



国際空手大学

International Karate Daigaku of Saskatchewan



IKD Saskatchewan Student Handbook



Master Funakoshi

All IKD Saskatchewan clubs are traditional Shotokan karate schools. Shotokan literally means “Shoto’s hall” and has come to refer to karate following the teachings of Gichin Funakoshi (1869-1957). Master Funakoshi first brought karate to Japan from Okinawa in 1922. “Shoto” was a pen name used by Master Funakoshi when writing poetry. Shotokan karate as taught by the IKD has undergone minor changes in physical technique, but has retained the philosophy of character development taught by Master Funakoshi. This is seen in the dojo kun (principles of the dojo) that are recited after every IKD class. The chief instructor of the IKD, Master Frank Woon-A-Tai (8th Dan) was was a student of Master Teruyuki Okazaki (10th Dan)



Master Nakayama

and also trained with Master Masatoshi Nakayama (10th Dan) in Japan. The premiere karate organization that developed in the early days of organized karate was the Japan Karate Association, (JKA). Under the direction of Master Masatoshi Nakayama (1913-1987) criteria were developed for rank, instructors, examiners, and judges. In 1955, Master Nakayama developed the JKA instructor training program. Master Frank Woon-A-Tai is a graduate of this program. In 2011, Master Woon-A-Tai founded the International Karate Daigaku with a vision of studying karate from a modern academic perspective, but retaining the philosophy and tradition of Master Funakoshi. Master Woon-A-Tai is originally from Guyana and currently lives in Toronto, Ontario. Saskatchewan is fortunate to have Master Woon-A-Tai provide regular seminars and ranking examinations to Saskatchewan karate students.



Master Woon-A-Tai

The ranking system in karate is a convenient way of identifying the level of someone's experience. Since ranks within the IKD are standardized, it makes the job of teaching easier. The instructor knows that a student of a certain rank will have had a certain amount of training and that he or she can be expected to perform up to the prescribed standards of that rank. In Saskatchewan rank examinations are usually held three times per year. Colored belt ranks are called "kyu" and black belt ranks are called "dan". A beginner's rank is 9 kyu and progresses to 1 kyu. The black belt ranks start at 1st dan and progress to 10th dan.

9 kyu white belt
8 kyu yellow belt
7 kyu orange belt
6 kyu green belt
5 kyu purple belt
4 kyu purple belt
3 kyu brown belt
2 kyu brown belt
1 kyu brown belt

As rank progresses, the student learns that less and less importance is placed on changing the belt color. Although achieving a black belt is the goal for many, this simply means the student has mastered the basic techniques. Learning the martial art begins when a student first enters the dojo, but the most important learning begins after black belt.

Martial arts instructors are called "sensei", which is often translated as "teacher". However, the term is derived from two words "sen" meaning "before" and "sei" meaning live. Together, the concept means someone who has "lived before" you in the martial art. Practically this means someone who has started before you in the martial art, and as a result of many years of training has more knowledge and experience than you. In karate, senseis are considered to be role models for their students. In your study of karate, your sensei fulfills a very important role and should be accorded much respect. Some of the ways students demonstrate this respect is to always approach your sensei with a bow, and address him/her as "Sensei". Students should always try to follow the sensei's instructions to the best of their ability.

IKD strives to teach the true art of karate. Karate is an art of self defense, involving the systematic training of the entire body. Balanced with a strong moral and ethic guidance, it also seeks to train the character of an individual encouraging self-confidence, humility, respect and self control. The development of character through training, so that the karateka will be able to surmount any obstacle and provide a foundation for healthy living. That is why we often refer to karate as karate-do, which means the way of karate. Karate is not just punching and kicking activity, but a way to live and improve your life.

As a beginner, you will find the etiquette in a martial arts class is somewhat different than other activities. That is because it is oriental in origin and philosophy. Since karate is international in scope, such etiquette forms a common bond the world over.

When a student first joins he or she may wear shorts, sweat suit, etc., enabling freedom of movement. It is recommended that within a few weeks he/she will know if they wish to continue and should purchase a uniform called a gi. Children's sizes 00 to 3 are \$60.00. Teens and adult sizes 4 to 7 are \$75.00.

Although training appears fairly rigorous and confusing at first, don't give up because you feel you can't keep up. Don't compare your progress with others. Many of them have been training for a longer period of time. All members are here to help each other. Don't be shy in asking for help before or after a class. All the colored and black belts are always eager to help. It is an important part of their training to help others. You will likely be stiff and sore at first, however this will disappear as your body becomes conditioned to the physical demands. You will first find the discipline harsh and something you are not accustomed to. An instructor must control a class to create an environment conducive to learning as well as safety.

