



The Complete Beginner's Guide to SHOTOKAN KARATE

THE FOUNDER



GICHIN FUNAKOSHI



COUNTRY OF ORIGIN



JAPAN



BELT SYSTEM



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.



Forms (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 Sets (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

Wenbin Ji



Beginners Guide To Shotokan Karate:

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