

Quest Karate School Packet

August
2021

Student Handout v2



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Welcome!

Welcome to our Quest Karate school and dojo family! You have just joined a program and a tradition that will reward you in many ways. We are honored to have you and your child in our school. We have developed a special program to provide the student with the following benefits:

The program provides confidence and character building by assisting the children to accomplish their goals. Quest Karate also teaches our students to have self-control over his or her body and develop the ability to stand up to peer pressure and other intimidating situations.

In this program you will learn many skills and techniques. You will learn various blocking, punching, striking, kicking and stance techniques. You will learn the mechanics and principles behind proper technique, balance and movement. You will learn various Isshinryu katas (formal exercises) that teach execution of balance and technique while in movement. Some of the katas will involve utilizing weapons such as the bo staff, nuchukus, sia, tonfa and sword. You will learn to spar with other students in controlled matches. And lastly, you will learn various methods and principles of self-defense that involve ground fighting, throwing and joint lock techniques.

The study of any martial art is a progression and personal journey. Master of the techniques comes through practice, practice, practice and time, time and time! However, the journey is not merely a technical one. As you progress in your journey, you will discover many things about the art and yourself that fascinate, stimulate and motivate you to personal growth and excellence. Many students discover and focus abilities that they never knew they had, build self-esteem and confidence, learn self-discipline, respect and goal setting. The relationships and friendships that you forge with like-minded students while in the art will be some of the relationships and friendships that are with you for life.

A very obvious key to your success in the art will be through the diligence you show by practicing regularly and by attending class on-time. As a parent and full-time professional I know how challenging it is to juggle schedules. We and our children are many times spread thin, and mustering motivation is hard. However, I can attest that the students that faithfully attend and practice excel at a greater rate than those who show less diligence. A student without good attendance and/or regular practice tends to fall behind their peers, and ultimately the achievement and confidence that should be theirs is compromised. Be diligent!

Lastly, please feel free to have family sit in on any and all sessions. If there are any questions, concerns and/or special needs, please do not hesitate to speak with us. May your involvement in the Martial Arts be a fun and rewarding one! Thanks again for choosing our program!

Sensei Kately



Dojo Etiquette and Expectations

In order to create an environment that promotes safe learning, minimizes the risk of injury and maintains continuity in training, we have established the following guidelines which we ask all students to adhere to. Some of the rules are traditional to all dojos and others are the practice of Quest Karate. Any questions should be directed to Sensei Kately.

- When you enter or leave the dojo floor, please bow to the front of the dojo (the pictures across from the weapons rack).
- Gi (uniform) must be clean. Sneakers and fighting gear (Little Dragons and up) brought to all workouts.
- All male students (Little Dragons and up) should wear a protective cup.
- All students with long hair should have hair tied back and away from their face.
- Fingernails and toenails should be kept short.
- No jewelry worn on the dojo floor while working out.
- No candy or gum on the dojo floor while working out.
- No shoes (other than hygiene) stockings or socks are to be worn on the dojo floor.
- Gi must be worn only in the dojo or during karate class, except for valid reasons and with approval from Sensei.
- Horseplay and chatter are unacceptable behaviors while in the dojo.
- Always be respectful in and out of the dojo.
- Do not brag that you're studying karate - let others find out on their own, they will respect you more.
- Never show anyone outside what you learned in the dojo, unless permission is received.
- Never attempt to teach anyone, unless instructed to do so by your Sensei.
- Respect other student's rank, especially when higher than yours.
- Show respect and courtesy to the instructors. Bow before and after addressing an instructor or higher ranking student.
- While class is in session raise your hand when asking a question, if it is ignored then this means to wait until the end of class.
- Class time instructions are valued, please utilize restrooms BEFORE class begins.
- Be on time, in the event you are late for class, please wait for the teacher or a black belt to bow you onto the dojo floor.

In order to gain respect, you must first give respect. We share a common bond in that we are trying to learn about ourselves through the study of the Art. We follow these guidelines because it is an honor to train with others of like mind who aspire to similar goals.

Your mind is and will always be your greatest tool and weapon. You can use it to avoid danger. You can use it to resolve conflict and to settle most differences. Seek to use your mind first and your physical abilities only as a last resort.

Master Shimabuku



Shimabuku, September 19, 1908 — May 30, 1975, also known as Shinkichi Shimabukuro was the founder of **Isshin-ryu** ("Whole Heart Style" or "One Heart Way") Karate. Grand Master Shimabuku was born in the Chan village of Okinawa in 1908. Tatsuo was his fighting name meaning "Dragon Man". He was the eldest of ten children born into a farming family. Around the age of 23, Master Shimabuku began to study **Shuri-te**, which later became known as **Shorin-ryu** (Shao-lin Style) under **Chotoku Kyan** in the village of Kadena. He began his training with Master Kyan in 1932. Master Kyan taught Shimabuku at his home. Within a short time, he became one of Master Kyan's best students and under Kyan's instruction, learned the katas **Seisan**, **Naihanchi**, **Wansu**, **Chinto** and **Kusanku** along with the weapons kata **Tokumine-no-kun** and basic Sai. He also began his study of "Ki", or "Chinkuchi" in Okinawan dialect, for which Kyan was most noted. Shimabuku studied with Kyan until 1936. He always considered Master Kyan as his first formal instructor, and was very loyal to him.

In 1938 Shimabuku went on to study **Goju-ryu** under Master **Chojun Miyagi**, Goju-ryu's founder. Miyagi's teacher was **Higaonna Kanryo**, also called Higashionna, who brought a derivative of Kenpo from China to Okinawa. Eventually Goju-ryu became Naha-te. Under Master Miyagi, Master Shimabuku learned **Seiunchin** and **Sanchin** katas.

Master Shimabuku sought out another famous Shorin-ryu instructor, **Choki Motobu**. Master Motobu had many teachers for short periods of time, including some notables such as **Anko Itosu (Shuri-te)** and **Kosaku Matsumora (Tomari-te)**. Master Motobu was known for getting into street fights often in his youth to promote the effectiveness of Karate. Master Shimabuku studied with Master Motobu for approximately one year.

