



LOCK-DOWN DIARY
ON
ANCIENT MARTIAL ARTS

BY :

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THE ESSENCE
IN-DEPTH OF KARATE



Influences on Okinawan Karate History

Many historians trace Okinawan karate history and indeed the history of the martial arts in the Far East to Bodhidharma, the Indian Buddhist monk who travelled to China in around 527 CE.

He stayed at the Shaolin Temple where he is said to have taught the monks an ancient form of Indian martial arts known as *Vajramushti*, which dates back to around 1000 BCE.

From there it grew and developed into what we now know as kung fu and spread right throughout China. Over the centuries, it is believed that Chinese martial artists visited the island of Okinawa and passed on their knowledge, developing over time into an art that was unique to the island.

From 1609, Okinawa was run by the Satsuma samurai clan from Japan and under their rule, weapons and martial arts in general were banned. Though the use of some weapons was still practiced, their ban had a profound influence on the art as it led to the secret development of many empty handed techniques.

All those who chose to learn martial arts had to do so in secret or risk punishment from the authorities. As a result, very little information was written down about the martial arts in Okinawa before the 20th century and much of what was recorded unfortunately hasn't survived, leaving the exact details of what was practiced and believed a mystery.

Much of what is generally accepted as karate history fact comes from an oral tradition and unreliable sources making it very difficult to know where the truth ends and myths & legends begin; even work written by masters may have relied on historically inaccurate sources.

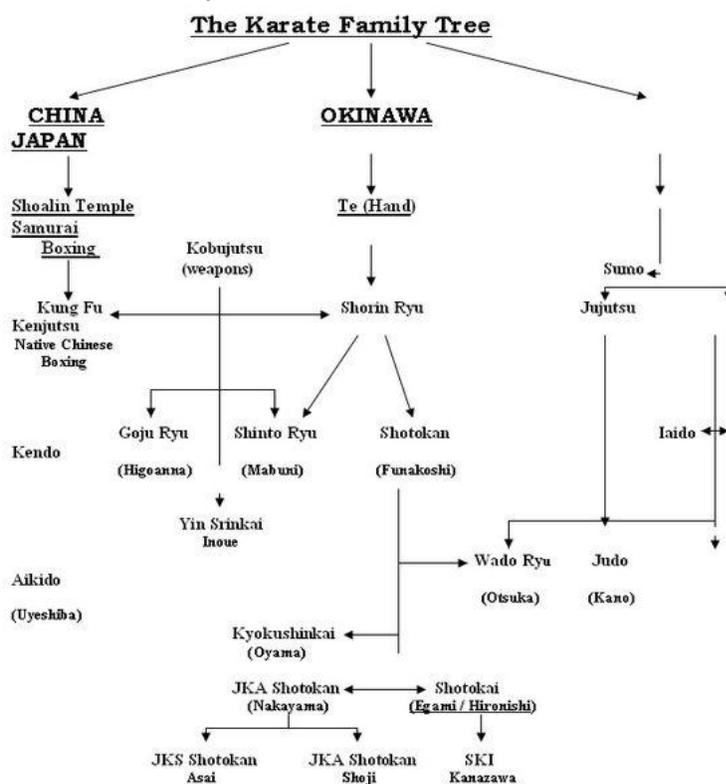


Okinawan Karate Styles

There were three main styles which are named after the cities in which they developed; *Shuri-te*, *Naha-te* and *Tomari-te*. Collectively, these fighting styles were known as Okinawan Te (Hand) or Tode, (Chinese Hand). Two forms of Tode emerged by the 19th century, Shorin-ryu which was developed from the Shuri and Tomari styles and Shorei-Ryu which came from the fighting style practiced at Naha.

It should be remembered that the cities were all within a few miles of each other and Shorin-Ryu and Shorei-Ryu had many similarities. The main differences were of emphasis and according to Sensei Gichin Funakoshi who studied both, they were developed based on different physical requirements.

