



The Complete Beginner's Guide to SHOTOKAN KARATE

THE FOUNDER



GICHIN FUNAKOSHI



COUNTRY OF ORIGIN



JAPAN



BELT SYSTEM

-  9th Kyu White Belt
-  8th Kyu Yellow Belt
-  7th Kyu Orange Belt
-  6th Kyu Green Belt
-  5th Kyu Blue Belt
-  4th Kyu Purple Belt
-  3rd Kyu Brown Belt
-  2nd Kyu Brown Belt
-  1st Kyu Brown Belt
-  Shodan Black Belt

ETIQUETTE



Bow when entering or exiting the dojo.



Refer to your teacher as Sensei or his/her proper title. Show great respect to all peers.



Wear a clean, white karate gi to class.

OSU!
A common greeting, pronounced "Ossi".

KIRI
A powerful yell when striking. "KI" means energy and "I" means to join.

CURRICULUM SECTIONS



Basics (Jihon)
Basic techniques such as punches, kicks, stances, and blocks.



Kata (Kata)
A pre-arranged fight or choreographed training sequence integrating several techniques.



Sparring (Kumite)
Sparring practice that begins with controlled one-steps, and then gradually morphs into freestyle sparring.



Self-Defense Kata (Goshin Jutsu)
Specialized self defense techniques address chokes, holds, grabs, and weapon threats.

BASIC TERMS

Jodan
Head Level

Chudan
Middle Level

Gedan
Lower Level

Hajime
Begin

Mawate
Turn Around

Rei
Bow

Yame
Stop

Yoi
Ready

Mae
Front

Beginners Guide To Shotokan Karate

JG Myers



Beginners Guide To Shotokan Karate:

Unveiling the Power of Verbal Art: An Emotional Sojourn through **Beginners Guide To Shotokan Karate**

In a world inundated with displays and the cacophony of instantaneous conversation, the profound energy and mental resonance of verbal artistry often fade in to obscurity, eclipsed by the continuous onslaught of sound and distractions. Yet, nestled within the lyrical pages of **Beginners Guide To Shotokan Karate**, a charming function of literary beauty that impulses with organic feelings, lies an unique journey waiting to be embarked upon. Written by way of a virtuoso wordsmith, this enchanting opus guides viewers on a psychological odyssey, delicately exposing the latent possible and profound influence stuck within the elaborate web of language. Within the heart-wrenching expanse with this evocative examination, we can embark upon an introspective exploration of the book is central styles, dissect its charming writing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

<https://matrix.jamesarcher.co/results/uploaded-files/fetch.php/Fairy%20Tale%20Retelling%20Kids%20Primer.pdf>

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