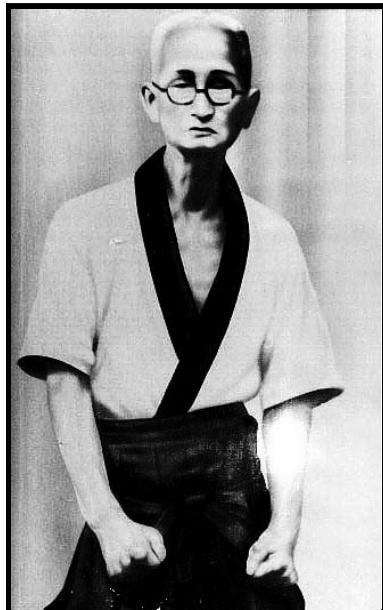
Master Shimabuku opened his first dojo in 1946. During this time he also began experimenting with his own ideas and different basic techniques and kata from Shorin-ryu, Goju-ryu and Kobudo. By the early 1950s Master Shimabuku combined what he considered to be the best of the Shorin-Ryu and Goju-Ryu styles, the weapons forms he had studied, and incorporated his own techniques. He called the style he was teaching Chan-migwha-te after the nickname of Master Chotoku Kyan, Chan-migwa. He later renamed Chan-migwha-te to Isshin-ryu on January 15, 1956.

During the late 1950s and early 1960s, he continued his study of Kobudo under **Shinken Taira**. This training took place in Master Shimabuku's dojo in Agena. He learned the katas **Hama Higa**

no Tuifa, Shishi no Kun, Chatan Yara no Sai, and Urashi Bo. Master Shimabuku went on to create the **Kyan Chotoku sai** and **Kusanku sai** katas using techniques he learned from Master Kyan.

In 1955, the third U.S. Marine division was stationed on Okinawa, and the Marine Corps chose Master Shimabuku to provide martial art instruction to Marines on the island. This would later lead to Isshin-ryu being spread throughout the United States by the Marines that returned home.

Shimabuku's Instructors



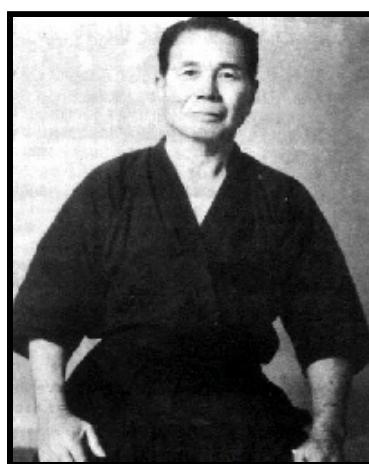
Chōtoku Kyan



Chōjun Miyagi

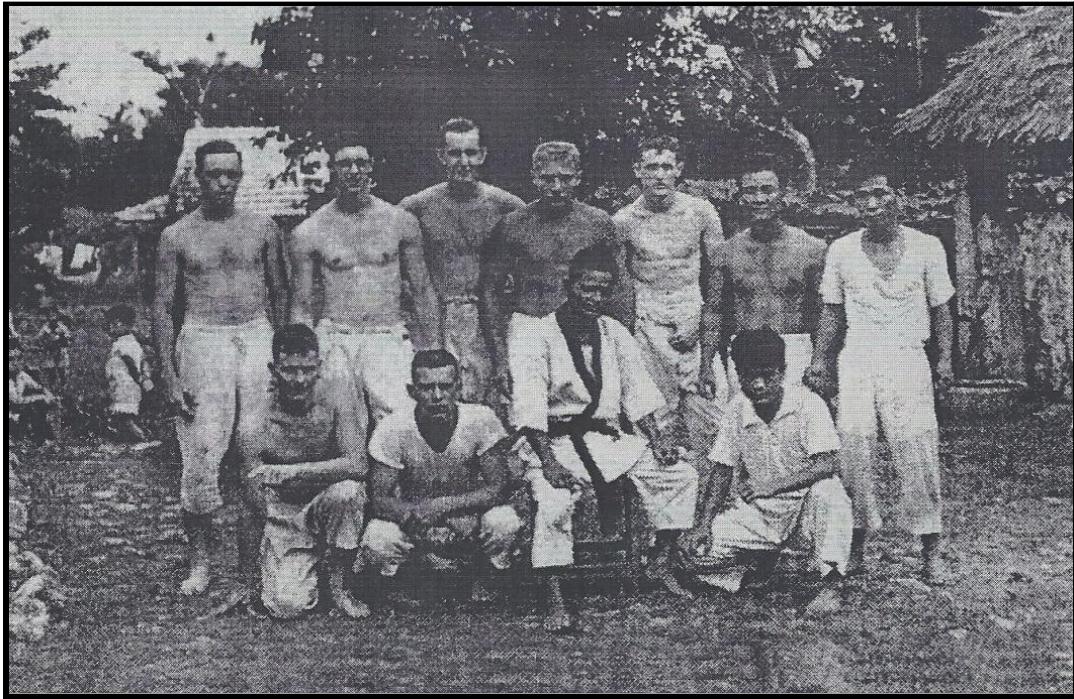


Choki Motobu



Shinken Taira

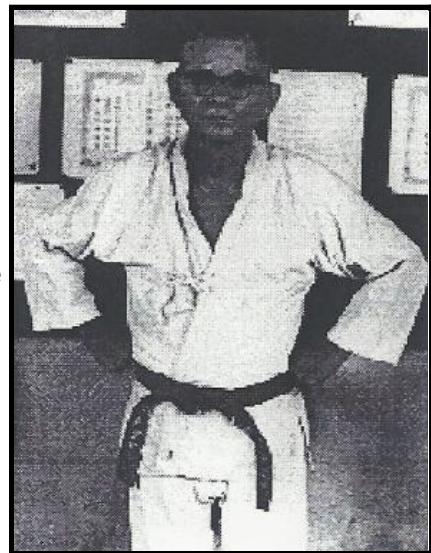
Okinawa



7 Top Row: Hall, Cooper, Carter, Smiley, Nagle, Maekawa, Tomori
 Bottom Row: Brynor, Rickerson, Tatsuo Shimabukuro, Kichiro Shimabukuro

The picture above is of the original Isshin-ryu students in Kyan, Okinawa. This picture was photographed in 1956 by Harold Smith. Absent from the picture is **Harold Long**, Harold Mitchum, Edward Brown, **Steve Armstrong**, Ed Johnson, Walter Van Gilson, Clarence Ewing, George Breed, Jim Advincula, Bill Gardo, Harold Smith and George Breed.

Master Shimabuku made two trips to the United States to visit with his top students. The first trip was in 1964 and the second in 1966. During his 1966 trip, he visited **Steve Armstrong** in Tacoma, Washington, **Harold Long** in Knoxville, Tennessee, and **Don Nagle** in New Jersey. All 3 men were promoted to the rank of Hachi-Dan (Eighth Degree). Each of these men became a driving force in the promotion and spread of Isshin-ryu karate in the United States. Master Shimabuku continued teaching at his dojo in Agenda until his retirement in early 1972. He passed his legacy over to his eldest son, **Kichiro Shimabuku**. Grand Master (Soke) Tatsuo Shimabuku passed away in 1975 at the age of 66.





