

# HEAD INSTRUCTORS GUIDE

SEISHIN-KAI KARATE  
UNION USA

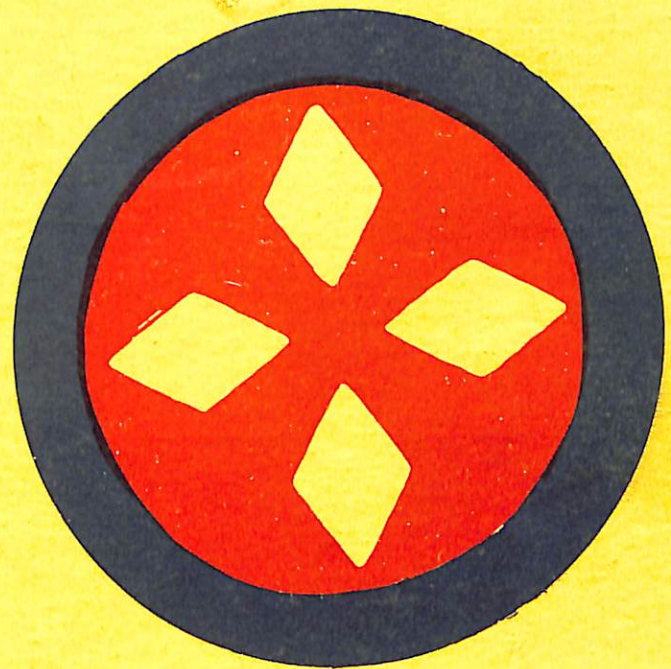
NATIONAL JIUJITSU  
UNION USA

SHITO-RYU KARATE

GOSHIN-BUDO

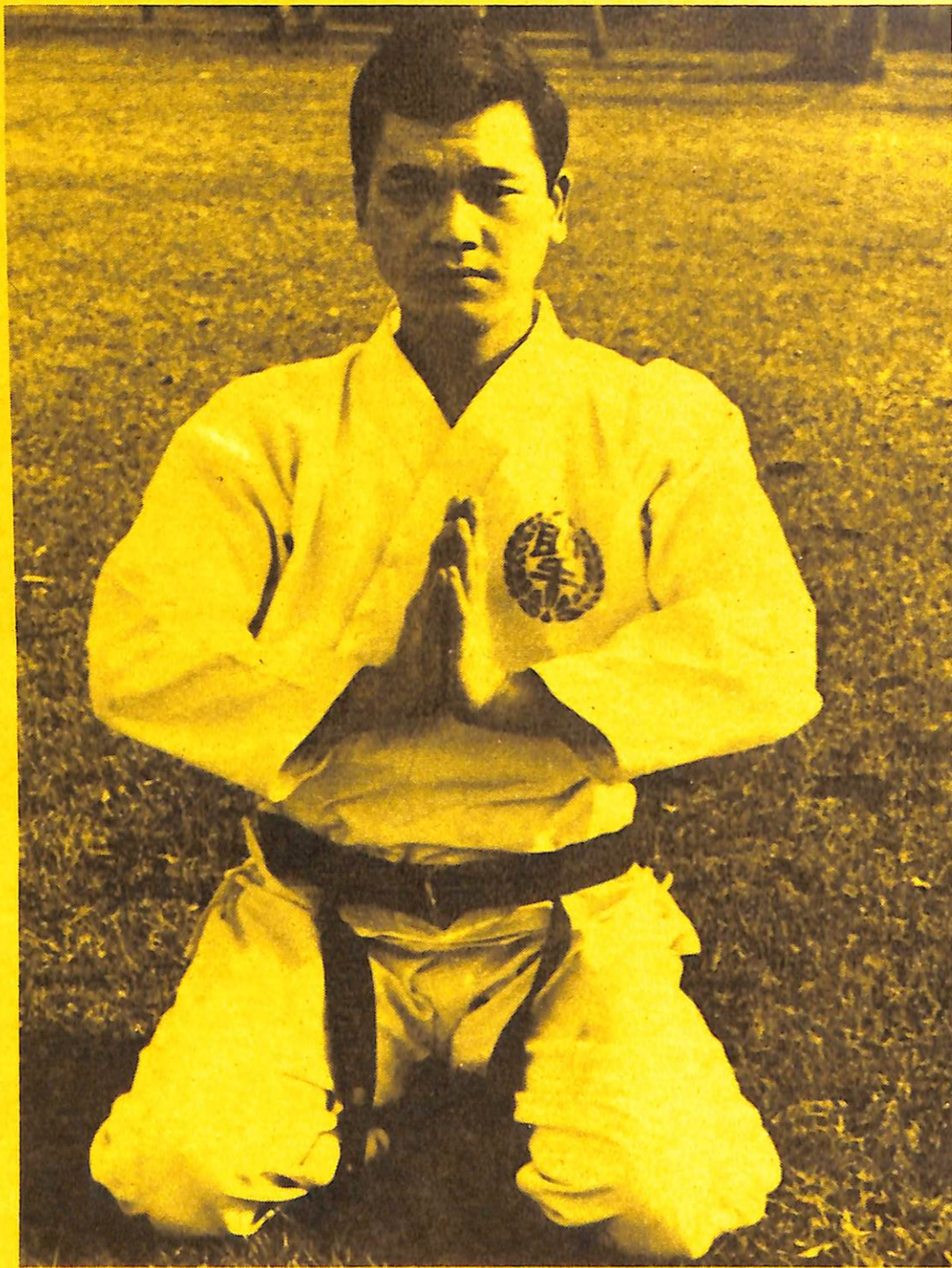


SKKU

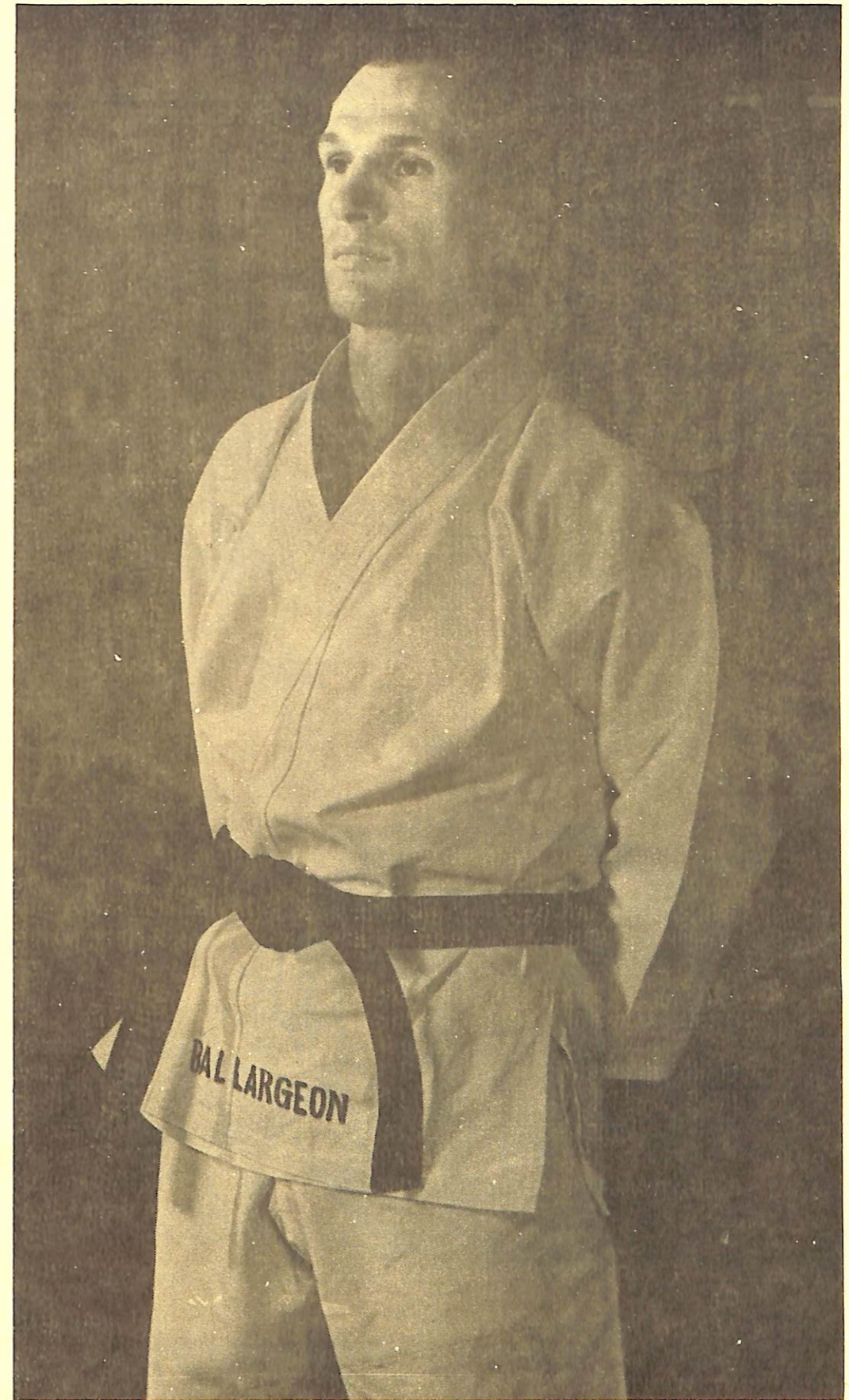


NJJU

MOTTO: *"To master the Negative as well as the Positive"*



SOKE SIYOGO KUNIBA - HACHI DAN



RICHARD P. BAILLARGEON - ROKUDAN



Feb 1st, 1968

"TO ALL KARATE STUDENTS"

Mr. Richard P. Baillargeon, Godan, who is the United States Representative for Seishin-Kai Karate is the only American authorized to issue Seishin-Kai Karate certificates. This authorization will not be delagated to any Martial Arts Federation or Karateka in America. Mr. Baillargeon will personally issue or mail all Karate Certificates to Head Instructors.

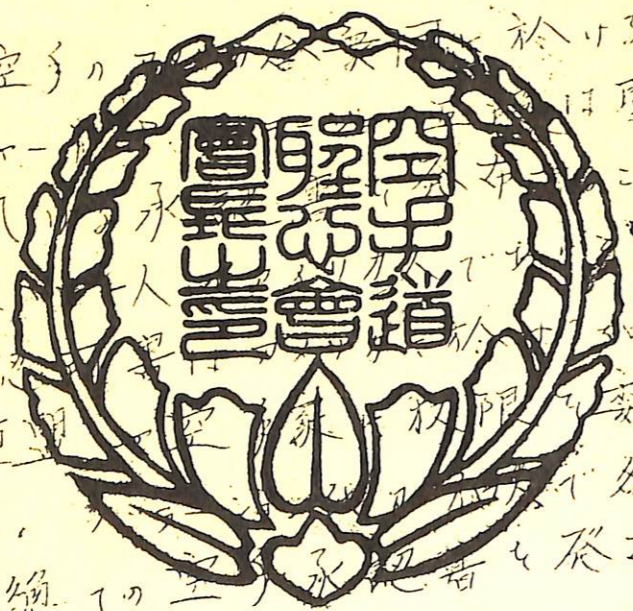
*Kuniba*  
Mr. SIYOGO KUNIBA  
Chairman Seishin-Kai Karate  
Osaka, Japan



昭和四十二年一月一日

全空手門下生各位

聖心会空手部 代表者 於此代表者  
ありしりて 聖心会  
空手の凡 承 認  
可されん 人 評  
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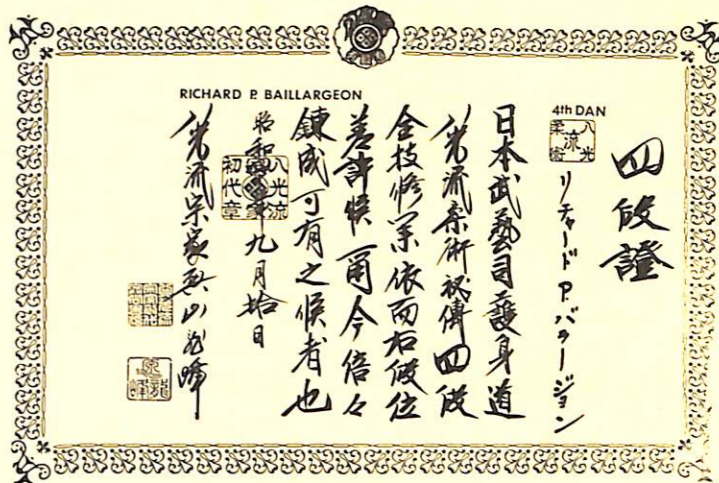


国場将豪  
聖心会空手部長

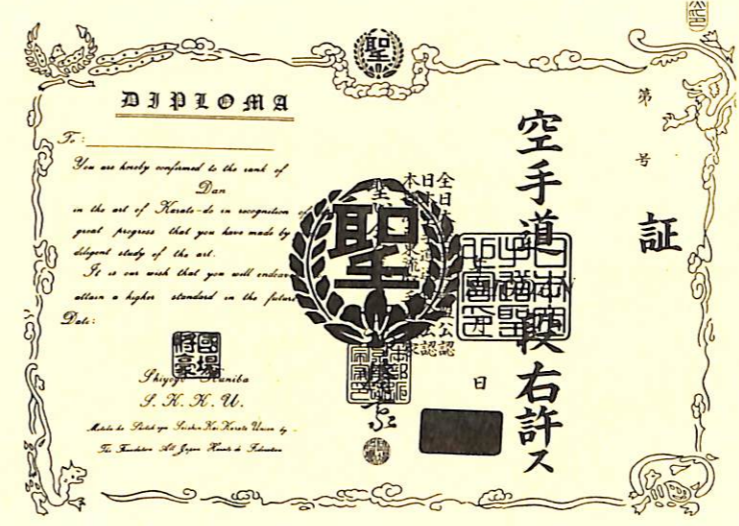
AUTHORIZATION TO ISSUE CERTIFICATES



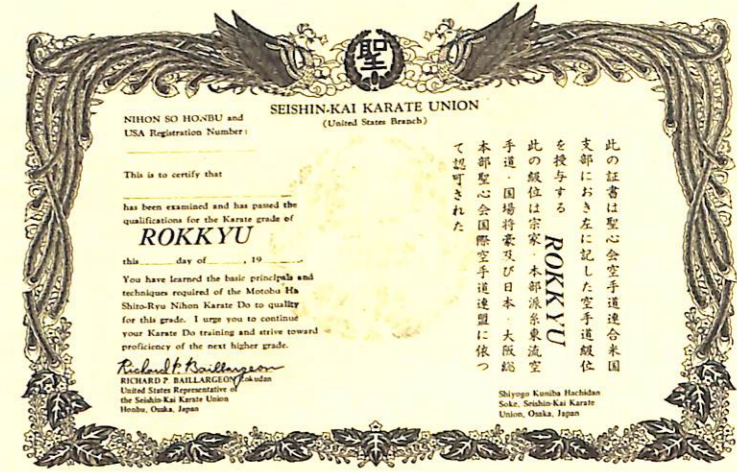
MR. BAILLARGEON'S ROKUDAN CERTIFICATE



JIU JITSU CERTIFICATE



CERTIFICATES ISSUED TO SEISHIN-KAI MEMBERS



## HISTORY OF KARATE

Because of the absence of many historical documents and the lack of written records during the era which gave Karate its birth, this summary is not to be taken as 100 per cent authentic but only as a reasonably accurate accounting of Karate from its beginning to one of Americas most exciting contact sports.

