

Zarei (Seated Bow)

Step by step explanation and important points:

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



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Ritsurei (Standing Bow)

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



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Conduct In and Out of the Dojo

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

Wearing Apparel

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

The Spirit of Karate-do

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

Gichin Funakoshi
1869 – 1957

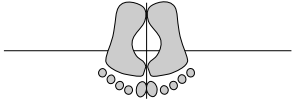
"Karate-do begins with courtesy and ends with courtesy. If superior to their teachers in skill, the disciples should never forget to respect their teachers. Karate is a life-time practice for a person. Karate training is comparable to the boiling of water over a fire; once the fire ceases to burn the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

Zenryo Shimadukuro
1909 - 1969

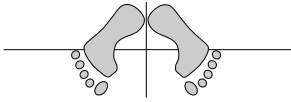
Basic Stances



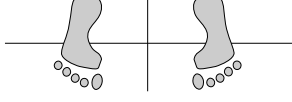
Heisoku dachi



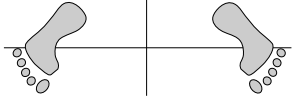
Musubi dachi



Heiko dachi



Soto hachi dachi



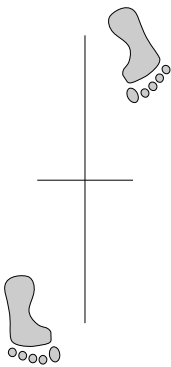
Uchi hachi dachi



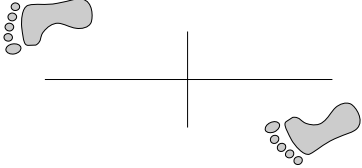
Shiko dachi



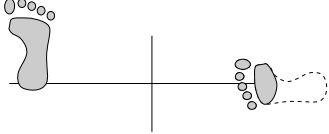
Seisan dachi
(front view)



Seisan dachi (side view)



Kosa dachi



Basic Blocking Technique

Jodan Uke (Upper Block)



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Step by step explanation and important points:

1. Starting from an existing block
2. Bring your blocking hand straight across your body with your palm facing up
3. Raise your blocking hand on the outside of your pull back hand
4. Finish your jodan uke, twisting your forearm at the end until your palm is facing out, finishing with your fist higher than your elbow and your wrist in front of your forehead

Side view [pictured right] – finish with a gap of about one fist between your wrist and your forehead



4 - Side view

Soto Uke (Outside Block)



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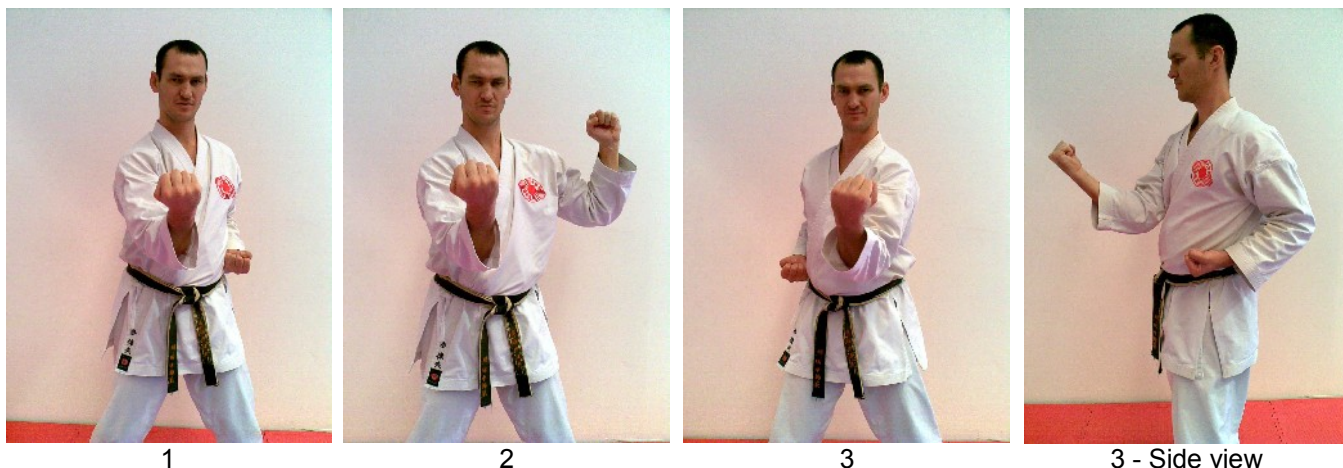
3 - Side view

Step by step explanation and important points:

1. Start from an existing block
2. Bring your blocking hand across your body until the back of your hand reaches the elbow of the existing block
3. Keep your elbow where it is, slide your new block up the outside of the existing block and twist your forearm until your palm faces you at the end point

Side view – finish with a gap of about one fist between your elbow and your body and an angle of about 100° at your elbow (wrist at chudan height)

