

4K-Karate Academy of
Martial Science
Student Handbook
Shorei Goju Ryu Karate-do



Sensei JP Nettles

4K-Karate.com

TABLE OF CONTENTS:

- I. COVER
- II. TABLE OF CONTENTS
- III. FUNAKOSHI'S TWENTY PRECEPTS OF KARATE
- IV. DOJO KUN AND TEN COMMANDMENTS
- V. KARATE DEFINITION & HISTORY
- VI. KARATE LINEAGE & SENSEI JP BIOGRAPHY
- VII. 4K-KARATE DOJO RULES
- VIII. KARATE TERMINOLOGY
- IX. ANATOMY & MOVEMENT
- X. SHUKEI (counting numbers)
- XI. DACHI WAZA, KARATE-JUTSU & MUKEI SHISAN
- XII. UKE WAZA, UKEMI & NAGE WAZA
- XIII. ATEMI (zuki) WAZA
- XIV. GERI WAZA
- XV. FIVE DEGREES OF FOCUS & VITAL AND FATAL SPOTS
- XVI. NINE (9) WAYS OF STRIKING & KARATE PRINCIPLES
- XVII. KARATE THEORY
- XVIII. KARATE HAND WEAPONS & ANIMAL FIST
- XIX. KATA
- XX. MATAYOSHI KOBUDO HISTORY & WEAPONS
- XXI. MATAYOSHI KOBUDO KATA

FUNAKOSHI'S PRECEPTS OF KARATE

- I. KARATE ALWAYS BEGINS AND ENDS WITH COURTESY
- II. THERE IS NO FIRST STRIKE IN KARATE
- III. KARATE IS AN AID TO JUSTICE
- IV. YOU MUST FIRST CONTROL YOURSELF BEFORE YOU CAN CONTROL OTHERS
- V. SPIRIT FIRST, TECHNIQUE SECOND
- VI. ALWAYS BE READY TO RELEASE YOUR MIND
- VII. ACCIDENTS ARISE FROM NEGLECT
- VIII. DON'T THINK THAT KARATE TRAINING IS ONLY IN THE DOJO
- IX. IT WILL TAKE A LIFETIME TO LEARN KARATE, THERE IS NO LIMIT
- X. PUT YOUR EVERYDAY LIVING INTO KARATE AND YOU WILL FIND THE SUBTLE SECRETS
- XI. KARATE IS LIKE BOILING WATER. IF NOT HEATED CONSTANTLY, IT COOLS
- XII. DON'T THINK YOU HAVE TO WIN, RATHER THINK THAT YOU DON'T HAVE TO LOSE
- XIII. VICTORY DEPENDS ON YOUR ABILITY TO DISTINGUISH VULNERABLE POINTS FROM INVULNERABLE ONES.
- XIV. THE BATTLE IS ACCORDING TO HOW YOU MOVE GUARDED AND UNGUARDED
- XV. THINK OF YOUR HANDS AND FEET AS WEAPONS
- XVI. WHEN LEAVING HOME, THINK THAT YOU HAVE NUMEROUS OPPONENTS WAITING FOR YOU
- XVII. ITS YOUR BEHAVIOR THAT INVITES TROUBLE OR NOT
- XVIII. BEGINNERS MUST MASTER LOW STANCES AND POSTURE, NATURAL STANCES ARE FOR THE ADVANCED
- XIX. PRACTING KATA IS ONE THING, ENGAGING IN A REAL FIGHT IS ANOTHER
- XX. DON'T FORGET TO CORRECTLY APPLY: STRENGTH AND WEAKNESS OF POWER, STRETCHING AND CONTRACTION OF THE BODY AND SLOWNESS AND SPEED OF TECHNIQUES

DOJO KUN

O'SENSEI ROBERT TRIAS

I SHALL CONDUCT MYSELF IN A MANNER WHICH WILL REFLECT CREDIT UPON MYSELF AND SOCIETY.

I SHALL BE LOYAL TO MY SCHOOL AND THE ART IT TEACHES.

I SHALL BE HONEST AND EXERCISE INTEGRITY WITH PURPOSE OF DEVELOPING COOPERATION AND TRUST WITH MY FELLOW KARATE-KA AND MY TEACHERS

I SHALL EXERCISE RESTRAINT IN THE USE OF MY KARATE KNOWLEDGE, EMPLOYING IT ONLY IN FAIR COMPETITION OR IN DEFENSE OF MY LIFE, MY FAMILY OR MY COUNTRY.

