



WOODBINE  
KARATE  
CLUB

# KARATE

ISSUE

01

September

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## UPCOMING EVENTS

- Registration Fees Due September 30
- Breaking Seminar October 25, 2009
- Thanksgiving NO CLASSES October 9-12
- JKA NATIONALS October 9-12
- Ladies Self-Defense November 21
- Sensei Yaguchi Seminars and Exams November 21
- Sensei Jones Seminars and Exams November 28
- Christmas Party in December 12
- Kangieko - Special Training January 2010 Sensei David Jones



## Welcome to Woodbine Karate Club

### Registration

**Registration Deadline is September 30**

**All registration forms and post dated cheques for all four sessions are to be handed in to Woodbine Karate Club before training can begin in September**

Welcome back everyone! The 2008-2009 training season has started. All new and returning members must submit a new "Application for Membership" available at the club. This form ensures your information is up-to-date and also includes the "Training Agreement and Waiver of Liability" which must be signed each year. There is a one time start-up cost of \$15 for administration. Japan Karate Association (JKA) membership is mandatory. **Fees must be paid in full before you begin training** (one cheque for the year or four cheques one for each three month sessions).

Karate Alberta Association (KAA) membership is optional but is required to compete in regional and provincial KAA tournaments. If you are thinking of competing in the fall we must have these registrations in for September 30 as well.

**Please submit all forms and fees to Sensei no later than September 30.**

The current training schedule is available on our web site. Students should attend only during their regularly scheduled class, according to age group and belt color. If you have any questions or concerns regarding registration, please address them with Sensei.

**You can call at 403-870-7755  
yisakovich@cirrealtors.com**



## DOJO RULES

Remove all footwear prior to entering the training area of this or any club in which you are training in or visiting.

### CONDUCT WITHIN THE DOJO

**Training:** Everyone must train both the body and mind. Always participate with complete concentration, determination, spirit and sincerity. Never fidget, yawn or look disinterested.

**Entering and exiting:** Perform the standing bow (facing the training area) at the door, immediately upon entering the training area and prior to departing. Again, always pay complete attention to the instructor and his/her teachings. If you are standing off to the side and are called upon quickly acknowledge yourself, bow and move to a ready position with purpose and confidence. Never wander about.

**Conduct with partner:** Everyone must treat his/her partner courteously and with proper etiquette. Always challenge your partner to a degree that is beneficial to his/her learning. Never patronize your partner but always remember your control.

**Questioning:** Do not question the Sensei/Sempai during class unless asked. Save any questions for after class. When approaching a senior belt, Sempai, or Sensei; bow and address him/her appropriately.

**Talking:** When waiting for class to begin, talking must be kept softly and to a bare minimum.



**Characteristics:** Shotokan training is usually divided into three parts: kihon (basics), kata (forms or patterns of moves), and kumite (sparring). Techniques in kihon and kata are characterized by deep, long stances that provide stability, enable powerful movements, and strengthen the legs. Shotokan is often regarded as a 'hard' and 'external' martial art because it is taught that way to beginners and coloured belts to develop strong basic techniques and stances. Initially strength and power are demonstrated instead of slower, more flowing motions. Those who progress to brown and black belt level develop a much more fluid style which incorporates grappling and some aikido-like techniques, which can be found in the black belt katas. Kumite techniques mirror these stances and movements at a basic level, but progress to being more flexible with greater experience.

**Philosophy:** Gichin Funakoshi laid out the Twenty Precepts of Karate, (or Niju kun) which form the foundations of the art, before his students established the JKA. Within these twenty principles, based heavily on Bushido and Zen, lies the philosophy of Shotokan. The principles allude to notions of humility, respect, compassion, patience, and both an inward and outward calmness. It was Funakoshi's belief that through karate practice and observation of these 20 principles, the karateka would improve their person.

The Dojo kun lists five philosophical rules for training in the dojo; seek perfection of character, be faithful, endeavor, respect others, refrain from violent behavior. The Dojo kun is usually posted on a wall in the dojo, and some shotokan clubs recite the Dojo kun at the beginning and/or end of each class to provide motivation and a context for further training.

Funakoshi also wrote: "The ultimate aim of Karate lies not in victory or defeat, but in the perfection of the character of the participant."

## What Karate students really need to know!

Shotokan is a style of karate, developed from various martial arts by Gichin Funakoshi (1868–1957) and his son Gigo (Yoshitaka) Funakoshi (1906–1945). Gichin was born in Okinawa [1] and is widely credited with popularizing karate through a series of public demonstrations.

**Common Terms:** Many terms used in karate stem from Japanese culture. While many are names (e.g. Yame, Gankaku), others are exclusive to martial arts (e.g. kata, kumite). Many terms are seldom used in daily life, such as zenkutsu dachi, while others appear routinely, such as rei. The Japanese form is often retained in schools outside of Japan to preserve the Okinawan culture and Funakoshi's philosophies.

However, many schools of JKA (Japan Karate Association) affiliated Shotokan Karate used the full terminology on a daily basis, providing translations also. For example the KUI (Karate Union of Ireland), utilises the full and proper Japanese name for each move and kata in training, grading and competition.