Shorin-Ryu was a quick, linear art that taught natural breathing whereas Shorei-Ryu was more rooted and practiced breathing that was synchronized with each individual movement; according to Funakoshi, both styles also have links to the kung fu styles of the Wutang and Shaolin Temples.





Okinawan Karate History and the Meiji Restoration

In the mid-1800s, Okinawa was a place in turmoil as a result of the end of the old Samurai ways in Japan and the onset of the Meiji restoration, where the emperor once again ruled. They found themselves caught between the national interests of China, Japan and America (who they had previously paid joint tribute to).

The Okinawan king and his government were disbanded and made to become commoners, the whole city of Shuri saw mass unemployment and the forefathers of Karate found themselves going from being of the higher social class to a state of abject poverty.

Sokon 'Bushi' Matsumura, a military officer who was responsible for the safety of the Royal Family prior to the Meiji Restoration was instrumental in the development of Shuri-te, along with his student Anko Itosu. These were dangerous times for the nobility of the island but they were not permitted to carry weapons.

It was around this time that Matsumura and Itosu are believed to have developed the hard style that focused on rendering an opponent unconscious with very few techniques. This replaced the submission holds, grappling and light rapid techniques of Chinese boxing (kung fu) that preceded them and is believed to be the first time a style was practiced that closely resembles modern Shotokan Karate.

Until the early 20th century the Okinawan masters trained in secret, spending three years on each kata and training extensively on a makiwara board; sparring as we know it today was not practiced though karateka would often challenge each other to fights to test their skills.

Then in around 1905, Anko Itosu took the art out of secrecy and managed to get the authorities to allow him to start a program of teaching karate in the local schools. This was one of the most significant acts in the history of karate and brought in a new era of growth for the art.

It would ultimately see it go from a secretive martial art taught only to the privileged few on a small island, to being a worldwide phenomenon with ever increasing numbers of students by the middle of the 20th century.



空手

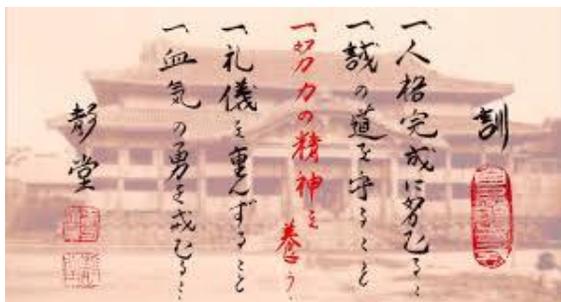
Karate (空手)

Karate (空手) Okinawan pronunciation: karati is a martial art developed in the Ryukyu Kingdom. It developed from the indigenous Ryukyuan martial arts (called te (手), "hand"; tii in Okinawan) under the influence of Shaolin (Shorin) Kung Fu, particularly Fujian White Crane. Karate is now predominantly a striking art using punching, kicking, knee strikes, elbow strikes and open-hand techniques such as knife-hands, spear-hands and palm-heel strikes. Historically, and in some modern styles, grappling, throws, joint locks, restraints and vital-point strikes are also taught. A karate practitioner is called a karateka (空手家), and its plural is "karateka" or "karatekas".

The Empire of Japan annexed the Ryukyu Kingdom in 1879. Karate came to the Japanese archipelago in the early 20th century during a time of migration as Ryukyuan, especially from Okinawa, looked for work in Japan. It was systematically taught in Japan after the Taishō era of 1912-1926. In 1922 the Japanese Ministry of Education invited Gichin Funakoshi to Tokyo to give a karate demonstration. In 1924 Keio University established the first university karate club in mainland Japan, and by 1932 major Japanese universities had karate clubs. In this era of escalating Japanese militarism, the name was changed from 唐手 ("Chinese hand" or "Tang hand") to 空手 ("empty hand") – both of which are pronounced karate in Japanese – to indicate that the Japanese wished to develop the combat form in Japanese style. After World War II, Okinawa became (1945) an important United States military site and karate became popular among servicemen stationed there.