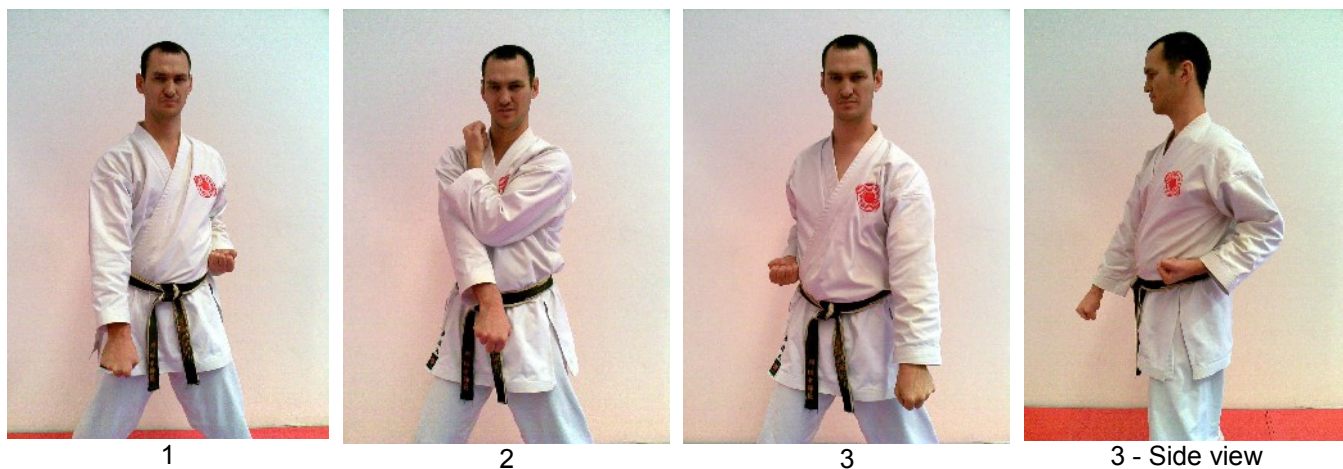
Uchi Uke (Inside Block)



Step by step explanation and important points:

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

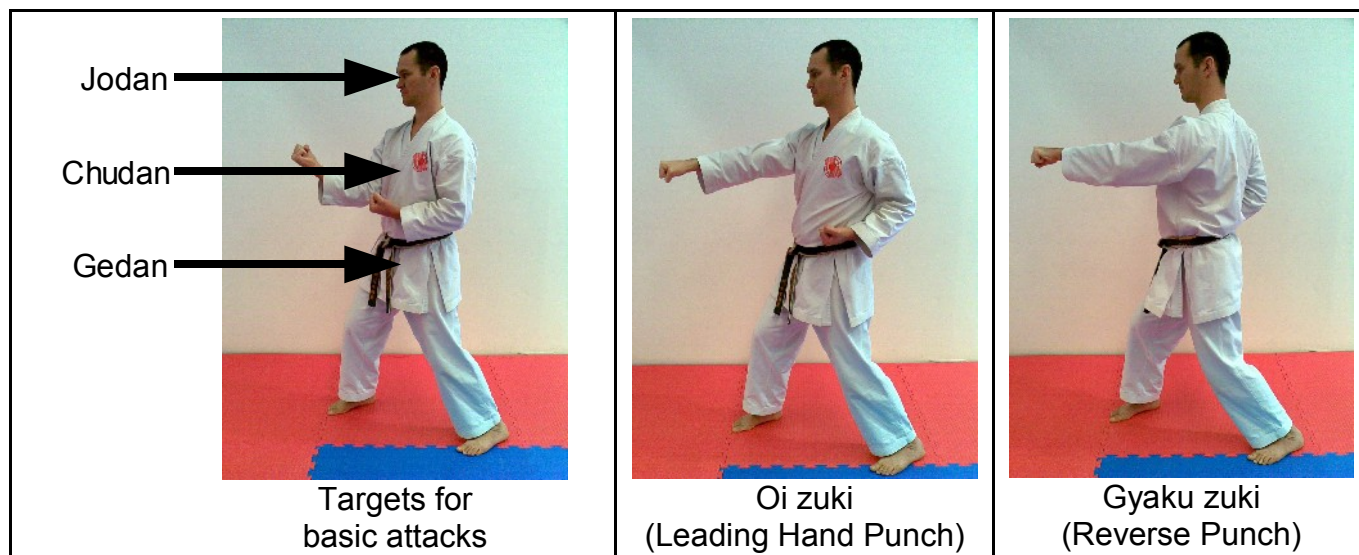
Gedan Barai (Lower Sweeping Block)



