zuki



(2) Step forward
Hidari chudan oi zuki



(3) Step backward
Migi chudan oi zuki



(4) Step backward
Hidari chudan oi zuki



Step with right leg and
turn to the right
Migi soto uke (slowly)



Renzuki (double punch)
(1) Hidari gyaku zuki...

Continues next page...



... (2) Migi oi zuki



Step with left leg
Hidari soto uke (slowly)



Renzuki (double punch)
(1) Migi gyaku zuki...



... (2) Hidari oi zuki



Migi gedan barai
Sagi ashi dachi



Migi yoko geri



Uchi hachi dachi



Hidari gedan barai
Sagi ashi dachi



Hidari yoko geri



Uchi hachi dachi



Migi chudan zuki



Sanren zuki (triple punch)
(1) Hidari chudan zuki...



... (2) Migi chudan zuki



... (3) Hidari chudan zuki
and kiai



Left leg steps in
Yame (musubi dachi)



Kihon Dosa Yon (Basic Movements #4) - 8th Kyu

基本動作 4

Face three directions, front, left and right.

Defend and attack, jodan, chudan gedan.

Punch gyaku zuki after every block.



"Ki o tsuke"
Musubi dachi



"Yoi"
Uchi hachi dachi



(1) Right leg step back
Hidari jodan uke



Migi chudan gyaku zuki



(2) Left leg step back
Migi jodan uke



Hidari chudan gyaku zuki



(3) Right leg step back
Hidari jodan uke



Migi chudan gyaku zuki
And kiai



(1) Left leg step back
Migi soto uke



Hidari chudan gyaku zuki



(2) Right leg step back
Hidari soto uke



Migi chudan gyaku zuki

Continues next page...



(3) Left leg step back
Migi soto uke



Hidari chudan gyaku zuki
And kiai



(1) Right leg step back
Hidari gedan barai



Migi chudan gyaku zuki



(2) Left leg step back
Migi gedan barai



Hidari chudan gyaku zuki



(3) Right leg step back
Hidari gedan barai



Migi chudan gyaku zuki
And kiai



Return to uchi hachi dachi



Left leg steps in
Yame (musubi dachi)



Nijuushichi Te Waza (27 Hand Techniques) - 8th Kyu

二十七手技



"Ki o tsuke"
Musubi dachi



"Yoi"
Uchi hachi dachi



(1) Hidari jodan uke



(2) Migi jodan uke



(3) Hidari chudan soto uke



(4) Migi chudan soto uke



(5) Hidari chudan uchi uke



(6) Migi chudan uchi uke



(7) Hidari gedan barai



(8) Migi gedan barai



(9) Hidari chudan tsuki



(10) Migi chudan tsuki

Continues next page...



(11) Hidari chudan kagi zuki



(12) Migi chudan kagi zuki



(13) Hidari jodan ushiro
mawashi zuki



(14) Migi jodan ushiro
mawashi zuki



(15) Hidari jodan age enpi



(16) Migi jodan age enpi



(17) Hidari chudan shuto uke



(18) Migi chudan shuto uke



(19) Hidari chudan teisho
zuki



(20) Migi chudan teisho zuki



(21) Hidari yoko enpi
(shiko dachi)



(22) Migi mae enpi
(seisan dachi)



(23) Migi yoko enpi
(shiko dachi)



(24) Hidari mae enpi
(seisan dachi)



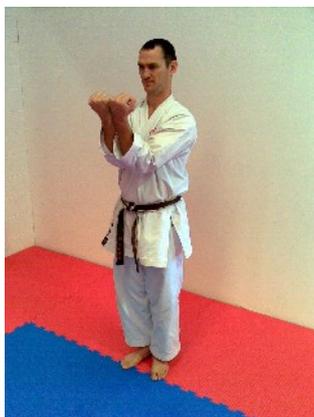
(25) Hidari jodan ushiro
mawashi enpi
(uchihachi dachi)



(26) Migi jodan ushiro
mawashi enpi



(27) Ryohiji/both elbows
ushiro enpi - kiai



Left leg steps in
Yame (musubi dachi)



Enpi (Monkey Arm/Elbow) - 8th Kyu

猿臂 (エンピ)

Six kind of enpi movements (right and left).

1. Mae enpi, 2. Ushiro enpi, 3. Yoko enpi, 4. Mawashi enpi, 5. Age enpi, 6. Otoshi enpi



"Ki o tsuke"
Musubi dachi



"Yoi"
Uchi hachi dachi



(1) Migi mae enpi
(shiko dachi)



(2) Migi ushiro enpi
(seisan dachi)



(3) Migi yoko enpi
(shiko dachi)



(4) Migi mawashi jodan enpi
(seisan dachi)



(5) Migi jodan age enpi
(seisan dachi)



(6) Migi otoshi enpi
(shiko dachi) - kiai

Continues next page...