Dojo Kun



DOJO KUN

HITOTSU! JINKAKU KANSEI NI TSUTOMURU KOTO!

Seek perfection of Character

HITOTSU! MAKOTO HO MICH O MAMORU KOTO!

Be sincere

HITOTSU! DORYOKU HO SEICHIH O YASHINAU KOTO!

Put maximum effort into everything that you do

HITOTSU! REIGI O OMOHZURU KOTO!

Respect others

HITOTSU! KEKKI HO YU O IMASHIMURU KOTO!

Develop self control

- 一、人格完成に努むること
- 一、誠の道を守ること
- 一、努力の精神を養うこと
- 一、礼儀を重んずること
- 一、血気の勇を戒むること

In the bushidō tradition *dojo kun* is a set of guidelines for karateka to follow. These guidelines apply both in the *dojo* (training hall) and in everyday life.



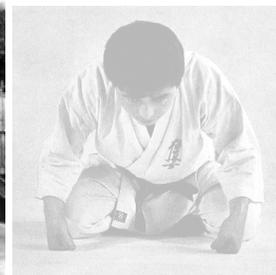
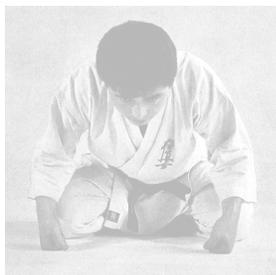
Character - Each person must strive for the completion and perfection of one's character.

Sincerity - Each person must be faithful and protect the way of truth

Effort - Each person must endeavor (fostering the spirit of effort)

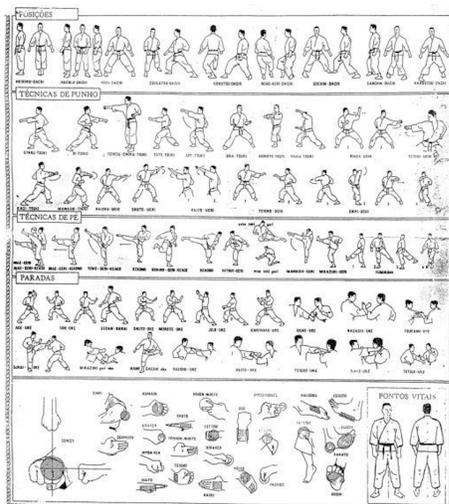
Etiquette - Each person must respect others and the rules of etiquette

Self-Control - Each person must refrain from hot blooded behavior (guard against impetuous courage)





Kihon

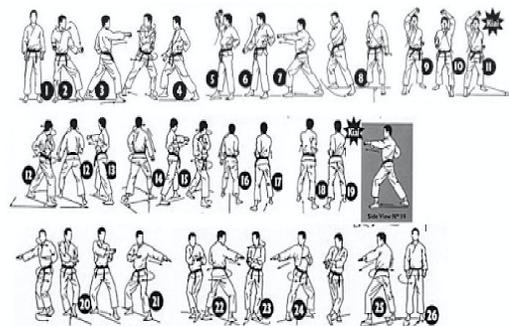


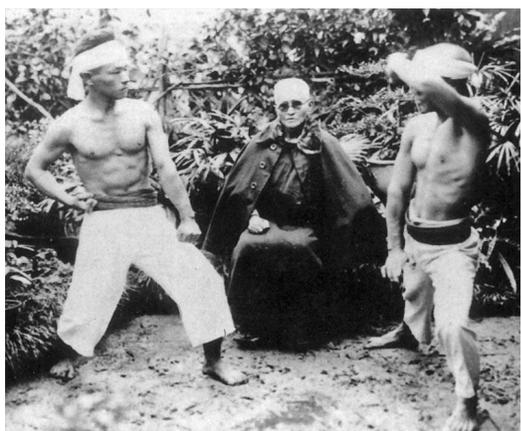
Kihon means basics and these form the base for everything else in the style including stances, strikes, punches, kicks and blocks. Karate styles place varying importance on kihon. Typically this training is in unison of a technique or a combination of techniques by a group of karateka. Kihon may also be prearranged drills in smaller groups or in pairs.

