

BEGINNERS GUIDE

TO SHOTOKAN KARATE

Learn how to tie
your belt here



Basic Terms

Jodan Head Level	Hajime Begin	Yame Stop
Chudan Middle Level	Mawate Turn Around	Yoi Ready
Gedan Lower Level	Rei Bow	Mae Front

KIHON

BASIC TECHNIQUES SUCH AS:
PUNCHES, KICKS, STANCES, AND
BLOCKS.

KATA

A PREARRANGED FIGHT OR
CHOREOGRAPHED TRAINING
SEQUENCE INTEGRATING SEVERAL
TECHNIQUES.

SPARRING

SPARRING PRACTICE THAT BEGINS
WITH CONTROLLED ONE STEPS, AND
THEN GRADUALLY MORPHS INTO
FREESTYLE SPARRING.

SELF DEFENCE KATA

SPECIALIZED SELF DEFENCE
TECHNIQUE ADDRESS
CHOKES, HOLDS, GRABS AND
WEAPON THREATS.

Country of Origin

松涛館



Wear a
clean
white gi



OSS!

OSU!

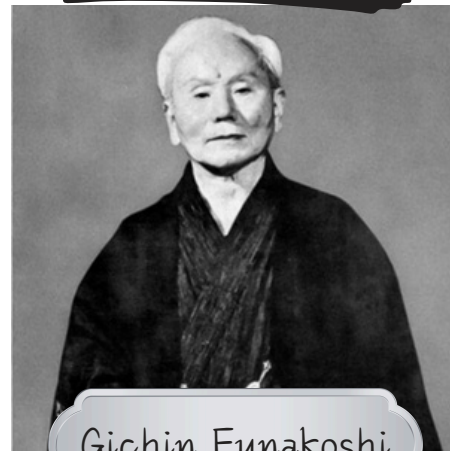
A COMMON GREETING,
PRONOUNCED
"OSS!"

KIAI

KIAI

A POWERFUL YELL WHEN STRIKING.
"KI" MEANS ENERGY & "IA"
MEANS TO JOIN.

The Founder



Gichin Funakoshi

Belt System

9th KYU White Belt

8th KYU Yellow Belt

7th KYU Orange Belt

6th KYU Green Belt

5th KYU Blue Belt

4th KYU Purple Belt

3rd KYU Brown Belt

2nd KYU Brown Belt

1st KYU Brown Belt

Shodan Black Belt



Sensei Brandon

W E L C O M E T O
O U R D O J O

Dear Students,

Welcome to Seishin Shotokan Karate! It is an honor to serve as your Sensei as you begin this important chapter in your martial arts journey. Your commitment to studying Shotokan Karate is truly commendable.

With over 20 years of experience in karate and more than three years in Brazilian Jiu-Jitsu, I am excited to share my knowledge and expertise with you.

Our dojo is proudly affiliated with the Shotokan Karate International Federation (SKIF), based in Tokyo, Japan. We uphold a strong tradition that emphasizes proper etiquette and mutual respect among all practitioners.

I understand that dojo etiquette—such as when to bow, how to enter the dojo, and the ceremonies surrounding our classes—can be overwhelming at first. Please don't hesitate to reach out to me or our senior students for guidance; we are here to help.

My primary goal is to ensure that each student receives the support needed to thrive in their karate practice. I value the unique dynamics of our training environment and am dedicated to understanding the individual needs of each of you.

Thank you for choosing my dojo. I look forward to guiding you on your karate journey. Let's begin our training. OSS!

Brandon Marquez

Sensei, Seishin Shotokan Karate