Nagle



Don Hugh Nagle, April 5, 1938 — August 23, 1999, was the first Marine to bring Isshin-ryu Karate to the United States. Born and raised in Jersey City, New Jersey, Grand Master Nagle began his martial arts training in high school studying Goju-ryu Karate under **Master Tanaka**. Upon graduation, Master Nagle joined the United States Marine Corps, and was assigned to the Advanced Infantry Training School at Camp Lejeune, North Carolina. Within a few months, Master Nagle was transferred to the Third Marine Division, and stationed on the island of Okinawa. Master Nagle sought out and studied with founder **Tatsuo Shimabuku** for eighteen months. This was in late 1955 in the Kyan village on Okinawa. Having won matches throughout the dojos of Okinawa, and after winning the legendary Okinawan Championship as a white belt against the best of Okinawans black belts, Soke Shimabuku promoted Nagle to 4" Degree Black Belt. At that point, with his tour of duty up, Nagle was transferred back to the Second Marine Division in Camp Lejeune, North Carolina.

Master Nagle opened his first dojo in 1957 in Jacksonville, North Carolina. Later upon discharge from service, Nagle returned to Jersey City, and opened his first commercial Isshin-ryu Karate dojo at 524 Mercer Street, Jersey City. The dojo turned out fighters and teachers, who in their own right would become part of the legend of Isshin-ryu Karate. Among those students were people such as Rick Niemira, Jim Chapman, **Ed McGrath**, Don Bohan, Ralph Bove and Lou Lizzote.

Master Nagle is celebrated as being the symbol of Isshin-ryu and the essence of its style. He is acclaimed by Soke Shimabuku and other Isshin-ryu leaders as being the greatest fighter Isshin-ryu has ever produced. Soke Shimabuku promoted Master Nagle to 8th dan in 1966 during his visit to New Jersey. In the 1987 Master Nagle accepted 10th Danat the request of the present day senior ranking leaders of Isshinryu.

Grand Master Nagle handed his position to his loyal student of 42 years, Ed McGrath, in 1999.

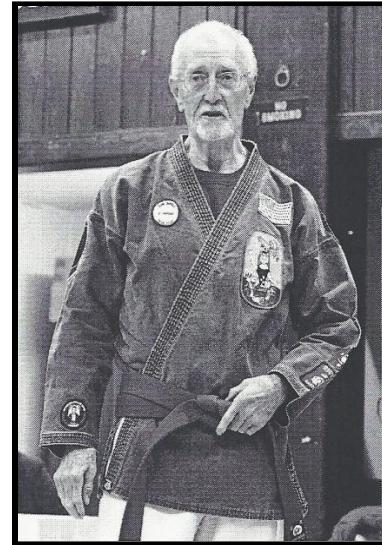
Master Nagle passed away on August 23rd, 1999 at the age of 61.





McGrath

Edward McGrath, January 1, 1920 - December 20, 2014, was the previous Grand Master of American Isshinryu Karate. Master McGrath had more than 45 years teaching experience in Isshin-ryu, and began his martial arts training under Master Nagle in 1958 as a white belt. He was promoted to Grand Master, 10" Degree Black Belt, by Soke Nagle in 1999. Soke McGrath's training started at the first American based U.S. Marine Corps (USMC) Isshin-ryu dojo in Jacksonville, North Carolina which was started by Soke Nagle in 1957. It was from this dojo that Master McGrath began his career as a fighter and teacher. When Master Nagle left for civilian life in 1959, Master McGrath succeeded him as chief instructor at the USMC dojo. On weekends, Master McGrath often drove up to Sensei Nagle's new dojo in Jersey City, New Jersey for an opportunity to spar his teachers and students, and to share his knowledge. Master McGrath was released from the Marine Corps to civilian life in October 1962 due to a permanent injury to his knee. In July of 1963, he resumed teaching Isshin-ryu Karate outside the Marine Corps at dojos throughout Queens, New York. Teaching six days a week, three hours a class at dojos in Ridgewood, Jackson Heights and South Jamaica, Queens, his student body grew quickly and the school was producing championship competitors within the first year. Eventually, these dojos would win championships in 27 states, ranging from green belt to black belt, culminating in a World Black Belt Championship title, won by Master McGrath's student Malachi Lee at the famed Manhattan Center.

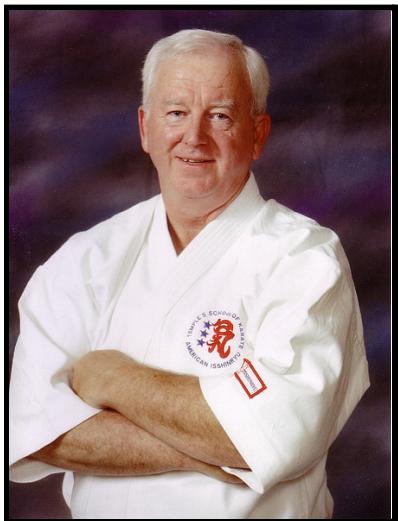


In 1969, Sensei McGrath moved to Long Island, New York, and established a dojo in Bellmore Long Island where he again turned students into champions. In 1972, Master McGrath moved his school to the Lindenhurst, Long Island YMCA, and was blessed with a new group of students that would stay with him through several other dojos in the coming years. During all of this time, Master McGrath had become a favorite with the martial arts magazines, appearing on the covers of USMC papers and the cover of Official Karate a number of times. The writer of one article mentioned that during Master McGrath's initial two years of training, he worked out five hours a day, seven days a week and took on any fighter he could find with a strong reputation. He often appeared to contest with the students of other teachers, fighting as many as 20 or more opponents, without a rest between matches.

Simultaneously, Master McGrath, having filled in for a missing announcer at Gary Alexander's first tournament, found himself in demand as the master of ceremonies and blow by blow announcer at tournaments all over the country. Eventually, he became known to the magazines and fans as the "Voice of Karate." In this capacity, he became good friends with many of the contestants and performers, such as, Chuck Norris, Bruce Lee, Joe Lewis, Tom LaPuppet, Mike Stone and the great Broadway star, Gregory Hines. On November 8, 1997, Master Nagle promoted Mr. McGrath to 9th Degree Black Belt. In August of 1999, Master Nagle named Master McGrath as his successor just before his passing.



