



# SHUDOKAN

K A R A T E

M E M B E R S  
H A N D B O O K

# W E L C O M E !

**SHUDOKAN ( 守道館 ) means “The Hall of the Way of Defence” and is how we distinguish ourselves from other schools that may teach a similar art. SHUDOKAN itself is not a style.**

**SHUDOKAN emphasises the use of Karate as a practical, and defensive Martial Art, rather than as a sport. We believe the benefits commonly associated with Karate training to come from serious study and diligent practice, as well as the austere training methods practiced for generations before us.**

**You may find some concepts and ideas contained within this handbook to clash with some perceived notions of “Traditional Karate”. We invite you to experience SHUDOKAN for yourself.**

**Welcome to SHUDOKAN KARATE!**

# P A S T , P R E S E N T & F U T U R E

## 温故知新

On Ko Chi Shin - Study the old, to understand the new

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SHUDOKAN was born of our desire to reconcile traditional training with practical self-protection. We saw shortcomings in our methods that needed fixing in order to be confident that our students really were learning how to protect themselves.

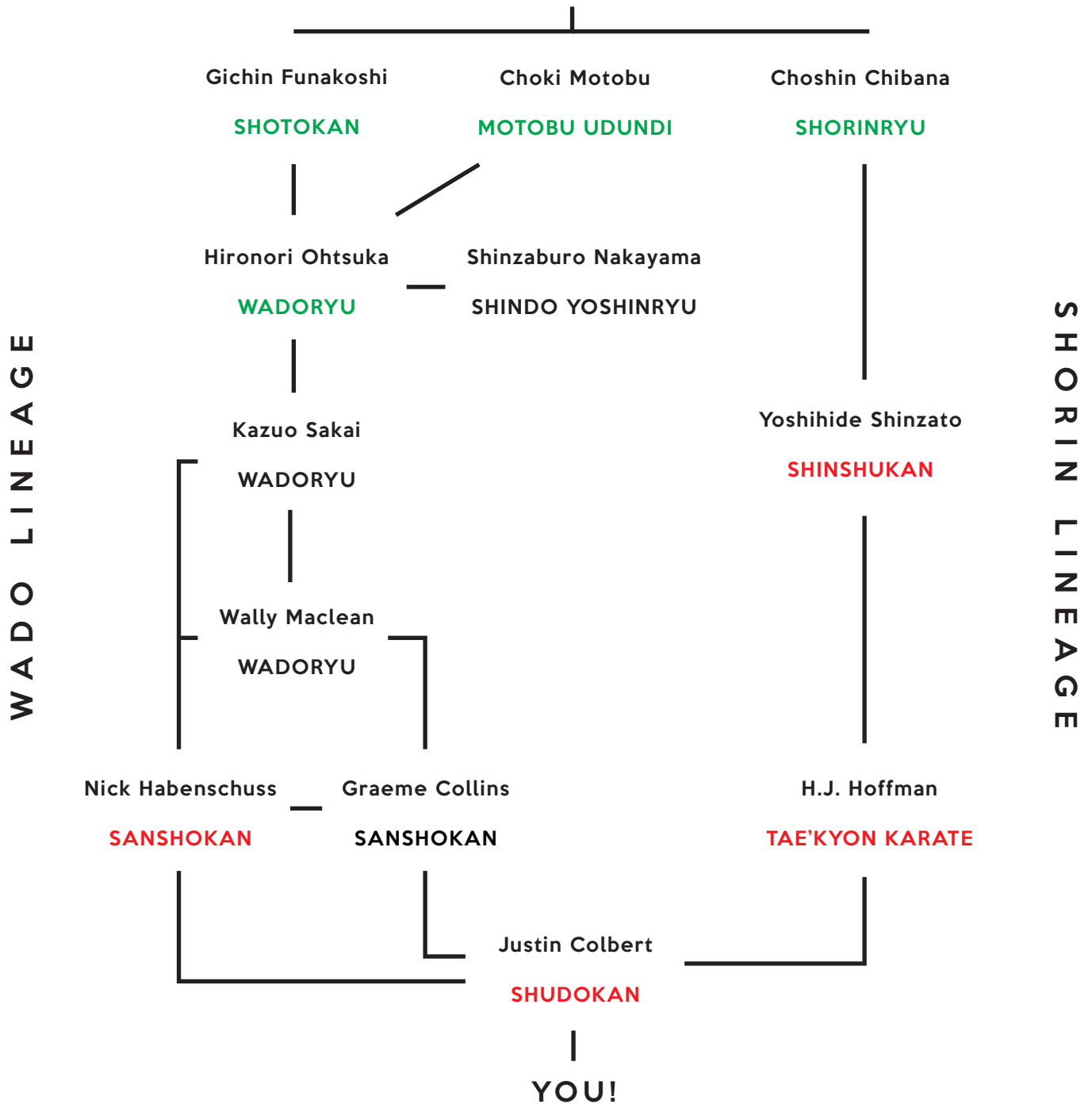
Originally starting as a school of Wado-ryu, these shortcomings were identified to have come from leaving the old Okinawan methods behind in favour of competition based training, and to mirror the popular combat arts in post-war Japan.

