

JASPER

NACOGDOCHES

NEWTON

ACSOMA

Arlandus Chimney's Schools of Martial Arts

MARTIAL ARTS WITH A CHRISTIAN APPROACH

ACSOMA MOTTO: "EMPOWER YOURSELF" - *Phillipians 4:13 (NIV)*

¹³I can do all things through Him that gives me strength.



SENSEI ARLANDUS CHIMNEY

"The Way of the Chimney Warrior"

KARATE * GRAPPLING * MMA * SELF-DEFENSE

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WWW.FACEBOOK.COM/ACSOMA

www.acsoma.com

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The 20 Shotokan Principles

Gichin Funakoshi is considered the father of modern karate-do.

He summed up his views of karate with 20 principles:

- 01 Never forget that karate begins and ends with respect.
- 02 There is no first attack in karate.
- 03 Karate fosters righteousness.
- 04 First know yourself and then know others.
- 05 Rather than physical technique, mental technique.
- 06 Let your mind roam freely.
- 07 Inattention and neglect causes misfortune.
- 08 Never think that karate is practiced only in the dojo.
- 09 Karate is a life-long pursuit.
- 10 Everything you encounter is an aspect of karate: find the marvelous truth there.
- 11 Karate is like boiling water: if you do not keep the flame high, it turns tepid.
- 12 Do not think about winning; think about not losing.
- 13 Respond in accordance to your opponent.
- 14 Wage the battle with natural strategy.
- 15 Regard your hands and feet as sharp swords.
- 16 Step out the door and you face 10,000 foes.
- 17 Learn various stances as a beginner but then rely on a natural posture.
- 18 The kata must always be practiced correctly: real combat is another matter.
- 19 Never forget your own strengths and weakness, the limitations of your body, and the relative quality of your techniques.
- 20 Continuously polish your mind.

ACSOMA Ranking System

- White belt
- 1st degree white belt- Ju Kyu
- 2nd degree white belt- Kyu Kyu
- 3rd degree white belt- Hichi Kyu
- Yellow belt- Shichi Kyu
- Green belt- Roku Kyu
- Purple belt- Go kyu
- 2nd degree purple belt- Yon Kyu
- 3rd degree brown belt- San Kyu
- 2nd degree brown belt- Ni kyu
- 1st degree brown belt- Ik Kyu
- Candidate for Black Belt- Shodan Ho
- 1st Degree Black Belt Shodan
- 2nd Degree Black Belt- Nidan
- 3rd Degree Black Belt- Sandan
- 4th Degree Black Belt- Yondan
- 5th Degree Black Belt- Godan (Master Level-Renshi)
- 6th Degree Black Belt- Ryokudan (Renshi)
- 7th Degree Black Belt- Shichidan (Kyoshi)
- 8th Degree Black Belt- Hachidan (Kyoshi)
- 9th Degree Black Belt- Kydan (Hanshi)
- 10th Degree Black Belt- Jyudan (Hanshi)

RANK REQUIREMENTS

1ST DEGREE WHITE BELT: (JU KYU)

INFORMATION TO KNOW:

- ✔ Name of Association: **ACSOMA (Arlandus Chimney's Schools of Martial Arts)**
- ✔ **Who is your instructor SENSEI- TEACHER (Mr. Arlandus Chimney)**
- ✔ KARATE- EMPTY HAND
- ✔ SHOTOKAN- HALL OF SHOTO
- ✔ GICHIN FUNAKOSHI- FOUNDER OF SHOTOKAN
- ✔ SHOTO- GICHIN FUNAKOSHI'S PEN NAME
- ✔ ACSOMA MOTTO- **"EMPOWER YOURSELF"**