Temple



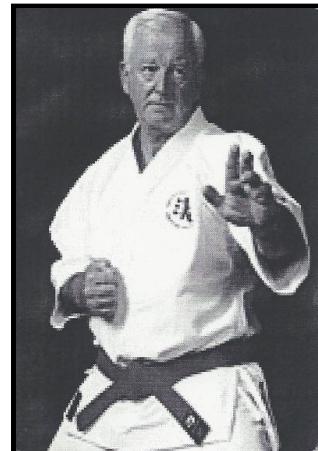
Ernie Temple, September 18, 1945 - February 14, 2016, was a 10th Degree Black Belt in Isshinryu Karate. Mr. Temple first started his training in 1965 in Shotokan Karate while stationed at Fort Dix, New Jersey and then later at Fort Gordon, Georgia. Mr. Temple continued his training in Isshinryu in 1971 under Harold Long. He was awarded his 8th Dan in 1996 from the Legendary Isshinryu Pioneer, Don Nagle. In 2009, Grand Master McGrath appointed Mr. Temple as *soke dai* - Grand Master - 10th degree black belt. In 2014, Ernie inherited the title of *soke* for the Don Nagle Family of Black Belts.

Mr. Temple taught thousands of students for over 4 decades. We have our direct lineage from Master Temple. Master Temple also taught hand to hand combat to Marine and Naval Officers

in Philadelphia in the early 1990's. He traveled to teach Marines in Yokosuka, Japan in 1995 and 1997 and in Camp Courtney, Okinawa in 2003. His competition days touched upon 5 decades from 1966 to 2003. He was a five-time New Jersey AAU and USAKF Senior State Champion in fighting, weapons and kata. Mr. Temple was inducted into Don Nagle's American Okinawan Karate Association Hall of Fame in 1997.

His Dojo was recognized by many as the home for excellence in teaching both children's classes and adult classes. He was awarded the coveted New Jersey Children's Assault Prevention Award in 1997.

Mr. Temple's students competed on a regular basis in the tri-state area and he was sought out for being one of the top judges in the competitive arena for martial arts.





Sensei Pinghero

John Pinghero started with Master McGrath at the same time as Mr. Klos. Where one goes, the other usually shows up for one more fight, "for old times sake." The matches between Klos and Mr. Pinghero are legendary and would gather crowds of their peers like flies to honey, reminiscent of the matches between Master McGrath and his Sensei, Grand Master Don Nagle. Mr. Pinghero is one of the fastest and best balanced fighters Isshin-ryu has ever turned out, winning hundreds of tournament matches and Kata contests throughout the nation. His reverse wheel kick to the head was his specialty, which felled many opponents near the end of the full contact era until Master McGrath had to forbid the kick as too dangerous to be used in the dojo letting the other students sigh with relief.

Mr. Pinghero stunned his peers with superlative kata performances and on 4/26/1998 taking first place in kata in the Executive Advanced Benefit Tournament for the American Cancer Society, an annual event that draws the best competitors in eastern United States. He is a favorite student of Master McGrath, for his accomplishments, despite some bad breaks including an on the job accident. His latest success as a teacher in Isshin-ryu and aide to Sensei McGrath, has allowed him to earn a place in the Don Nagle AOKA Hall of Fame, as well as the esteem in which his peers and his Sensei hold him. As a result of his demonstrated superiority, loyalty to his Sensei and the manner in which his maturity has progressed his technique and teaching capability without decreasing his drive to win, on March 22, 2002 Grand Master McGrath promoted him to Ku-Dan 9th Degree Black Belt.





Sensei Kately

Tom Kately began his studies in the martial arts in 1989, under Sensei Scott Klinger, a black belt of Master Nick Adler. Under those circumstances Mister Kately would have a direct connection to the late "Living Legend" Grand Master Don Nagle, and myself since Nick Adler was one of my original students in Queens, New York, in 1963.

In June of 1995, Tom Kately started teaching a "Special Needs" class at the Overlook Hospital along with Sensei Gerard Brunka. Administering this class resulted in Tom being deeply touched, when he saw the profound difference in the youngsters and the difference in their capacity, as well. It was then that he became aware of the rewards of teaching people with disabilities. That feeling would remain with him and come to the surface, in later years, as a successful dojo owner.

In December of 1995 was promoted to Sho-Dan, First Degree Black Belt, under Sensei Scott Klinger. Being made a Sho-Dan is a special moment, although also being a rigorous procedure demanding excellence throughout the test. The following year he began to teach classes at a Church in Long Valley, New Jersey. Slowly but surely his class expanded, until he had over forty steady students. While learning to be a Sensei he was making individual progress in his fighting skills, resulting in a First Place at Master Nick Adler's World Championship Tournament, 1n 1997. As a result of that exciting win, Tom Kately was promoted to Ni-Dan, Second Degree Black Belt. At that point, it became evident that he could sustain a school on his own and so Quest Karate was born in January 2000, in a storefront Dojo (a place to learn the way) in a small mall in Long Valley. With his background, Tom decided that he wanted a traditional Isshin-Ryu dojo, as kept by Grand Master Nagle and Mr. McGrath, as well as Master Adler. After five years in this 1250 sq. ft. dojo, he has more than two hundred students, with the school open on six days a week, with students from 3 years old to adults. Upon opening a dojo, he was promoted to San-Dan, full teaching rank.



In 2002, a Ku-Dan, ninth degree black belt of Mr. McGrath's, John Pinghero came to the Quest Dojo, simply to work out, but began to demonstrate his fighting skills to Sensei Kately. Soon, Sensei Kately realized that his ability in kumite was going from good to excellent and asked Mr. Pinghero to stay with the dojo and show his techniques to the entire student body. Even prior to Master Pinghero's appearance, the Quest students were the best in the area, but with Master Pinghero's mentoring, Tom Kately states that the fighting prowess of his students are jumping by leaps and bounds. Also, in 2002 Master Phillip Fergason, from Dallas, Texas did a Bunkai seminar at Quest and before he left, he promoted Mr. Kately to Yo-Dan, Fourth Degree Black Belt.

Sensei Kately also started a class for "special needs" children in 2002. He has eight of these students with problems, such as Down syndrome, Autism, Spina Bifida and Multiple Sclerosis.



He is a born leader and a fine man, who believes in giving back to the community for his success.

In 2003, he started a second class for “special needs” children. Following that, in 2004, he created a class for the Matheny Hospital & Education Center. This is a school for severely disabled people. He is teaching one class a week for thirty to forty-five minutes.



