



Arizona Karate Association

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Student Handbook

What to Expect When You Start Training

The Arizona Karate Association is a traditional Japanese Karate Dojo (school). Starting any new activity can be a little intimidating. This handbook explains many of the things you need to know, and our senior students will be happy to assist you and answer any questions you might have. You don't have to go it alone! To ease your transition, here are some of the things you can expect when you start training at our Dojo:

Class Times

Allow plenty of time to change into your gi, or karate uniform. Men and women's changing rooms and showers are provided. You should also allow time to stretch a little before class starts. Try to arrive 15 minutes before your class begins. If your work schedule does not allow you to arrive that early, explain your situation to one of the senior students.

There is no limit to the number of classes you can attend each week, but we recommend training at least 3 times a week if at all possible, to gain the greatest benefit from your karate training.

Morning Class: 11:00 a.m. to 12:00 noon Monday, Wednesday, Friday
Adult class, where all belt levels are welcome.

Afternoon Class: 5:30 p.m. to 6:30 p.m. Monday, Wednesday, Friday
All ages and belt levels are welcome. This class has multiple instructors and is ideal for the beginning student. Parents are welcome to train with their children, and beginning adults are especially encouraged to take advantage of the individualized instruction available during the afternoon class.

Evening Class: 6:30 p.m. to 7:30 p.m. Monday, Wednesday, Friday
Adult class, where all belt levels are welcome. Individual one-on-one instruction is available in the back room for the new student.

Kata Class: 9:00 a.m. to 11:00 a.m. Saturdays
All ages and belt levels are welcome to this two-hour conditioning/kata training class.

Karate Uniform (Gi)

Gis are the uniform you wear to train, and are available for purchase in the office. You can change into your gi in the changing room. Ask another student for help on how to put on your gi and tie your belt, they will be happy to assist you.

Do not wear jewelry, it could cause injury to yourself or another student. Women should wear a sports bra under their gi top. Some people like to wear a t-shirt under their gi.

You can leave your workout bag, shoes, and street clothes in the changing room. Please leave your jewelry and valuables at home or in your car. **Do not leave valuables in the changing room** – the Dojo is not responsible for loss or damage.

Karate School (Dojo)

A dojo (dough-joe) means ways of a place. We always treat our dojo with respect, by keeping it clean and picking up after ourselves.

Teacher (Sensei)

Sensei (sen say) means teacher. Sensei Shojiro Koyama is our Sensei. Senior students are our Sempais (sem pies).

Bowing

Bowing is a Japanese tradition meant to show courtesy and respect. We bow in respect of the place that we train as well as to demonstrate respect toward each other.

- Bow as you enter the front door or the back door.
- Bow as you walk into or leave the training area.
- Bow to Sensei before and after an exercise.
- Bow to your partner before and after an exercise.

You will soon catch on to when and where it is appropriate to bow, and your fellow students will be happy to provide guidance.

Opening and Closing Ceremonies

As a traditional martial art, we begin and end class with an opening and closing ceremony. This is what to expect:

- Students line up according to rank, with higher-ranking members to your right.
- Sensei (teacher) will stand at the front of the class, and then sit in Seiza (formal kneeling posture).
- The highest ranking belt will announce these commands:
 - “Seiza” (say zah) – a formal posture on your knees, sitting on our heels, with the tops of your feet flat on the floor, spine straight, hands on your lap. If you cannot sit this way, you may stand behind the students who are kneeling. Kneel in rank order, after the person on your right kneels.
 - “Mokuso!” (moke so) – this is a brief period of meditation where students close their eyes and remain still. Mentally prepare yourself for training by spending a brief moment to clear your mind.
 - “Mokuso Yame” (moke so ya may) – this signals the end of the meditation period.
 - “Shomen ni Rei!” (show men nee ray) – bow to the front where the flags are. This is to demonstrate respect to the masters who formulated our Shotokan style.
 - “Sensei ni Rei!” (sen say nee ray) – bow to Sensei at the front.
- The students will then stand up in rank order. Don’t stand up until the person on your right stands. Your position on the floor during training is also in rank order, with higher level black belts to the right of the floor.

