



The Complete Beginner's Guide to SHOTOKAN KARATE

THE FOUNDER



GICHIN FUNAKOSHI

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.

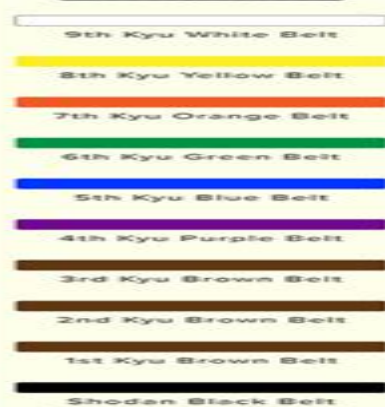
COUNTRY OF ORIGIN



JAPAN



BELT SYSTEM



CURRICULUM SECTIONS



Basics (Kihon)
Basic techniques such as punches, kicks, stances, and blocks.



Patterns (Kata)
A pre-arranged fight or challenge address training sequence integrating several techniques.



Sparring (Kumite)
Sparring practice that begins with controlled one-step, and then gradually morphs into freestyle sparring.



Self-Defense (Jiu-Jitsu)
Specialized self-defense techniques address chokes, holds, grabs, and weapon threats.



Wear a clean, white karate gi to class.

OSU!

A common greeting, pronounced "Oss!"

KIRI

A powerful yell when striking. "Ki" means energy and "ia" means to join.

BASIC TERMS

Jodan
Head Level

Chudan
Middle Level

Gedan
Lower Level

Hajime
Begin

Mawate
Turn Around

Rei
Bow

Yame
Stop

Yoi
Ready

Mae
Front

BASIC TECHNIQUES



SHIZENTAI (NATURAL STANCE)

Relaxed posture.
Feet shoulder width apart.
Toes forward.



CHOKU-ZUKI (STRAIGHT PUNCH)

Tighten core.
Strike with two largest knuckles.
Inactive hand at the ready.
Practiced in shizentai.



OI-ZUKI (FRONT LUNGE PUNCH)

Back straight, torso bladed.
Push front hip forward.
Front knee bent.
Step forward into zenkutsu-dachi (front stance).



GYAKU-ZUKI (REVERSE PUNCH)

Big rotation from the torso into the punch.
Back hip follows the direction of the punch.
Stance is zenkutsu-dachi.



GEDAN BARAI (DOWN BLOCK)

Blocking with the ulna bone (forearm).
About 3 fists length above the leg.
Pulling the hip away from the blocking side.



AGE-UKE (RISING BLOCK)

Forearm is angled.
Palm facing out.
Align body behind the block.
Powerful front stance (60% of weight is on front leg).

Shotokan Karate Guide White Belt

Ray Pawlett



Shotokan Karate Guide White Belt:

Shotokan Karate Phil Pierce, 2014-01-08 Essential Knowledge for any Karate Student Grab your copy now Discover how to develop speed and strength The Three Pillars of Shotokan and Grading Requirements Including Sparring and self defense requirements Kumite Practical and floor work Kihon Japanese terminology Kata Patterns step by step written guide Embusen Diagrams Shotokan History Easy to follow format For JKF styles KUGB and many more This expert guide has been compiled to help you through the belts and pass each grade at the highest mark Make the most of your training Grab your copy now Please note all Martial Arts training are subject to instructors discretion and content may vary by area This book is a guide only and no substitute for in class learning Good Luck This guide is a summary of the essential information and does not include illustrations of every technique or Kata movement

Essential Karate Book Graeme Lund, 2015-12-29 The Essential Karate Book is an informative illustrated guide to the techniques philosophy and practice of karate With 20 chapters covering practically every aspect of karate this in depth reference will assist students and instructors as they plot their course through karate instruction benefiting those at all levels The Essential Karate Book contains 200 diagrams mapping out moves with 300 step by step photographs and companion videos making it a comprehensive general karate reference for Western audiences Readers of this karate guide will learn about Stances blocks strikes and kicks Preparing your body through warm ups stretching and conditioning through karate specific exercises Kata grading and fighting kumite techniques and competition rules Martial arts weapons kobudo and MMA Mixed Martial Arts applications The origins and history of karate Required behavior clothing and etiquette as well as the fundamentals of karate and the different styles that share them The Essential Karate Book is a must have for any martial arts enthusiast from beginners to black belts

The Guide to Karate Fay Goodman, 2000 **Black Belt** , 2000-04 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known martial arts figure in the world

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Bruce Lee the best known marital arts figure in the world **Beyond the White and Black** Editorial Dvz,2023-11-16

Beyond the White and Black The Shotokan Karate Odyssey A Comprehensive Guide invites readers on a transformative journey into the heart of Shotokan Karate This comprehensive guide transcends the conventional providing both white and black belts with a profound exploration of the art s philosophy history and techniques Immerse yourself in the wisdom of Shotokan as the book unfolds delving into the intricacies of its katas fundamental principles and the etiquette within the dojo The narrative navigates through the Shotokan Odyssey revealing the rich tapestry that connects practitioners to their martial arts lineage From foundational stances to advanced techniques the book meticulously details each stage of the journey ensuring a holistic understanding of Shotokan Karate Hands and feet are artistically rendered on the cover preserving their authenticity symbolizing the commitment to true martial arts tradition Whether you re a novice embarking on your first steps or a seasoned black belt seeking deeper insights this guide serves as a trusted companion It combines practical instruction with the profound philosophy of Shotokan empowering readers to not only master the physical aspects but also embrace the discipline s spiritual and mental dimensions This book is an invaluable resource for those dedicated to the art offering a roadmap to excellence in Shotokan Karate *The Karate Handbook* Ray Pawlett,2008-01-15 Explains the history steps and training of karate *Black Belt* ,1999-05 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world

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This book delves into Shotokan Karate Guide White Belt. Shotokan Karate Guide White Belt is a crucial topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Shotokan Karate Guide White Belt, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Shotokan Karate Guide White Belt
 - Chapter 2: Essential Elements of Shotokan Karate Guide White Belt
 - Chapter 3: Shotokan Karate Guide White Belt in Everyday Life
 - Chapter 4: Shotokan Karate Guide White Belt in Specific Contexts
 - Chapter 5: Conclusion
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 6. In chapter 5, the author will draw a conclusion about Shotokan Karate Guide White Belt. The final chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Shotokan Karate Guide White Belt.

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