



# The Complete Beginner's Guide to SHOTOKAN KARATE

## THE FOUNDER



**GICHIN FUNAKOSHI**

松濤館

## 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.



**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

**R Sandford**



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