You will soon catch on to opening and closing ceremonies, and senior students are always prepared to show you the correct way to kneel and stand.

The same commands are used during Closing Ceremony, but the Dojo Kun is recited in English and Japanese (see page 5 for the words to the Dojo Kun in English and Japanese).

Learning the Basics

Every student has a different timeline for learning. Beginning students will be taught on an individual basis until they are comfortable enough to join the other students. The Afternoon Class at 5:30 p.m. Monday, Wednesday and Friday is an ideal setting with more individualized training for the beginning student, who can train in small group settings. It also makes a good transition class for students who have not trained in many years and may have forgotten the katas.

Vocabulary

As a traditional Japanese martial art, you will hear Japanese words in connection with your training. Relax, you do not need to understand Japanese in order to train. In addition to hearing commands, you will be able to watch other students and copy their moves. Through repetition, you will gradually learn Japanese terms. A short vocabulary list

is included in this handbook, but don't worry about memorizing them all. Your Japanese vocabulary will grow over time, and it is not necessary to understand Japanese to train.

Kiai

The sound a student makes while kicking or punching is called a "kiai" (kee – eye). Kiai is a compound of ki, meaning energy or mood, and a(u), meaning join or fit. It is a short, sharp sound coming from the diaphragm that is meant to focus energy during the technique. Each student has their own unique kiai, and you will develop yours over time.

The Arizona Karate Association - Who We Are

The Arizona Karate Association was established in 1961 and has been led by our Chief Instructor, Sensei Shojiro Koyama, since 1964. We are affiliated with the Japan Karate Association/World Federation America. Our Dojo is the Central Headquarters of the Western Region of the JKA/WFA. The Japan Karate Association is one of the oldest karate organizations in continuous operation.

Who Can Train

Karate training is appropriate for people of all ages and athletic abilities. For athletes studying other sports, Shotokan Karate offers full body conditioning. For adults looking to increase their physical activity level to improve health, lose weight, or reduce stress, karate training offers both physical activity and mental stimulation. For children, karate teaches discipline and coordination in a fun environment. Each student progresses at their own pace. Karate is truly a lifetime exercise.

Common Reasons for Training

People train for many different reasons, or simply out of a sense of curiosity. The benefits of martial arts training are numerous, and include athletic conditioning, weight loss, an interesting way to exercise, stress reduction, an interest in Japanese culture, an opportunity to meet new people, improve concentration, booster the immune system, or learn self-defense techniques, among other reasons. Sometimes people trained at a martial art in their youth, and are interested in taking it up as an adult. Whatever your reasons for wanting to train, you are welcome at the Dojo and will find regular training beneficial in many aspects of your life.

Understanding Karate-Do

Karate-do {ka-rah-tay doe}, the "way of the empty hand", (Kara meaning "empty", te meaning "hand" and do meaning "way") is a path to self development. Karate is best known as a method of self-defense, but self-defense is only a by-product of true karate training. Karate-do develops character through training; the karate-ka (karate student) learns to surmount any obstacle, tangible or intangible.

"The ultimate objective of karate-do lies not in determining who is the winner and the loser, but in the perfection of the character of the participants."

-Master Gichin Funakoshi, founder of modern karate.

Getting a Black Belt

Getting a black belt is an individual journey, and can take from 3 to 6 years or longer, depending on the student's physical condition, training consistency, and effort. At the Arizona Karate Association, the journey is the most important aspect of training, not the attainment of the belt.

Belt Levels & Testing Requirements

To test for the next belt level, the student takes a “kyu” exam. Kyu exams are typically held once a month, on a Friday after the evening class, and a student is eligible after 3 months of training. Alternative kyu examination arrangements can be made if Friday attendance is not possible due to religious reasons.

The student must perform the appropriate kata for their rank, must demonstrate basic techniques, and must do five-step (white and yellow belt) or one-step sparring (orange belt exam and higher).