SHUDOKAN now uses Shorin-ryu (Kobayashi) as its base style, favouring shorter natural stances, powerful strikes, and simple effectiveness, balanced with the body management (taisabaki) and typical Jujitsu elements found in Wado-ryu.

SHUDOKAN is on a mission to provide effective self-protection training, while also keeping the lessons of the past masters alive.

# WHERE WE CAME FROM

ANKO ITOSU  
"The Grandfather of Modern  
Karate"



## KEY

**GREEN** - Creation of a new "style"

**RED** - Creation of a new group, teaching the same "style" as their teacher/s

# REISHIKI

## 文武両道

Bunburyodo - Follow both the ways of liberal & martial arts

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REISHIKI means Manners or Etiquette, and is arguably one of the focal points of Karate training, and indeed the reason why many people start.

Reishiki in SHUDOKAN is split into two main areas.  
**GENERAL RULES & GUIDING PRINCIPLES.**

### GENERAL RULES

1. Bow when entering and leaving the dojo.
2. Ensure toenails and fingernails are trimmed, and long hair tied back.
3. Do not eat or drink in the training area.
4. Do not wear shoes on the training area.
5. Ensure your uniform is clean and you are well presented.
6. Refrain from foul language and always practice good manners.
7. Do not touch or make undue contact with other members of the dojo.

