



Quest Karate School Packet

September 1
2012

Student handout (V1)



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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 comprised. 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 dojo floor, please bow.
- 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 face.
- Fingernails and toenails should be kept short.
- No jewelry worn on dojo floor while working out.
- No candy or gum on dojo floor while working out.
- No shoes (other than hygiene) stockings or socks are to be worn on dojo floor.
- Gi must be worn only in the dojo, except for valid reasons and with approval from Sensei.
- Horseplay and chatter are unacceptable behaviors while in Dojo.
- Always be respectful in and out of dojo.
- Do not brag that your 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 if 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 end of class.
- Class time instruction are valued, please utilize restrooms BEFORE class begins.
- Be on time, in the event you are late for class, please wait for Sensei to bow you onto 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.

Shimabuku

Our History & Lineage



Tatsuo Shimabuku, September 19th, 1908 – May 30th, 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, and means "Dragon Man". He was 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.

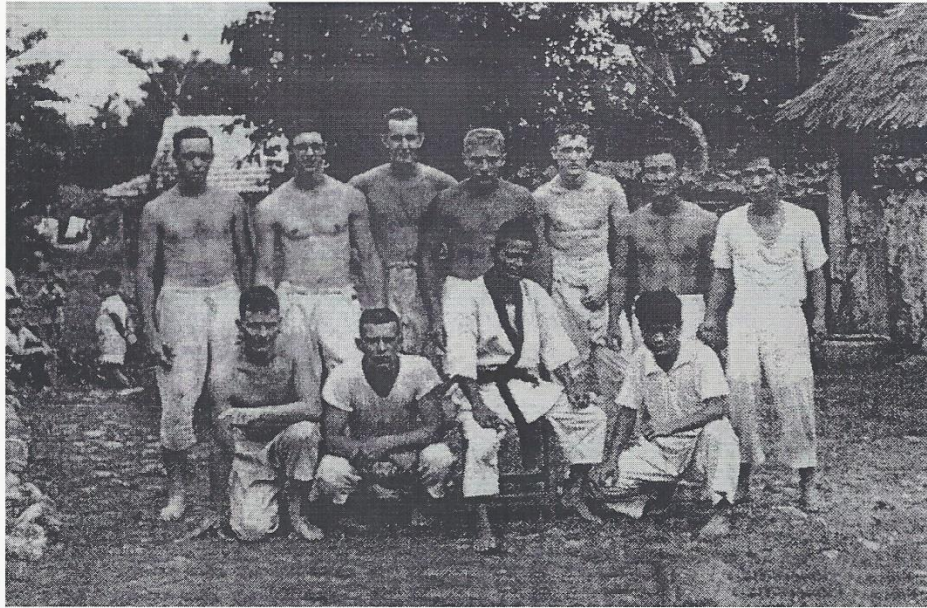
Master Shimabuku sought out another famous Shorin-ryu instructor, Choki Motobu. Master Motobu had many teachers for short periods of time, including some notables such as Anko Itosu (Shuri-te) and Kosaku Matsumora (Tomari-te). Master Motobu was known for getting into street fights often in his youth 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 15th, 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 Aghena. 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.

Okinawa



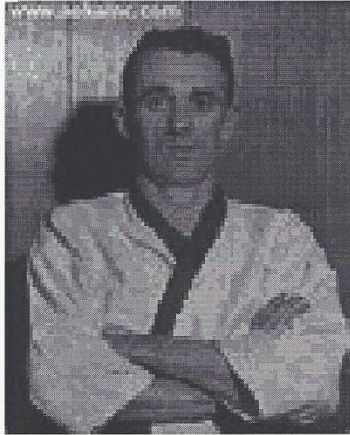
Top Row: Hall, Cooper, Carter, Smiley, Nagle, Maekawa, Tomori
Bottom Row: Brynor, Rickerson, Tatsuo Shimabukuro, Kichiro Shimabukuro

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-ryū karate in the United States. Master Shimabuku continued teaching at his dojo in Agera 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



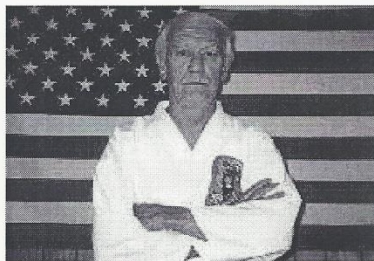
Don Hugh Nagle, April 5th, 1938 – August 23rd, 1999, was the first Marine to bring Isshin-ryu Karate to the United States. Born and raised in Jersey City, New Jersey, Grand Master Nagle began his martial arts training in high school studying Goju-ryu Karate under Master Tanaka. Upon graduation, Master 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 4th 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.