SENSEI JP'S TEN COMMANDMENTS

1. THOU SHALT NOT QUIT
2. THOU SHALT NOT WHINE
3. NEVER LIE TO SENSEI
4. MAKE EXCELLENCE A HABIT
5. IN ALL YOU DO, DO YOUR BEST
6. IF AT FIRST YOU DON'T SUCCEED, YOU'RE DOING IT WRONG
7. YOU HAVE TWO EYES, TWO EARS AND ONE MOUTH, WATCH AND LISTEN FOUR TIMES AS MUCH AS YOU TALK
8. MTXE: MENTAL TOUGHNESS EXTRA EFFORT
9. PRACTICE DOESN'T MAKE PERFECT, PERFECT PRACTICE MAKES PERFECT
10. BELIEVE IN YOURSELF, TRUST THE PROGRAM

DEFINITION & HISTORY

Karate Definition: Karate is the art and science of empty handed fighting; by using a combination of various parts of the body as weapons. Such as: hands, feet, elbows and knees.

Karate History: The most accepted founder of karate is Prince Taishi Daruma an Indian Buddhist monk. Daruma came to China when he travelled from India around 500-525 a.d. and founded the Shaolin Temple and the art of Chuān Fā. Soon Chuān Fā (Kung Fu/Wushu) as an art traveled to Okinawa by way of merchants, sailors, artisans and even pirates. Kung Fu combined with the Okinawan Martial Art "To De" to form Okinawan Karate {Naha Te, Shuri Te & Tomari Te}.

Shorei-ryū: (昭霊流 *Shōrei ryū*[?]) is a term which refers to the Naha-Te style of Okinawan karate. *Shorei Ryu* means "the style of inspiration". It is believed that the term *Shorei* is derived from the Shoreiji Temple in southern China. The teachings of this temple provided the basis for the *Naha-Te* style.

Gōjū-ryū: (剛柔流), (Japanese for "hard-soft style") is one of the main traditional Okinawan styles of karate, featuring a combination of hard and soft techniques. Both principles, hard and soft, come from the famous martial arts book *Bubishi* (Chinese: *wu bei ji*), used by Okinawan masters during the 19th and 20th centuries. **Go** which means hard, refers to closed hand techniques or straight linear attacks; **Ju** which means soft refers to open hand techniques and circular movements.

Shorei Goju ryū: Shuri ryū karate {Shorei Goju-Ryu} is an eclectic martial arts system, developed by martial arts pioneer O'Sensei Robert Trias. The roots of Shuri-Ryu are in Okinawa, especially in the Shuri-Te Karate of Ankoh Itosu and Choki Motobu and the Hsing Yi Chuan of Tung Gee Hsing. O'Sensei Trias, trained with Tung Gee Hsing, who had cross-trained with Choki Motobu earlier in the Okinawan village of Kume Mura. Tung Gee Hsing taught Trias Hsing Yi (the "Intellectual" Fist) and Shuri Karate Kempo. In addition to these teachers, Trias learned from other martial art teachers, such as Yajui Yamada (Judo), Gogen Yamaguchi (Gōjū-ryū), Roy Oshiro (Gōjū-ryū), Yasuhiro Konishi, Makoto Gima (Shotokan, Shitō-ryū), and several others. Both Konishi and Gima served as mentors to Trias instead of in a formal teacher-student relationship. Robert Trias opened the first Dojo in the mainland United States in 1946 in Phoenix Arizona.

SENSEI LINEAGE AND BIOGRAPHY

Grand Master Alvin Campbell

9th Dan Shorei Ryu Karate-do

Grand Master Preston Baker

9h Dan Shorei Goju Ryu Karate-do

Grand Master Otis Baker (deceased 2017)

9th Dan Shorei Goju Ryu Karate-do

Hanshi John Venson (mentor)

9th Dan Menkyo Kaiden Shuri Ryu Karate

Grand Master James A. Jones (deceased 2022)

10th Dan Universal Shorei Goju Ryu Karate

John (Count Dante) Keehan (deceased 1975)

Shorei Ryu Karate

O'Sensei Robert Trias (deceased 1988) 10th Dan Hanshi Shuri Ryu Karate, Father of American Karate

JP Nettles Sensei

I started martial arts training in 1973 after seeing, of course, "Enter the Dragon" like so many other kids those days.

I studied Wing Chun Kung Fu (詠春), and Karate (空手) on and off over the next several years between baseball, basketball & football seasons. I never really made a commitment to martial arts until 1979 when I had the fortune to meet Gina Campbell, who in turn introduced me to her father Grand Master Al Campbell, whom I still consider my Sensei to this day.