### GUIDING PRINCIPLES

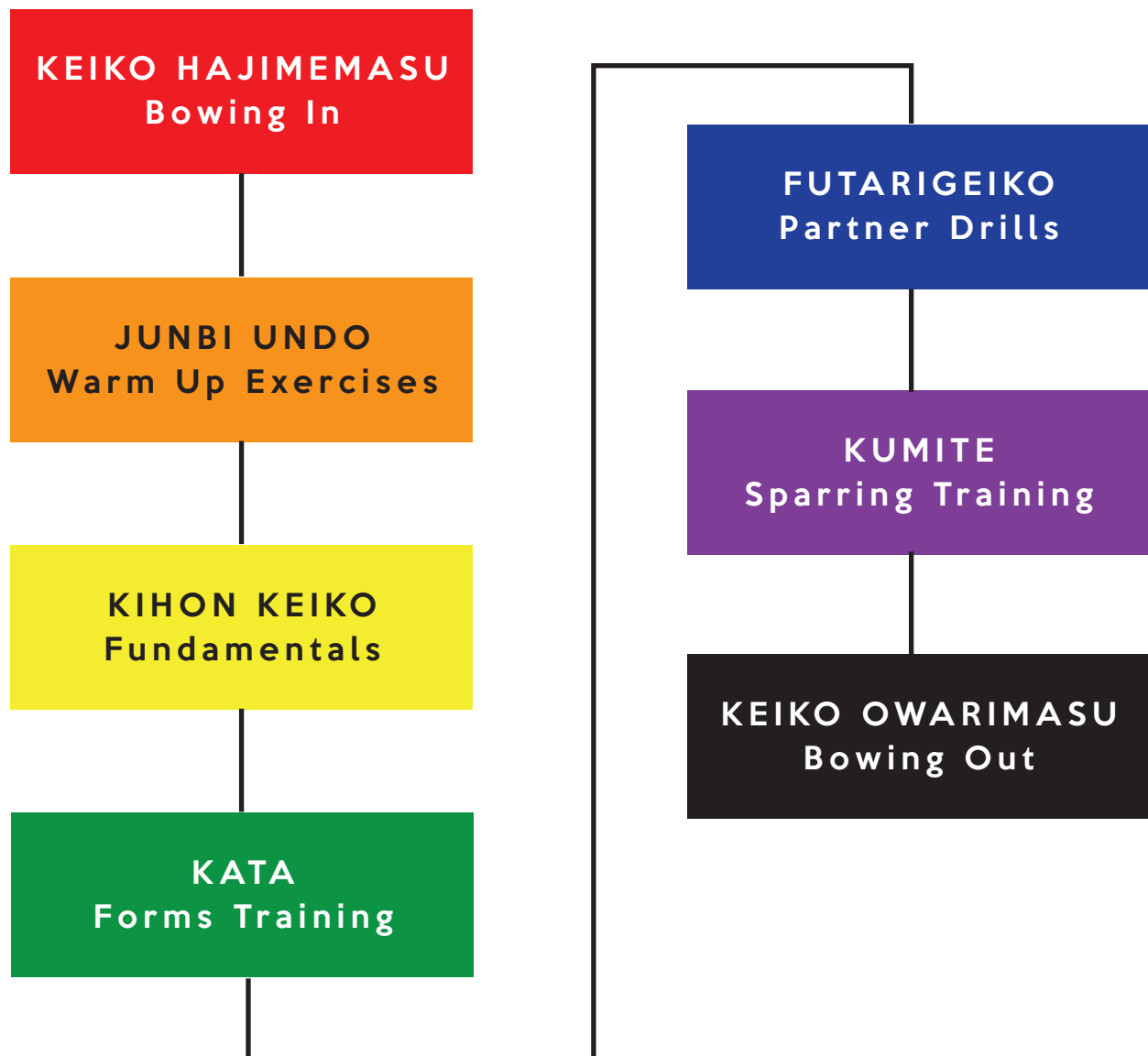
1. There is no first strike in Karate.
2. Karate starts and ends with respect.
3. Everyone works.

Infractions to the above may result in disciplinary action ranging from time sitting out of the class in minor cases, and summary expulsion in serious cases.

# WHAT DOES A CLASS LOOK LIKE?

SHUDOKAN classes are run in a similar manner to most traditional Dojo. Classes have a strong focus on proper use of fundamental concepts and techniques, and emphasise group learning and cooperation..

Each class follows a similar breakdown, ensuring consistency, and comprehensive learning.



# P R O G R A D I N G P R O G R E S S I O N

## BELT/RANK

WHITE BELT

9th Kyu

8th Kyu

7th Kyu

6th Kyu

5th Kyu

4th Kyu

3rd Kyu

2nd Kyu

1st Kyu

1st-5th Dan

Gradings are held once every 6 Months for Teens & Adults.

Students under the age of 16 cannot test for Shodan, and instead receive Shodan-ho (Provisional Black Belt).