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**Ranks:** Rank is used in karate to indicate experience, expertise, and to a lesser degree, seniority. As with many martial arts, Shotokan uses a system of coloured belts to indicate rank. Most Shotokan schools use the ky/dan system but have added other belt colors. The order of colors varies widely from school to school, but kyu belts are denoted with colours that become darker as a student approaches shodan. Dan level belts are invariably black, with some schools using stripes to denote various ranks of black belt.

**Kata:** Kata is often described as a set sequence of karate moves organized into a pre-arranged fight against imaginary opponents. The kata consists of kicks, punches, sweeps, strikes, blocks, and throws.

Body movement in various kata includes stepping, twisting, turning, dropping to the ground, and jumping. In Shotokan, kata is not a performance or a demonstration, but is for individual karateka to practice full techniques—with every technique potentially a killing blow (ikken hisatsu)—while paying particular attention to form and timing (rhythm). As the karateka grows older, more emphasis is placed on the health benefits of practicing kata, promoting fitness while keeping the body soft, supple, and agile. Several Shotokan groups have introduced kata from other styles into their training, but when the JKA was formed, Nakayama laid down 27 kata as the kata syllabus for this organization. Even today, thousands of Shotokan dojo only practice these 27 kata. The standard kata are: Taikyoku shodan (sometimes termed Kata Kihon or Kihon Kata) (Heian shodan, Heian

**"Training on a regular schedule brings results. No training. No results."**

nidan, Heian sandan, Heian yondan, Heian godan, Bassai dai, Jion, Empi, Kankudai, Hangetsu, Jitte, Gankaku, Tekki shodan, Tekki nidan, Tekki sandan, Nij

shiho, Chinte, Schin, Meiky, Unsu, Bassai sh, Kank sh, Wankan, Gojshiho sh, Gojshiho dai), and Ji'in.

**KUMITE:** Kumite, or sparring (lit. Partner exercise), is the practical application of kata to real opponents. While the techniques used in sparring are only slightly different than kihon, the formalities of kumite in Shotokan karate were first instituted by Masatoshi Nakayama wherein basic, intermediate, and advanced sparring techniques and rules were formalized.

Beginners first learn kumite through basic drills, of 1, 3 or 5 attacks to the head (jodan) or body (chudan) with the defender stepping backwards whilst blocking and only countering on the last defence. These drills use basic (kihon) techniques and develop a sense of timing and distance in defence against a known attack.



## SHOTOKAN TRADITIONAL KARATE

At around purple belt level karateka learn one-step sparring (ippon kumite). Though there is only one step involved, rather than three or five, this exercise is more advanced because it involves a greater variety of attacks and blocks usually the defenders own choice. It also requires the defender to execute a counter-attack faster than in the earlier types of sparring. Counter-attacks may be almost anything, including strikes, grapples, and take-down manoeuvres.

Some schools prescribe the defences, most notable the Kase-ha Shotokan-ry which uses an 8 step, three directional blocking and attacking pattern which develops from yellow belt level right through to advanced level. The next level of kumite is freestyle one-step sparring (jiyu ippon kumite). This type of kumite, and its successor—free sparring, have been documented extensively by Nakayama and are expanded upon by the JKA instructor trainee program, for those clubs under the JKA. Freestyle one-step sparring is

similar to one-step sparring but requires the karateka to be in motion. Practicing one-step sparring improves free sparring (jiyu kumite) skills, and also provides an opportunity for practicing major counter-attacks (as opposed to minor counter-attacks). Tsutomu Ohshima states that freestyle one-step sparring is the most realistic practice in Shotokan karate, and that it is more realistic than free sparring.

Free sparring (jiyu kumite) is the last element of sparring to be learned. In this exercise, two training partners are free to use any karate technique or combination of attacks, and the defender at any given moment is free to avoid, block, counter, or attack with any karate technique. Training partners are encouraged to make controlled and focused contact with their opponent, but to withdraw their attack as soon as surface contact has been made. This allows a full range of target areas to be attacked (including punches and kicks to the face, head, throat, and body) with no padding or protective gloves, but maintains

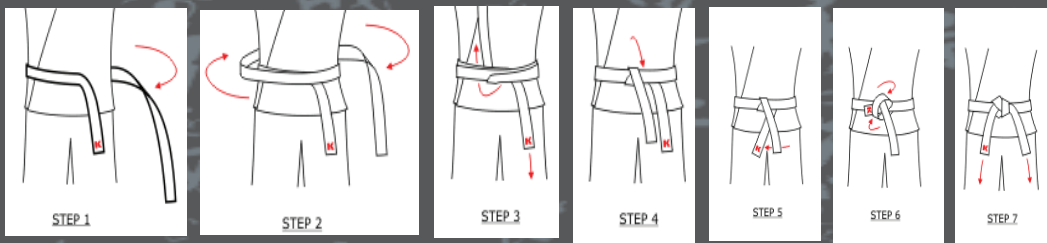
a degree of safety for the participants. Throwing one's partner and performing takedowns are permitted in free sparring, however it is unusual for competition matches to involve extended grappling or ground-wrestling, as Shotokan karateka are encouraged to end an encounter with a single attack, avoiding extended periods of conflict or unnecessary contact.