In tracing the actual beginning of Karate we must go back to the Buddhist religion and a man known as Siddhartha Gautama, who was the Buddha himself. Gautama was born about 563 B.C., and died around 483 B.C., at the age of 80.

About 1,000 years later the founder and teacher of Zen Buddhism, Daruma, crossed the Himalayas from India to China to teach the Liang Dynasty Monarch on the tenets of the Buddha. Noticing the Monks would weaken by many hours of kneeling and meditating, he began to teach them a system of physical and mental discipline embodied in the I-Chin Sutra, which he had been taught or developed himself throughout his travels. Daruma later built his own monastery which was called Shaolin-Szu, and the Monks became as the most formidable of fighters. In later years the Art which they practiced came to be called Shaolin-Szu, or Kempo, which means "fist way."

Over many years this system of unarmed combat underwent extensive changes as it slowly spread its fame throughout the Orient. Okinawa is the main Island of the Ryukyu Island chain, and they are scattered like stepping stones Southwest from Southern Kyushu, to Taiwan, in the East China Sea. Okinawans combined Chinese Kempo with Okinaw-te and further advanced this form of empty-handed fighting.

About 500 years ago the famous King Hashi succeeded in uniting the the Tyukyu Islands into one kingdom. To ensure rule by law, all weapons were seized from the people and it was made a crime against the state to possess any weapons. About 200 years later Okinawa became a part of the Satsuma Clan of Kyushu, and a second band of weapons was declared. During these centuries that Okinawa was occupied by these Japanese War Lords the Art of empty-handed fighting, now known as Karate. (Kara-empty, te-hand) underwent its most advanced developments to date. Through their many years of secret practice the Okinawans became so proficient that they could attack and destroy the other soldiers with their "bare hands." Their weapons (hands, feet, fists, etc.) were as effective as any other weapon of that day, and in the 16th Century they attacked and over-threw the small Japanese occupational force.

The next important chapter in the progress of Karate was to take place in Japan, around the turn of the 20th Century. The Okinawan Grand Master at this time was Sensei Chokun Mobotu. However, he was so radically anti-Japanese and the Okinawans, who were again subjects of Japan, were afraid to send him to show the Japanese this science of self-defense. Instead they sent a more polished gentlemen of lower rank named Gichin Funakochi.

Gichin Funakochi was born in Shuri, Okinawa in 1896. At the age of 11 he began his study of Karate under the two top Masters of that time. Upon arrival in Japan, around 1917, he began to teach his system of self-defense but he also continued to learn. Many of the Japanese hand-to-hand fighting techniques were added, and Karate again underwent further development. He stayed in Japan, and eventually married a Japanese woman. He traveled throughout the country giving lectures and demonstrations. He opened several dojos, accepting all worthy students and introduced Karate to the schools and Government of Japan. From here Karate began to grow and eventually spread to the Western world.

## KARATE AS A SELF DEFENSE

Originally Karate was a system of self-defense. However in recent decades Karate has been transformed into a sport but self-defense is still a vital part of Karate training. And unlike most other sports where students or practitioners are taught to compete entirely against opponents of identical or very similar training. Karate-Ka (Players) are trained to fight against many other combative systems, including both defensive and direct tactics against weapons. For example, boxers are taught to fight boxers and wrestlers are trained for wrestling. What could they hope to do if attacked by some

maniac wielding a broken bottle or a bicycle chain, find themselves confronted with a pistol thrust in their face or a knife pressed against their throat from behind while they're being expert in the use of both the hands and feet in various and countless methods of striking, especially when coupled with the secret of "focused power" which is capable of penetrating and smashing concrete blocks.

## KARATE FOR CONDITIONING

A good Karate instructor will always include a set of "Taiso," a form of oriental calisthenics, within each training session. The Taiso are designed to make the muscles of the body flexible, lithe and agile rather than to develop large bulging muscles. Some muscle compounding exercise are practiced, however, mostly to strengthen or facilitate certain Karate techniques. Repeated practice of the various Karate blows, strikes and kicks are tremendous conditioning factors in themselves, therefore making Karate instruction or practice considerably more interesting and exciting than most other means of conditioning.

## KARATE FOR RECREATION

Karate training consists of several different divisions which can be developed separately or combined according to the individual's preference and interest. "Kumite," or Free Sparring, practiced by intermediate or advanced students, requires the strategy of chess or poker. Many older players enjoy developing the ancient "Katas" or Forms. "Buki" the use and handling of several ancient hand Weapons is a unique and fascinating facet of advanced Karate training. "Tamise Wara" is the amazing Art of Breaking boards, tile, bricks, etc., relates back to the time when the Karate-Ka had to penetrate his adversary's armor. "Shai" or Tournament Contesting in either form and style or free sparring is the most rewarding of the numerous faces of Karate. The satisfaction of combat, the traveling to other cities and meeting contemporaries from other schools and systems, the recognition, prestige and the splendid trophies awarded to the victors - are just a few of the reasons that even Karate-Ka who may not wish to compete themselves or whom do not yet have permission from their instructors to compete, go along just to associate, observe and to encourage their friends or teammates at the tournaments. Karate offers recreation even to its spectators.

## KATA

Kata is the unting of several singular offensive and defensive moves into a "dance like" form. When performed properly a Kata represents the beauty and self-discipline of the Art and its practitioner. Kata was designed by the Masters of Karate to enable a person to practice fighting up to eight opponents at one time without breaking the form and balance necessary to deliver "killing or crippling blows."

In competition in Karate one must realize that each movement, whether a strike, step, block, or breath, has a very particular meaning. The competitor's ability to convey this message to the judges determines how well he scores.

Kata begins with ones initial training in Karate. It is always, or should be, the largest single factor in determining the true skill of a Karate-Ka. To have students who perform Kata at a high level is a reflection of a Sensei's ability to teach the Art in its truest form.

Karate-Ka: Why learn Kata?

Soldier: Why learn to march?

Instructor: Through learning you will come to know.

## KARATE GROUPS:

Karate may be divided into three distinct groups.

1. The first consists of the die-hard enthusiasts who are often so archaic they cannot see the changing concepts of this world. The prototype of this group has his own garage dojo where he teaches without remuneration. He stays close to his own school and prefers not to associate with anyone outside his own

style. In fact, he thinks that his style is the only pure art form and that every other style is inferior, at best. He condemns karate in the United States as rotten because the other styles do not conform to his own.

2. Then there is the other extremist. He learns his karate from a book. When he does receive instruction from a qualified sensei, it isn't for long. He wants to get out in the world and really "clean up" on all the unsuspecting, naive students hoping to profit from this fast-growing art. This instructor could care less about the philosophy of the martial arts. All he's interested in is money. He'll promote karate any way he can, whether he prostitutes the art or not. He doesn't care how he gets his students, as long as they bring money with them. If he can use gimmicks to entice prospective students to his dojo, he will. He doesn't know a thing about the philosophy of bushido and he doesn't care to learn about it. He's satisfied with collecting the monthly dues and showing his students enough techniques to get them through tournaments. Discipline? What's that? Who cares, anyway? Let his students behave like animals as long as they can win tournaments and bring fame to his dojo - that is the important thing.

3. Then there's the middle-of-the-way instructor, the most frustrated of the three. He is quite sensitive about karate - skill in techniques as well as philosophy are equally important to him. His concern is to organize karate in the United States. He's practical, too. He likes to work with others and realizes that a person can acquire knowledge in techniques and philosophy from other styles if he opens his eyes. He likes to mingle with the other stylists to learn their techniques as well as their ideas. He is quite ashamed of karate as it is run in the U.S. today, but doesn't know what to do to correct it. Unfortunately, while he deeply believes in spreading the art and its philosophy, his efforts are being doused by the two, extreme groups on either side of him.

## MASTER

IN "ART" ESPECIALLY MARTIAL ART, it is not a "TEACHER" and his "PUPILS" but a "MASTER", "SENIORS" AND DISCIPLES". A delicate point that must be well understood.

In Karate more than in any other Martial Art, there can be no Teacher and pupils or a trainer and adepts, but a MASTER and disciples. This word will seem rather strong to some, for a Master is only a man and not necessarily a perfect model in all things, and yet there is nothing exaggerated about it. One can easily show an empty Karate, have the gestures of Karate executed, and satisfy the wishes of pupils with a false different reasons, selfishness, racial hatred or for profit. I have known that. Some Teachers of Karate have as qualification only the title they have given themselves, but others are true Masters.

The Dojo is the place where one finds the "way", but in fact even more than this, and it is the reason must salute your partners, those are graded and the Master when you address yourself to them. If the Dojo, remember that you will learn nothing, or only a surface knowledge, if you do not show yourself worthy of it, even if everyone tries to help you. Worthy by your ardour, your perseverance, your kindness, your friendly respect to the "seniors", your deference, your devotion, your absolute confidence in the Master. You are judged, put on trial, obstacles are placed in your way so as to help you to understand certain points in Karate and to force you to surpass yourself. Never forget that the Master cannot tell you what you must do, but can just about tell you what not to do. That is "teaching". The more the Master "gives" you, the further away you are from true Karate. It is not only a question of knowing and understanding but of doing with one's body. In choosing, it is even better to understand afterwards. For the basic work, he will give you the advice or explanation which will "come" to you at a later time. However do not hesitate to ask him questions when you are in doubt; he likes to feel your presence as you like not to feel alone. You must give him complete CONFIDENCE, even when you mistrust yourself and him. Seek calmly to get out of the dilemmas which will not fail to discourage you, for they show that you are making progress. Consider Karate as a passion which you neither can nor want to do without, outside of your social life (business, study, family, etc.) and as a trial which will show if you are a MAN capable of perseverance, to do at least one thing wholeheartedly.

Be always a sticker for Karate "etiquette". We are neither in the army (for reasons which have nothing to do with us), nor in the stadium (for a record) nor at a ball (for our distraction or seek fortune) nor in the jungle of business (to make one's way) but in the Dojo for your sole benefit. Solely to preserve your life and to develop your finest qualities. This is too rare a thing not to be respected, not to be followed with unshakeable perseverance.

## SEISHIN-KAI SHITOH-RYU MOTOBU HA KARATE-DO

Today the Seishin-Kai Karate Union of the United States of America enjoys a position of esteem and effectiveness in the Karate world.

How did it get there... Certainly not by accident. A product of outstanding leadership, collective and individual initiative applied jointly by enthusiastic management the SKKU realizes the necessity in sustaining a continuous flow of benefits and services to the SKKU members. The basic objective of our Union has remained constant since we were authorized to issue Karate certificates in 1964. That is to provide through Strength in Unity, karate recognition and the enhancement of the image of the professional karate head instructor and accept different styles of karate. Keeping always in mind that we are a democratic karate organization, our members are "involved" in the communities in which they live and have established themselves as worthy citizens. While our goal has remained the same over the years, the structure of our union has undergone constant change as we have adapted to the needs of our members. Evidence of the pace of change can be found in the ever increasing flow of Foreign Nationals, who are claiming numerous karate championships and high Dan Ranks and trying to take over the karate in the United States. In order to really stop the take over of karate by these people is for all Head Instructors to join a United States Organization. The concerted opinions, ideas and actions of "many" virtually stand as "one" ... There is "Strength in Unity."

## DESCRIPTION

The Seishin-Kai Karate Union is chartered in perpetuity as a non-profit democratic Karate organization and is empowered to exercise its charter in any state in the United States and foreign country. Benefits and services are available to all head instructors of any karate style, Japanese, Korean, Okinawan, Kung Fu, Kempo and Chinese, regardless of race, color, creed, nationality or religious belief. When one speaks of Seishin-Kai, one must also repeat the words Shito-Ryu of the great Motobu School. To fully understand why, one must research Kempo Karate history back from Japan to the Ryukyu Islands and particularly the island of Okinawa. We cannot, with honest hearts, say that karate of Okinawa was pure Chinese Kempo; however, we will indicate that most of the striking techniques of Chinese-Kempo were introduced into the Ryukyu Islands martial arts and therein developed into the external (hard-fist) karate art concept. We can then say that development of Okinawa-Te (Okinawa-Hand) may have been assisted to some degree by the introduction of Chinese Kempo to the Ryukyu Island form of the martial arts.

Our research of Seishin-Kai Shito-Ryu Motobu Ha Karate-Do takes us back in Japanese and Okinawan history for an estimated 200 years. Until the time of the great Okinawa-Te Master, Sokan Matsumura. Two of his leading students broke away from the main school and formed new, but, directly related systems. Anhou Itosu developed his system of Itosu Okinawa-Te and was responsible for breaking the cloak of secrecy surrounding the Okinawan art of karate when he included karate as part of the regular curriculum in the First Middle School of Okinawa in 1901. It was from this school that Master Gichin Funakoshi acquired his karate training, and later in 1916, Mr. Funakoshi was chosen over another Shito-Ryu stylist to be the karate ambassador to Japan. There he spent the rest of his life popularizing karate.

The other student Kanruo Higaonna also developed his concept of Okinawa-Te and later one of his students. Chojun Miyagi, broke away and formed Goju-Ryu. During the same period, Master Itosu's Okinawa-Te system was subdivided into 2 similar systems by two of his senior students. Master Kenwa Mabuni and Master Choku Motobu, both Japanese, developed different, but related systems of Shito-Ryu. It was Master Kenwa Mabuni, who first used the words SHITO-RYU as the name of his system, being derived from two Japanese characters, for the words ITOSU and HIGAONNA. From the Motobu school, Master Kosei Kumiba, Grandfather of Siyogo Kuniba, derived his own Shito-Ryu concept. Upon his death, his son, Mr. Yukimori Kuniba became the 2nd successor to the Motobu Shito-System. During Master Ukimori Kuniba's development of Motobu Shito-Ryu, he organized the Seishin-Kai or Pure Heart Union of Japan.

## PRESIDENT OF SEISHIN-KAI

Mr. Siyogo Kuniba was born in 1935 and was appointed 3rd successor in 1959. He has one goal, to spread the true meaning of the Karate Way and to instill the true spirit of karate in all mankind. In order to assure this goal, he has studied and mastered techniques taught him by many masters of karate. He studied under the karate Master Tomoyori Takamasa of the Kenyu-Ryu system during his early teens. At age 14, his instructor was Master Kenwa Mabuni, one of the original founders of the Shito-Ryu System. In 1954, he researched and studied other styles of karate such as Shotokan-Ryu and Goju-Ryu at Keio University and other dojos and schools. Later he went to Okinawa to research, practice and master karate and other Ryukyu Martial Arts.

As a result of this research and training, Siyogo Kuniba became a true Master of Japanese and Okinawa Karate. He is an authorized professional instructor of various ancient Okinawan Martial Arts. His honors include:

- 8th Dan-Motobu Ha Shito-Ryu
- 7th Dan-Okinawan Kobudo (Ancient Weapons)
- 5th Dan Judo
- 4th Dan-Iai Do (Sword arts)
- 4th Dan-Jo Jitsu (Short Stick Fighting)
- 3rd Dan-Kyu-do (Bow and Arrow)
- 3rd Dan-Aikido

Mr. Kuniba has been awarding recognized karate certificates in the United States since 1964 through his U.S. Representative, Mr. Richard P. Baillargeon. The Seishin-Kai Karate Union is primarily concerned with the controlling of recognized Karate and Jiu Jitsu certificates which are registered in Japan and the United States. It is the goal of the Union to organize all Karate and Jiu Jitsu Instructors and have them exhibit mutual respect among the various styles of karate and Jiu Jitsu and control the awarding of recognized certificates.