# P R O G R E S S I O N G R A D I N G

SHUDOKAN Kids Karate has a separate belt system, designed to make their progression through the ranks more exciting and memorable

**WHITE BELT**

**YELLOW BELT**

**ORANGE BELT**

**GREEN BELT**

**BLUE BELT**

**PURPLE BELT**

**BROWN BELT**

**Jnr. 1st DEGREE**

**Jnr. 2nd DEGREE**

Each belt rank also contains a **BLACK STRIPE**, used as a sort of half-way mark to the next belt. These are awarded to show that the student has shown consistent improvement, good attitude, and attendance since the last grading.

**Belt and Stripe Gradings are held once a School Term.**

**In Kids Karate, when a student has progressed through to, and held Jnr. 2nd Degree for two years, they may test for Shodan regardless of age.**



# C O R E S Y L L A B U S

## 基本 KIHON WAZA (Fundamentals)

Kihon-waza, or Fundamentals, form the base of our Karate. Kihon are sometimes done standing still, and “moving basic” sets, known as Kihon Dosa.

### KIHON WAZA

- Chokuzuki (Straight Punch)
- Hanzuki (Half Punch from Guard)
- Tettsui Uchi (Hammer Fist Strike)
- Uraken Uchi (Back Fist Strike)
- Empi Uchi (Elbow Strike)
- Jodan Ageuke (Rising Block)
- Chudan Uchiuke/Sotouke (Inside/Outside Block)
- Gedan Barai (Lower Sweeping Block)
- Shutouchi (Knife Hand Strike)
- Maegeri (Front Kick)
- Yokogeri (Side Kick)
- Hizageri (Knee Kick)

### KIHON DOSA ICHI - Basic Set #1

- Advancing - Motodachi, Chudan Gyakuzuki
- Retreating - Nekoashidachi, Chudan Sotouke

### KIHON DOSA NI - Basic Set #2

- Advancing - Motodachi, Jodan Gyakuzuki
- Retreating - Nekoashidachi, Sukui Gedanbarai

### KIHON DOSA SAN - Basic Set #3

- Advancing - Motodachi, Ageuke
- Retreating - Nekoashidachi, Chudan Uchiuke

### KIHON DOSA SHI - Basic Set #4

- Advancing - Motodachi, Chudan Maegeri Keage
- Retreating - Nekoashidachi, Chudan Shutouke

# C O R E S Y L L A B U S

## 型 KATA (Forms)

Kata is considered the heart of Karate. Kata refers to a collection of solo training exercises used to drill combative principles.

PRIMARY KATA	ADVANCED KATA	SUPPLEMENTARY KATA
- Fukyugata 1-2	- Seisan	- Naihanchi 2-3
- Pinan 1-5	- Chinto	- Kusanku Sho
- Naihanchi 1	- Passai-Dai	- Passai Sho
	- Kusanku-Dai	- Gojushiho

## 二人 FUTARIGEIKO (Partner Drills)

Futarigeiko gives us the opportunity to perfect our Kihon, and perform Kata applications (Oyo) against resistance to better understand the movements.

Many concepts that are core to SHUDOKAN are contained within the Futarigeiko drills, such as limb control and "Muchimi".

These drills range from testing basics, such as pushing hands and blocking drills, to body conditioning, and prearranged Kata applications.

SHUDOKAN does not have prescribed "Ippon" or "Sanbon" style Kumite drills, instead preferring to expound upon Kata applications with a semi-resistant opponent.

# C O R E S Y L L A B U S

## 組手 KUMITE (Sparring)

"Sparring does not exist apart from the kata but for the practice of the kata." - Gichin Funakoshi

Students are first introduced to sparring through light, "punches only" sparring. This is to teach the student early on how to manage distance, defend against punches to the head, and how to accurately and effectively counter.

From there, kicks are added in "competition style" sparring, with an emphasis on control and timing.

Finally students are taught to apply their Kata and Oyo to live sparring. This often involves tactics such as elbows and knees, clinching, throws, chokes, joint locks, simulated eye gouges, and hair pulling.

Kids Karate students only practice "competiton-style" Shobu-Kumite, developing fitness, reflexes, and sportsmanship.