Training with Sensei Campbell in Robert Trias' original Shorei Ryu (昭霊流) for the next three years laid my Karate foundation in stone. His attention to detail and Spartan work ethic taught me lessons that I continue to use to this very day.

Next stop, the U.S. Army, I was blessed to have some great leaders & teachers that saw me through a myriad of what the Army had to offer. Having spent time in various bases and posts, and traveling extensively throughout the world helped to shape my outlook on life, culture, the importance of education and intestinal fortitude.

I continue and will always feel a great deal of respect and gratitude for those Senseis, Sergeants & Masters that welcomed me into their homes, training floors and dojos with open arms and instilled in me a true Budo spirit.

I am forever grateful to the parents that honor me with the opportunity to be a part of their children's journey.

DOJO RULES

- Your behavior must be impeccable at all times
- Always respect and honor your parents
- Always address the head instructor as Sensei
- Your school work MUST be maintained at a high level. Mediocrity is NEVER accepted
- Bow in when entering and exiting the dojo
- Students are required to arrive on time for class
- Always maintain your composure and remain calm
- Profane and/or Disrespectful language is not allowed in the dojo
- Always ask permission to enter the dojo
- Always pay strict attention, do not let anyone or anything distract you
- Bullying is reason for dismissal
- No food or gum in the work-out area
- No loud laughing or talking in the dojo
- No horse playing around allowed in the dojo
- No sparring without permission
- No wearing hats in the workout area
- No visitors allowed with students without permission
- Any outside activity that brings discredit to the school, Sensei, karate or fellow students is sufficient grounds for dismissal.
- Always control your technique when sparring.
- Never leave the class for a break or any reason without the consent of the Sensei
- Students are not allowed to work-out or belong to another dojo when classes are in session.

KARATE YOGO

DOJO NO YOGO TO ECHIKETTO

1. DOJO
2. SENSEI
3. ONEGAI SHIMASU
4. DOZO
5. ARIGATO
6. YA
7. KON'NICHİ WA
8. KONBON WA
9. SAYONARA
10. SUBARASHI
11. HAI
12. IYA
13. KEIKOGI
14. OBI
15. KYOSHI
16. SHIHAN
17. HANSHI
18. KARATE-KA
19. KIHON
20. JODAN
21. CHUDAN
22. GEDAN
23. HIZA SHITA
24. KIOTSUKI
25. YOI
26. HAJIME
27. YAME
28. MATTE
29. KATA
30. KOBUDO
31. KUMITE
32. RANDOORI
33. KIAI
34. KIME
35. WAZA
36. GERI
37. ATEMI
38. ZUKI
39. UKE
40. UKEMI
41. NAGE
42. SHIME
43. GANBARU
44. SUMATO KINO

KARATE TERMINOLOGY

DOJO TERMINOLOGY & ETIQUETTE

1. SACED SCHOOL (place of learning)
2. TEACHER (one who has gone before)
3. PLEASE TEACH ME
4. PLEASE
5. THANK YOU
6. HI
7. HELLO, GOOD AFTERNOON
8. HELLO, GOOD EVENING
9. GOOD BYE
10. AWESOME!!!
11. YES
12. NO
13. UNIFORM
14. BELT
15. MASTER TEACHER (teacher of teachers)
16. MASTER OF TEACHERS
17. MASTER OF MASTERS
18. STUDENT (PRACTICIONER) OF KARATE
19. BASIC INSTRUCTION (FOUNDATION)
20. HIGH/HEAD LEVEL
21. MIDDLE/BODY LEVEL
22. WAIST & BELOW
23. KNEE & BELOW
24. ATTENTION/LINE UP
25. READY
26. BEGIN
27. STOP
28. WAIT/PAUSE
29. SET OF PREARRANGED TECHNIQUES
30. OKINAWAN WEAPONS/CLASSIC WAY
31. SPARRING
32. MULTIPLE OPPONENT SPARRING
33. SHOUT TO FOCUS ENERGY
34. FOCUS/POWER
35. TECHNIQUE
36. KICK(ING)
37. STIKE (STRIKING)
38. PUNCH (PUNCHING
39. BLOCKING (TO RECEIVE)
40. FALLING (BREAKFALL)
41. THROWING
42. CONSTRICTING (CHOKING)
43. WORK HARD
44. WORK SMART