Here is the belt order:

- White
- Yellow 8th Kyu
- Orange 7th Kyu
- Green 6th Kyu
- Purple (two levels) 5th & 4th Kyu
- Brown (three levels and A and B rank within the level) 3rd, 2nd & 1st Kyu
- Black (ten levels) Dan

White through orange are considered beginners, green through purple are considered intermediate level students, and brown and black belts are considered advanced students.

History of Shotokan Karate

Karate has roots that can be traced back 1400 years, from the time Daruma Bodhidharma, the founder of Zen Buddhism, left India and traveled to China to present lectures on Buddhism. His teachings were passed down to the monks of the Shao-lin Temple, who came to be known throughout China for their courage and fortitude. Daruma’s teachings spread throughout China, and came to be known as Shorin-ji Kempo. Eventually the art reached the Ryukyu Islands and Okinawa-te, the forerunner of our present day karate, was established.

About 500 years ago, Sho Hashi united the three territories of Okinawa, and possession of any and all weapons by the people was forbidden. Then, approximately 200 years later, the Ryukyus became governed under the leadership of the Satsuma clan of Japan. This government also prohibited weapons. This double prohibition propelled the development of the Okinawan art of karate. With official prohibition, practitioners of karate were compelled to teach, learn, and practice in secret, for fear of government reprisal.

Master Funakoshi did a great deal to spread karate throughout Okinawa and Japan. When the Russo-Japanese War ended in 1906, Master Funakoshi and a few of his friends formed a group to provide public demonstrations. Touring Okinawa, they provided the first public demonstrations. One particular event stood out. There was an opening ceremony of a new prefectural building, and many prominent people were in attendance. Master Funakoshi led a group of five outstanding masters of karate in a demonstration of the art. Master Funakoshi also gave a demonstration of karate to a medical association, explaining how karate could be a critical component of physical education. These efforts to provide demonstrations to the public, to medical associations, and to students, sparked the popularity of karate and resulted in its growth throughout Okinawa.

In 1916, Master Funakoshi was invited to the Butoku-den in Kyoto. The Butoku-den was the official center of all martial arts in Japan. Master Funakoshi was invited to give a karate demonstration, the first time karate was demonstrated outside of Okinawa.

On March 21, 1921, the emperor of Japan, who was the crown prince, visited Okinawa on his way to Europe. In the Great Hall of Shuri Castle, Master Funakoshi was honored to conduct a demonstration of karate in front of the crown prince. Master Funakoshi reflected with pride how the crown prince expressed particular pleasure with the beautiful scenery of Okinawa, the Dragon Drain of the Magic Fountain in Shuri Castle, and the mysterious elegance

of karate. Master Funakoshi, after an exhibition in Tokyo in 1922, was persuaded to stay in Japan to promote the interest of karate, and traveled throughout Japan giving talks and demonstrations to popularize the art.

In 1949, Master Funakoshi's followers established an association for the promotion of karate. It was called Nihon Karate Kyokai, or Japan Karate Association. In 1955, the JKA was incorporated as an educational body under the Ministry of Education. Master Nakayama, under the supervision of Master Funakoshi, formulated the instructor training program along with Masters Okazaki, Nishiyama, and Sugiura. In 1957, Master Funakoshi passed away, and Master Nakayama was elected the Chief Instructor of the Japan Karate Association. In the 1960's, an influx of Masters entered the United States to spread the art in America, including Sensei Koyama. The United States owes a debt of gratitude to these early pioneers, who spread karate in the tradition of Master Funakoshi. Today the Japan Karate Association is a major presence in over 100 countries.

Dojo Kun

Dojo Kun in English:

"Seek perfection of character!"

"Be faithful!"

"Endeavor to Excel!"

"Respect others!"

"Refrain from violent behavior!"