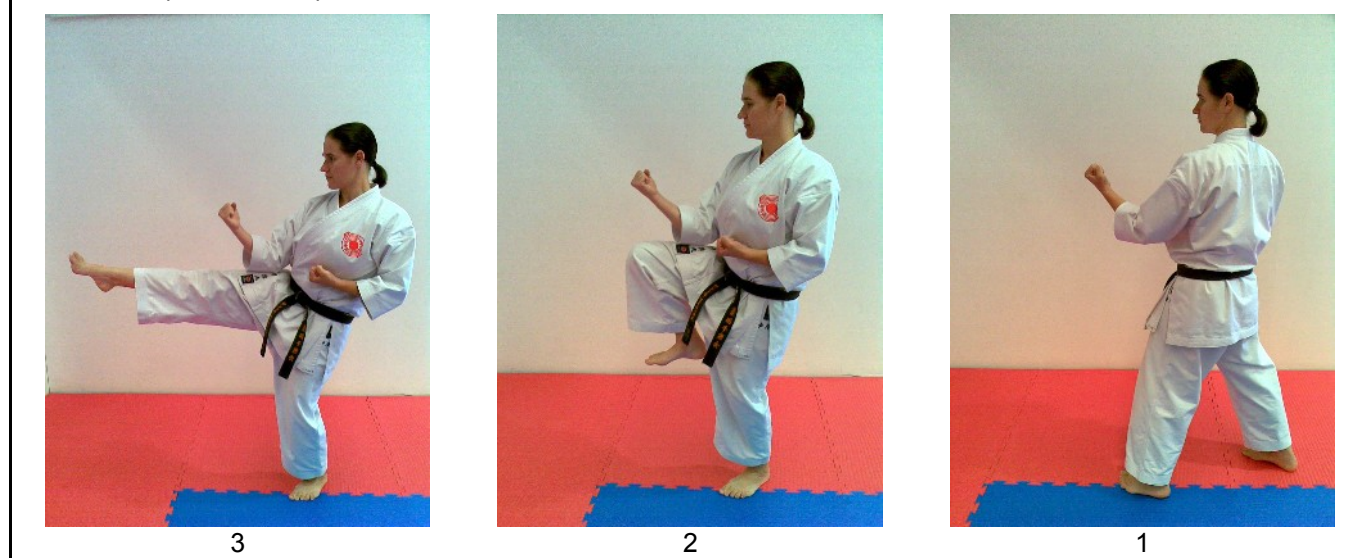
Step by step explanation and important points:

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

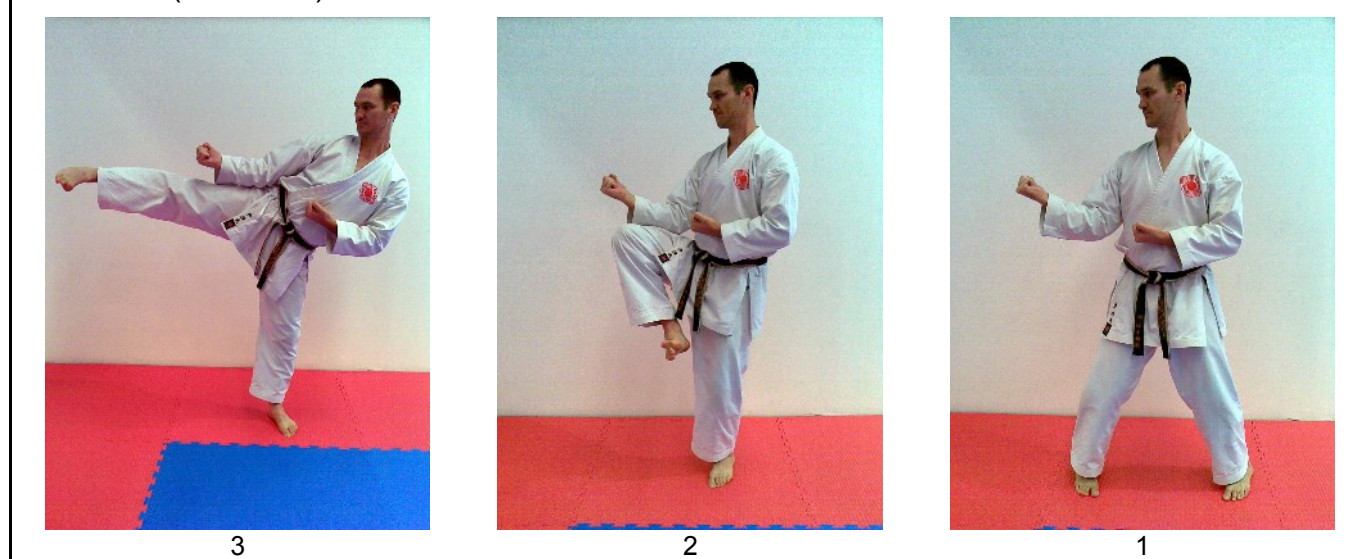
Basic Punching and Kicking



Mae Geri (Front Kick)



Yoko Geri (Side Kick)



Mawashi Geri (Round house Kick)



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Ushiro Geri (Back Kick)



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Words to Consider

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

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

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

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