Mr. Richard P. Baillargeon, who is the United States Seishin-Kai karate representative has over 20 years training in the martial arts and 26 years military service; he has served in China, Japan, Korea, and Pakistan. Mr. Baillargeon in 1956 learned karate under the personal instructions of Mr. Siyogo Osaka, Japan. He is the only American ever to receive the outstanding karateka award from the Seishin-Kai Union of Japan. In addition to holding a grade in karate, he also holds a Masters certificate in Pakistan stick techniques (Lotthi and Gattka) and a Yon Dan grade in Jiu Jitsu.

## MEMBERSHIP

The Seishin-Kai Karate Union accepts Head Instructors of all major karate and Jiu Jitsu styles. Head Instructors may register their dojo by completing the copy of the Head Instructors Application Blank, mail it to USA Branch Headquarters with a copy of their Karate or Jiu Jitsu Certificate for approval or disapproval. The Head Instructor does not pay a registration fee.

A dojo charter will be issued as soon as the Head Instructor has 10 students registered.

Students will fill out duplicate blanks, one for the Head Instructor and the duplicate copy to be sent to Branch Headquarters for registering purposes, along with the student's registration fee. Students initially registering as Brown or Black Belts must attach a copy of their certificate to the application blank. Only registration students are entitled to I.D. cards, Seishin-Kai certificates and patches. Students will register yearly to continue as members.

## DEACTIVATION

The Head Instructor may deactivate his own membership by stating so in a registered letter to U.S. Headquarters. By his deactivation, his student's memberships shall be considered deactivated, unless they continue training in another Seishin-Kai Registered School, or satisfactory arrangements have been made to select another instructor from the same class-dojos. Students may deactivate their membership by not paying their yearly registration fees.

This Karate Union recognizes Martial Arts Classes as Martial Arts Schools, if the Head Instructor is a Sankyu or higher in the art of Karate or Jiu Jitsu and has a minimum of 10 registered students.

If the Head Instructor fails to correspond with SKKU Headquarters at least every six (6) months, his membership may be suspended.

If the Head Instructors fail to comply with this publication, without the written permission of the president, his membership may be suspended.

The membership of a Head Instructor, or any or all of his students, may be deactivated by order of the President, when it is in the best interest of the Martial Arts.

Any Head Instructor caught issuing dojo certificates will be discharged immediately. This Headquarters shall inform the Masters of Martial Arts of the individual's name in an attempt to prevent him from joining any other United States Karate Organization.

## BENEFITS

### MEMBERSHIP CARDS.

When accepted, Head Instructors shall receive a membership card with his accepted grade on it. When he is promoted, a new membership card shall be furnished. When a student is ready for promotion, his Head Instructor must send the student's I.D. card number and expiration date with diploma fee, and mail them to U.S. Headquarters with a note of stating the date of the student's promotion. U.S. Headquarters shall issue a new card with the change in grade and mail it back with the diploma within 12 days, VIA 3rd class mail. Instructor wanting certificates sent First Class mail please include \$1.00 extra for this service.

### PROMOTIONS.

The President of this Union and the High Dan Board Members are the only ones authorized to promote to the grade of Nidan or higher. Instructors Sandan or higher may only promote members up to the Shodan grade. Shodan and Nidan Instructors may only promote to the Ikkyu grade. All Brown Belt Head Instructors may recommend students be promoted up to the grade lower than their present grade.

### PROMOTIONS: STUDENTS

This Union sets a required minimum time-in-grade for promotion students. Head Instructors are not compelled to promote their students with only minimum time-in-grade. Time-in-grade for students begins on the date of their registration blank approval or on the date of their promotion. Time-in-grade is only in effect while the student is attending instruction regularly. If there is a break in training, there is a break in time-in-grade. Head instructors may recognize the certified grade of new students from other federations. Time-in-grade for these students shall begin on the acceptance date of their registration blanks.

## KARATE TIME-IN-GRADE

GRADE	MINIMUM TIME
Student to 7th kyu Gold Belt .....	3 months
+ 7th kyu Gold Belt go Rokkyu Orange Belt .....	3 months
+ Rokkyu Orange Belt to Gokyu Green Belt .....	3 months
+ Gokyu Green Belt to Yonkyu Blue Belt .....	3 months
+ Yonkyu Blue Belt to Sankyu Brown Belt .....	4 months
Sankyu Brown Belt to Nikyu Brown Belt .....	6 months
Nikyu Brown Belt to Ikkyu Brown Belt .....	7 months
Ikkyu Brown Belt to Sho Dan Black Belt .....	12 months
Sho Dan Black Belt to Ni Dan Black Belt .....	24 months
Ni Dan Black Belt to San Dan Black Belt .....	30 months
+ San Dan Black Belt to Yon Dan Black Belt .....	40 months
+ Outstanding students may bypass one of these grades.	

### TESTING OF HEAD INSTRUCTORS.

Arrangements for testing shall be made immediately after the head instructors time-in-grade has elapsed, by members of the High Dan Board or Mr. Baillargeon.

U.S. Headquarters realizes that each instructor practices a different style of katas, or variations that he has mastered, so no attempt is made to have a set of standard katas.

### INSTRUCTION OF CHILDREN

Head Instructors may use their own policies of belt-diploma grading for children. Children who are members must purchase and be awarded a Seishin-Kai Karate Union diploma for each promotion. U.S. Headquarters suggests the awarding of various degrees of white, gold, orange, green, blue and brown belts to children. Children must be 17 years old before being tested for Black Belt. When a junior has attained the age of 15 he will be graded as an adult.

## JUNIOR CLASS

RANK	COLOR OF BELT
Eight Kyu .....	White
Seventh Kyu .....	Gold
Rokkyu .....	Orange
Gokyu .....	Green
Yonkyu .....	Blue
Sankyu .....	Brown

ALL CHILDREN'S DIPLOMAS - \$3.00

### MISCELLANEOUS

Gi patches are available to members. Their price is \$1.50 each or 10 for \$14.00; SKKU Flags available.

Copies of the Bulletin and Head Instructors listing shall be mailed to all Head Instructors, along with other literature of interest. Bulletin will be printed at least quarterly.

### REGISTER STUDENTS YEARLY.

#### REGISTRATION FEE (YEARLY)

MEN
\$5.00
WOMEN
\$5.00
CHILDREN (Under 15)
\$3.00

## ADULT KARATE DIPLOMA PRICES

Grade	Belt	Price
7th kyu .....	Gold Belt	\$5.00
Rokkyu .....	Orange Belt	\$5.50
Gokyu .....	Green Belt	\$6.00
Yonkyu .....	Blue Belt	\$6.50
Sankyu .....	Brown Belt	\$7.00
Nikyu .....	Brown Belt	\$7.50
Ikkyu .....	Brown Belt	\$9.00
Sho Dan .....	Black Belt	\$12.00
NiDan .....	Black Belt	\$13.00
San Dan .....	Black Belt	\$14.00
Yon Dan .....	Black Belt	\$15.00

NOTE: Promotions of members are not possible, without the awarding of a diploma.

## INCENTIVE

Head Instructors and students will be given recognition for productive efforts in promoting the Seishin-Kai Karate Union. Members are requested to inform this Headquarters of any ideas and suggestions they may have to better this Union.

### REPRESENTATIVES.

High ranking members shall be selected as Representatives. Representatives shall act as Special Assistants to the President. They shall hold their Representation anytime that they can act in the best interest of this Union.

### CLINICS.

Mr. Baillargeon or one of his Officers will conduct clinics at the request of Head Instructors.

### FEEES

Contact SKKU for rates. No fee is charged for clinics conducted at Branch Headquarters.

### COMPETITION.

Permission is granted to members to compete with non-members at all Karate tournaments. In the event a member sponsors a tournament, he must inform Headquarters at least sixty days in advance in order to have it published in the Bulletin.

### REFEREES.

If the Head Instructor would like to have a Seishin-Kai Officer as head referee at his tournament contact SKKU for rates.

### TOURNAMENTS.

All registered students with this Karate Union holding the grade of 7-6-5-4 KYU winning first place in their division at any publicized tournament may be promoted to the next higher grade by their head instructor if he so desires.

### TRANSFERS.

Any member is permitted to transfer from one Registered School to another.

## REVISIONS.

This publication may be revised by Mr. Baillargeon when it is in the best interest of this Union.

## KARATE TRAINING REQUIREMENTS

HAND TECHNIQUES	FOOT TECHNIQUES	MAIN TECHNIQUES	KUMITE
Blocking	Snap Kick	Stances	1 step
Punching	Side Kick	Attacking	3 step
Striking	Back Kick	Body Maneuvers	Free style
Conditioning	Round House	Katas	
Breaking	Jump Kick		

This Karate Union recognizes the values of katas, and makes it mandatory that each student know the minimum requirement set by this Karate Union for promotion to the next higher grade. This number includes the basic Heians and advanced katas.

## SKKU GENERAL KARATE TRAINING OUTLINE

- I. Introduction.
  - A. History of Karate.
  - B. History of Shito-Ryu.
  - C. History of Mr. Siyogo Kuniba, Master, Seishin-Kai Karate Union.
- II. Kihon -- Basic Principles.
  - A. First Week.
    1. Stance.
      - a. Hachiji Dachi -- Natural Stance.
      - b. Zenkutsu Dachi -- Forward Stance.
    2. Tsuki Waza -- Punching Technique.
      - a. Seiken Choku Zuki -- Fore-fist straight punch.
      - b. Gyaku Zuki -- Reverse punch.
    3. Uke Waza -- Blocking Technique.
      - a. Gedan Barai -- Downward Block.
      - b. Ude Uke (inside) - Forearm Block.
    4. Keri Waza -- Kicking Technique.
      - a. Mae -- Geri -- Front Thrust Kick.
  - B. Second Week.
    1. Review first week.
    2. Stance.
      - a. Kiba Dachi -- Horse or Straddle leg.
    3. Tsuki Waza.
      - a. Oizuki -- Lunge Punch.
    4. Uke Waza.
      - a. Jodan Age Uke -- Rising Block.
      - b. Ude Uke (outside) -- Forearm.
    5. Keri Waza.
      - a. Yoko Geri Keage -- Side snap kick.
      - Yoko Geri Kekomi -- Side snap kick.
  - C. Third Week.
    1. Review first and second week.
    2. Stance.
      - a. Kokutsu Dachi -- Back Stance.
    3. Uchi Waza -- Striking Technique.
      - a. Empi Uchi -- Elbow Strike.
      - b. Shuto Uchi -- Knife hand Strike.
      - c. Riken Uchi -- Back Fist Strike.
    4. Keri Waza.
      - a. Mawashi Geri -- Roundhouse kick.
    5. Uke Waza.
      - a. Shuto Uke -- Knife hand block.
  - D. Fourth Week.

Review first, second, third week.

    - a. Oizuke -- Mae Geri -- Combination.
    - b. Mae Geri Kekomi -- Gyaku Zuki -- Combination.
    - c. Mae Geri Keage -- Gyaku Zuki -- Combination.
    - d. Mawashi Geri -- Gyaku Zuki.

## E. Fifth Through Sixteenth Week.

(1) The techniques that are listed should be practiced in the following sequence:

- |                       |                      |
|-----------------------|----------------------|
| (a) Seiken Choku Zuki | (h) Shuto Uke        |
| (b) Gyaku Zuki        | (i) Yoko Geri Keage  |
| (c) Gedan Barai       | (j) Yoko Geri Kekomi |
| (d) Ude Uke           | (k) Mawashi Geri     |
| (e) Age Uke           | (l) Shuto Uchi       |
| (f) Oi Zuki           | (m) Empi Uchi        |
| (g) Mae Geri          | (n) Riken Uchi       |

## III. Kumite -- Sparring.

### a. Kihon Kumite -- Basic Sparring.

1. Instructor demonstrates.

2. Kumite will be introduced into the training program during the 5th week.

### b. Gobon Kumite -- Five step.

Introducing during the 7th week of training to supplement kihon kumite.

(a) This phase is done in the following manner:

1. Aggressor attacks with Oizuki to the face five (5) times moving forward.

2. Defender blocks with Jodan Age Uki moving backwards, counters with Gyaku Zuki on the last block and Kiais.

3. Aggressor attacks with Oizuki to the chest in same manner as in 1 above.

4. Defender blocks with Ude Uke and counters in same manner as in 2 above.

### c. Jiyu Kumite -- Semi -- Free, 1 blow.

1. First phase.

(a) Aggressor and defender predetermined.

(b) Mode of attack and defense also predetermined.

2. Second phase.

(a) Aggressor attacks to any point and in any way desired.

(b) Aggressor and defender predetermined.

### d. Jiyu Kumite -- Freestyle

Will be illustrated and explained by instructor.

## IV. Kata -- Forms -- Dances -- Formal Exercises.

### a. The Basic Katas.

(1) Heian Shodan.

(2) Heian Nidan

(3) Heian Sandan

(4) Heian Yondan

(5) Heian Godan

### b. Semi Advanced Shito-Ryu Forms.

(1) Jutte (Ten Hands)

(2) Jion (Temple Sound)

(3) Tetki (Iron Horse)

(4) Matsakaza (Wind In The Pine Trees)

(5) Krumpha

### c. Advanced Katas Shito-Ryu Forms.

(1) Ro-Hai (Crane Standing on a Rock)

(2) Seipei

(3) Bassai

(4) Namake Inago (Lazy Grasshopper) A Sai Kata.

(5) Kanku Dai

(6) Sanchin

d. These forms, especially the one selected for the student must be carefully analyzed (Bunkai). Some are for power, speed, and combinations or both.

e. The primary purpose of having a "favorite Kata" is for the use of being examined for the rank of Sankyu or Higher. These forms can also be Demonstrated at Karate Tournaments.

f. The karate student will be afforded an opportunity to study as many of these forms as possible.



g. All Head Instructors should make an attempt to learn all the weapon katas, such as Sai, Bo, Nunchaku.

V. Combination of Uke, Tsuki, Keri and Uchi Waza will be introduced into the training program during the 4th month of training.

VI. Shito Style of multiple combination forms will be brought out as follows:

- (a) Third Month -- Double Combinations.
- (b) Sixth Month -- Triple Combinations.
- (c) Ninth Month -- Flow Combinations.
- (d) Ripping flow with hard Shito style will be given the student as soon as he has developed the flow.

VII. Multiple Phases of Defense will be introduced to the student as follows:

- (a) Club Defense --
- (b) Knife Defense --
- (c) Ground Techniques --
- (d) Fighting against different systems such as:
  1. Shotokan
  2. Korean
  3. Okinawan
  4. Various styles of Kungtu.
  5. Various styles of kempo.
  6. Various styles of ju-jitsu.

VIII. The training schedule which has been set up is very progressive, and, as such, it will require the closest concentration on the student so that he can cover this material. A record of the student must be kept as to his performance, his attendance and promotions.