Kata

Kata (型:かた) means literally "shape" or "model." Kata is a formalized sequence of movements which represent various offensive and defensive postures. These postures are based on idealized combat applications. The application when applied in a demonstration with real opponents is referred to as a Bunkai. The Bunkai shows how every stance and movement is used. Bunkai is a useful tool to understand kata.

To attain a formal rank the karateka must demonstrate competent performance of specific required kata for that level. The Japanese terminology for grades or ranks is commonly used. Requirements for examinations vary among schools.





Kumite

Sparring in Karate is called kumite (組手:くみて). It literally means "meeting of hands." Kumite is practiced both as a sport and as self-defense training.

Levels of physical contact during sparring vary considerably. Full contact karate has several variants. Knockdown karate (such as Kyokushin) uses full power techniques to bring an opponent to the ground. In kickboxing variants (for example K-1), the preferred win is by knockout.

Sparring in armour, *bogu kumite*, allows full power techniques with some safety. Sport kumite in many international competitions under the World Karate Federation is free or structured with light contact or semi contact and points are awarded by a referee.

In structured kumite (*yakusoku*, prearranged), two participants perform a choreographed series of techniques with one striking while the other blocks. The form ends with one devastating technique (*hito tsuki*).

In free sparring (Jiyu Kumite), the two participants have a free choice of scoring techniques. The allowed techniques and contact level are primarily determined by sport or style organization policy, but might be modified according to the age, rank and sex of the participants. Depending upon style, take-downs, sweeps and in some rare cases even time-limited grappling on the ground are also allowed.

Free sparring is performed in a marked or closed area. The bout runs for a fixed time (2 to 3 minutes.) The time can run continuously (*iri kume*) or be stopped for referee judgment. In light contact or semi contact kumite, points are awarded based on the criteria: good form, sporting attitude, vigorous application, awareness/*zanshin*, good timing and correct distance. In full contact karate kumite, points are based on the results of the impact, rather than the formal appearance of the scoring technique.



Kobudo – Martial Arts focused on Okinawan Weapons

Kobudo is a Japanese (Okinawan) martial arts focused on weapons training. Kobudo was developed on the Okinawan islands of Japan and concentrates on traditional Okinawan weapons such as the Bo, Sai, Tonfa and Nunchaku. Kobudo practice is often included as supplemental training in many Karate schools. Kobudo weapons are used primarily in

demonstrations, self-defense training and weapons katas.

While the primary weapons used for training may vary from dojo to dojo, Kobudo generally utilizes twelve martial arts weapons (i.e. Bo). It also includes more exotic weapons such as:

- Bo – Long staff
- Eku – An Okinawan weapon that originated from an oar
- Hanbo – Half staff
- Kama – Small scythe
- Kuwa – Okinawan weapon based on the garden hoe
- Nunchaku – Also known as Nunchucks
- Nunti Bo – An Okinawan spear with hooks on the side
- Sai – Three pronged weapon
- Sansetsukon – Three section weapon
- Surujin – Surujin is an Okinawan weighted chain or rope weapon
- Tambo – A very short staff (similar to a baton)
- Tekko – Okinawan (Japan) knucklebuster or brass knuckles
- Tinbe Rochin – Spear and shield combination
- Tonfa – Two baton-like weapons.



Conditioning

Okinawan karate uses supplementary training known as *hojo undo*. This utilizes simple equipment made of wood and stone. The *makiwara* is a striking post. The *nigiri game* is a large jar used for developing grip strength. These supplementary exercises are designed to increase strength, stamina, speed, and muscle coordination. Sport Karate emphasizes aerobic exercise, anaerobic exercise, power, agility, flexibility, and stress management. All practices vary depending upon the school and the teacher.