In 2004 his training with Mr. Pinghero really paid off when Sensei Tom Kately took the First Place Championship Trophy in the LightWeight Division, at the prestigious “Memorial Don Nagle AOKA, Inc. Championship Tournament and was just squeezed out by the HeavyWeight Champion for the Overall Tournament Championship. He picked a tough year to vie for the Championship, since the 2004 Tournament saw more fighters signed up than ever before, meaning to get to the Championship you had to fight more elimination bouts. He is determined to return to uphold his Championship. Shortly after the Don Nagle Championship, Master John

Pinghero, promoted Sensei Kately to Go-Dan, Fifth Degree Black Belt, the rank that Sensei Nagle held when I first saw him.

In 2005, he got active in teaching the local Girl Scouts how to defend themselves and teach them awareness, as well as sponsoring a Kick-A-Thon for the Matheny Hospital and Education Center, as well as doing a fun demonstration for the Washington Township Police Department’s Night Out event.

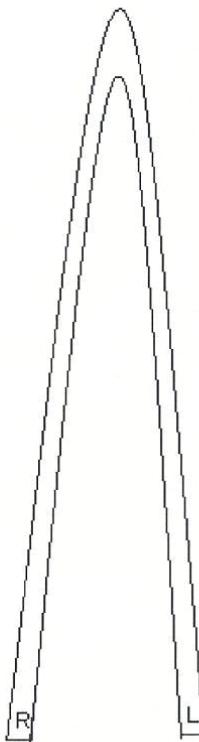
Sensei Tom Kately states that his goal is to “pass on the traditions of Isshin-Ryu and the toughness of the examples that have come before my students and himself, such as Mr. Nagle, Mr. McGrath, Mr. Pinghero and Mr. Passero. He is trying to create a place where especially teen-aged children have a place to be involved in something positive, instead of being bored, which, no doubt, can lead to nothing but bad news. He truly believes that a child or teenager with the least amount of spare time will stay away from drugs and alcohol. He tries to be the best example for the children in his school and in the community.



Tying the Obi

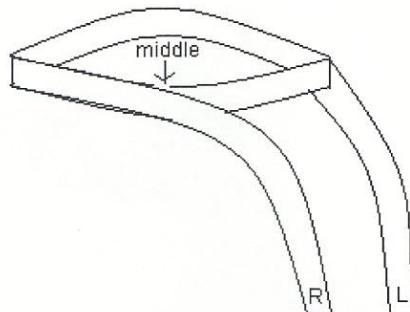
1.

Find the middle of the belt.



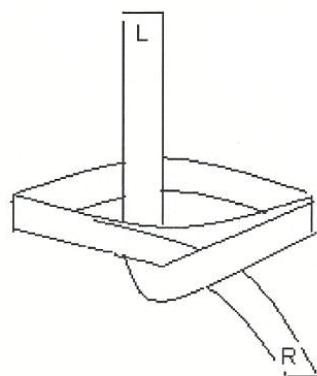
2.

Place the middle of the belt over the stomach and wrap around the waist



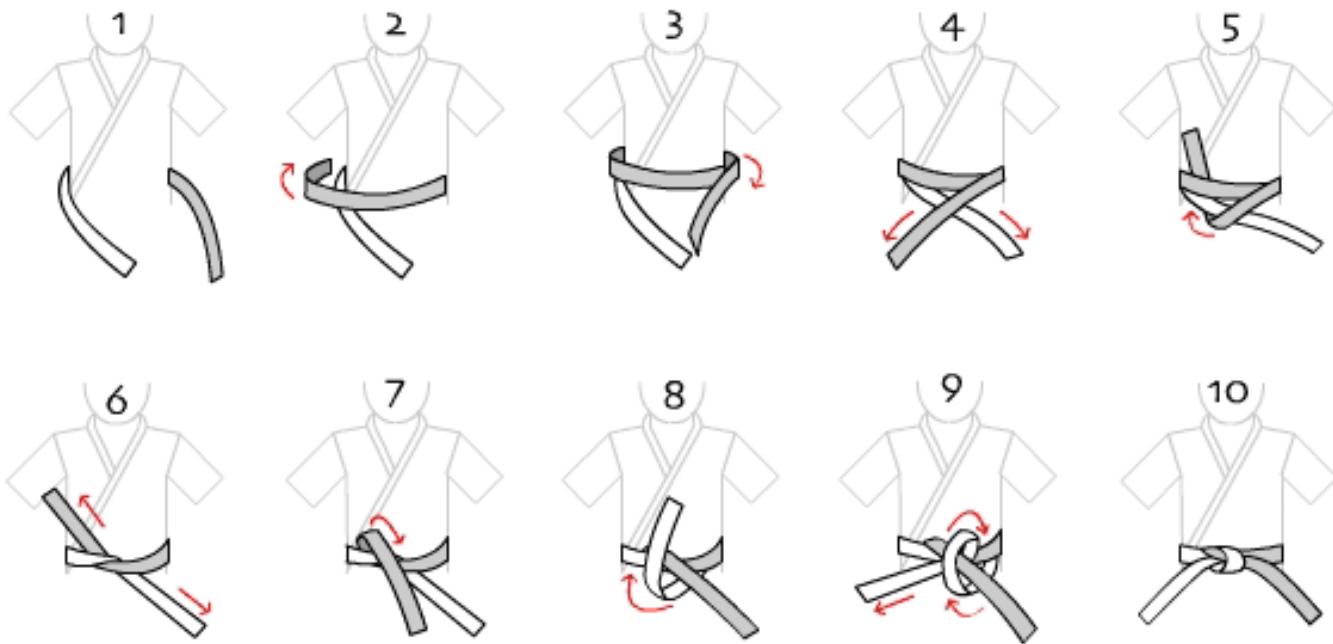
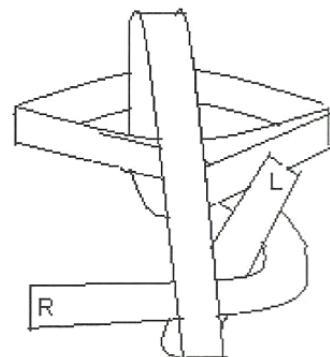
3.

Take the left end and wrap it under the middle bottom up



4.

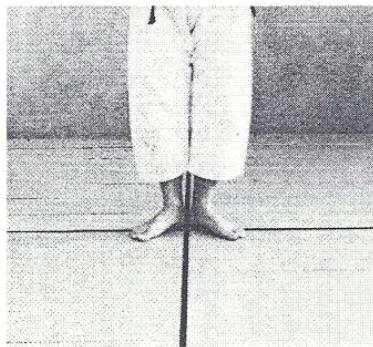
Take right end and bend it back to the right.
Take the left end and wrap it over the right,
and make the knot.