## SEISHIN-KAI KARATE UNION PROMOTION GUIDE

### 7th Kyu - Gold Belt

1. a. Submit a written brief on the history of karate.  
b. Submit a written brief on the history of Shito-Ryu Karate.
2. Demonstrate: (Hand Techniques)
  - a. How to make a proper Karate fist (Seiken)
  - b. Inverted fist (Uraken)
  - c. Forefinger one-kunite fist (Hitosashigubi Ipponiken)
  - d. Middle finger one knuckle fist (Nakagubi Ipponiken)
  - e. Two-Knuckle fist (kionken)
  - f. Forefist (Sieken)
  - g. Dragon's head fist (Ryutoken)
  - h. Forefinger spear (Ippon Nukite)
  - i. Two-finger spear (Nihon Nukite)
  - j. Sword-peak hand (Toho)
  - k. Chicken-beak hand (Keiko)
    - l. Spear hand (Nukite)
    - m. Spear hand (Bent knuckle version) (Nukite)
    - n. Inner knife hand (Haite)
    - o. Palm heel (Teisho)
    - p. Elbow (Miji)
    - q. Knife hand (Shuto)
    - r. Hammer fist (Tettsui)
    - s. Forearm (Kote) (3 areas)

3. Demonstrate: (Foot techniques)
  - a. Heel (Kakato)
  - b. Knife edge (Sekuto)
  - c. Knee (Hiza)
  - d. Ball of foot (Koshi)
  - e. Instep (Haisoku)
  - f. Arch (Teisoku)
4. Stances
  - a. Informal attention stance (Heisoku-dachi)
  - b. Open toes normal stance (Musubi-dachi)
  - c. Pigeon-toe stance (Uchikachi-ju-dachi)
  - d. Ready stance (Yoi-dachi)
  - e. Sumo stance (Shiko-dachi)
  - f. Straddle or horse stance (Kiba-dachi)
  - g. Forward leaning stance (Zenkutsu-dachi)
  - h. Back stance (Kokutsu-dachi)
  - i. Crane stance (Tsuruashi-dachi)
  - j. Hourglass stance (Sanchin-dachi)
  - k. Cat stance (Nekoashi-dachi)
  - l. Hooked stance (Kake-dachi)
  - m. One foot forward stance (Moraschi-dachi)
5. Katas: Demonstrate: Heians 1,2,3.  
The rank examiner will be Shodan or higher.

### 6th Kyu - Orange Belt

1. Hand Techniques (Thrust & Strikes)
  - a. Yoi-dachi and demonstrate Forefist middle thrust (Seiken-chudan-Tsuki)
  - b. Yoi-dachi and demonstrate Forefist Upper thrust (Seiken-Jodan-Tsuki)
  - c. Yoi-dachi and demonstrate Forefist chin thrust (Seiken-ago-uchi)
  - d. Yoi-dachi and demonstrate Forefist Roundhouse Strike (Seiken-Mawashi-Uchi)
  - e. Yoi-dachi and demonstrate Front inverted-fist strike (Uraken-Shomen-Uchi)
  - f. Left Sanchin-Dachi and demonstrate outside inverted-fist strike (Uraken-Sayu-Uchi)
  - g. Left Sanchin-dachi and demonstrate inside inverted-fist strike (Uraken-Hizo-Uchi) (Spleen)
  - h. Kiba-dachi and demonstrate Inverted-fist low thrust (Uraken-Shita-Uchi)
  - i. Kiba-dachi and demonstrate Outside knife-hand strike to temple (Shuto-Gammen-Uchi)
  - j. Kiba-dachi and demonstrate Overhead knife-hand strike to collarbone (Shuto-Dakotsu-Uchi)
  - k. Kiba-dachi and demonstrate Driving knife-hand strike (Shuto-Sakotsu-Uchikoma)
  - l. Kiba-dachi and demonstrate Outside knife-hand to spleen (Shuto-Hizo-Uchi)
  - m. Zen-Kutsu-Dachi and demonstrate Upper-elbow strike to head (Hiju-Jodan-Uchi)
  - n. Zen-Kutsu-Dachi and demonstrate Rising-elbow strike to chin (Hiji-Age-Uchi)
  - o. Zen-Kutsu-Dachi and demonstrate Decending-elbow strike (Hiji-Oroshi-Uchi)
2. Foot Techniques (Thrusts & Strikes)
  - a. High kick (Keage) from Yoi-dachi
  - b. Knee kick (Hiza-geri) from Yoi-dachi
  - c. Groin kick (Kin-geri) from Yoi-dachi
  - d. Front thrust kick (Mae-geri) from Yoi-dachi
  - e. Roundhouse kick (Mawashi-geri) from Zenkutsu-dachi (Ball of foot)
  - f. Roundhouse kick (Mawashi-kubi-geri) from Zenkutsu-dachi (Instep)
  - g. Side high kick (Yoko-keage) knife edge
  - h. Side thrust kick (Yoko-Geri) knife edge
  - i. Side snap kick (Kansetsu-geri) knife edge

- j. Heel thrust kick (Kakato-geri)
- k. Back thrust heel kick (Ushiro-geri)
- 3. Forefist Blocking Techniques
  - a. Forefist Upper Block (overhead) (Seiken-Jodan-Uke)
  - b. Forefist middle inside block (forearm) (Seiken-Chudan-Uchi-Uke)
  - c. Forefist middle outside block (forearm) (Seiken-Chudan-Soto-Uke)
  - d. Forefist down block (Rarry) (Seiken-gadan-barai)
  - e. Forefist middle inside block and low parry (Seiken-Chudan-Uchi-Uke-Gadan-Barai)
- 4. Knife Hand Blocking Techniques
  - a. Knife hand upper block (Shuto-Jodan-Uke)
  - b. Knife hand middle inside block (Shuto-Chudan-Uchi-Uke)
  - c. Knife hand middle outside block (Shuto-Chudan-Soto-Uke)
- 5. Palm Heal Blocking Techniques
  - a. Palm-heel upper block (Teisho-Jodan-Uke)
  - b. Palm-heel middle block (Teisho-Chudan-Soto-Uke)
  - c. Palm-heel lower block (Teisho-Gedan-Uke)
  - d. Wrist-middle-inside block (Kakuto-Chudan-Uchi-Uke)
- 6. Katas:
  - Heians 1, 2, 3, 4
- 7. The rank examiner will be Shodan or higher

#### 5th Kyu - Green Belt

- 1. Lunge Techniques (Yoi-dachi)
  - a. Forefist middle lunge thrust (strike) 3-step, inside turn & return
  - b. Forefist upper lunge thrust (strike) 3-step, inside turn & return
  - c. Reverse forefist middle lunge thrust (strike) 3-step, inside turn & return.
  - d. Reverse forefist upper lunge thrust (strike) 3-step, inside turn & return
- 2. Lunge Techniques (San-Chin-Dachi)
  - a. Lunge thrust middle forefist (strike) 3-step, Sanchin turn and return.
  - b. Reverse lunge thrust middle forefist (strike) 3-step, Sanchin turn & return.
- 3. Combination Lunge Techniques
  - a. Left Zenkutsu-Dachi into half-facing kiba-dachi with middle forefist thrust, 3-step Kiba-dachi turn & return
  - b. Left Zenkutsu-dachi into Elbow-upper lunge thrust, 3 step, inside turn & return
  - c. Left Zenkutsu-dachi into Elbow-middle lunge thrust, 3-step, inside turn & return
  - d. Left Zenkutsu-dachi into Rising Elbow-lunge thrust to chin, 3-step, inside turn and return
- 4. Kick Lunge Techniques (Geri)
  - a. Left Zenkutsu-dachi into front lunge kick to solar plexus, 3-step, inside turn & return
  - b. Left Zenkutsu-dachi into high lunge kick to chin, 3-step, inside turn & return
  - c. Left Zenkutsu-dachi into Groin lunge kick, 3-step, inside turn & return
  - d. Left Zenkutsu-dachi into roundhouse lunge kick, 3-step, inside turn and return
- 5. Kata
  - Heians 1, 2, 3, 4, 5
- 6. Kumite: Sparring 3 minutes
- 7. The rank examiner will be Shodan or higher

#### 4th Kyu - Blue Belt

- 1. Advanced Kick Lunge Techniques
  - a. Left Kiba-dachi perform side high lunge kick, 3-step, kiba-dachi turn & return (swing technique of leg)

- b. Left Kiba-dachi perform side lunge kick, 3-step, kiba-dachi turn & return (swing technique of leg)
- 2. Advanced Kick Lunge Techniques (Zenkutsu-dachi)
  - a. Left Zenkutsu-dachi perform right side lunge kick with knife edge, 3-step, inside turn and return
  - b. Left Zenkutsu-dachi perform right knee lunge kick with knife edge, 3-step, inside turn and return
- 3. Jumping Kick
  - a. 3 times with right side thrust with knife edge of foot. (flying form is a must over four foot high)
- 4. Lunge Blocking Techniques
  - a. Left Zenkutsu-dachi perform Lunge Upper Block (overhead), 3-step, inside turn and return
  - b. Left Zenkutsu-dachi perform Middle Outside Forearm Lunge Block, 3-step, inside turn and return
  - d. Left Zenkutsu-dachi perform Middle Inside Forearm Lunge Block, 3-step, inside turn and return
- 5. Forty-five-degree Facing Kiba-dachi with low (downblock) parry from left Zenkutsu-dachi, 3-step, inside turn and return
- 6. Knife-hand Lunge Block
  - a. From left Zenkutsu-dachi into back stance with inside Circular inner-knife hand lunge block, 3-step, inside turn and return
- 7. Knife-hand Lunge Block
  - a. From left Zenkutsu-dachi into Cat stance with inside Shuto Block, inside turn and return
- 8. Palm-heel Outside Lunge Block
  - a. From left Zenkutsu-dachi into back stance, 3-step, inside turn and return
- 9. Wrist Lunge Block
  - a. From Left Zenkutsu-dachi into Cat stance, 3-step, inside turn and return
- 10. Wrist Lunge Block
  - a. From left Zenkutsu-dachi into Cat stance, 3-step, inside turn and return
- 10. Kata
  - a. Heians: 1, 2, 3, 4, 5 and one optional advance Kata
- 11. Kumite; Sparring 3 minutes
- 12. The rank examiner will be at least Shodan or higher

#### 3rd Kyu - Brown Belt

- 1. Demonstrate 5 Ippon-Kumite (1 step) Each technique must be different (hand blocks and strikes and thrusts)
- 2. Demonstrate 5 Sambon-kumite (3 step) Each technique must be different (hand blocks and strikes or thrusts)
- 3. Demonstrate 5 Ippon-kumite (1 step), utilizing ashi (leg) and geri (kick) (Blocking techniques with a geri while being attacked by another karateka attacking with geri Techniques)
- 4. Demonstrate 5 Sambon-kumite (5 step) utilizing ashi and geri blocking techniques with a geri while being attacked by another karateka attacking with geri techniques
- 5. Demonstrate pre-arranged free-style sparring (3 minutes)
- 6. Demonstrate your ability in free-style sparring while sparring with another 3rd kyu for a period of 5 minutes (this action is to demonstrate your skill mastered in focal control, attack and defense methods only and is not regarded as a combative match)
- 7. Demonstrate free-style sparring with 2 opponents in attack (demonstrate your skill in self-defense and counterattack only) 5 minute limit
- 8. Demonstrate the right Knife-hand Block (Shuto)
- 9. Demonstrate the left Knife-hand Block (Shuto)
- 10. Demonstrate the right Knife-hand Block from Cat-stance (Neko-ashi-dachi)
- 11. Demonstrate the left Knife-Block from Cat-stance (Neko-ashi-dachi)
- 12. Demonstrate the right turn and point technique
- 13. Demonstrate the left turn and point technique

14. Hand Holds Reversals (Jiu-Jitsu)
  - a. Demonstrate 3 hand hold reversals
    1. When held by one wrist, 2. when held by both wrists, 3. while shaking hands
15. Kata:
  - a. Heians: 1, 2, 3, 4, 5. Two optional advance Katas
16. The rank examiner will be at least Shodan or higher

### 2nd Kyu and 1st Kyu - Brown Belt

1. Be prepared to demonstrate any movement, technique or form prescribed in Kyu examination 5th kyu through 2nd Kyu and those outlined below:
  - a. Kata: Heians 1, 2, 3, 4, 5. Four optional advance Katas.
  - b. All movements must be fully focused with positive control and grace
  - c. Have demonstrated proficiency in classroom instruction of a class not less than ten students. Class period must be at least one hour in length. All instruction time must be on record and signed by the head instructor. The rank examiner will be at least Shodan or higher.

### Special Note

The head instructor and the Seishin-Kai rank examiner shall review all movements to be demonstrated. Where any doubt is shown, the Seishin-Kai rank examiner shall require additional demonstrations to assure himself of the examinee's knowledge.

### Shodan (1st Degree Black Belt)

1. Examinee must be complete in command of any and all forms, stances, strikes, movements, good focus, Kata, Kumite, required by the Seishin-Kai rank examiner.
  - a. Demonstrate 20 ippon-kumite combat techniques.
  - b. Demonstrate 15 sanbon-kumite combat techniques.
2. Demonstrate at least 6 formal katas and have working knowledge of 5 additional Katas.
3. Must have demonstrated his maturity, mental control and Zen concept.
4. Must have acted as assistant instructor for a period of not less than six months. (The Head Instructor must certify this fact by letter to Seishin-Kai Karate Union Headquarters).
5. Examinee must be of good character, of sound morals, and capable of representing the Seishin-Kai Karate Union if called on to do so.
6. The above requirement shall be witnessed by the Seishin-Kai rank examiner and certified true and correct by a registered letter to the Seishin-Kai headquarters.
7. The rank examiner will be a Sandan or Higher from the Seishin-Kai Karate Union.

### Nidan (2nd Degree Black Belt)

### Sandan (3rd Degree Black Belt)

### Yondan (4th Degree Black Belt)

1. Must be loyal to the Seishin-Kai Karate Union.
2. Must be a Head Instructor.
3. Must be able to explain the movements (Bunkai) of the 5 Heians plus ten advance Katas.
4. Must know the Japanese names of all Blocks, Strikes, and Kicks.
5. Must know First-Aid techniques and be able to aid karatekas injured in Dojo or Karate tournaments.

6. Must know pressure points of the human body.
7. Must have conducted karate clinics for the Seishin-Kai Karate Union and have given demonstrations to the general public.
8. Have had his students or himself represent the Seishin-Kai Union in tournaments in Kata or Kumite.
9. Be familiar with Jiu-Jitsu techniques and releases.
10. Must be able to explain the benefits of belonging to the Seishin-Kai Karate Union to other dojo's.
11. Mr. Baillargeon or the High Dan Board are the only ones authorized to promote these grades.

### SEISHIN-KAI PHILOSOPHY

"Seishin-Kai" means "Pure Heart Union." So, it could be said that Seishin-Kai is an organization of Karatekas with good intentions. Karatekas of many basic styles are members of this Karate union. Mr. Kuniba is not as concerned with promoting his particular style of Karate, as he is concerned with promoting and organizing Karate as a whole. He hopes for harmonious relations and mutual respect among the various styles and organizations of Karate.