16 BASICS

4 STANCES (dachi)

- ✔ READY STANCE -
- ✔ INFORMAL STANCE- *SKI*
- ✔ HORSE STANCE-*Kiba-dachi*
- ✔ FORWARD STANCE

4 STRIKES (tsuki)

- ✔ FORWARD PUNCH
- ✔ REVERSE PUNCH
- ✔ BACKFIST
- ✔ KNIFEHAND

4 KICKS (geri)

- ✔ FRONT SNAP KICK
- ✔ ROUND HOUSE KICK
- ✔ SIDE THRUST KICK
- ✔ BACK THRUST KICK

4 BLOCKS (uke)

- ✔ DOWN BLOCK
- ✔ OUTSIDE BLOCK
- ✔ UPWARD (RISING) BLOCK
- ✔ INSIDE BLOCK

2ND DEGREE WHITE BELT (KU KYU)

- ✔ KATA: TAKIOYUKU SHODAN

3RD DEGREE WHITE BELT (HACHI KYU)

- ✔ KATA: HEIAN SHODAN

Requirement for Yellow Belt: (*Shichi Kyu*)

Count 1-10 in Japanese:

1. Ichi

2. Ni

3. San

4. Shi

5. Go

6. Roku

7. Shichi

8. Hachi

9. Kyu

10. Ju

- ✔ Kata: Heian Nidan (Peaceful Mind #2)
- ✔ 1-5 Step Fighting- Right & Left, Hand Attack
- ✔ First Hold Break
- ✔ Kata: Taikyoku Nidan (Second Cause)
- ✔ Definitions: Do Gi (Uniform of the Way)
- ✔ Do Jo (Place where one learns the way) FREE SPARRING

Requirements for Green Belt: (*Roku Kyu*)

- ✔ Kata- Heian Sandan (Peaceful Mind #3)
- ✔ 6-10 Step Fighting Right & Left, Hand Attack
- ✔ Front Rear, & Bar Choke Defense
- ✔ Kata- Taikyoku Sandan (Third Cause)
- ✔ Application of the first three Heian Katas
- ✔ FREE SPARRING (MULTIPLE ATTACKERS)

Requirements for Purple Belt: (*Go Kyu*)

- ✔ Kata-Heian Yondan (Peaceful Mind #4)
- ✔ Hammer Lock Defense
- ✔ (Entotsu Senshido)
- ✔ Wrist Locks
- ✔ FREE SPARRING

Requirements for 2nd Degree Purple Belt: (Yonkyu)

- ✔ Hair Grab Defense, Foot Sweeps
- ✔ FREE SPARRING

Optional Techniques may be required by Instructor such as Spinning:

- ✔ Side Thrust Kick
- ✔ Back Kick
- ✔ Side Snap Kick
- ✔ Front Snap Kick
- ✔ Crescent Kick
- ✔ Round House

Requirements for 3rd Degree Brown Belt: (San Kyu)

- ✔ Teaching Hours
- ✔ Kata – Tekki Shodan
- ✔ 11-15 Step Fighting
- ✔ Spinning Back Fist
- ✔ Bear Hug
- ✔ Choke Holds & Breaks 1-5
- ✔ FREE SPARRING

Requirements for 2nd Degree Brown Belt: (Ni Kyu)

- ✔ Kata -Bassai Dai & Instructors choice
- ✔ Club Defense
- ✔ 11- 15 Instructor's Choice
- ✔ Teaching Hours
- ✔ Essay: History of Shotokan Karate (Min. 3 Sources)
- ✔ FREE SPARRING

Requirements for 1st Degree Brown Belt: (Ik Kyu)

- ✔ Kata- Kankyu Dai & Instructors choice
- ✔ Teaching Hours
- ✔ Formal Class Opening
- ✔ Formal Belt Ranking
- ✔ Supervised Belt Test
- ✔ FREE SPARRING
- ✔

Requirement for 1st Degree Black Belt: (Shodan)

- ✔ Kata- Kankyu Sho & Instructors Choice
- ✔ Formal Awards Ceremony will consist of Kata, Presentation, Free Sparring
- ✔ *SHODAN TEST WILL TAKE FROM 2-6 MONTHS*