(Uchiyachi dachi)



(7) Hidari mae enpi
(shiko dachi)



(8) Hidari ushiro enpi
(seisan dachi)



(9) Hidari yoko enpi
(shiko dachi)



(10) Hidari mawashi jodan
enpi (seisan dachi)



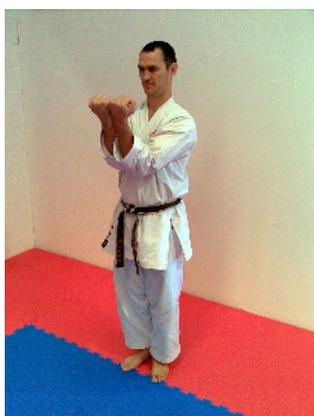
(11) Hidari jodan age enpi
(seisan dachi)



(12) Hidari otoshi enpi
(shiko dachi) - kiai



(Uchiyachi dachi)



Left leg steps in
Yame (musubi dachi)



Kihon Kata Ichi (Basic Kata #1) - 7th Kyu

基本型 I

In this kihon all movements should be done one at a time, correctly and with kime.



"Ki o tsuke"
Musubi dachi



"Yoi"
Uchi hachi dachi



(1) Migi jodan oi zuki
(seisan dachi)



(2) Hidari chudan oi zuki



(3) Migi chudan oi zuki



(4) Hidari shiko oi zuki -
kiai



(5) Yukkuri/slowly - migi
chudan soto uke



(6) Yukkuri - hidari chudan
soto uke



(7) Yukkuri - migi chudan
soto uke



(8) Yukkuri - hidari chudan
soto uke ... Kamae



(9) Migi chudan mae geri



... Kamae

Continues next page...



(10) Migi chudan mae geri



... Kamae



(11) Migi chudan mae geri



... Kamae



(10) Migi chudan mae geri



... Kamae



(11) Kamae to the right



Step kosa dachi to the right



migi chudan sokuto



(12) Kamae to the right



Step kosa dachi to the right



Migi chudan sokuto



Kamae to the right (zanshin)



(13) Kamae to the left



Step kosa dachi to the left



Hidari chudan sokuto

Continues next page...



(14) Kamae to the left



Step kosa dachi to the left



Hidari chudan sokuto



Kamae to the left (zanshin)



(15) Migi chudan oi zuki



Hidari chudan kaeshi zuki



(16) Migi jodan oi zuki



(17) Hidari chudan oi zuki



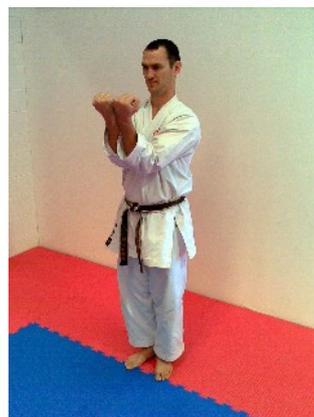
(18) Hidari chudan oi zuki



(19) Hidari shiko oi zuki - kiai



Migi kaeshi shiko zuki



Left leg steps up
Yame (musubi dachi)



Basic Japanese Terminology

Ichi.....	One	Sensei.....	Teacher
Ni.....	Two	Senpai.....	Senior
San.....	Three	Kohai.....	Junior
Shi.....	Four	Dojo.....	Training hall
Go.....	Five		<i>Literally "Way place"</i>
Roku.....	Six	Kihon.....	Basic
Shichi.....	Seven	Dosa.....	Movement
Hachi.....	Eight	Kata.....	Form/Pattern
Kyu.....	Nine	Bunkai.....	Part explanation
Juu.....	Ten	Kumite.....	Sparring
Kyu.....	Level	Dachi.....	Stance
Dan.....	Degree	Tsuki/Zuki.....	Punch
Mae.....	Front	Uke.....	Block
Yoko.....	Side	Keri/Geri.....	Kick
Ushiro.....	Back	Uchi.....	Strike
Jodan.....	Upper	Barai.....	Sweep
Chudan.....	Middle	Ukemi.....	Break falling
Gedan.....	Lower	Enpi.....	Elbow strike
Mo ichi do.....	One more time		
Hikite.....	Pull back (of hand)		
Hikiashi.....	Pull back (of leg)		
Metsuke.....	Eye focus		
Enzan no metsuke.....	Fixing the eyes on the distant mountain		
Shime.....	Lower body tension (grounding)		
Kime.....	Focus (of technique)		
Kiai.....	Spirit united (with technique)		
Seichusen.....	Correct centre line		
Kyo/Jitsu.....	Weakness/Strength		
Ma ai.....	Distance/timing		
Zanshin.....	Remaining spirit (after an attack)		
Tanden.....	The energy centre of your body (located at your centre of gravity)		
Heijoshin.....	Ordinary spirit, calm heart		
Mushin.....	"Void", the spirit of nothingness		
Kake, kuzushi, tsukuri...	Receive, unbalance, finish (make)		