Mr. Kumiba believes that a Karateka must work hard for his rank. He believes in physical conditioning and the hard knocks that are familiar to most Karatekas. As Mr. Kuniba acquired his Karate knowledge, he advises other Karatekas to acquire their knowledge. He studied the Shito-Ryu style as his basic style, while at the same time researched as many other Karate styles as possible. He states, that a Karateka should study the style that is of the easiest access to them, or style which appeals to you the most. But, at the same time research other styles. The Seishin-Kai Karate Union offers this opportunity to their Karate members. Seishin-Kai Karatekas have pure hearts, so they are willing to accomodate their fellow members, by sharing their Karate knowledge.

### SKKU KARATE TOURNAMENT RULES

#### Section One: General Rules

1. To simplify the rules procedure, all invited clubs shall be sent at least one copy of rules when they are originally invited.
2. Before the meet begins, there must be a yudansha meeting to explain the rules. No additions or deletions will be permitted.
3. Before the contest begins and after the yudansha meeting, the rules will be announced to the competitors, by their instructors.

#### Section Two: Referee and Judges

1. The chief referee should be the highest dan in the ring.
2. The referee may call a point by himself.
3. A referee should always break a tie decision by the judges.
4. The referee may overrule one half of the judges, but not the majority.
5. Fouls are to be called by the referee, and are his sole decision.
6. The referee must see that opponents are properly identified, before the match begins.
7. Only the referee may call time to stop.
8. The referee calls time at his discretion, when it is needed.
9. Any referee must be known to have experience a judging or refereeing. He may not be less than a Shodan.
10. All judges must be at least equal to the color rank of the competitors. All judges must be at least black belts.
11. No competitor shall judge or referee competitors in his own class, in a meet where he is also competing.

12. No referee or judge should be at a ring with his student fighting, if possible. If such is done, unwarranted it will disqualify said student and official.
13. All preliminaries shall have at least 3 judges and one referee. All finals shall have 4 judges and one referee.
14. All kata shall be judged by dans.
15. Not less than 3 and not more than 5 dans should be used for kata judging.
16. A score keeper shall take the points from each judge.
17. Each judge will keep track of the points that he awards in a number order.
18. When possible each judge should be a different basic style.

### Section Three: Uniform, Dress, Protective Equipment

1. No weird or sloppy uniforms shall be permitted. Any color or general type is permitted as long as it is in good budo taste.
2. No shoes or slippers of any type are to be worn in the ring by fighters.
3. No hard shell protectors are to be worn except for groin cups.
4. A groin cup is required and should be checked discretely by the referee.
5. Eye glasses must be worn with a guard or tie-on.
6. All juniors shall be 15 or less and must show proof of age, if their age is questionable.
7. Any person arriving after his class has begun to compete, will not be permitted to compete.
8. Each area shall have bow-in lines marked for each fighter approximately 9 ft. apart. Bowing line for the referee should be to one side and in the middle of the fighters.
9. All fighting areas shall be a minimum of 18 ft. to a maximum of 22 ft.
10. If tape is to be used, each area shall be well-marked by contrasting color to floor; and the tape shall be at least two lines or two inches wide.
11. Safety kick-punch equipment will be used when ever available at tournaments sponsored by Seishin-Kai Karate Union members.

### Section Four: Point System and Match Time

1. All preliminaries shall be two minutes, with only one, one minute overtime permitted.
2. Finals shall be three minutes, with one minute overtime.
3. In dan finals, five, one minute overtimes will be permitted.
4. The first place match shall have no limit to the number of overtimes.
5. Any half or full point within the time limit will be sufficient to win.
6. A non point or tie match is to be decided by the following method. All judges face away from the center of the ring, and upon the call "vote", by the referee, raise either the red or white flag (no crossed flags). The referee must break a judges tie.
7. Contact shall be limited to the shoulders and down, excluding groin and knees.
8. No contact to the face is permitted; not even light contact.
9. Full extension on all blows to face and neck.
10. Distance to the head may vary from 4 inches for white belts and 2 inches for black belts. These distances should not be shaved.
11. No spear hand tactics to point above the shoulders.
12. All tripping tactics must be followed by an immediate attack.
13. Any fighter that runs out of the area, without an adequate defense or just cause, shall be warned just once. The second violation shall constitute a half point foul. Then each violation after that shall be counted as a half point foul.
14. Tactics committed out of bounds shall be valid, as long as one foot is in the ring.
15. No points should be called in matches which are below acceptable quality level to the referee and judges.
16. No slashing or swinging tactics shall be point worthy.
17. Even light contact to face, neck, groin, or knee; front, side, or back shall constitute a foul.
18. Arguments with the referee, judges, or opponent shall constitute disqualification.

19. Any action liable to injure the opponent shall not be permitted.
20. Any action or expressions derogatory to the referee, judges, or opponent shall not be permitted.

### FIRST AID

The entrants in any tournament have the right to expect that in the event they should be injured, first aid is immediately available, and in the event that a more serious injury occurs that transportation to an emergency hospital is available, and that the location of the emergency facility is known.

1. A physician should be in attendance at all times, preferable the physician should be active in the art, or at least have been active, in order that he can reasonably ascertain the participants ability to continue if injured. The physician should have had experience in athletic injuries in order to do on the spot repairs to minor injuries so that the contestant can continue; It is just as important to allow a contestant to continue, if possible, as it is to disqualify him. Some of these contestants have come a considerable distance or are near the finals and deserve considerate evaluation.

2. The promoter of a tournament should in advance secure more than one physician in order that with reasonable certainty at least one will be there. The location of an Emergency Hospital and transportation and awareness of how to get there should be available. The phone number of ambulance service should be known.

3. The referees should be aware that it is their responsibility to evaluate any contestant, at any time, and if in doubt to call the physician for a final decision.

4. That the physicians decision is final and irrevocable and based on the potential hazard to the contestant and-or his opponent.

5. That medical-legal implications are involved that effect not only the tournament promoter but the physician as well.

Finally, where do we secure physicians that are competent in this field and are willing to donate their time and efforts? The answer is that we, as a group, must promote them, preferably from within our own ranks, if not from there then by courteous, considerate advancements to local physicians.

### HEAD INSTRUCTORS CREED

I WILL BE LOYAL TO SEISHIN-KAI KARATE UNION

My goal will be to do a good job and sell Seishin-Kai karate at all times.

I will avoid misrepresentation as dishonest and poor policy.

I will endeavor to give careful thought as to the needs of our Karate Union and its members.

I will never promote a member to the next grade unless he has passed all requirements.

I will always strive to maintain a proper mental attitude, never allowing myself to think of karate in terms of monetary gain, but rather as a pleasure and a privilege.

I will not issue 'Dojo Certificates'.

I will strive diligently to become highly proficient in my art by always maintaining an open mind and continuing to study and learn.

I will not train my students only for competition.

I will train my students to be well qualified in all aspects of Karate.

I will not degrade other Sensei's and their dojos.

I will have a pure heart.

## BY LAWS FOR KARATE STUDENTS

If at any time a student is involved in an accident involving any violence or trouble of any sort wherein he is a party, the head instructor should be notified as soon as possible.

Anyone found guilty of unreasonable conduct outside or the dojo, "showing off", intimidating others by acts of superiority unauthorized teaching or in any way abusing the art, shall meet the head instructor and seniors of the club for a hearing.

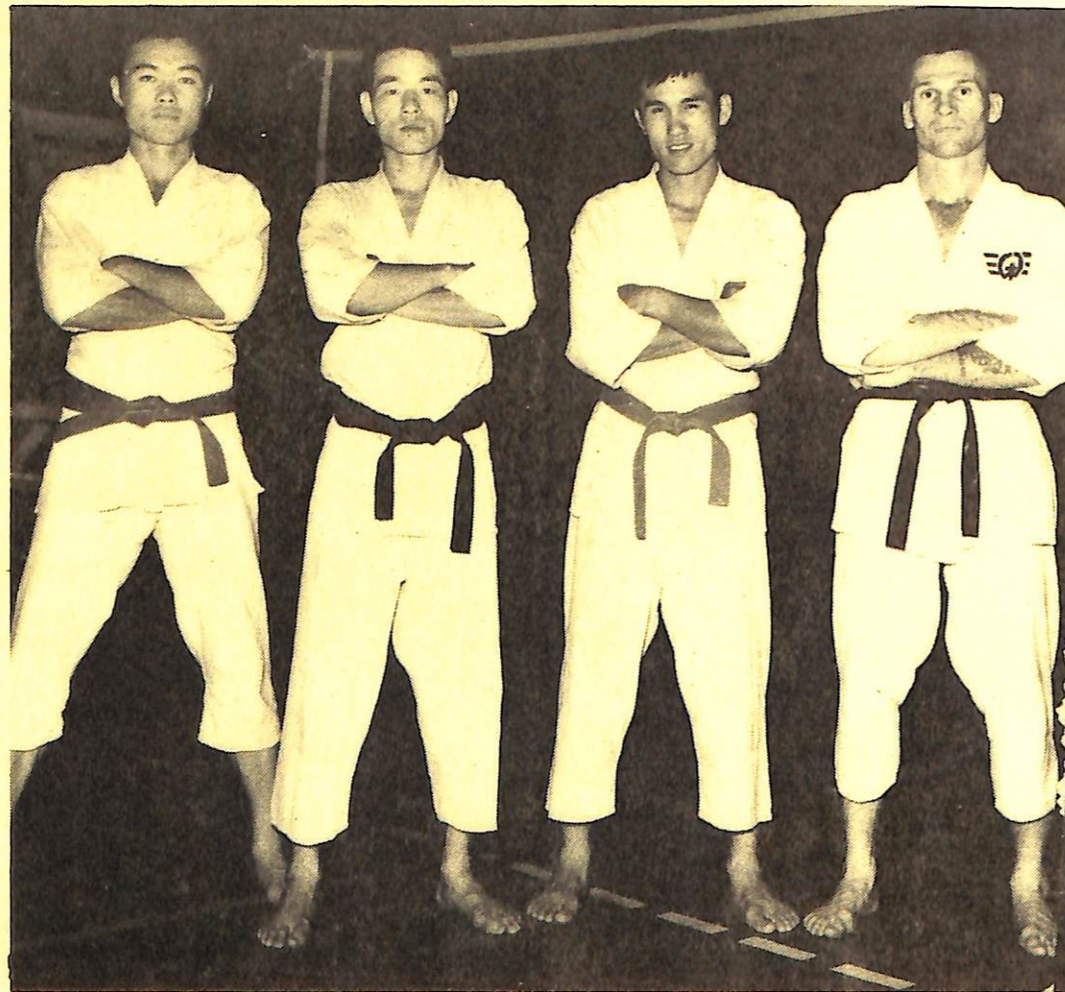
No one will leave the dojo at any time without first notifying the instructor.

When guests are present they will quickly be introduced to the instructor.

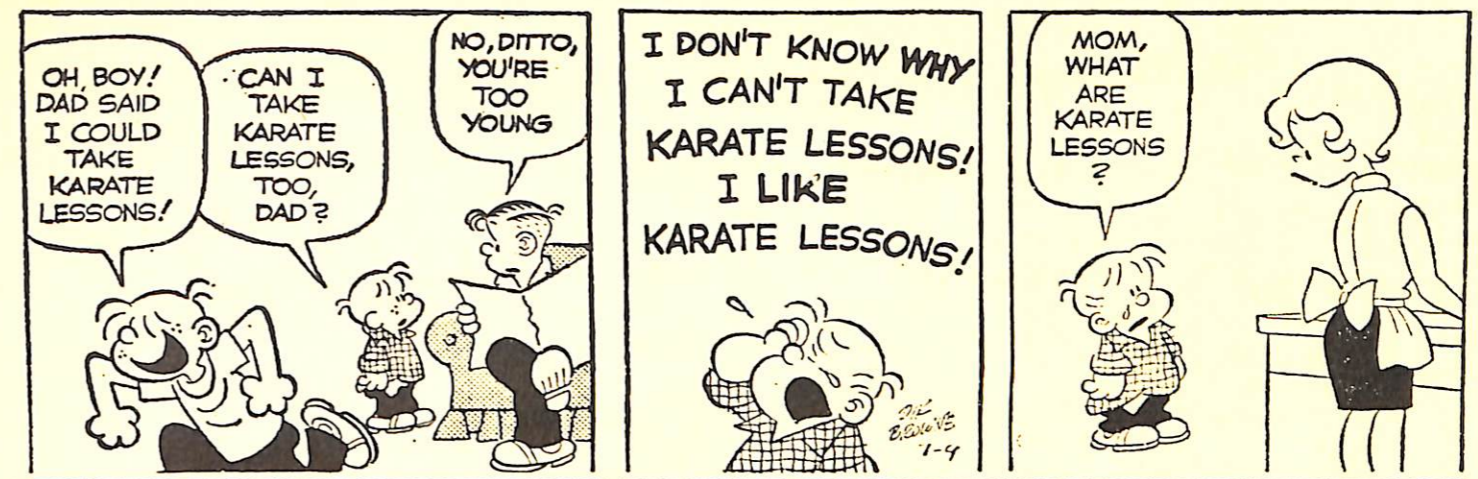
When you make mistakes, this is not cause for laughter, but a reminder to try harder. Remember, a careless attitude could result in injury.

Listen carefully to your instructor at all times. When in doubt, ask questions immediately. Stand in a relaxed stance "yoi-dachi" while being addressed by the instructor. Do not slouch or stand with hands on hips. Respect your instructor and seniors, and they will respect you.

Promotion will be considered as follows: 20 per cent conduct, 50 per cent karate techniques, 30 per cent character. Learn these arts and their philosophy well. Train hard with proficiency as your goal. Once you attain this goal you will have become a person strong, yet gentle; stern yet full of compassion for others. You can be "rugged" when the need arises, but also forgiving in nature.



JAPAN - 1960 Members of the Seishin-Kai Karate Club with Mr. Baillargeon.



## KARATE TERMS -- JAPANESE AND ENGLISH

The pronunciation of Japanese words is very simple in that any word in the language is made up of one or more short syllabic sounds called "The fifty sounds" or "go ju no on".

The Vowels are pronounced as follows:

- A -- "ah" as the a in father
- I -- "EE" as the i in machine
- U -- "oo" as the u in LuLu
- E -- "eh" as the e in elephant
- O -- "oh" as the o in oboe

The consonants, hard sounds, are pronounced as would naturally be read.