## 取手 TORITE (Grappling Tactics)

SHUDOKAN keeps Torite as basic as possible, preferring to rely on tactics that can be used in conjunction with our favoured striking methods. While we do teach ground defence, emphasis is placed on avoiding going to the ground as much as possible, but that taking an opponent down can present a good opportunity to escape.

# C O R E S Y L L A B U S

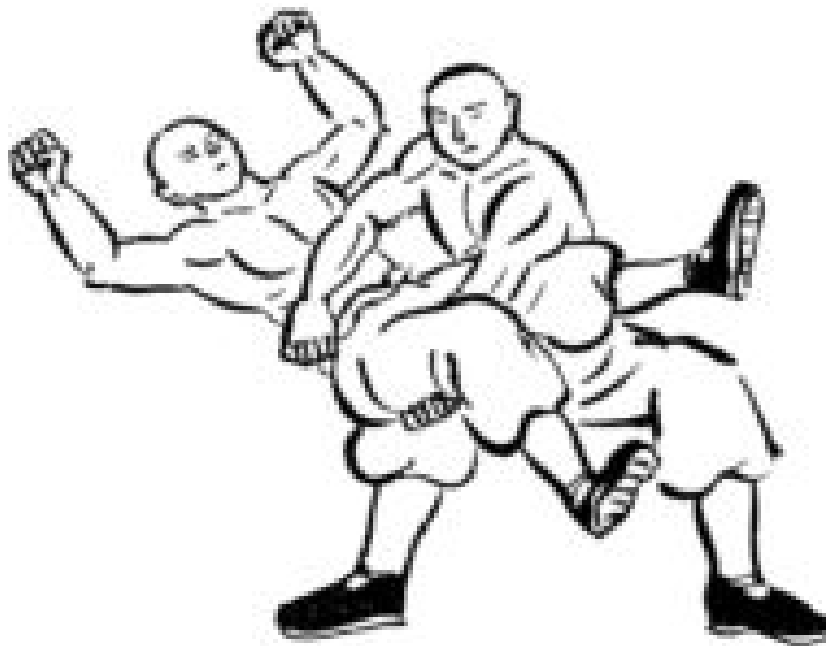
## 取手 TORITE (Grappling Tactics) Cont.

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Each technique listed below is taught in its basic form, but then is also elaborated on in a number of variations. Leading to a comprehensive arsenal of “soft tactics” and restraint techniques.

Students are also taught to break balance effectively (Kuzushi), how to transition between techniques, and disengage safely if possible.

馬  
不  
象  
手  
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# G L O S S A R Y

## COUNTING

Ichi - One.  
Ni - Two.  
San - Three.  
Shi - Four.  
Go - Five.

Roku - Six.  
Sichi - Seven.  
Hachi - Eight.  
Ku - Nine.  
Ju - Ten.

## DIRECTION

Mae - Front.  
Yoko - Side.  
Ushiro - Backward.

Otoshi - Dropping.  
Age - Rising.  
Mawatte - Turning.

## TARGET AREAS

Jodan - Head Level.  
Chudan - Torso.  
Gedan - Lower Level.

## BASICS

Tachi - Stance.  
Uchi - Strike.

Tsuki - Thrust/Punch.  
Keri - Kick.

## COMMUNICATION

Hai - Yes.  
Iie - No.  
Sayonara - Goodbye.  
Domo Arigato Gozaiimashita - Thankyou  
Onegaishimasu - "Do Me This Favour".

Rei - Bow.  
Konichiwa - Good Day.  
Wakarimasu - I Understand.

## OTHER IMPORTANT THINGS TO KNOW

Keiosuke (Kay-ski) - Stand At Attention  
Yoi - Ready Positions  
Dojo - Training Hall  
Sensei - Teacher  
Senpai - Senior Student  
Yame - Stop  
Hajime - Start  
Moichido - Do It Again