Parents are encouraged to watch. We believe it is important that parents take an interest in the activities their children undertake.

Try to train regularly, at least two days a week to start to obtain results. If you are unable to attend class, try to stretch and do some of the basic techniques on your own. As you progress in rank, self training becomes more and more important.

The Dojo

The traditional karate dojo (place of training) is a place of learning and, as such, is treated with reverence. It is a place where the timeless values of courtesy and mutual respect and sense of decorum are kept alive through the attitude and conduct of the karateka. The attitude inside the dojo is formal. In class, the karateka should always be properly attired. It is customary to remove one's shoes and to bow before entering and upon leaving the dojo. This shows our respect for the art and defines a boundary between everyday life and formal training in the dojo.



Shomen

The front wall of the dojo is called the shomen. At the beginning of every class the sempai (senior student) will say “Seiza” (sit in kneeling position) then “Shomen ni rei” (bow to the front wall.) The shomen is often clad with national flags and photos of past instructors. The formal bow is not a religious ceremony. It is a gesture of gratitude, an act of acknowledging and remembering past generations of instructors who, in their own way, have contributed to the development of karate and passed it down to us today. Behind the instructors, the students take their places, in descending order, according to seniority, which is determined by a combination of age and rank, facing the shomen.

Mokuso (meditation)

When practiced at a high level, karate is more of a mental discipline than physical. In any case, karate training at any level is strenuous. To prepare to train hard, the karateka needs to prepare mentally, to gather himself or herself for the task ahead. To free the karateka's mind from distractions, a short meditation session takes place before training begins. Meditation at the end of class allows the karateka to relax the mind before leaving the dojo. Meditation in karate has nothing to do with religion. Although not the same, the purpose of meditation is similar to mental imagery techniques or visualization that athletes use in other sports.

Osu

The word *osu* is often uttered in karate as a form of acknowledgment as in “yes”, “alright”, “ok”, or “I understand”. In karate it is also used as a greeting as in “hi, how are you”. When students bow in addressing the instructor or their fellow students, they often say “*osu*” as a sign of respect. Literally “*osu*” in Japanese means “to push”. Traditionally in martial arts training, the word has a deeper meaning such as to push oneself to a high level in physical ability or character.

Dojo Kun

The principles of the dojo are recited at the end of every class in either Japanese or English. Created by the eighteenth-century master Sakugawa (1733-1815). These principles remain as the primary purpose of our training. They are repeated aloud at the end of each class.

Hitotsu! Jinkaku kansei ni tsutomuru koto!	Seek perfection of character!
Hitotsu! Makoto no michi o mamoru koto!	Be faithful!
Hitotsu! Doryoku no seishin o yashinau koto!	Endeavour!
Hitotsu! Reigi o omonzuru koto!	Respect others!
Hitotsu! Kekki no yu o imashimuru koto!	Refrain from violent behaviour!

The Shotokan Tiger

Master Funakoshi's pen name “*Shoto*” literally means “pine waves”, and today is synonymous with the tiger symbol and Shotokan karate-do. But few people understand the relationship of *Shoto* to what is commonly known as the *Shotokan Tiger*. When Master Funakoshi was a young man, he enjoyed walking in solitude among the pine trees which surrounded his home town of Shuri. After a hard day of teaching in the local school and several more hours of strenuous karate practice, he would often walk up Mt. Torao and meditate among the pine trees, under the stars and bright moon. Mt. Torao is a very narrow, heavily wooded mountain which, when viewed from a distance, the road going up the mountain resembles a tiger's tail. In fact, the name “Torao” literally means “Tiger's tail.” In later life, Master Funakoshi explained that the cool breezes which blew among the pines on Mt. Torao made the trees whisper like waves breaking on the shore. Thus, since he gained his greatest poetic inspirations while walking among the gently blowing pines trees, he chose the pen name of *Shoto* “Pine Waves”. The tiger which is commonly used as the symbol of Shotokan karate is traditional Chinese design which implies “the tiger never sleeps.” Symbolized in the Shotokan tiger therefore is the keen alertness of the wakeful tiger and serenity of the peaceful mind which Master Funakoshi experienced while listening to the pines waves of “Tiger's Tail Mountain.”



General Martial Arts Terms

Budo	Martial Way or Path; A martial discipline whose aim is to promote the spiritual development of its practitioners.
Do	Literally means the way or path. The “do” is the way of self development.
Kiai	Short, sharp, audible sound made at the instant of focus to help tense the body and focus the mind for maximum effectiveness.
Kime	Focus, the concentration of mind and body to achieve maximum effectiveness.
Zanshin	The state of total awareness and composure before, during and after an encounter.