## GENERAL TERMS

KIME-focus  
KIAI-Shout  
ZUKI-punch  
UCHI-strike  
UKE-block  
GERI-foot

DACHI-stance  
KUMITE-sparring  
MAE-front  
YOKO-side  
USHIRO-back

KEAGE-snap (foot)  
KEKIMI-thrust (foot)  
DOJO-training place  
OBI-belt  
UCHI-inner  
SOTO-outer

**HAND TERMS**

Japanese	English
Seiken .....	Fist
Riken .....	Back of Fist
Tettsui .....	Bottom of Fist
Hiraken .....	Fore-Knuckle Fist
Haito .....	Thumb Ridge Hand
Shuto .....	Knife Hand
Nukite .....	Spear Hand
Teisho .....	Palm Heel

**BLOCKS**

Age-Uke .....	Rising Block
Ude-Uke .....	Forearm Block
Shoto-Uke .....	Knife Hand Block
Gedan-Barai .....	Downward Block
Morote-Uke .....	Power Block
Juji-Uke .....	X Block
Nagashi-Uke .....	Sweeping Block
Sukui-Uke .....	Scoop Block
Osae-Uke .....	Pressing Block
Uchi-Uke .....	Inside Forearm
Soto-Uke .....	Outside Forearm

**STANCES**

Heisoku-Dachi .....	Informal Attention
Hachiji-Dachi .....	Open Leg Stance
Zen-Kutsu-Dachi .....	Forward Stance
Ko-Kutsu-Dachi .....	Back Stance
Kiba-Dachi .....	Straddle Leg
Sanchin-Dachi .....	Hour Glass Stance
Neko-Ashi-Dachi .....	Cat Stance
Sochin-Dachi .....	Diagonal Straddle

**FOOT TERMS**

Koshi .....	Ball of Foot
Kakato .....	Heel of Foot
Sokuto .....	Edge of Foot
Haisoku .....	Instep
Teisoku .....	Sole of Foot

**KATAS**

Kata .....	Forms
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**BODY PARTS**

Jodan .....	Upper Part
Chudan .....	Middle Part
Gedan .....	Lower Part

**PUNCHES**

Japanese	English
Seiken-Choku-Zuki .....	Straight Punch
Gyaku-Zuki .....	Reverse Punch
Oi-Zuki .....	Lunge Punch
Age-Zuki .....	Rising Punch
Mawashi-Zuki .....	Round House punch
Ura-Zuki .....	u-Punch
Kagi-Zuki .....	Hook Punch
Empi Zuki .....	Elbow Punch

**KICKS**

Mae-Geri .....	Front Kick
Mae-Geri Keage .....	Front Snap Kick
Yoko-Geri .....	Side Kick
Yoko-Geri-Keage .....	Side Snap Kick
Mawashi-Geri .....	Round House Kick
Ushiro-Geri .....	Back Kick
Mikazuki-Geri .....	Crescent Kick
Fumikomi .....	Stamping Kick
Mae-Tobe-Geri .....	Flying Front Kick
Yoko-tobe-Geri .....	Flying Side Kick
Hittsui-Geri .....	Knee Kick

**COUNT**

Ichi .....	One	Roku .....	Six
Ni .....	Two	Hichi .....	Seven
San .....	Three	Hachi .....	Eight
Shee .....	Four	Ku .....	Nine
Go .....	Five	Ju .....	Ten

**DIRECTION**

Migi .....	Right	Hidari .....	Left
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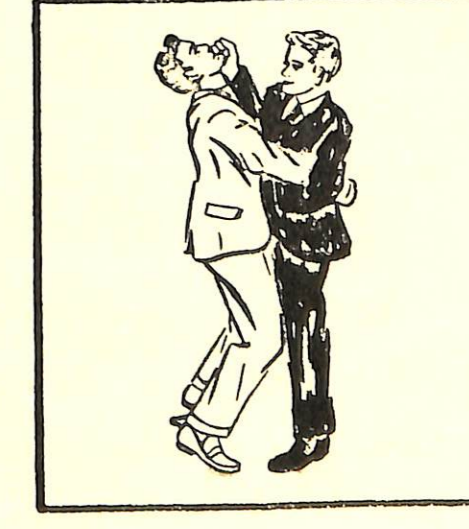
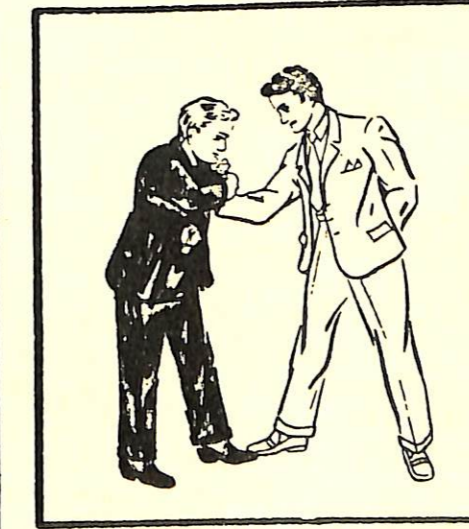
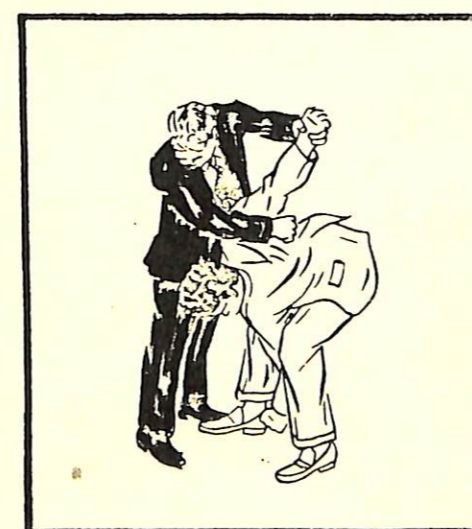
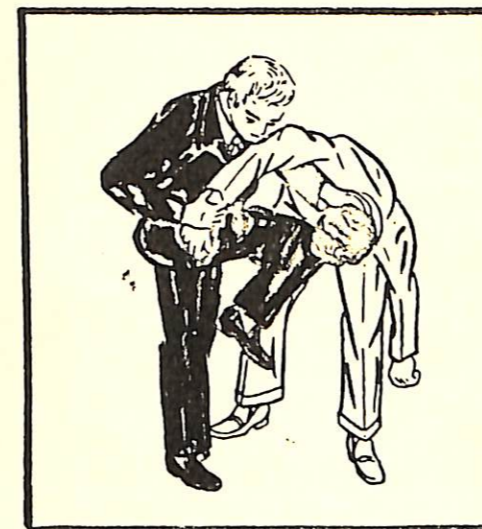
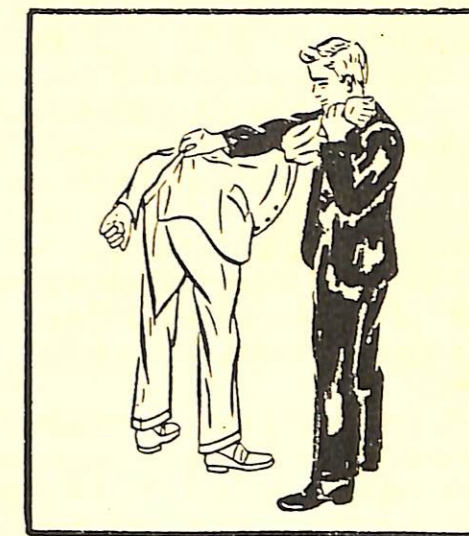
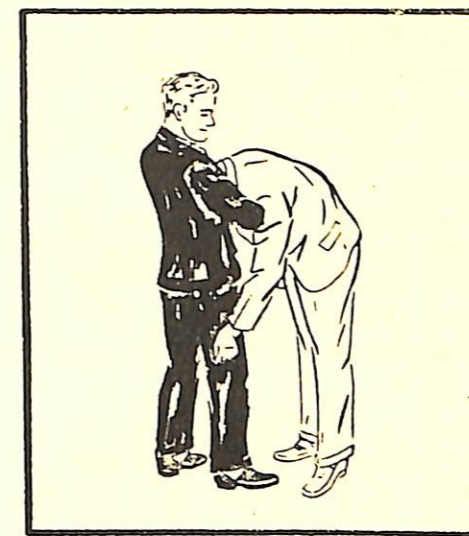
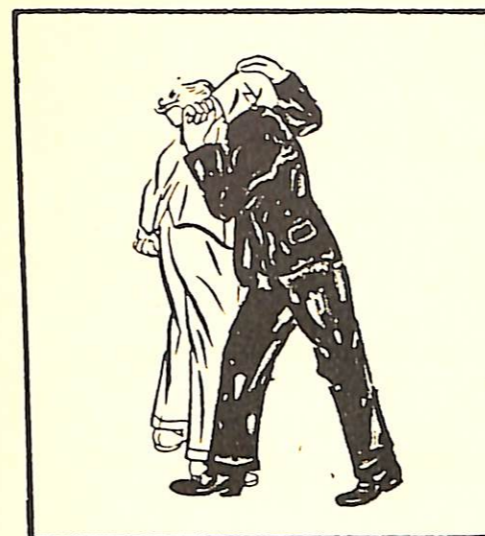
**COMMANDS**

Kiotski .....	Attention
Yoi .....	Prepare
Kamatte .....	Stand By
Matte .....	Wait
Rei .....	Bow

**KUMITE**

Kihon .....	Basic
Jiyu-Ippon .....	Semi Free Style
Jiyu .....	Free Style
Sensei .....	Instructor
Shihan .....	Master
Soke .....	Founder

**NATIONAL JIU-JITSU UNION**



# HISTORY OF JIU JITSU

Due to the fact that Japan was in contact with China, elements of Kung Fu along with the old Japanese art of the Sumo 23 B.C.), were blended to bring about Jijitsu. The oldest Jijitsu style is Takenouchi Ryu founded by Takenouchi Hisameri in 1523. Other styles quickly developed until they were a total of approx. 725 different styles of Jujitsu over the last 350 years. Jijitsu methods includes kicking, striking, throwing, joint locking, tying an opponent and the reversal for dangerous techniques taught (Kapo..Katsu), and Shiatsu.

In Japan the art of Jiu Jitsu was founded along with other Martial Arts such as Tai-Jutsu, (a form of Jiu Jitsu); To Jutsu, (fencing); So Jutsu, (Spear techniques); and Bo Jutsu, (art of stick fighting).

Jiu Jitsu has been explained to some degree in Kojiki (The Record of Ancient Matters) and also in Nikon Shoki (Chronicles of Japan). When during the Edo period, from 1615 to 1868, many of the masters founded schools devoted to the teaching of their own Ryu or System which attracted great numbers of men.

The Island of Japan is not quite as large as the State of California. Many years ago this island was divided into a number of territories or prefectures called "Kuni". Each Daimyo (Governor of the territories) possessed his own castle and had his own army. An army would number anywhere from ten to 1,000 warriors called Samurai.

At this time, the people of the Island of Japan were divided into four classes: (1) the Warrior - SHI; (2) the Peasant - No; (3) the Technician - KO; and (4) the Merchant - SHO.

One of the most highly respected classes at this time was the Warrior. For in this class were specialists of Martial Arts, who were much sought after by the various Daimyos, as Instructors for their armies. At various times these Daimyos warred against each other; therefore, an able instructor of Jiu Jitsu was a very important officer in the employ of his Daimyo. For once the army had taken to the field, the fighting techniques of the individual Samaurai was that of his instructor; so, in a way, it became a contest of various techniques as taught by these instructors. It is for this reason, that even today, these techniques are known as "Martial Arts."

Approximately 150 years ago Warriors were still equipped with swords and like weapons. With the passing of the Tokugawa Era and the selection of a single ruling Emperor, Japan became united and the Edo was eventually located in Tokyo. With the coming of the Moiiji Era, the status of the Samurai Warrior was somewhat reduced to that of a common citizen and he was forbidden the carrying of the sword. In place of this weapon, the men turned to Jiu Jitsu, a Martial Art which had been taught for use with swords, and through contests with empty hands. Thus, developed the method of combat as we see it today. Thus, the Kumite and Tai Jutsu, which were forms of combat taught to dispatch an empty on the battlefield, became known as Jiu Jitsu. During 300 years of peaceful contest between various students of various Ryus or Systems, the art became widespread in Japan. These Martial Arts were taught and practiced in places called "Dojos", which translated means "Place of cultural technique and spiritual character". It was given this name due to the fact that the people of the time believed that it was only when a person could master the uniting between spirit and mind that he would become proficient in these arts. Just as the ancient Romans and Greeks gave honor to Mars, the god of war, the Warriors of Middle Ages in Japan believed that sanctification and purity of mind was the true way to mastery of any of the Martial Arts.

The Oriental students of Martial Arts study with the idea of relaxation and sanctification of mind. Many students further this study by means of Zen Buddhism, which teaches purification of mind and spirit. It is the belief that all power in man emanates from a point approximately 4 inches below his navel in the abdomen. It is believed that by a perfect meeting of spirit and body this power can be released and used as desired. There is a state called "Mizu No Kokoro" or translated, "A mind like water" (similar to the pratice of Yoga). When a man clears his mind of all unnecessary thought and enters a state of complete relaxation, he becomes mentally calm and his mind reflects a situation simliar to that of a crystal clear, placid lake with no ripples to mar its surface. All is perfect peace and tranquility. When in this state the mind is brought to the area of the abdomen by means of thought, and at this time, when body power and mind meet, all power is suddenly released and brought under the control of the man himself. This enlarges his physical capacities and abilities many times over. True

Karatists, while practicing Tamesi-Wari (the art of breaking boards, bricks, tiles, etc.), must first develop this ability. But once done, such object breaking becomes simplified. Thus, a true expert of the Martial Arts, whatever it may be, practices his style with a placid and relaxed mind, even under attack by an armed enemy.

During this same period of time, one Professor Jigoro Kano, a member of the Japanese House of Peers and a College Professor, noted the lagging interest in the Martial Arts and began to modify Jiu Jitsu so as to permit its practice as a sport. All dangerous throws were removed and a code of procedure was drawn up for contestants to adhere to. Some years later he founded the Kodakan, or Judo Center of the World, in Tokyo.

NOTE: Due to the many different definitions and interpretations of Jiu Jitsu Techniques how can anyone say it is pure Jiu Jitsu. Mr. Baillargeon has decided to use the name "Goshin-Budo" (lit: "Martial Art of Self-defense") as our style of Jiu Jitsu. Our organization will be called the "National Jiu Jitsu Union" and will operate under the same principles and bylaws as the Seishin-Kai Karate Union United States Branch.

## YEARLY JIU JITSU REGISTRATION FEES

Men	\$4.00	Women	\$4.00	Children	\$3.00 (Under 15)
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## JIU JITSU TIME-IN-GRADE AND CERTIFICATE FEES

RANK	BELT COLOR	TIME MONTHS	FEE
Student	White	0	\$000.
+7th Kyu	Gold	3	\$3.00
+6th Kyu	Orange	3	\$3.50
+5th Kyu	Green	4	\$4.00
+4th Kyu	Blue	4	\$4.50
3rd Kyu	Brown	5	\$5.00
2nd Kyu	Brown	5	\$5.00
1st Kyu	Brown	5	\$8.00
Shodan	Black	10	\$10.00
Nidan	Black	12	\$13.00
Sandan	Black	18	\$15.00
Yondan	Black	24	\$15.00

+Outstanding Students may bypass one of these grades

## PROMOTION OF CHILDREN

Time-in-Grade and Belt Ranking will be same as adults.