ANATOMY

1. HEAD
2. EYES
3. NECK
4. THROAT
5. CHEST
6. BACK
7. ELBOW
8. ARM
9. FOREARM
10. HAND
11. WRIST
12. FINGERS
13. WAIST
14. GROIN
15. LEG
16. INSTEP
17. FOOT
18. TOES
19. ANKLE
20. KNEE

KAIBO-GAKU

1. ATAMA
2. ME
3. KUBI
4. NODO
5. MUNE
6. BAKKU
7. EMPI (HIJI)
8. UDE
9. ZENWAN
10. TE
11. TE KUBI
12. YUBI
13. UESUTO
14. MATA
15. KYAKU
16. ASHI NO KO
17. ASHI
18. TSUMASAKI (ASHI YUBI)
19. ASHI KUBI
20. HIZA

MOVING

1. KUZUSHI
2. UPWARD
3. DOWNWARD
4. FORWARD
5. BACKWARD
6. LEFT
7. RIGHT
8. IN FRONT
9. BACK/BEHIND
10. SIDEWAYS
11. DIAGONAL(LY)
12. SLOW(LY)
13. FAST
14. HARD
15. SOFTLY
16. STRAIGHT
17. ROUND/CIRCULAR
18. PUT YOUR HIP INTO IT
19. PULL FIST BACK TO BODY

UGOKU

1. BALANCE
2. UE MUKI
3. SHITA MUKI
4. ZENPO
5. USHIROMUKI
6. HIDARI
7. MIGI
8. MAE (NI)
9. USHIRO(NI)
10. YOKOMUKI
11. NANAMENI
12. YUKKURI
13. HAYAI
14. MUZIKASHI
15. SOTTO
16. MASSUGU
17. MAWASHI
18. KOSHI O IRERU
19. HIKITE

NUMBERS

- ONE
- TWO
- THREE
- FOUR
- FIVE
- SIX
- SEVEN
- EIGHT
- NINE
- TEN
- ELEVEN
- TWELVE
- THIRTEEN
- FOURTEEN
- FIFTEEN
- SIXTEEN
- SEVENTEEN
- EIGHTEEN
- NINETEEN
- TWENTY
- THIRTY
- FOURTY
- FIFTY
- SIXTY
- SEVENTY
- EIGHTY
- NINETY
- ONE HUNDRED

SUJI 数字

- ICHI
- NI
- SAN
- CHI/YON
- GO
- ROKU
- SHICHI
- HACHI
- KU
- JU
- JU-ICHI
- JU-NI
- JU-SAN
- JU-YON
- JU-GO
- JU-ROKU
- JU-SHICHI
- JU-HACHI
- JU-KU
- NI-JU
- SAN-JU
- YON-JU
- GO-JU
- ROKU-JU
- SHICHIJU/NANAJU
- HACHI-JU
- KU-JU
- HYAKU

DACHI WAZA

1. SEIZA
2. HEISOKU
3. FUDO
4. HACHIJI
5. KIBA
6. SHIKO
7. ZEN KUTSU
8. KO KUTSO
9. KO NEKO
10. NEKO ASHI
11. SANCHIN
12. HANGETSU
13. SOCHIN
14. MITSURIN
15. TSURU
16. JUJI ASHI

STANDING TECHNIQUES (STANCES)

1. KNEELING
2. ATTENTION
3. BOWING
4. READY/RELAXING
5. HORSE
6. SUMO (MODIFIED KIBA)
7. FRONT (FORWARD)
8. BACK STANCE
9. MODIFIED CAT
10. CAT STANCE
11. SMALL HOUR GLASS
12. WIDE HOUR GLASS
13. DIAGONAL
14. LEAPORD STANCE
15. CRANE STANCE
16. X-STANCE

KARATE-JUTSU

1. KATAME
2. OSAEKOMI
3. SHIME
4. KANSETSU
5. NE WAZA
6. MAZERU WAZA
7. KYUSHO JUTSU
8. KOBUJUTSU

COMBATIVES

1. GRAPPLING TECHNIQUES
2. HOLD/CONTROL TECHNIQUES
3. CONSTRICTING TECHNIQUES
4. JOINT LOCKING TECHNIQUES
5. GROUND TECHNIQUES
6. COMBINED TECHNIQUES
7. PRESSURE POINT FIGHTING
8. WEAPONS TECHNIQUES

MUKEI SHISAN

1. TAI SABAKI
2. HOJO UNDO
3. KOKYU UNDO
4. KAIZEN
5. SHUCHU
6. KIRITSU
7. YUKU

INTANGIBLES

1. BODY MOVEMENT/POSITIONING
2. SUPPLEMENTAL EXERCISES
3. BREATHING EXERCISES
4. CONTINUOUS IMPROVEMENT
5. FOCUS
6. DISCIPLINE
7. COURAGE