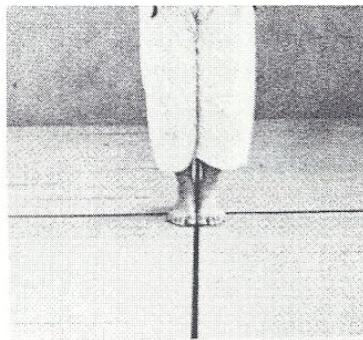
Common Dachis (Stances)

The fundamental techniques of Karate are its application of stances (*dachi*), punching (*tsuki*), striking (*uchi*), kicking (*geri*) and blocking (*uke*). Forms (*kata*) are the formal method of exercise by which balance, rhythm, timing, potential application, and harmony of techniques are learned. Isshin-ryu Karate fundamental techniques are rooted in techniques found in Shorin-ryu, Goju-ryu and Kobudo.

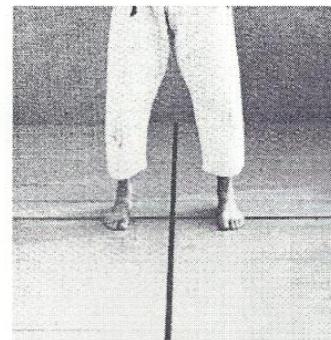
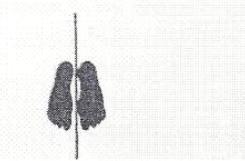
Stances



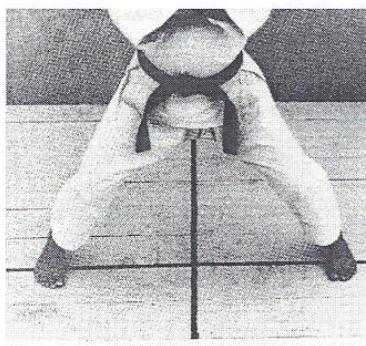
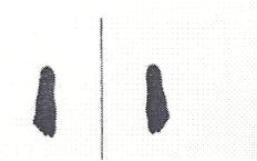
Musubi-dachi
(informal attention
stance, feet turned
out)



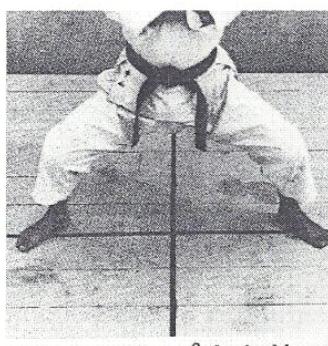
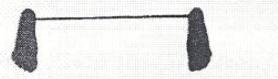
Heisoku-dachi
(informal attention
stance)



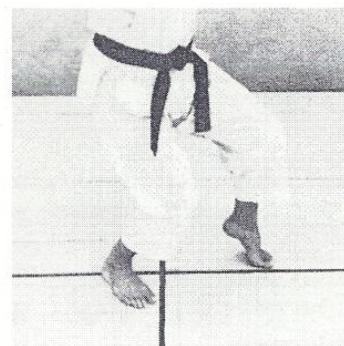
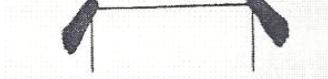
Heikō-dachi
(parallel stance)



Kiba-dachi
(straddle-leg stance)

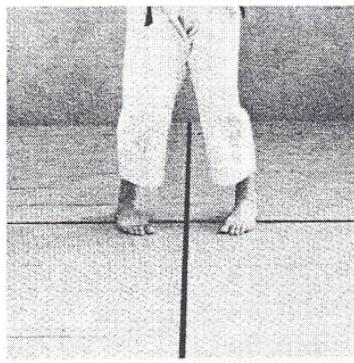


Shiko-dachi or fudo-dachi
(square stance)

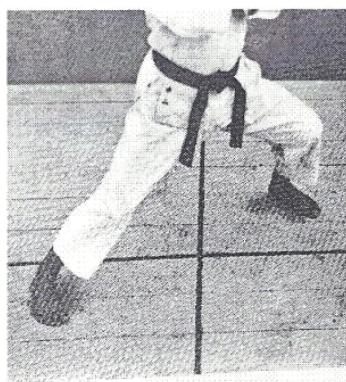
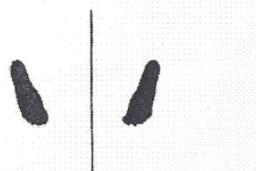


Neko-ashi-dachi
(cat stance)

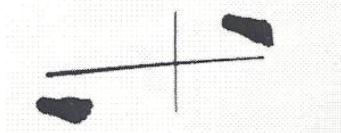




Uchi-hachiji-dachi
(inverted open-leg
stance)



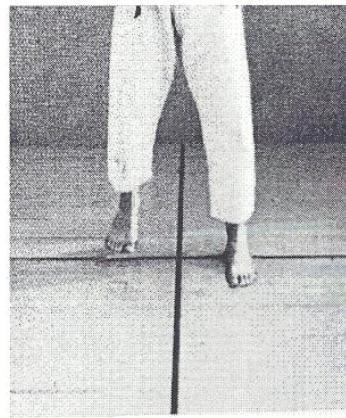
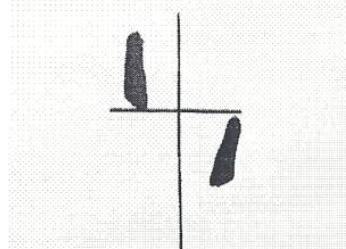
Zenkutsu-dachi
(front stance)



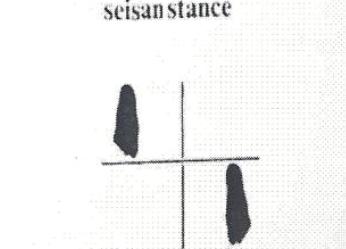
Kōkutsu-dachi
(back stance)



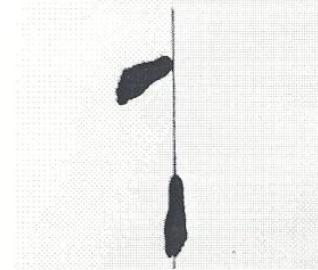
Sanchin-dachi
(hour-glass stance)



seisān-dachi
seisan stance



Renoji-dachi
(L stance)



Without correct stance and posture, the body will lack balance, stability, power and/or maneuverability during offensive and defensive techniques. Correct stance and posture are necessary to make the techniques effective.



Dojo Creed and Codes

Quest Karate Student Creed

I am, developing myself, in a positive manner, gaining, self-discipline, self-control, and a “yes I can” attitude!

Quitters never win, winners never quit, I choose to be a winner!

I will use common sense, before, self-defense.