General Terms used in karate

Jodan	Face level
Chudan	Stomach level
Gedan	Groin level
Sempai	Senior level
Cohai	Junior level
Ken	Fist
Seiken	Fore fist
Ippon-ken	One knuckle fist
Nakadaka-ken	Middle knuckle fist
Nukite	Spear hand
Ippon-nukite	One knuckle spear hand
Shihai	Tournament (contest)
Makiwara	Punching board
Hajime	Begin
Yame	Stop
Naore	Finish
Mokso	Meditate
Seiza	Kneel
Gi	Uniform
Obi	Belt
Kyu	Colored belt rank
Dan	Black belt rank
Shihan	Master
Mawa te	Turn
Shugo	Assemble (line up)
Yoi	Ready

Punching techniques

Choku-tsuki	Straight punch
Oi-tsuki	Lunge punch
Gyaku-tsuki	Reverse punch
Kizami-tsuki	Lead hand punch (jab)
Sanbon-tsuki	3 punch combination
Ura-tsuki	Close punch
Kage-tsuki	Hook punch
Mawashi-tsuki	Round house punch
Moroto-tsuki	Double Punch
Yama-tsuki	Mountain Punch
Age-tsuki	Rising Punch

Stances (Dachi)

Zenkutsu-dachi	Front Stance
Kiba-dachi	Side Stance
Kokutsu-dachi	Back Stance
Fudo (sochin)-dachi	Rooted Stance
Hangetsu-dachi	Half-Moon Stance
Sanchin-dachi	Hour-Glass Stance
Neiko Ashi-dachi	Cat Stance
Shiko-dachi	Square Stance
Heisoku-dachi	Heels Together Toes Closed
Musubi-dachi	Heels Together Toes Open
Hachiji-dachi	Feet Apart Toes Open
Heiko-dachi	Feet Apart Toes Straight
Uchi Hachiji-dachi	Feet Apart Toes In
Teiji-dachi	T-Angled Stance
Renoji-dachi	L-Angled stance

Blocking (Uke)

Age-uke	Rising Block
Soto Ude-uke	Outside Forearm Block
Uchi Ude-uke	Inside Forearm Block
Shoto-uke	Knife Hand Block
Gedan-barei	Downward Block
Juji-uke	X-Block
Haishu-uke	Backhand Block
Kakiwaki-uke	Inside Wedge Hand Block
Moroto-uke	Reinforced Block
Nagashi-uke	Sweeping Block
Tate Shuto-uke	Vertical Knife Hand Block

Kicking (Geri)

Mae-geri	Front Snap Kick
Yoko-geri Keage	Side Snap Kick
Yoko-geri Kekomi	Side Thrust Kick
Mawashi-geri	Roundhouse Kick
Fumikomi-geri	Downward Stomp Kick
Ushiro-geri	Back Thrust Kick
Ashi-barei	Foot or Leg Sweep
Hiza-geri	Knee Kick
Naimae-ashi	Returning Wave Kick
Mikasuki-geri	Crescent Kick
Gyaku Mawashi-geri	Reverse Round House Kick

Striking (uchi)

Uraken	Back Fist	Empi-uchi	Elbow Strike
Shuto-uchi	Knife Hand Strike	Haito-uchi	Ridge Hand Strike
Teisho-uchi	Palm Heel Strike	Nukite	Spear Hand
Kentsui-uchi	Hammer Fist Strike		

Kata

Heian Shodan	Peaceful Mind #1	Gankaku	Crane on a Rock
Heian Nidan	Peaceful Mind #2	Jion	Monk's Name
Heian Sandan	Peaceful Mind #3	Bassai Sho	Penetrate a Fortress (Lesser)
Heian Yondan	Peaceful Mind #4	Kanku Sho	Sky Viewing (Lesser)
Heian Godan	Peaceful Mind #5	Chinte	Interesting Hands
Tekki Shodan	Horse Riding #1	Unsu	Cloud Hands
Tekki Nidan	Horse Riding #2	Sochin	Persevere
Tekki Sandan	Horse Riding #3	Nijushiho	24 Steps
Basai Dai	Penetrate a Fortress (Greater)	Gojushiho Dai	54 Steps (Greater)
Kanku Dai	Sky Viewing (Greater)	Gojushiho Sho	54 Steps (Lesser)
Jitte	Ten Hands	Meikyo	Bright Mirror
Hangetsu	Half Moon	Wankan	King's Crown
Empi	Flying Swallow	Jiin	Temple Name