UKE WAZA

1. JODAN
2. JODAN AGE
3. CHUDAN UCHI
4. SOTO UDE
5. GEDAN BARAI
6. SHUTO
7. SHOTEI
8. MAE UDE
9. NAGASHI
10. KAKI WAKE
11. MOROTE
12. MAWASHI
13. KOKUTO
14. HAISHU BARAI
15. EMPI
16. HIZA
17. KAKE
18. KO

BLOCKING TECHNIQUES

1. HIGH SECTION
2. HIGH RISING
3. MIDDLE (INSIDE) STRIKING
4. OUTSIDE FOREARM
5. LOW SWEEPING
6. KNIFE HAND
7. PALM HEEL
8. FRONT FOREARM
9. PUSH AWAY
10. WEDGE
11. AUGMENTED FOREARM
12. CIRCULAR
13. WRIST BLOCK (CRANE)
14. BACKHAND
15. ELBOW
16. KNEE
17. HOOK BLOCK (OPEN HAND)
18. WRIST BLOCK

UKEMI WAZA

1. MAE
2. YOKO
3. USHIRO
4. MAE MAWARI
5. USHIRO MAWARI

FALLING TECHNIQUES

1. FRONT FALL
2. SIDE FALL
3. BACK FELL
4. FRONT ROLL
5. BACK ROLL

NAGE WAZA

1. O SOTO GARI
2. O GOSHI
3. OKURI ASHI BARAI
4. HANE GOSHI
5. HARAI TSUIKOMI ASHI
6. UTSURI GOSHI
7. USHIRO GOSHI
8. URA NAGE
9. UCHI MATA

THROWING TECHNIQUES

1. LARGE OUTER REAP
2. MAJOR HIP THROW
3. SLIDING FOOT SWEEP
4. SPRING HIP
5. LIFT PULL SWEEP
6. CHANGING HIP THROW
7. BACK HIP THROW
8. BACK THROW
9. INNER THIGH THROW

ATEMI WAZA

1. SEIKEN ZUKI
2. GYAKU ZUKI
3. RIKEN ZUKI
4. URA ZUKEN
5. TATE ZUKI
6. KAGI ZUKI
7. KIZAMI ZUKI
8. MOROTE ZUKI
9. YAMA ZUKI
10. MAWASHI ZUKI
11. AGE ZUKI
12. OI ZUKI
13. URAKEN UCHI
14. BOUSEKI RIKEN ZUKI
15. SHUTO UCHI
16. SHOTEI UCHI
17. EMPI UCHI
18. KOKO UCHI
19. TETSUI UCHI
20. HAISHU UCHI
21. ONI KEN UCHI
22. KUMADE UCHI
23. NUKITE
24. IPPON NUKITE
25. NIHON NUKITE
26. KAKUTO UCHI
27. HAN UCHI KEN
28. NISHI KEN UCHI
29. KEITO KEN
30. HAITO UCHI

STRIKING TECHNIQUES

1. FOREKNUCKLE PUNCH
2. REVERSE PUNCH
3. BACKFIST
4. UPPERCUT
5. VERTICAL FIST PUNCH
6. HOOK PUNCH
7. TWISTY JAB
8. DOUBLE FIST PUNCH
9. MOUNTAIN/U-PUNCH
10. ROUNDHOUSE PUNCH
11. RISING PUNCH
12. LUNGE PUNCH
13. INVERTED BACKFIST
14. SPINNING BACKFIST
15. KNIFE HAND STRIKE
16. PALM HEEL STRIKE
17. ELBOW STRIKE
18. TIGER MOUTH
19. HAMMER FIST STRIKE
20. BACK HAND
21. DRAGON FIST
22. BEAR CLAW (RAKE)
23. SPEAR HAND THRUST
24. ONE FINGER THRUST
25. TWO FINGER THRUST
26. CRANE HEAD STRIKE
27. LEOPARD STRIKE
28. SNAKE FIST
29. CHICKEN HEAD STRIKE
30. RIDGEHAND STRIKE

GERI WAZA

1. MAE GERI
2. MAE KIN
3. MAE KEKOMI
4. MAE KEAGE
5. MAE TOBI
6. MAWASHI
7. MAWASHI TOBI
8. MAWASHI SUPIN
9. KAGI
10. KAGI SUPIN
11. USHIRO
12. URA USHIRO MAWASHI
13. USHIRO TOBI
14. MIKA UKI
15. MIKA ZUKI
16. KAGATO
17. YOKO KEKOMI
18. YOKO KEAGE (SOKUTO)
19. YOKO TOBI
20. FUMI KOMI
21. HIZA ATE
22. ASHI BARAI