Dojo Kun in Japanese:

Hitotsu {He-totes} **"Jinkaku kansei ni tsutomurukoto"** {Gin-cah-coo can-say knee sue-toe-more-oh-coe-toe}—Meaning Strive for perfection of character

Hitotsu **"Makotono michi wo mamorukoto"** {Mah-coe-toe-no me-chee who mah-more-loo-coe-toe}—Meaning to defend the path of truth

Hitotsu **"Doryokuno seishin wo yashinaukoto"** {Door-ee-oh-coo-no say-chin who yah-she-now-coe-toe}—Meaning to foster the spirit of effort

Hitotsu **"Reigi wo omonzurukoto"** {Lay-ghee who oh-moan-zoo-row-coetoe}—Meaning to honor the principle of etiquette

Hitotsu **"Kekkino yu wo imashimurukoto"** {Kay-key-no you who e-mash-emore-oh-coe-toe}—Meaning to guard against impetuous courage.

List of Katas

Kata Name	# of Moves	Kiai Points	Meaning
1. Heian Shodan	21	9 & 17	
2. Heian Nidan	26	11 & 26	
3. Heian Sandan	20	10 & 20	
4. Heian Yodan	27	13 & 25	
5. Heian Godan	23	12 & 19	
6. Tekki Shodan	29	15 & 29	Iron Horse
7. Tekki Nidan	24	16 & 24	Iron Horse
8. Tekki Sandan	36	16 & 36	Iron Horse
9. Bassai Dai	42	19 & 42	Storm a Fortress (Major)
10. Kanku Dai	65	15 & 65	To View the Sky (Major)
11. Jion	47	17 & 47	Temple
12. Empi	37	15 & 36	Flying Swallow
13. Jitte	24	13 & 24	Ten Hands
14. Hangetsu	41	11 & 40	Half Moon
15. Gankaku	42	28 & 42	Crane on a Rock
16. Bassai Sho	27	17 & 25	Storm a Fortress (Minor)
17. Kanku Sho	47	28 & 47	To View the Sky (Minor)
18. Chinte	33	9 & 32	Unusual Hands
19. Gojushiho Dai	62	54 & 61	54 Steps (Major)
20. Gojushiho Sho	65	57 & 64	54 Steps (Minor)
21. Meikyo	33	32	Bright Mirror
22. Unsu	48	36 & 48	Cloud Hands
23. Sochin	40	28 & 40	Preservation of Peace
24. Nijushiho	33	18 & 32	24 Steps
25. Wankan	24	24	King's Crown
26. Jiin*	35	11 & 35	Temple (Minor)

*Not one of the official 25 JKA Kata

Japanese Vocabulary Words

Block (Uke – pronounced “oo-kay”)

Jodan Age-uke (ah-geh-oo-kay): Upper block (Raising)

Shuto-uke (shoe-toe oo-kay): Knife-hand block

Uchi-uke (oo-chee oo-kay): Inside block

Gedan-barai (Geh-dahn bah-rye): Down block

Soto-uke (so-toh oo-kay): Outside center block

Punch (Zuki – pronounced “zoo-key”)

Age-zuki (ah-geh zoo-key): Rising punch

Choku-zuki (cho-koo zoo-key): Straight punch

Chudan-zuki (chew-dahn zoo-key): Middle area punch

Gyaku-zuki (gya-koo zoo-key): Reverse punch

Jodan-zuki (joe-dahn zoo-key): Face level punch

Kagi-zuki (ka gee zoo-key): Hook punch

Oi-zuki (oh-ee zoo-key): Stepping punch

Tate-zuki (tah-the zoo-key): Vertical punch

Ura-zuki (oo-rah zoo-key): Close punch

Kick (Geri – pronounced “geh-rhee”)

Keage (key-ah-geh): Snap kick

Kekomi (kay-koh-me): Thrust kick

Mae-geri (mah-eh geh-rhee): Front kick

Mawashi-geri (mah-wha-she geh-rhee): Round kick

Ushiro-geri (oo-she row geh-rhee): Back kick

Yoko-geri-kaegi (yoh-koh geh-rhee key-ah-geh): Side snap kick

Yoko-geri-kekomi (yoh-koh geh-rhee key-ah-geh): Side thrust kick

Strike (Uchi – pronounced “oo-chee”)