Karate as a Sport

Gichin Funakoshi (船越 義珍) said, "There are no contests in karate. In pre-World War II Okinawa, kumite was not part of karate training. Shigeru Egami relates that, in 1940, some karateka were ousted from their *dojo* because they adopted sparring after having learned it in Tokyo.

Karate is divided into style organizations. These organizations sometimes cooperate in non-style specific sport karate organizations or federations. Examples of sport organizations include AAKF/ITKF, AOK, TKL, AKA, WKF, NWUKO, WUKF and WKC. Organizations hold competitions (tournaments) from local to international level.



Tournaments are designed to match members of opposing schools or styles against one another in kata, sparring and weapons demonstration. They are often separated by age, rank and sex with potentially different rules or standards based on these factors. The tournament may be exclusively for members of a particular style (closed) or one in which any martial artist from any style may participate within the rules of the tournament (open).



The World Karate Federation (WKF) is the largest sport karate organization and is recognized by the International Olympic Committee (IOC) as being responsible for karate competition in the Olympic Games. The WKF has developed common rules governing all styles. The national WKF organizations coordinate with their respective National Olympic Committees.

WKF karate competition has two disciplines: sparring (*kumite*) and forms (*kata*). Competitors may enter either as individuals or as part of a team. Evaluation for kata and kobudō is performed by a panel of judges, whereas sparring is judged by a head referee, usually with assistant referees at the side of the sparring area. Sparring matches are typically divided by weight, age, gender, and experience.

WKF only allows membership through one national organization/federation per country to which clubs may join. The World Union of Karate-do Federations (WUKF)^[37] offers different styles and federations a world body they may join, without having to compromise their style or size. The WUKF accepts more than one federation or association per country.

Sport organizations use different competition rule systems. Light contact rules are used by the WKF, WUKO, IASK and WKC. Full contact karate rules used by Kyokushinkai, Seidokaikan and other organizations. Bogu kumite (full contact with protective shielding of targets) rules are used in the World Koshiki Karate-Do Federation organization. The Shinkaratedo Federation uses boxing gloves. Within the United States, rules may be under the jurisdiction of state sports authorities, such as the boxing commission.

In August 2016, the International Olympic Committee approved karate as an Olympic sport beginning at the 2020 Summer Olympics.

Karate, although not widely used in mixed martial arts, has been effective for some MMA practitioners. Various styles of karate are practiced in MMA: Lyoto Machida and John Makdessi practice Shotokan; Bas Rutten and Georges St-Pierre train in Kyokushin; and Michelle Waterson holds a black belt in American Free Style Karate.





Rank

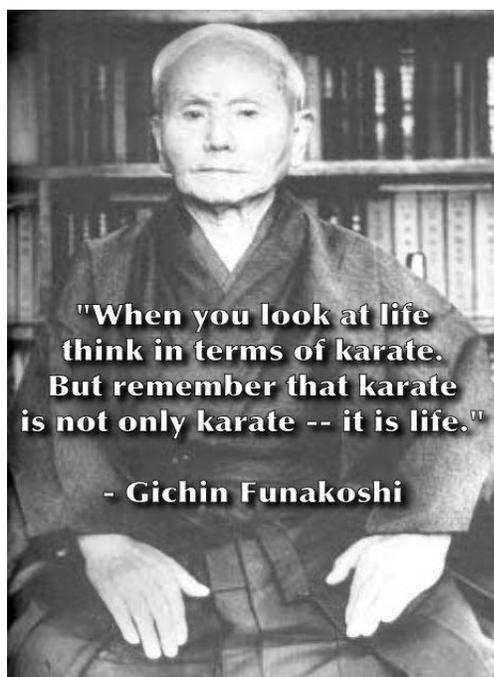
In 1924 Gichin Funakoshi, founder of Shotokan Karate, adopted the Dan system from the judo founder Jigoro Kano using a rank scheme with a limited set of belt colors. Other Okinawan teachers also adopted this practice. In the Kyū/Dan system the beginner grades start with a higher numbered kyū (e.g., 10th Kyū or Jukyū) and progress toward a lower numbered kyū. The Dan progression continues from 1st Dan (Shodan, or 'beginning