KICKING TECHNIQUES

1. FRONT KICK
2. FRONT KICK TO GROIN (INSTEP)
3. FRONT THRUST KICK
4. FRONT SNAP KICK
5. JUMPING FRONT KICK
6. ROUNDHOUSE
7. JUMPING ROUNDHOUSE
8. SPINNING ROUNDHOUSE
9. HOOK KICK
10. SPINNING HOOK KICK
11. BACK KICK
12. SPINNING BACK KICK
13. FLYING BACK KICK
14. OUTSIDE CRESCENT KICK
15. INSIDE CRESCENT KICK
16. AXE KICK
17. SIDE THRUST KICK
18. SIDE SNAP KICK (KNIFE EDGE)
19. FLYING SIDE KICK
20. STOMPING KICK
21. KNEE STRIKE
22. FOOT SWEEP

FIVE DEGREES OF FOCUS:

1. TO STOP WITHIN ONE INCH
2. TO LIGHTLY TOUCH (CLOTHING)
3. TO MAKE LIGHT CONTACT
4. TO MAKE FULL CONTACT
5. TO MAIM OR KILL

VITAL AND FATAL SPOTS:

1. TOP OF HEAD
2. TEMPLES
3. EYES
4. NASAL BONE
5. OCCIPITAL (NAPE OF NECK)
6. TOP OF SPINE
7. LARYNX
8. SOLAR PLEXUS
9. SAIKI TANDEN
10. KIDNEYS
11. LIVER
12. TAILBONE
13. GROIN
14. ACHILLES TENDON

NINE WAYS OF STRIKING

TECHNIQUES FOR STRIKING AT **DISTANCE OUT** FROM YOUR OPPONENT:

1. SEIKEN ZUKI – STRAIGHT FORWARD
2. MAWASHI ZUKI – ROUNDHOUSE PUNCH
3. KIZAMI ZUKI – TWISTY JAB
4. KOKO UCHI – RIDGEHAND

COMMON TECHNIQUES USED WHEN STRIKING AT **CLOSE RANGE** TO THE OPPONENT:

1. TATE ZUKI – VERTICLE PUNCH
2. KAGI ZUKI – HOOK PUNCH
3. URAKEN UCHI – BACKFIST
4. EMPI UCHI – ELBOW STRIKE
5. URA ZUKIN – UPPERCUT PUNCH

PRINCIPLES OF TECHNIQUE

- BALANCE – **TSURAI** {STANCE, POSITION & CENTER OF GRAVITY}
- TIMING – **TAIMINGU** {THE OPTIMAL MOMENT TO ENGAGE}
- SPEED – **SOKUDO** {RELAXED MIND & BODY + WHIP LIKE ACCELERATION}

4 POINT PRINCIPLE

- **SPINAL ALIGNMENT:** SHOULDERS AND HIPS ARE ALIGNED BOTH VERTICALLY AND HORIZONTIALLY FOR EFFECTIVE TECHNIQUE EXECUTION
- **LEVERAGE:** BREAKING YOUR OPPONENTS BALANCE WHILE MAINTAINING YOUR OWN
- **CORRECT ANGLES:** DICTATING DIRECTION OF ATTACK/DEFENSE FROM HEIGHT, WIDTH AND DEPTH OF YOUR CHOOSING
- **CORE CONTROL:** CONTROLLING YOUR OPPONENTS CORE DIRECTIONALLY

THEORY OF KIAI

KIAI TRANSLATION: JOIN ENERGY/CONVERGENCE OF ENERGY

- KI –ENERGY
- AI – CONVERGENCE

WHEN TO USE KIAI

- CHANNEL YOUR ENERGY
- KICKSTART YOUR FIGHTING SPIRIT
- ATTACKING OR COUNTERING AN OPPONENT
- DEMONSTRATE YOUR POWER
- STARTLE YOUR OPPONENT
- ABSORB YOUR OPPONENTS ENERGY ON CONTACT (REDUCE RISK OF INJURY)

THEORY OF POWER

MASS * SPEED = POWER

SIMPLY PUT FOR KARATE; SPEED (VELOCITY) * CONCENTRATED MASS (STRIKING SURFACE) EQUALS OR GENERATES POWER

THEORY OF BONE ALIGNMENT

THIS THEORY EXAMINES THE RELATIONSHIP OF PROPER POSTURE AND THE NATURAL PROGRESSION OF BALANCE & ALIGNMENT OF BONES AND JOINTS. THE BONE & JOINT (SKELETAL) STRUCTURE OF THE BODY (LIMBS) PRODUCES SUPERIOR STABILITY WHEN ALIGNED PROPERLY, THUS GREATLY REDUCING THE RISK OF INJURY. THIS ALSO GREATLY ENHANCES THE EFFICIENCY AND PRODUCTION OF POWER IN EXECUTION OF ANY PARTICULAR TECHNIQUE.