Kaishu ippon kumite is an additional sparring exercise that is usually introduced for higher grades. This starts in a similar manner to freestyle one-step sparring; the attacker names the attack he/she will execute, attacks with that technique, and the defender blocks and counters the attack. Unlike freestyle one-step sparring, however, the attacker must then block the defender's counter-attack and strike back. This exercise is often considered more difficult than either freestyle one-step sparring or free sparring, as the defender typically cannot escape to a safe distance in time to avoid the counter to the counter-attack.

Line up: When lining up, each person is to stand shoulder to shoulder with the person to their right. The person on your right is usually your senior, while the person on your left is your junior. The line is to be as straight as possible. After kneeling, sit with a straight back, do not slouch or show fatigue, remain perfectly still. Everyone kneels and rises at the same time. Late coming procedure: Since promptness is part of the self-discipline karate encourages, arriving late for class should be avoided whenever possible. If you are late and class has begun or for some reason you have to leave the class during instruction, immediately upon entering the training area, bow. Then adopt the kneeling position inside and to the left of the doorway. This demonstrates respect and signals to the instructor that you wish to enter. Wait until the instructor motions you in before entering. When you enter you must walk behind the class and regardless of your belt level, position yourself at the far end so as not to disturb the rest of the class.

### This Month's Training Tips: HOW TO TIE YOUR BELT

Need to know how to tie a karate belt? Here is a step-by-step diagram for tying a karate belt, judo belt, or any other martial arts belt, while eliminating the cross-over on the backside of the belt.



**SCOOPS  
MILK CHOCOLATES  
ALMONDS**

Fundraising just got easier!

*There is going to be a PRIZE  
for the person who sells the  
most. The WINNER will win a  
ELECTRIC SCOOTER!!!*

*Details to come!*

**Gi's & Equipment**

If you are in need of a new Gi  
we have them for sale. They  
are available in Adult and  
Kids sizes 0-8.

We also have mouth guards,  
protectors & gloves. It is  
adviseable to wear your own  
protective equipment during  
kumite and mandatory for  
competitions.

**BRING A  
FRIEND DAY**

1st week of every month

*You can bring your friends  
and if they sign up for a  
session you will  
receive a prize!*

## Details of Upcoming Events

- **Board Breaking Seminar**

The Seminar is on October 25, Saturday 10-12

In this seminar you will learn to use your breath synchronization to produce power. The power to break boards as a learning tool! Please do not miss this important lesson on directing your force it is a very important part of your karate training. For all students & non students Kids and Adults. The cost is \$40 Registration is on going. Registration forms are online or at the dojo.

- **JKA NATIONALS**

October 9-12 at Westin Hotel 320 - 4th Avenue S.W. Calgary.

The ISKF Nationals are being held in Calgary this year at the Westin Hotel. Everyone is eligible to compete, the only requirements are that you have to be a brown or black belt. We will look at special training for any 2nd purple belts who would like to prepare themselves for this. Classes will be added to training on Sundays from 11:00 to 12:00 for preparation.

REGISTRATION DEADLINE IS SEPTEMBER 15, 2009.

Please download a registration Package from [www.iskfcalgary.com/](http://www.iskfcalgary.com/) to get a copy of all the details or see Sensei Yuri Isakovich (403-870-7755) for details.

## GRADING DATES

Grading are at the Woodbine Dojo  
with visiting Sensei David Jones

- **November 29, 2009**

White, Yellow, Orange, Green Belts -  
10:00 - 11:00 Seminar  
Grading to follow 11:00 -12:00

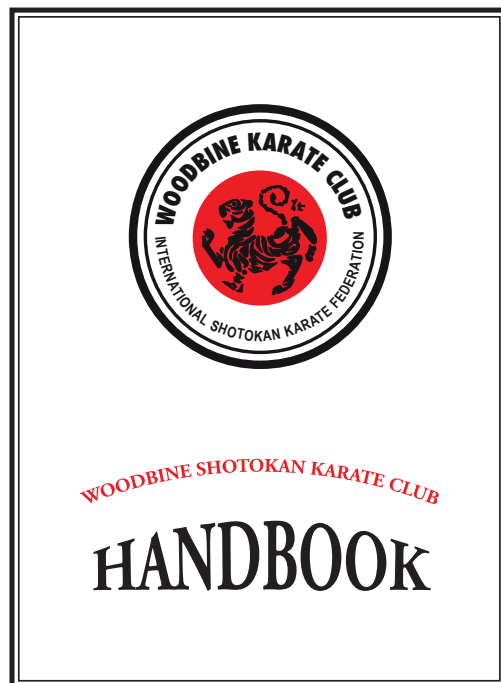
Purple, Brown, Black  
12:30 -1:30 Seminar  
Grading to follow 1:30 -2:30



**Sensei Yuri Isakovich**

Instructor

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Handbooks are available  
with grading requirements  
they are \$15.00