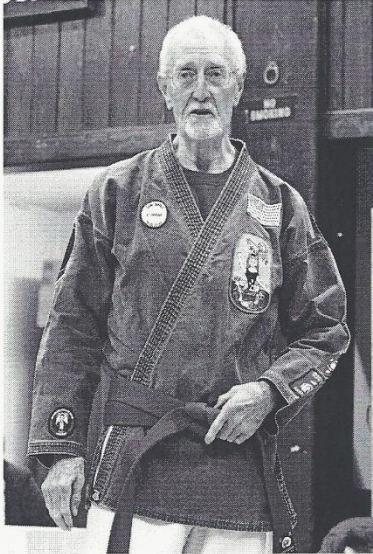
Master Nagle is celebrated as being the symbol of Isshin-ryu and the essence of its style. He is acclaimed by Soke Shimabuku and other Isshin-ryu leaders as being the greatest fighter Isshin-ryu has ever produced. Soke Shimabuku promoted Master Nagle to 8th dan in 1966 during his visit to New Jersey.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

You can read more about Grand Master Nagle at <http://www.issheinryu.nxs.net/members/Nagle.htm>. Also, visit <http://www.bohans-family.com/Articles/nagle-a.htm> to read interesting articles about Grand Master Nagle.



McGrath



Edward McGrath, January 1st, 1920 - present, is the current Grand Master of American Isshinryu Karate. Master McGrath has 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, 10th 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.

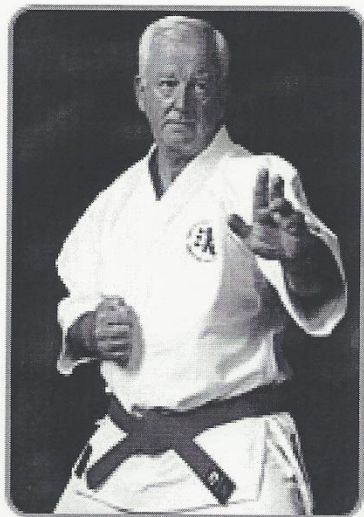
During all of this time, Master McGrath had become a favorite with the martial arts magazines, appearing on the covers of USMC papers and the cover of Official Karate a number of times. The writer of one article mentioned that during Master McGrath's initial two years of training, he worked out five 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.

In 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.

You can read more about Grand Master McGrath at <http://www.aokaincmcgrath.com>

Temple



Ernie Temple September 18th, 1945 - present, is a 9th 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. On September 17, 2005, Grand Master Ed McGrath promoted Mr. Temple to 9th Degree Black Belt.

Mr. Temple has taught literally thousands of students over the past 4 decades. We have our direct lineage from Master Temple. Master Temple has 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 is 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 is 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 compete on a regular basis in the tri-state area and he is sought out for being one of the top judges in the competitive arena for martial arts.

Sensei Pinghero



John Pinghero-You will usually find Mr. Pinghero, who started with Master McGrath at the same time as Mr. Klos and 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 will gather a crowd of their peers like fly's 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 a 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. The other students sighed with relief. Recently, Mr. Pinghero has stunned his peers with superlative kata performances and on 4/26/1998, he took 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. 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, have gained him 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 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 are brethren 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 then 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 previous 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 Ferguson, 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 young man, who believes in putting 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 after his training with Mr. Pinghero, really paid off, when Sensei Tom Kately took the First Place Championship Trophy in the Light Weight Division, at the prestigious “Memorial Don Nagle AOKA, Inc. Championship Tournament and was just squeezed out by the Heavy Weight 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 then 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.

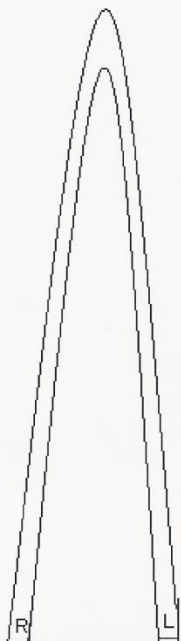
Sensei Tom Kately states that his goal is to “pass on the traditions of Isshin-Ryu and the toughness of the examples that have come before my students and himself, such as Mr. Nagle, Mr. McGrath, Mr. Pinghero and Mr. Passero. He is trying to create a place where especially teen-aged children have a place 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 teen-ager 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.



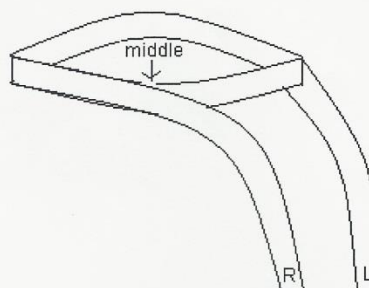
Tying the Obe

Tying The Obe

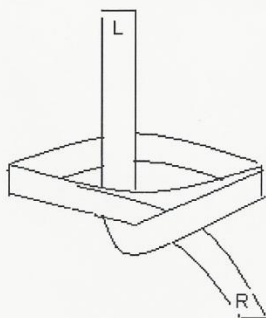
1.
Find the middle of the belt.