KARATE HAND WEAPONS & FIVE ANIMALS FIST

THE DEVELOPMENT OF THE HANDS (TE) INTO WHAT ARE CONSIDERED KARATE FORMS OR WEAPONS CAN BE DIRECTLY TRACED FROM THE ARRIVAL OF THE BUDDHIDARMA INTO CHINA AND THE SHAOLIN TEMPLE BETWEEN 500 AND 525 CE. INCORPORATING BOTH SOFT AND HARD TECHNIQUES WHILE USING INTERNAL AND EXTERNAL ENERGY, THIS FORRAY BECAME THE MARTIAL ART OF SHAOLIN KUNG FU.

1. DEVELOPING THE HANDS AND BODY TO MIMIC THE SHAPE AND MOVEMENTS OF ANIMALS. THESE "SHAPES" WERE DEVELOPED FROM CAREFUL OBSERVATION AND STUDY OF ANIMALS STRIKING AND CLAWING TECHNIQUES.

- DRAGON: BODY STRENGTH – OKI KEN UCHI
- TIGER: BONE STRENGTH – SHOTEI UCHI
- LEOPARD: INNER/OUTER STRENGTH – HAN UCHI KEN
- CRANE: SPIRITUAL STRENGTH – KEITO KEN
- SNAKE: NISHI KEN – BREATH STRENGTH

2. DEVELOPMENT AND CONDITIONING OF THE HANDS INTO THE SHAPE OF COMMONLY USED WEAPONS OF THE TIME PERIOD.

- TETSUI UCHI – HAMMER FIST
- SHUTO UCHI – SWORD/KNIFE EDGE
- HAITO UCHI – RIDGEHAND (BACK OF SWORD)
- NUKITE UCHI – SPEAR HAND THRUST

KATA

WHILE KIHON IS THE FOUNDATION OF OUR KARATE, KATA IS THE BACKBONE. KATA IS "GLUE" PERSAY THAT CONNECTS OUR FOUNDATION, THEORY AND EXECUTION OF KARATE TECHNIQUES AND MOVEMENTS.

- BLOCKING FORMS 1, 2 & 3
- TAI CHI FORMS 1, 2 & 3
- TAIKYOKU SHODAN, NIDAN & SANDAN
- GEKISAI DAI ICHI, NI, SAN & SHO
- WANSU
- ANAKU
- PINAN 1, 2, 3, 4 & 5
- BASSAI DAI
- NUJI SHI HO
- DAN ENN SHO
- NEKO BUTO 1, 2, 3, 4 & 5
- KAN KU SHO
- MATSUMURA ROHAI
- SAN CHIN
- SEI YUN CHIN
- NAIHANCHI SHODAN
- NAIHANCHI SANDAN
- KURURUNFA
- SHUDO SO
- TENSUO
- HEBENO YATTE NI

MATAYOSHI KOBUDO

MATAYOSHI KOBUDO IS A MARTIAL ARTS SYSTEM OUT OF NAHA, OKINAWA SOLELY FOCUSED ON CLASSICAL OKINAWAN WEAPONRY, OR EVEN PEASANT WEAPONRY TO BE MORE EXACT. THE ENTIRE SYSTEM BASED UPON THE KNOWLEDGE, SKILL AND INCREDIBLE RANGE OF MATAYOSHI SHINKO SENSEI AND HIS SON SHINPO. MATAYOSHI SHINPO SENSEI FOUNDED THE KODOKAN DOJO IN 1960, NAMING IT IN MEMORY OF HIS FATHER. HEAVILY INVOLVED IN PROMOTING KOBUDO, SHINPO SENSEI FORMED THE RYUKYU KOBUDO ASSOCIATION IN 1960 TO PROMOTE KOBUDO IN YOUNGER STUDENTS AND TO HELP MAKE THEM BETTER CITIZENS AND CONTRIBUTORS TO SOCIETY.