dan') to the higher dan grades. Kyū-grade karateka are referred to as "color belt" or mudansha ("ones without dan/rank"). Dan-grade karateka are referred to as *yudansha* (holders of dan/rank). Yudansha typically wears a black belt. Normally, the first five to six dans are given by examination by superior dan holders, while the subsequent (7 and up) are honorary, given for special merits and/or age reached. Requirements of rank differ among styles, organizations, and schools. Kyū ranks stress stance, balance, and coordination. Speed and power are added at higher grades.

Minimum age and time in rank are factors affecting promotion. Testing consists of demonstration of techniques before a panel of examiners. This will vary by school, but testing may include everything learned at that point, or just new information. The demonstration is an application for new rank (shinsa) and may include kata, bunkai, self-defense, routines, tameshiwari (breaking), and kumite (sparring).



Philosophy



In *Karate-Do Kyohan*, Funakoshi quotes from the Heart Sutra, which is prominent in Shingon Buddhism: "Form is emptiness, emptiness is form itself" (*shiki zokuze kū kū zokuze shiki*). He interpreted the "kara" of Karate-dō to mean "to purge oneself of selfish and evil thoughts ... for only with a clear mind and conscience can the practitioner understand the knowledge which he receives." Funakoshi believed that one should be "inwardly humble and outwardly gentle." Only by behaving humbly can one be open to Karate's many lessons. This is done by listening and being receptive to criticism. He considered courtesy of prime importance. He said that "Karate is properly applied only in those rare situations in which one really must either down another or be downed by him." Funakoshi did not consider it unusual for a devotee to use Karate in a real physical

confrontation no more than perhaps once in a lifetime. He stated that Karate practitioners must "never be easily drawn into a fight." It is understood that one blow from a real expert could mean death. It is clear that those who misuse what they have learned bring dishonor upon themselves. He promoted the character trait of personal conviction. In "time of grave public crisis, one must have the courage ... to face a million and one opponents." He taught that indecisiveness is a weakness.



Description of Karate Classes

Before every class, you will participate in a Karate warm-up and stretching routine in order to prepare you for the regular martial arts training. During class, Karate students learn a wide variety of Karate punches, Karate hand strikes and Karate elbow strikes. Students will also learn a range of powerful Karate kicks such as the Mae Geri (front kick) and Mawashi Geri (roundhouse kick).

Karate students will also learn kata. Katas are ritualized patterns where students combine various strikes, kicks, stances and blocks. Moreover, instructors use kata to build endurance, practice combinations of kicks and strikes, improve student memorization of techniques, etc. Knowledge of and solid execution of katas is an essential part of most belt tests.



If you become a student of Karate, you will have to learn Japanese words and commands (i.e. Karate terminology) in order to count during stretching, greet your instructor, understand commands and technique names, etc.

A number of Karate schools focus on classic techniques and thus utilize many traditional training tools such as Jari Bako (bowls filled with sand used to condition the fingers and hands), Makiwara (striking post), Nigiri Game (gripping jars) and Tetsu Geta (iron clogs). Moreover, many schools use kobudo training that focuses on traditional weapons such as the Bo, Sai, Nunchaku, etc.