I am a student, in a black belt school, I am dedicated, and motivated, and on a quest, to be my best!

Dojo Kun

Hitotsu – Be humble and polite

Hitotsu – Train considering your physical strength

Hitotsu – Practice earnestly with creativity

Hitotsu – Be calm and swift

Hitotsu – Take care of your health

Hitotsu – Live a plain life

Hitotsu – Do not be too proud or modest

Hitotsu – Continue training with patience

Codes of Karate

1. A person's heart is the same as heaven and earth.
2. The blood circulating is similar to the moon and sun.
3. The manner of drinking or spitting is either hard or soft.
4. A person's unbalance is the same as a weight.
5. The body should be able to change positions at any time.
6. The time to strike is when the opportunity presents itself.
7. The eyes must see all sides.
8. The ears must listen in every direction.



Forms

As a student progresses in rank, they are required to learn Kata (forms). To the average on-looker, the performance of Kata is almost like imaginary fighting or shadow boxing. It would appear that the *karate-ka* is using their skills to defend themselves against a few or many opponents at a time.

In reality, Kata is designed to teach rhythm, speed, balance and coordination. It gives the student an understanding of not only basic technique, but how to blend various techniques into a continuous flowing defense-attack.

The student will have learned eight katas by the time they have reached black belt status. When, at the discretion and satisfaction of Sensei, the student has mastered these hand katas, the student may be instructed in the use of the traditional Okinawan weapons: the bo, the sai, and the tonfa. There are six additional katas making use of these weapons. Although these weapons are outmoded today, they represent the disciplines and tradition of an ancient culture which each *dan* should strive to preserve.

Katas

Hand Katas

- Seisan
- Seiuchin
- Naihanchi
- Wansu
- Chinto
- Sanchin
- Kusanku
- Sansu

Weapon Katas

- Tokumine No Kun
- Kusanku Sai
- Urashi Bo
- Chatan Yara No Sai
- Shishi No Kun No Dai
- Hama Higa No Tuifa

Note: Kyan nu Sai was deprecated in 1960 and replaced with Kusanku Sai. This is why it does not show up in the list above since it is not an official isshinryu weapons kata anymore.



Terminology

Pronunciation:

Spelling	Sound
a	ah
e	eh
i	ee <i>like in knee</i>
o	oh <i>but short and choppy</i>
u	oo <i>like in boo</i>
ai	I <i>like sky with an ee sound at the end</i>
aa	ah <i>but more drawn out</i>
ae	I <i>like sky with an eh sound at the end</i>
ou	oh <i>but more drawn out</i>
oi	oy <i>like in boy</i>
su	When at the end of a word, it is more like just an "s" sound
ts	it's like an aggressive "s" sound; go from a "t" to an "s" sound; kind of sounds like a scoff

Examples From the actual Terminology:

bunkai	boon kai
embusen	em boo sen
haito	hi toe
ippon seoi nage	ee pone say oy nah gey
kihon	key hone
kumite	koo me tay
maai	ma ee
mae geri	my carry
seoi	say oy



uraken	<i>oo rock en</i>
onegaishimasu	<i>oh nay guy she moss</i>
tsuki	(aggressive "s") sue key
zenkutsu	<i>zen kootz</i>

Terminology:

1	aka	red
2	bo	long staff
3	bogu	fighting gear, equipment
4	bu	Military; martial
5	budo	martial arts of late medieval
6	bunkai	application of kata
7	bushido	way of the warrior
8	chinto	kata named after a sailor
9	choku zuki	straight forward punch
10	chudan	middle, center
11	dachi	stance
12	dan	general black belt
13	do	way, path
14	arigatou gozaimasu	polite thank you
15	dojo	karate school
16	embusen	origin point of kata
17	enpi	elbow
18	escrima sticks	that weapon, wooden rods
19	fumi	step on
20	fumikomi	step into or stomping
21	ganmen	face
22	gedan	lower
23	geri	kick
24	gi	uniform
25	gomen nasai	formal apology
26	ha	edge



27	hai	yes
28	hachimaki	headband
29	haito	ridge hand
30	hajime	start, begin
31	hara	center of body
32	hidari	left
33	hiji	elbow
34	hikiwake	a draw
35	hitotsu	number one, most important
36	hiza	knee
37	ho	corner
38	honshin	beginners
39	ippon	one full point
40	ippon seoi nage	one arm shoulder throw
41	isshin ryu	one heart way
42	jodan	upper
43	judo	gentle way
44	juji	cross, crossed arms
45	jutsu	technique
46	ka	student
47	kagi	hook
48	kakato	heel, used in axe kick
49	kama	sickle
50	kanpai	cheers (in the context of a toast)
51	kansetsu	knuckle or joint
52	kara	empty
53	karate	empty hand
54	kata	pre-arranged techniques of exercise
55	ki	spirit
56	kiai	spirit shout
57	kihon	basics
58	kime	focus



59	kobudo	art of weapons
60	kodansha	senior black belts
61	kohai	junior or underclassman
62	komei	fighting guard
63	konnichiwa	a greeting, good afternoon
64	kumite	sparring
65	kun	bo (okinawan pronunciation)
66	kusanku	twilight kata
67	kuzushi	unbalanced (breaking the balance)
68	kyu	class; rank; rank under blackbelt; nine
69	maai	interval or distance
70	mae	front / forward
71	makiwara	striking post / pad
72	mawashi	around
73	megami	Isshinryu goddess (the mizugami's name)
74	migi	right
75	mizugami	water goddess
76	mokuso	meditative posture
77	morote	double handed/ two handed
78	mushin	mind of no minds
79	nage	person who performs a throw
80	naihanchi	hourglass kata
81	nukite	spear hand
82	nunchaku	nunchuck
83	obi	belt
84	ohayo gozaimasu	good morning
85	onegaishimasu	I make a request / learn from you
86	osh	stop
87	randori	free exercise sparring
88	rei	bow
89	reiken	backfist
90	sai	3 prong weapon



91	sanchin	breathing kata
92	sansu	strongman kata
93	sakotsu	collarbone
94	seisan	13 attackers kata
95	seiuchin	horse stance kata
96	seiza	traditional Japanese sitting position
97	senpai	senior, upperclassman
98	sensei	teacher
99	seoi	shoulder
100	shihan	master or senior instructor
101	shodan	beginning degree or step
102	shotei	palm-heel
103	shu	hand
104	shuto	knife hand
105	soke	head of family / headmaster of martial arts
106	suwate	assume a sitting position
107	tai	the body
108	tanden	point just below the navel
109	tanto	knife
110	te	hand
111	tekubi	wrist
112	tonfa	weapon wooden rod with handles
113	tsuki	thrust / punch
114	uchi	inner / inside or strike
115	ude	arm / forearm
116	uke	receiving / receiver
117	ura	reverse side
118	uraken	back of the fist
119	wansu	hidden fist kata
120	waza	technique
121	yame	stop
122	yoi	ready
123	yoko	side



124	yubi	finger
125	zenkutsu	forward leaning

Numerals

If a number has multiple pronunciations, you can choose which to pronounce it as. Note that the bold one is used by most people in our dojo and they might not know the other pronunciation.