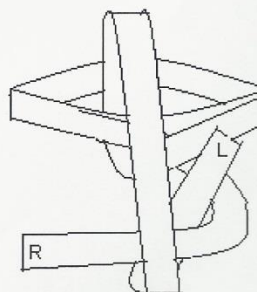
2.
Place the middle of the belt over the stomach and wrap around the waist



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.

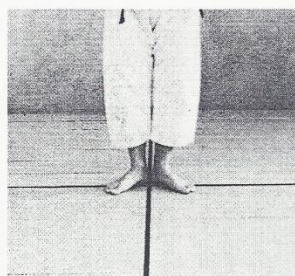


Stances

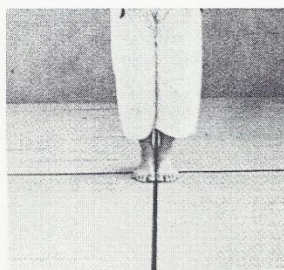
Fundamental Techniques

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.

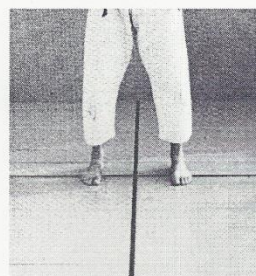
Stances



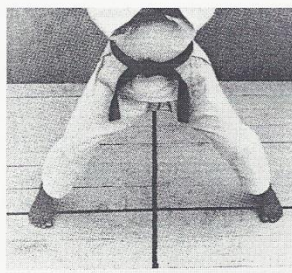
Musubi-dachi
(informal attention
stance, feet turned
out)



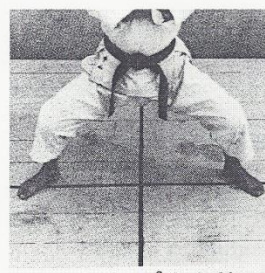
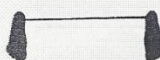
Heisoku-dachi
(informal attention
stance)



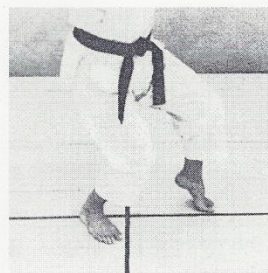
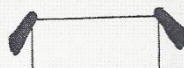
Heikō-dachi
(parallel stance)



Kiba-dachi
(straddle-leg stance)



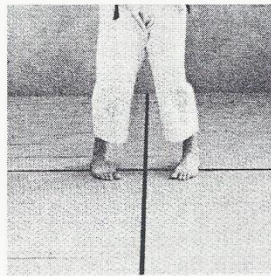
Shiko-dachi or fudo-dachi
(square stance)



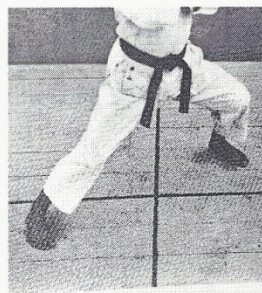
Neko-ashi-dachi
(cat stance)



Stances II



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



Zenkutsu-dachi
(front stance)



Kōkutsu-dachi
(back stance)



Sanchin-dachi
(hour-glass stance)



seisan-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

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, he is required to learn Kata (forms). To the average on-looker, the performance of Kata is almost like imaginery fighting or shadow boxing. It would appear that the karate-Ka is using his skills to defend himself against two, four or even six opponents at a time.

In reality, Kata was 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 weaponless 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.

- Seisan
- Seiuchin
- Naihanchi
- Wansu
- Chinto
- Sanchin
- Kusanku
- 4Sansu
- Tokumineno No Kun
- Kusanku Sia
- Urashi-Bo
- Chatanyara No Sai
- Shiishino-Kun No Dai
- Hamihiya No Tonfa



Terminology

1. Aka	red
2. Aswatte	sit or sitting position
3. Bo	long staff
4. Bogu	equipment
5. Bu	Military; martial
6. Budo	martial arts of late medieval
7. Bunkai	application of form(s)
8. Bushido	unwritten moral and ethical code of conduct "way of warrior"
9. Choku zuki	straight punch
10. Chudan	middle / center
11. Dachi	stance
12. Dan	black belt
13. Do	path / way
14. Domo arigato	thank you very much
15. Dojo	place where one practices the martial arts
16. Embusen	foot pattern of kata, starting point and finishing point of kata
17. Empi	elbow
18. Escrima stick	wooden rods (weapons)
19. Fumi	step on
20. Fumikomi	stepping into / stomping
21. Ganmen	face
22. Gedan	lower
23. Geri	kick
24. Gi	karate uniform
25. Gomen nasai	I am sorry
26. Ha	edge
27. Hai	yes
28. Hachimaki	headband
29. Haito	Ridge hand
30. Hajime	begin
31. Hara	center of body
32. Hidari	left
33. Hiji	elbow