All Children Certificates \$3.00

## JIU JITSU PROMOTION GUIDELINES

### 7th Kyu.....Gold Belt

#### I Falling Techniques (Stress form)

- a. Front fall
- b. Back fall
- c. Side fall (Left & right)

#### II Basic Jiu Jitsu Techniques

- a. Wrist release
- b. Wrist release (two hand grab)
- c. Wrist release (Cross over grab)
- d. Wrist release (Reverse grab)
- e. Lapel release
- f. Lapel release (Two hand)
- g. Choke release (Front & rear)
- h. Full nelson release
- i. Half nelson release
- j. Bear hug release (Front & rear)
- k. Hand mirror (Te Kagami)
- l. Hand mirror (Two hand escape)
- m. Hair grab releases (Front & rear)
- n. Hand arts (Te Dori)
- o. Wrist lock

- p. Reverse wrist lock
- q. Elbow Lock
- r. Thumb & finger lock
- s. Knuckle rub (Hand)
- t. Hand arts Te Dori
- u. Arm bar (Left & right)

#### III Throws

- a. O'goshi (Hip throw)
- b. Ippon Seio nage (Shoulder throw)
- c. O'soto gari (Hip throw)

#### IV Self Defense Throws Against:

- a. Punch
- b. Grab
- c. Choke
- d. Club
- e. Bottle
- f. Knife

Rank Examiner may ask to see additional Jiu Jitsu techniques.

### 6th Kyu.....Orange Belt

#### I Falling techniques (Stress form)

- a. Stationary position
- b. Running position
- c. Several throws

#### II Throws

- a. Stomach (Tomoa nage)
- b. Lapel (Morote seoi nage)
- c. Hip throw (Harai goshi)

#### III Semi advance Jiu Jitsu techniques

- a. Off balance face strike (Keo ate)
- b. Shoulder take down (Ude oasi dori)
- c. Arm
- d. Arm bar cross over
- e. One hand hold down
- f. Two hand hold down
- g. High & low blocks
- h. Neck choke art (Standing)
- i. Neck choke art (Lying down)
- j. Chest art hold down
- k. Leg bar hold down
- l. Cross over bar hold down

#### m. Shoulder pin

- n. Principles of unbalancing (Kuzushi)
- o. Locking of the Joints (Kansetsu waza)
- p. Strangling techniques (Shime Waza)
- q. Arm Whip Throw
- r. Hip Throw Counter
- s. Arm Bar Throw

#### IV Attacks self defense

- a. Front
- b. Rear
- c. Side
- d. Two man attack
- e. Three man attacks

#### V Defense against:

- a. Judo
- b. Kempo
- c. Karate
- d. Aikido
- e. Kung Fu

Rank examiner can require demonstration of 7th kyu techniques or additional techniques.

### 5th & 4th Kyu.....Green Belt - Blue Belt

#### I Master all 7 & 6 Kyu Jiu Jitsu techniques

#### II Demonstration the basic throws against brown belts

#### III Semi advance Jiu Jitsu techniques.

- a. Show ten (10) pressure points.
- b. Arm bar come along (Front & rear)
- c. Arm bar release (Front & rear)
- d. Wrist come along (Front & rear)
- e. Shoulder drop
- f. Shoulder pin release (Front & rear)
- g. Shoulder pull down
- h. Two man come along escape
- i. Take down from front snap kick
- j. Ankle sweep
- k. Double ankle sweep
- l. Head lock release
- m. Head lock applied
- n. Off side balance pull
- o. Body pin
- p. Body pin release
- q. Double arm release
- r. Lip come along
- s. Hammer Lock escape

#### IV Demonstrate Blocks

- a. High block
- b. Middle block
- c. Low block
- d. Knife hand block

#### V Demonstrate Kicks

- a. Front kick
- b. Front snap kick
- c. Side kick
- d. Side snap kick
- e. Round house kick
- f. Back kick

#### VII Demonstration Mat techniques (Stress from)

Examiner can require extra Jiu Jitsu techniques



3-2-1 Kyu.....Brown Belt

- I Review lower Kyu grade techniques
- II Demonstrate Falling Techniques (each technique should be natural)

- a. Demonstrate right side fall kneeling.
- b. Demonstrate right side fall standing.
- c. Demonstrate right side fall standing (to rear).
- d. Left side techniques are to be done the same.
- e. Right-left side falls from O'soto Gari.
- f. Right-left side falls from Morote Seoi Nage.
- g. Right-left side falls from Ippon Seoi Nage.
- h. Right-left side falls from O'goshi.
- i. Demonstrate from kneeling.
- j. Demonstrate from standing.
- k. Demonstrate from tumble.
- l. Demonstrate from tomoa nage.

- III Throws (Nage) - 1 step - taken from a punch (combat style).

- a. O'goshi
- b. Ippon Seoi Nage
- c. O'Soto Gari
- d. Tomoa Nage
- e. Morote Seio-Nage
- f. Tai Otoshi
- g. Dai - ashi Hari
- h. Haria O'goshi
- i. Hiza Garomi

- IV Knife attacks with down Five (5) variations

- V Street Attacks Five (5) variations

- VI Club attacks (5) variations

- VII Defense sitting position (Use a chair)

- VIII Show and demonstrate the (10) pressure point techniques

- IX Advance Jiu Jitsu Techniques

(3rd Kyu)

- a. Tsuki sumi gaeshi .....Punch to corner throw
- b. Tsuki tomoe nage .....Punch to stomach throw
- c. Tsuki yoko tomoe nage .....Punch to side stomach throw
- d. Tsuki tani otoshi .....Punch to valley drop
- e. Tsuki yoko gake .....Punch to side throw
- f. Kao oshi otoshi .....Chin push art
- g. Hiji oshi otoshi .....Elbow push drop
- h. Mune oshi otoshi .....Chest push drop
- i. Gyakute gaeshi .....Armwhip throw
- j. Uki gyakute gaeshi .....Floating armwhip throw
- k. Katate tori gaeshi .....Wrist lock counter
- l. Ude tori gaeshi .....Armbar counter
- m. O goshi gaeshi .....Hip throw counter
- n. Katate irimi nage .....Wrist grab entering throw

(2nd Kyu)

- a. Tsuki irimi nage .....Punch to entering throw
- b. Tenkan nage .....Spinning throw
- c. Mikugura .....Dropping under throw
- d. Ko guruma .....Counter for Mikugura
- e. Oshi guruma .....Push wheel throw
- f. Tora nage .....Tiger throw

- g. Isami nage .....Pivoting throw
- h. Gyaku hizaguruma .....Reverse knee wheel throw
- i. Mae karoshi .....Front headbutt throw
- j. Ushiro karoshi .....Rear headbutt throw
- k. Suwaru karoshi .....Kneeling headbutt throw
- l. Keri nage .....Kick throw
- m. Katate kaiten nage .....Wrist grab rotary throw
- n. Katate kyoku nage .....Wrist grab breath throw

(1st Kyu)

- a. Tsuki kaiten nage .....Punch to rotary throw
- b. Tsuki kyoku nage .....Punch to breath throw
- c. Akushu kotemaki nage .....Handshake wrist winding throw
- d. Do jime nage .....Body strangle throw
- e. Tawara gaeshi .....Bale throw
- f. Mae ashi shigarami .....Front leg takedown
- g. Gyaku ashi shigarami .....Reverse leg takedown
- h. Suwaru genkotsu dori .....Kneeling punch defense
- i. Genkotsu ashi nage .....Punch leg throw
- k. Ushiro ebi tori .....Rear double armlock
- l. Mae kin otoshi .....Front groin drop
- m. Katate tenchi nage .....Wrist grab heaven-earth throw

First Black Belt

Shodan Requirements

- I Must have mastered all the kyu belt requirements

II Suware-Sitting Techniques

- A. Hand art
- b. Face chop (Koa-ate)
- c. Hand mirror (Te kagami)
- d. Shoulder pin art (Ude osae dori)
- f. Inside strike art (Uchi komi dore)
- g. One hand pin art (Yoko katate osae dori)
- h. Two hand pin art (Yoko Morote osae dori)

III Tachi-Standing Techniques

- a. Pull throw (Hiki nage)
- b. Hand art
- c. Hand mirror
- d. Chest pin art
- e. Shoulder pin art
- f. Inside strike art
- g. Two handed grab (Ryu ude osae dori)
- h. Rear drop attack (Ushiro zemi otoshi)
- i. Neck choke art (Kubi shime dori)
- j. Outside corner drop (Katate sumi otoshi)
- k. Inside corner drop (Katate sumi uchi)
- l. Punch drop (Genkotsu otoshi)
- m. Wrist throw (Kote nage)

IV Additional Requirements

- a. Taping and wrapping bones
- b. Taping shoulders
- c. Taping elbows
- d. Taping knee
- e. Massage (amma) 1. Back 2. Neck 3. Leg

Nidan Requirements (Second Black Belt)

I. Advanced Jiu Jitsu Techniques

- a. Leaf turn over (Konoha Gaeshi)
- b. Front two handed grab (Mae ryote osae dore)
- c. Hammer lock floating throw (Ude gatame uki nage)
- d. Front wheel throw (Mae guruma nage)
- e. Side wheel throw (Yoko gake guruma)
- f. Wheel smashing throw (Guruma kudaki)
- g. Knife hand lock (Shuto jimi)
- h. Hand shake art (Aku shu dori)
- i. Chair sitting art (Isu saware osae dore)
- j. Two way throw (Mae nihon-nage)
- k. Rear two way throw (Ushiro Nihon-nage)
- l. Advanced floating drop front (Oku uki otoshi mae)
- m. Advanced floating drop rear (Oku uki otoshi ushiro)
- n. Downed defense (Riuko)
- o. Kneeling kick defense (Suwaru keru komi)

II Additional requirements

- a. Bone setting 1. Wrist 2. Finger 3. Elbow 4. Foot 5. Ankle 6. Knee
- b. Anatomy Human body
- c. Resuscitation 1. Kapo 2. Katsu
- d. Set Dislocations 1. Elbow 2. Shoulder 3. Knee 4. Foot 5. Knee 6. Finger

Sandan Requirements (Third Black Belt)

I. Advanced Jiu Jitsu Techniques

- a. Top of shoulder grab art (Mae Emon Dori)
- b. Thrust to body art (Tsukimi Dori)
- c. One handed grab take around (Pyote mochi mawari)
- d. Two hand grab take around (Pyote mochi mawari)
- e. Rear attack art (Ushiro Zeme dori)
- f. Front belt pull art (Mae obi hiki dori)
- g. Rear belt pull art (Ushiro obi dori)
- h. Sword strike art (Nuki uchi dori)
- i. Blade thrust to body art (Tsukomi dori)
- j. Side of face art strike (Yoko men uchi dori)
- k. Advance throwing art (Oikake dori)
- l. Parallel throwing art (Heiko dori)
- m. Advanced wrist turn art (Gaeshi dori)

II Additional requirements

- a. Taping 1. Thumbs 2. Wrist 3. Ankles.
- b. Specific massage (Sehukujitus) 1. Headache 2. Bone bruise 3. Eye strain

III Review and demonstrate to the rank examiner one hundred (100) lower kyu and advanced techniques.

YONDAN REQUIREMENTS

a. Special training and testing will be conducted for this grade at Seishin-Kai Headquarters

聖心会役員紹介

(昭和48年6月24日現在)

氏名	役職名	連絡先	自宅現住所	勤務先名称他
向井 繁	会長	295-6 (水光ビル)	千代田市外局番	社団法人兵庫県モーターボート競走会会長
青池 和男	監査役	06-417-8041	//	//
堀 勝雄	監査役	水光ビル 06-412-3674	//	常務理事
		〒660		総務部長 自宅 417-1001

氏名	段資格	役職名	道場	連絡先	自宅現住所	勤務先名称及び連絡先
国将 将豪	八師	会三	代宗	長家	西成区聖天下1-6	社団法人兵庫県モーターボート競走会
樹村 健平	七師	副南	大阪武道センター	長	阿倍野区天王寺町南2-26-28	水光ビル 412-3674
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# SEISHIN-KAI KARATE UNION USA



## APPLICATION BLANK FOR KARATE AND JIU JITSU INSTRUCTORS

I ..... do hereby voluntarily make the following agreement between myself and Mr. Richard P. Baillargeon, Director, Seishin-Kai Karate Union, on this date: .....

I fully understand the provisions and obligations explained in the Head Instructors Guide which I have received from Seishin-Kai Karate Union Headquarters, and hereby promise to abide by them.

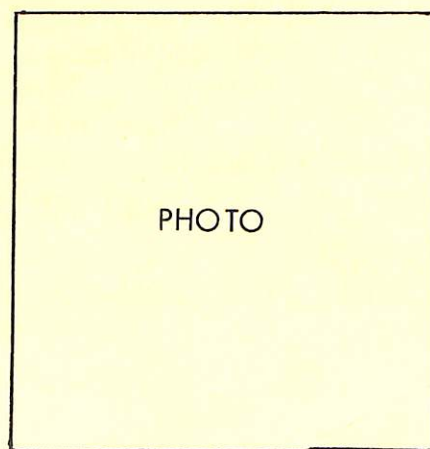
I understand that I must register my Karate and Jiu Jitsu students to be eligible for membership and the awarding of certificates from this Union.

I will not issue Dojo certificates to any of my students.

If I would like to resign from the Seishin-Kai Union or the National Jiu Jitsu Union, I may do so by mailing a registered letter to Seishin-Kai Karate Union Headquarters, US Branch. I also understand that my membership, and the membership of any or all of my students, may be deactivated by order of the Director when it is in the best interest of The Martial Arts.

A copy of my present diploma is attached to this application blank and also a photograph of myself.

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NAME OF DOJO  
DOJO ADDRESS  
STYLE INSTRUCTING  
GRADE AGE  
OCCUPATION  
COLLEGE DEGREE

### GENERAL INFORMATION:

The ranking of an individual is set up by most organizations from the Orient, especially Japan, and is based on your proficiency in techniques as well as the type of person you are; the character of the individual has a heavy bearing on his ranking.

Many people in the martial arts think that a person acquires his ranking in the art strictly on techniques. You may find this a common conception. For instance finding a person who is a shodan in karate beating a fourth or fifth dan, many will say, "Boy! The guy is really underrated!" But this is not how the rating is and should be set up.

Some of the more important ways of ranking a person are not based only on his proficiency in technique. There are people who are very proficient in techniques, but this is all they are good for; when you ask them about the philosophy of Bushido they know nothing about it. All they have learned is sitting down, punching the bags, and sparring. But if these people were given the authority to develop an organization and spread the art as we have done, they would fail miserably. The rankings are not based strictly on proficiency in the art itself, but on character as well as your way of promoting the art wherever you go to develop it."

In other words the ranking was set on the way a person has promoted the art as well as on proficiency. But another question arises: Does this mean that you should be ranked according to the membership in your organization? Not necessarily. There are many big organizations in the United States in which the instructors have nothing in mind but money. If a person has developed a school and promoted the art in the community honorably with the good intention of spreading the art because he believes in it deeply like a religion, then he is rewarded by the ranking. Whether judo, aikido or karate, this philosophy is the same based on your sincere endeavor to teach the public whether they are "oldsters" or youngsters so that we will have a better place in which to live.

### GENERAL STRETCHING EXERCISES

Stretching Exercises — Should always be done in a gradual manner, do not bounce stretch. By maintaining good flexibility the chance of muscle strains or pulls can be minimized.

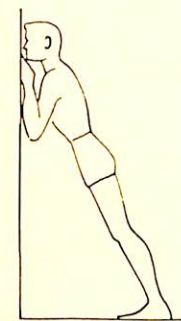


Fig. 1  
Wall Lean - stretches the back (posterior) leg muscles (hamstrings and gastro-soleus).



Fig. 2  
Abdominal - This exercise stretches the abdominal, chest and front (anterior) hip musculature.