1		ichi
2		ni
3		san
4		shi or yon
5		go
6		roku
7		shichi or nana
8		hachi
9		ku or kyu
10		ju
11		ju-ichi
12		ju-ni
13		ju-san
14		ju-shi or ju-yon
15		ju-go
16		ju-roku
17		ju-shichi or ju-nana
18		ju-hachi
19		ju-ku or ju-kyu
20		ni-ju
21		ni-ju-ichi
30		san-ju
40		shi-ju or yon-ju
50		go-ju
60		roku-ju
70		shichi-ju or nana-ju



80	hachi-ju
90	ku-ju or kyu-ju
100	hyaku
200	nihyaku
300	sanbyaku
400	yonhyaku
500	gohyaku
600	ropphyaku
700	nanahyaku
800	happyaku
900	kyuhhyaku
1000	sen

Belt ranks (lowest to highest)

Kyu

Hachi	8 th kyu
Shichi	7 th kyu
Rokkyu	6 th kyu
Gokyu	5 th kyu
Yonkyu	4 th kyu
Sankyu	3 rd kyu
Nikkyu	2 nd kyu
Ikkyu	1 st kyu

Dan

Shodan	1 st dan
Nidan	2 nd dan
Sandan	3 rd dan
Yondan	4 th dan
Godan	5 th dan
Rokudan	6 th dan
Nanadan	7 th dan
Hachidan	8 th dan
Kudan	9 th dan
Judan	10 th dan



Promotional Requirements

The promotional requirements of the Isshinryu systems are among the more difficult for advancement in rank. Besides knowing about the history and traditions of the style, the student must demonstrate capability in Kata, Kumite and dojo etiquette, as well as the fundamentals of the style. Further advancement in rank is achieved by taking the same basics, and using them in combination type techniques, showing originality, and applications under fighting conditions. The advanced student must demonstrate the ability to teach other students, answer general questions or ones on technique, and be able to run a class. These requirements allow them to become well respected and disciplined, developing them to become good teachers and capable fighters.

Students are promoted according to the following:

- Attitude and Spirit
- Attendance at the dojo
- Ability in form practice (Kata)
- Ability in fighting (Kumite)
- Dedication to Martial arts, their dojo, their Sensei, and teaching ability

(Attendance is up to the individual. There is no penalty for missing classes except in the individual's performance and progress as a Martial Arts student.)

Each of the above is individually considered in the evaluation of a student for a promotion. Regardless of what one may think, a student is completely evaluated in each of these five factors before they are even considered for rank. A student should remember that they are constantly being evaluated by their Sensei and other black belts of the dojo, who will always report to the way the student fights and the way they speak.

Additionally, each listing is the **minimum** required for promotion. In addition to the required elements, the student must also demonstrate the proper discipline, attitude, enthusiasm and conduct. **Time in rank** is not the primary factor needed to be promoted. Technical understanding and capability may vary because of age, physical or emotional handicaps, and other factors. Because of the numerous factors involved in the decision process, the final decision regarding promotion will be made by Sensei.

Students must be **consistent in class** and **have dues / tuition paid up to date** to be eligible for promotion.



Parent Handbook

The purpose of this section is to inform you of our expectations of you, the parents of a karate school student! Some of the below bullet points should help you in guiding your child as they grow up through the ranks of our karate school. Whether it is helpful hints on training / practicing at home, encouragement of getting the student to class, as well as standard operating procedures of the Dojo for you as parents to understand and help reinforce to your children.

As always, any questions, concerns or feedback please let us know! Again, thank you and welcome in helping make your student on their **QUEST TO BE THEIR BEST!**

- For those students training in KIDS classes or above, they should be dropped off via the back entrance of the dojo. This prevents excessive crowding in the front lobby and also allows the student access to the locker rooms to prepare for class without walking across Dojo floor
- For those students training in LITTLE DRAGONS, if they are arriving via the front door, then slowly and quietly cross the dojo floor only after a black belt has given you permission to do so. Especially when class is in session.
- Please have your child go to the restroom PRIOR to arriving at the dojo for their classes. If your child needs to go to the bathroom during class they must raise their hand and ask permission from a black belt.
- Once your child has entered class (on the dojo floor), parents should try not to communicate with the child unless directed to do so by a black belt. Remember, we are teaching your child to focus, it is counter productive to take the focus away from Sensei by yelling or talking to your child from the waiting area.
- Students should always try to practice at home, they may not want to but practicing will help them to remember what they have learned during class.
- If your child wants to show family members, friends, etc. their katas (forms) it is always and should be encouraged!
- Another way to help your child learn and practice is to ask your child to teach you the karate basics and or forms!
- While training, a student will go through ups and downs. It is very common for a child to want to stop training due to multiple factors: friends quitting, summer, being pushed by Sensei to perform better, other physical activities
- Try to treat Karate like school, meaning Karate becomes a necessity as learning academics is for your child. For example, when a child is playing with friends, video games, outdoors, etc. their will to remain doing what they currently are doing becomes stronger than leaving and changing for Karate.
- It is never a good idea to take a break from karate as Karate is a “year round” sport. If a child takes “breaks” i.e. summer time, more times than not the child will not want to rejoin as they will feel they have been left behind or don’t remember where they left off. For those of you that may have challenges for all year round training, please speak to Mr. Kately for other potential options.
- Tuition should be paid current prior to any opportunity for testing and Shiais.



Credits

- **Base Packet** - The original 2012 version with all of the information, general topics, and layout.
 - Edward McGrath
 - John Pinghero
 - Tom Kately
- **Overhaul** - The new 2021 version. Revamp of entire packet, updating outdated information, replacing images with newer or higher quality versions of them, organizing and updating layout, correcting spelling and grammar mistakes, rewording and addition of information for clarification
 - Remake of entire packet + Shimabuku's instructors + terminology addition of pronunciation clarity and line coloring for ease of reading
 - Jonathan Jan
 - Promotional requirements clarifications and additions
 - *changes coming soon...*

Find the latest version of this packet and archived versions here: tinyurl.com/Quest-Packet