34. Hikiwake	draw
35. Hiza	knee
36. Ho	corner
37. Honshin	beginners
38. Ippon	one full point
39. Ippon seoi nage	one arm shoulder throw
40. Isshin-ryu	one heart way
41. Jodan	upper
42. Judo	gentle way
43. Juji	cross
44. Jutsu	technique
45. Ka	student
46. Kagi	hook
47. Kakato	heel
48. Kama	sickle
49. Kanpai	cheers
50. Kansetsu	knuckle or joint
51. Kara	empty
52. Karate	empty hand
53. Kata	pre-arranged techniques of exercise
54. Ki	spirit
55. Kiai	shout or yell
56. Kihon	basics
57. Kime	focus
58. Kodudo	art of weapons
59. Kodansha	senior black belts
60. Kohai	junior or junior student
61. Komei	fighting posture
62. Kon	wooden staff (weapon)
63. Konnichiwa	how are you
64. Kumite	sparring
65. Kuzushi	unbalanced (breaking the balance)
66. Kyu	class; grade; rank under black belt
67. Maai	interval or distance
68. Mae	front / forward
69. Makiwara	striking post / pad



70. Mawashi	around
71. Magami	goddess of isshin-ryu
72. Migi	right
73. Mokuso	meditative posture
74. Morote	double handed / two hands
75. Mudansha	initiates
76. Mushin	mind of no minds
77. Nage	person who performs a throw
78. Nukite	spear hand
79. Nunchaku	wooden flail (weapon)
80. Obi	belt
81. Ohayo gozaimasu	good morning
82. Onegaishimasu	I make a request / learn from you
83. Osh	stop
84. Randori	free exercise sparring
85. Rei	bow
86. Reiken	back fist
87. Sai	three pronged metal weapon
88. Sakotsu	collarbone
89. Seiza	traditional Japanese sitting position
90. Sempai	senior
91. Sensei	teacher
92. Seoi	shoulder
93. Shihan	master or senior instructor
94. Shodan	beginning degree or step
95. Shotei	palm-heel
96. Shu	hand
97. Shuto	knife-hand
98. Soke	head of family / headmaster of martial arts
99. Tai	the body
100. Tanden	point just below the navel
101. Tanto	knife
102. Te	hand
103. Tekubi	wrist
104. Tonfa	wooden rod with handle (weapon)
105. Tsuki	thrust / punch



106.	Uchi	inner / inside
107.	Ude	arm / forearm
108.	Uke	receiving / "the one who receives"
109.	Ura	reverse side
110.	Uraken	back of the fist
111.	Waza	technique
112.	Yamai	stop
113.	Yoi	ready
114.	Yoko	side
115.	Yubi	finger
116.	Zenkutsu	forward leaning

Numerals

1	ichi
2	ni
3	san
4	shi
5	go
6	roku
7	shichi
8	hachi
9	ku
10	ju
11	ju-ichi
12	ju-ni
13	ju-san
14	ju-shi
15	ju-go
16	ju-roku
17	ju-shichi
18	ju-hachi
19	ju-ku
20	ni-ju
21	ni-ju-ichi



30	san-ju
40	shi-ju
50	go-ju
100	hyaku

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 ability teach other students, answer questions on technique and in general, run a class.

It is only in this way that Isshinryu can guarantee the development of capable fighters, senseis and disciplined, well respected individuals.

Students are promoted according to the following:

1. Attitude and Spirit
2. Attendance at the dojo
3. Ability in form practice (Kata)
4. Ability in fighting (Kumite)
5. Dedication to Martial arts – their dojo – their Sensei – and teaching ability

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 phases 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 he speaks will either tell the Sensei that the student is getting ready for the next rank or they are not.

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 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 letter 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 Sensei has given you permission to do so. Especially when class is in session.
- Classes are only 30, 45 and at most an hour long, please have your child go to the rest room PRIOR to arriving to 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 Sensei.
- Once your child has entered class (on the dojo floor), parents must NOT communicate to the child unless directed to do so by Sensei. Remember we are teaching your child 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 as long as they are practicing they are learning and remembering in between their karate lessons.
- If your child wants to show family members, friends, etc. their forms (kata) 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 his / her 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 none 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.

***** END OF DOCUMENT *****