Empi-uchi (en-pee oo-chee): Elbow strike

Haishu-uchi (hi-shoo oo-chee): Back hand strike

Haito-uchi (hi-toe oo-chee): Ridge-hand strike

Ippon-ken (eep-pone ken): One-knuckle fist

Nukite (noo-key-teh): Spear hand

Kentsui-uchi (ken-tsue-ee oo-chee): Hammer fist strike

Shuto-uchi (shoe-toe oo-chee): Knife hand strike

Teisho-uchi (tay-sho oo-chee): Palm hand strike

Uraken-uchi (oo-rah-ken oo-chee): Back fist strike

Stance (Dachi – pronounced “dah-chee”)

Fudo-dachi (foo-dough dah-chee) Rooted stance

Hachiji-dachi (hah-chee-gee dah-chee): Open leg stance

Hangetsu-dachi (hahn-geh-tsue dah-chee): Half-moon stance

Heiko-dachi (hay-koh dah-chee): Parallel stance

Kamae (kah-may): Sparring posture
Kiba-dachi (key-bah dah-chee): Side stance (horse stance)
Kokutsu-dachi (koe-koo-tsu dah-chee): Back stance
Kosa-dachi (koe-sah dah-chee): Crossed legged stance
Neko-ashi-dachi (neh-koh ah-she-dah-chee): Cat stance
Sanchin-dachi (san-chin dah-chee): Hour-glass stance
Shizentai (she-zen dah-chee): Natural position
Teiji-dachi (the-gee dah-chee): T stance
Zenkutsu-dachi (zen-koo-tsue dah-chee): Front stance

Numbers

Ichi (ih-chee): One
Ni (nee): Two
San (sahn): Three
Shi (she): Four
Go (go): Five
Roku (roo-koo): Six
Shichi (Shih-chee): Seven
Hachi (Hah-chee): Eight
Ku (koo): Nine
Ju (joo): Ten

General Terms

Budo (boo-doh): Martial way
Bunkai (bun-kye): Applications
Chudan (chew-dahn): Chest area
Dan (dahn): Black belt rank
Do (doh): Way/path
Dojo (doh-joh): Training area
Gasshuku (gas-shoe-koo) Summer camp
Gedan (geh-dahn): Lower body area
Gi (ghee): Uniform
Gohan-kumite (goh-hon koo-mih-tay): Five step sparring
Hai (hi): Yes
Hajime (hah-zhim-ay): Begin
Hidari (he-dah-rhee): Left
Ippon kumite (eep-pohn koo-me-teh): One step sparring
Jiyu ippon (jye-oo ih-pon): Semi-Free style sparring
Jiyu-kumite (gee-you koo-me-teh): Free sparring
Jodan (joh-dahn): Face area
Kamae (kah-may): Sparring posture
Karate (kah-rah-teh): Empty hand
KarateKa (kah-rah-teh-kah): Karate student
Kata (kah-tah): Form

Ki (key): Mind, Spirit, Energy
Kiai (key-aye): Focusing shout
Kihon (key-hohn): Basic technique
Kihon kumite (key-hone koo-me-teh): Basic sparring
Kime (key-may): Focus of power
Kumite (koo-me-teh): Sparring
Kyu (kyoo): White/Brown belt Rank
Mae (may): Front
Makiwara (mah-key-wha-rha): Punching board
Mawate-te (mah-wha-tay): Turn around
Migi (me-ghee): Right
Osu (oh-soo): Greeting
Rei (rey): Bow
Sanbon kumite (san-bohn koo-me-teh): Three step sparring
Seiza (sigh-zah): Sitting position
Sempai (sehm-pye): Senior student
Sensei (sehn-seh-ee): Instructor
Shizen-tai (she-zen tah-ee): Natural position
Tai sabaki (tye sah-bah-key): Body movement
Waza (wah-zah): Technique
Yame (yah-may): Stop
Yoi (yoy): Ready
Zanshin (zahn-shin): Following through technique