



Pastor Chris Surber, 2nd Dan IKSA

Christian Karate Discipleship & Self Defense



Purpose

The purpose of Matsunoki Martial Arts is to train physical and spiritual warriors utilizing Karate and biblical principles. We use the Shito Ryu Karate Forms (Kata), along with techniques from a variety of other Karate styles and American Boxing and Jui Jitsu.

Principles

Karate (空手) is a martial art developed in Okinawa. Karate is predominantly a striking art using punching, kicking, and other strikes, along with grappling, throws, joint locks, and restraints. **1.** Avoid Conflict **2.** Block. **3.** Strike. **4.** Take Control. **5.** Restore Peace.

Physical principles: Students are trained through safe contact to avoid conflict, block, strike, take control of difficult situations. The emphasis is on avoiding conflict and handling situations using peacemaker principles.

Spiritual Principles: Karate involves more than the self-defense system alone. In modern times it has evolved to include patterns of self-discipline and respect. Christian Karate emphasizes these aspects through a distinctly biblical lens. The framework of the spiritual aspects of the training focus on core Christian character trait development in order to develop spiritual warriors. Biblical principles are incorporated into the culture, training, and goals of classes.

We're building spiritual warriors prepared for daily life. Classes begin with prayer and end with a Bible lesson for daily discipleship that is directly tied to the day's lessons and training. The ultimate goal of Matsunoki Martial Arts is to utilize Karate training as a tool for spiritual and character development in a fun environment while teaching practical self-defense strategies and techniques.

"Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm." (Ephesians 6:13, ESV) We emphasize character development principles from the New Testament book of Galatians 5:22-23, the fruits of the Spirit – **love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.**

Belt Progression

Students train white – blue belts at ages 5-12 years old. 12+ eligible for Midnight Blue / 14+ Black belt. Up to two stripes may be awarded at any belt to show improvement and dedication along the way to the next belt. Eligibility is achieved at time requirement. Advancement may be awarded at the instructor’s discretion and increased mastery of skills. (*belt time denotes eligibility*)

White (6 months) (10th Kyu)	Beginner	Kihon Kata Form -1
Yellow (6 months) (9 th Kyu)		Kihon Kata Form 2
Orange (6 months) (8 th Kyu)		Kihon Kata Form 3
Green (12 months) (7 th / 6 th Kyu)	Intermediate	Kihon Kata Form 4
Purple (12 months) (5 th / 4 th Kyu)		Kihon Kata Form 5
Blue (12 months) (3 rd / 2 nd Kyu)	Advanced	Pinan Kata Shodan
Midnight Blue (1 year) (1 st Kyu)		Advanced Principles Pinan Kata Nidan
Black (2 years) 1 Stripe (1 st Dan)		Advanced Principles Pinan Kata Sandan
Black (2 years) 2 Stripes (2 nd Dan)		Advanced Principles Pinan Kata Yondan
Black (2 years) 3 Stripes (3 rd Dan)		Advanced Principles Mastery of Teaching
Black (2 years) 4 Stripes (4 th Dan)		
Black (4 years) 5 Stripes (5 th Dan) +		



Techniques List. Students work through these, variations of these, and other techniques as they progressively build skill and confidence.

Foundations

Ready Stance
On guard Stance
Horse Stance
Front Stance
Back Stance

Blocks

High Block
Low Block
Knife Hand Block
Inside Outside Block
Outside Inside Block

Shields – High/Middle/Low

Hand Techniques

Horizontal Fist
Vertical Fist
Open Hand Strike
Knife Hand Strike
Ridge Hand Strike

Jab / Cross / Hook / Uppercut

Foot Techniques

Front Kick (Push, Snap, Heel)
Round Kick
Side Kick
Back Kick
Hook Kick
Crescent Kick

Self Defense

Practical applications of techniques

Grappling

Basic applications of Jui Jitsu

Waza

5 step sparring
Stepping / Blocking Drills
Blocking / Striking Drills

Escapes

Headlock breaks
Collar grab escapes
Wrist grab escapes
Bear hug escapes

Break Fall Techniques

Front / Back / Side Break Fall

Sparring

Advanced and intermediate students participate in light contact with safety equipment.

Weekly Emphasis for Training

1st Week: Foundations. Stepping. Stance.

2nd Week: Hand / Elbow Techniques

3rd Week: Foot / Knee Techniques

4th Week: Boxing

5th Week: *Ninja Warrior Training*