MATAYOSHI KOBUDO WEAPONS

- ROKUSHAKUBO – 6FT STAFF
- SAI – THREE PRONGED TRUNCHEON
- TUNKUA – SIDE HANDLED BATON
- NUNCHAKU – THRASHING WEAPON CONNECTED BY ROPE
- NUNTI BO – THRUSTING WEAPON (fishermen's tool)
- UEKU – BOAT OAR
- KUWA – FARMING HOE
- TINBE ROCHIN – SHIELD & HACHETTE (or short spear)
- SANSETSU KON – THREESECTION STAFF
- KAMA – FARMING SICKLES
- SURUCHIN – ROPE/CHAIN WITH STONE OR WEIGHT ON ONE END



MATAYOSHI KOBUDO KATA

ROKUSHAKUBO:

- SHUSHI NO KUN
- CHOUN NO KUN
- CHIKIN NO KUN
- SAKUGAWA NO KUN
- SHIISHI NO KUN

SAI:

- NICHU SAI
- SANCHO SAI
- SHINBARU NO SAI

TUNKUA:

- TUNKUA DAI ICHI
- TUNKUA DAI NI

NUNCHAKU:

- NUNCHAKU NO KATA

NUNTI BO:

- NUNTI NO KATA

UEKU:

- CHIKIN (aka) CHU NO EUKU DAI

KUWA:

- KUWA NO KATA

TINBE:

- TINBE NO KATA

SANSETSU KON

- SANSETSU KON NO KATA

KAMA:

- KAMA NO KATA

SURUCHIN:

- SURUCHIN NO KATA

MEMBERSHIPS

4K-KARATE ACADEMY OF MARTIAL SCIENCE HAS MEMBERSHIPS IN THE FOLLOWING ORGANIZATIONS:

THE PROFESSIONAL KARATE COMMISSION



MATAYOSHI KOBUDO KODOKAN INTERNATIONAL



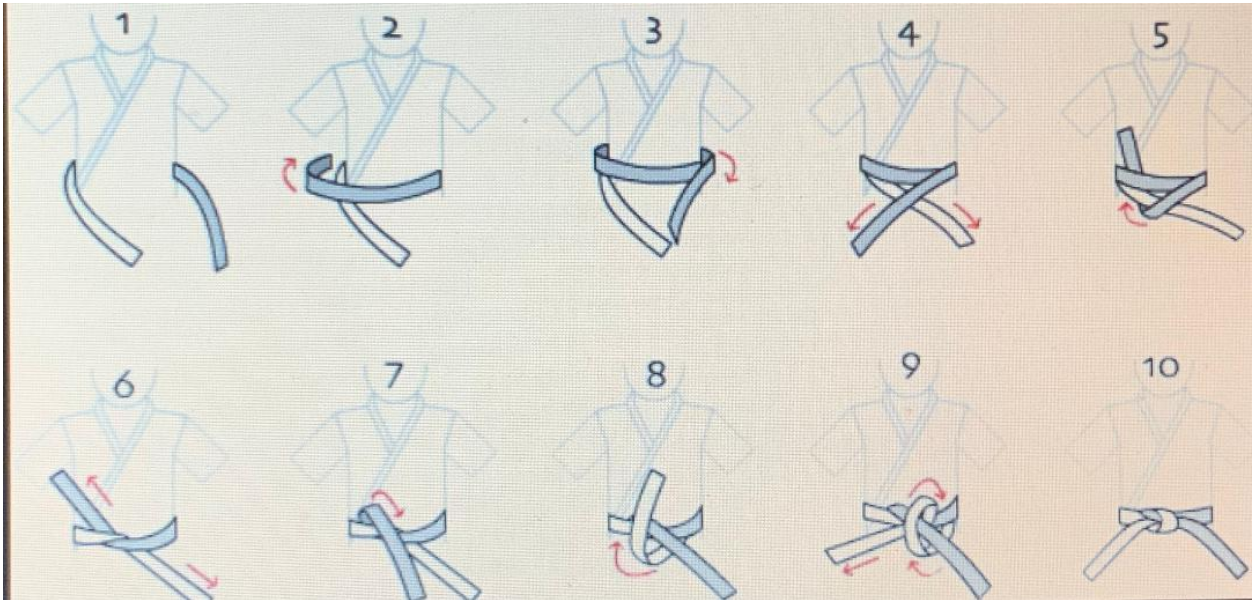
WORLD KARATE COMMISSION



UNITED MARTIAL ARTS ASSOCIATION



HOW TO TIE AN OBI



HOW TO FOLD YOUR GI