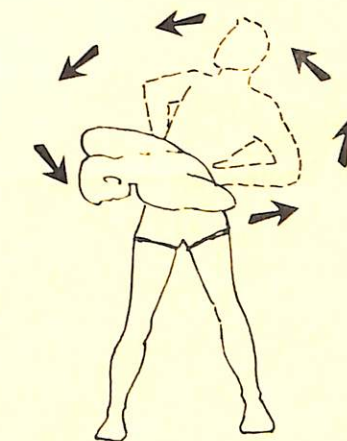
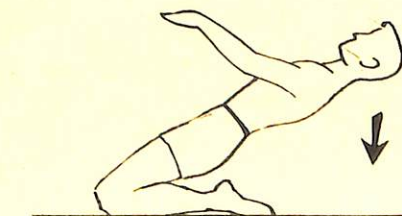
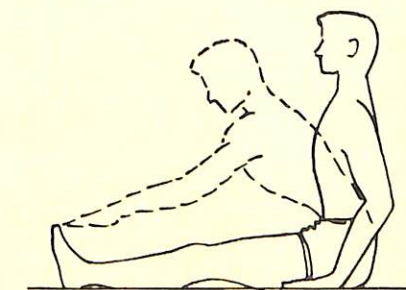
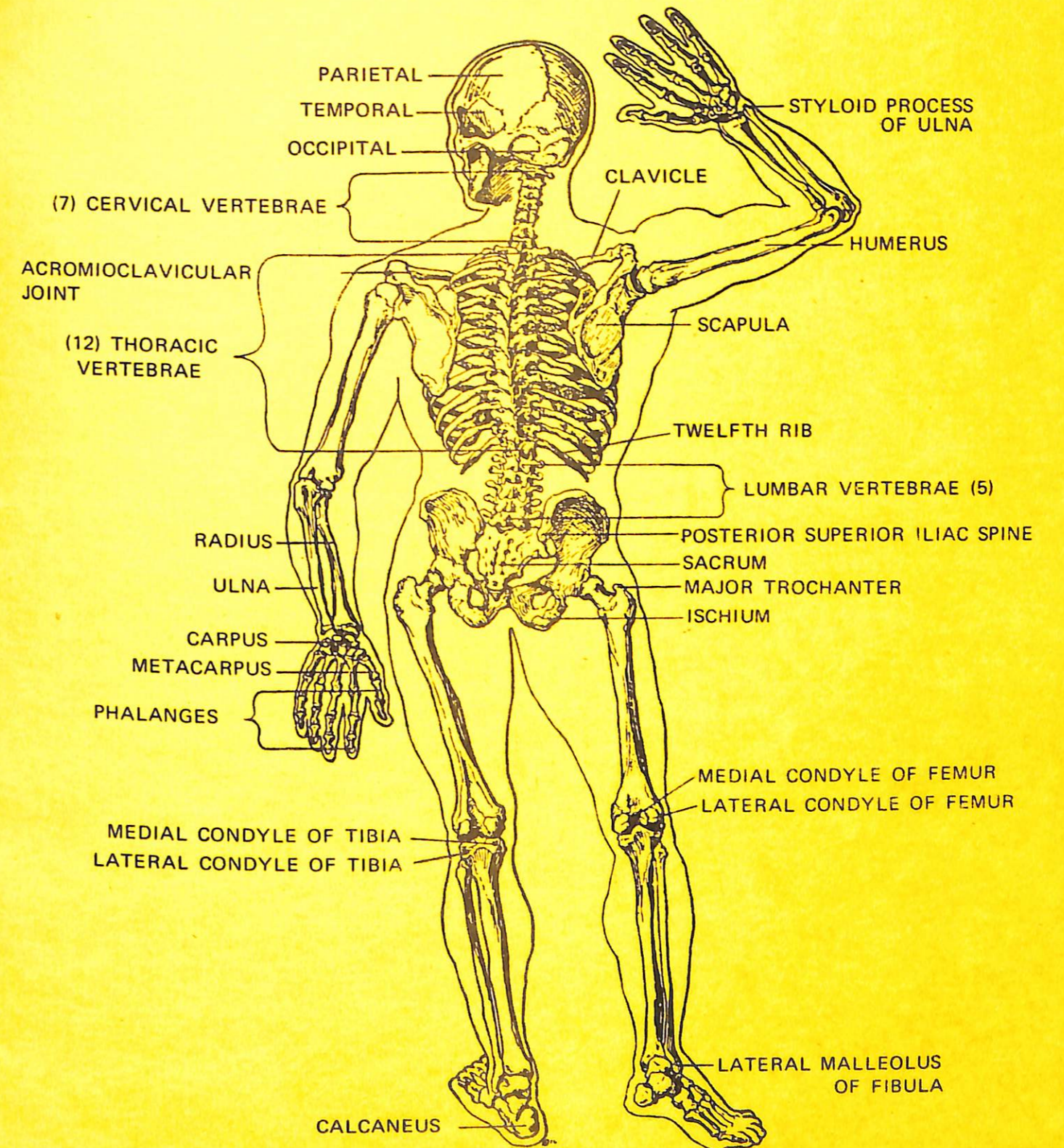
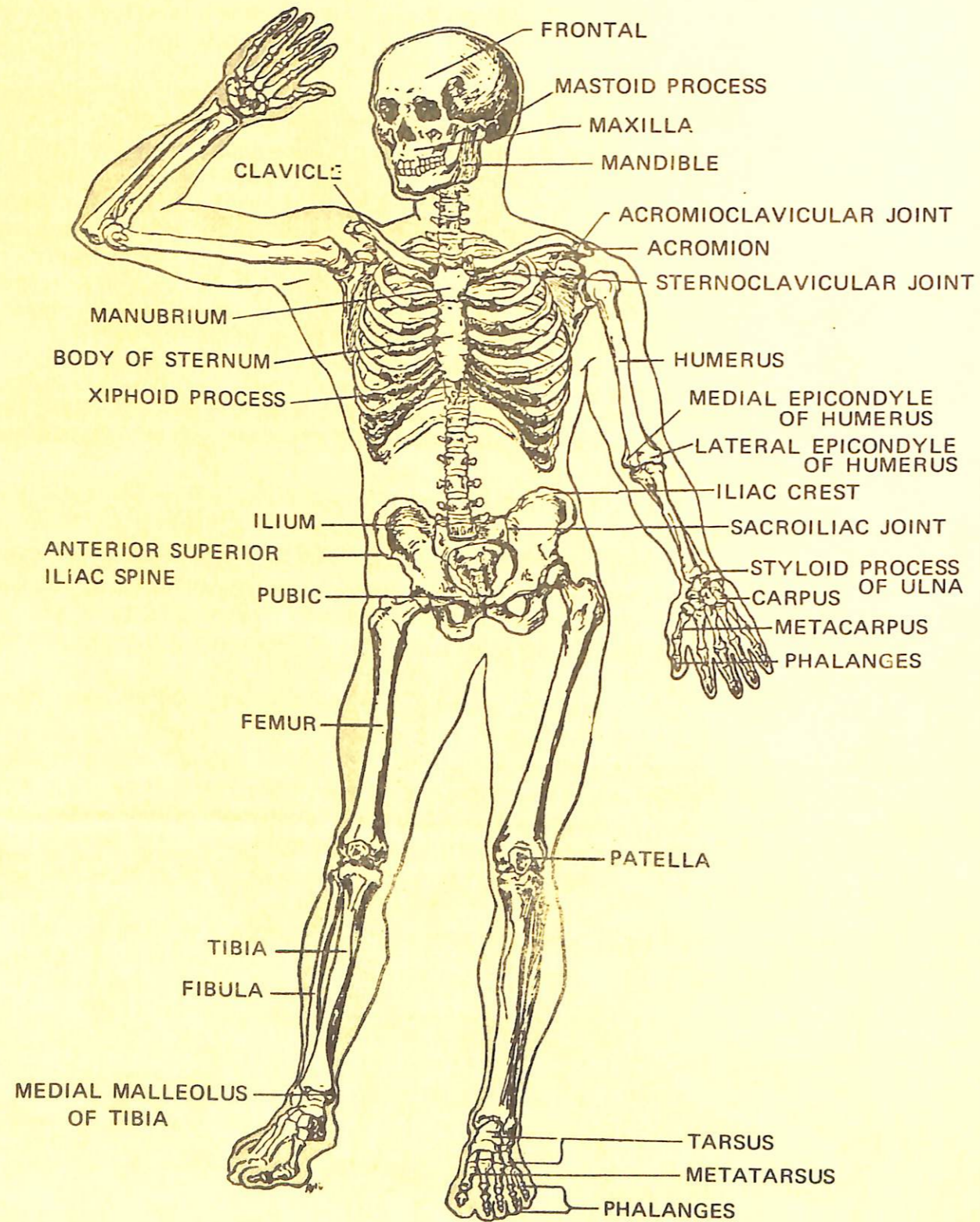


Fig. 3  
Trunk stretching - These rotational exercises stretch the front (anterior) and back (posterior) trunk muscles.



Cut Out Application

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(United States Branch)

Siyogo Kuniba - Hachidan  
Soke President

Richard Baillargeon - Rokudan  
USA Representative

Post Office Box 2175  
Valdosta, Georgia 31601

Telephone (912) 244-1845



AAU Karate  
Member



## PERSONAL MEMO

*From the desk of:* Richard P. Baillargeon

*I know you are presently members of a Karate organization or have been previously contacted by other Karate organizations that have made you promises that were not kept, but all they wanted was your money for registrations and promotion fees that were increased every time you did business with them.*

*I don't care what you thought of their offer-- The information printed in the Seishin Kai Head Instructor's Guide is straight forward and sincere, and we promise to do everything printed in it.*

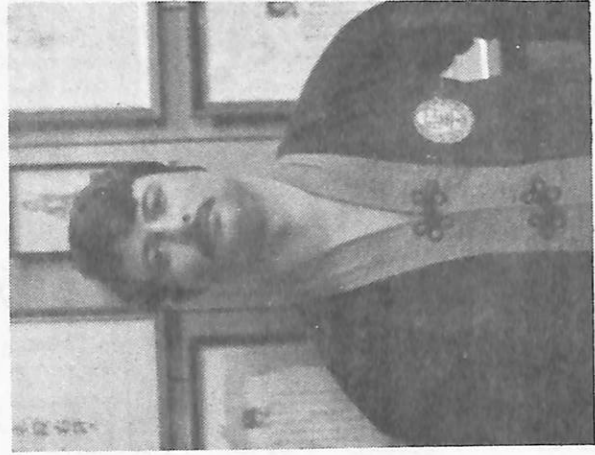
*As a result of the formation of so many Karate Organizations that have not met the needs of the truly Professional instructors, I am asking you, and others that I consider to be the nucleus of the Karate Profession, to join with me in expanding a Union that will provide you with efficient, expeditious and personal services to all its members at all times.*

*Sincerely,  
Richard*

# Officers And Representatives Of The Seishin-Kai Karate Union USA Branch



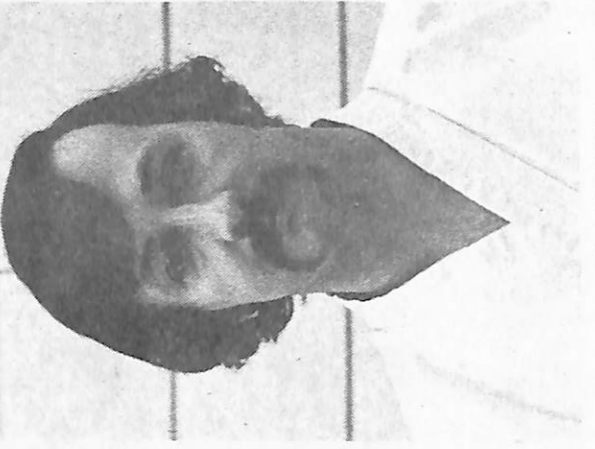
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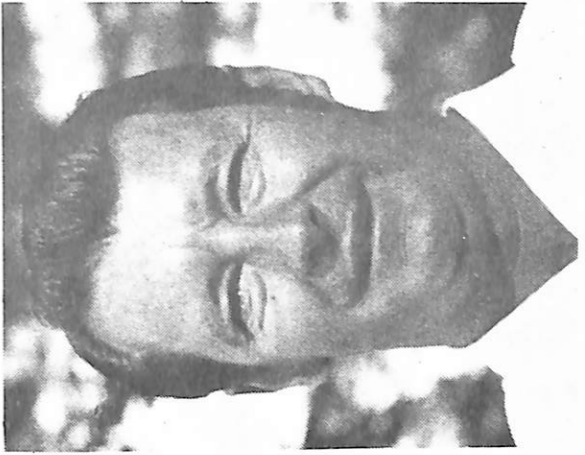
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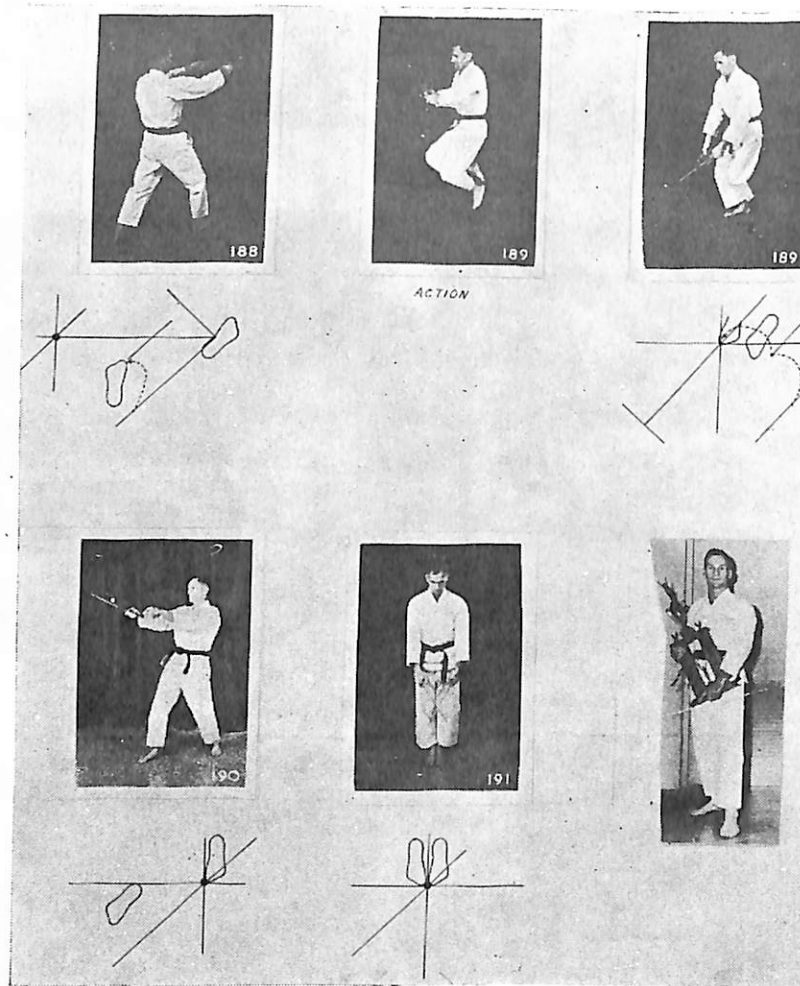


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