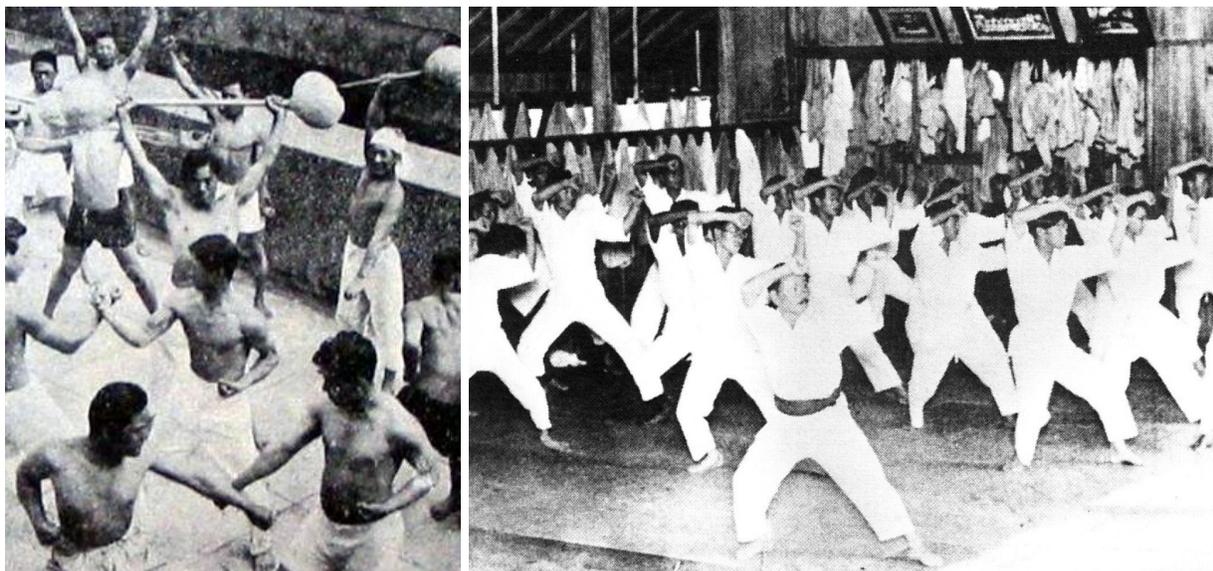


Strength & Conditioning

1. Karate Stretches & Warm-Up Routines
2. Karate Strength Training & Conditioning
3. Karate Hand Conditioning Drills.
4. (Mokuso) Meditation - in Seiza is the Japanese term for the standard formal traditional way of sitting in Japan

Meditation Objectives & Goals for Martial Arts

- Inner focus
- Stress relief
- To control or calm emotions (i.e. anger or fear)
- Muscle relaxation
- Mental visualization of techniques
- To practice martial arts breathing exercises (such as Aikido breathing exercises)
- To separate the outside world from the Dojo
- To help achieve “no mind” or Mushin. This is the ability to act and react intuitively without hesitation or active thought (i.e. when sparring or in a self-defense situation).





Stretches by Target Area

- Achilles Stretches – Achilles stretches such as the heel drop stretch, towel foot stretch, etc.
- Ankle Stretches
- Back Stretches
- Biceps Stretches
- Calf Stretches – Calf stretches such as runner's calf stretch, soleus stretch, etc.
- Chest Stretches
- Dynamic Stretches – List of a wide range of dynamic stretches with instructions & videos.
- Forearm Stretches
- Glute Stretches
- Groin Stretches – Groin stretches such as the butterfly stretch, lunge stretch, etc.
- Hamstring Stretches – Hamstring stretches such as the toy soldier stretch, modified hurdler stretch, etc.
- Hip Stretches
- Iliotibial Stretches – Side of leg and knees.
- Neck Stretches
- Partner Assisted Stretching
- Plantar Fasciitis Stretches – Bottom of foot stretches
- Quadricep Stretches – Quad stretches such as the standing quad stretch, prone quad stretch, etc.
- Shin Splint Stretches
- Shoulder Stretches
- Side Stretches – Oblique stretches
- Triceps Stretches
- Wrist Stretches – Wrist stretches such as the kneeling wrist stretch, wrist circles, etc.



List of Karate Techniques

1. Karate Kicks – This session provides information on Karate kicks such as Mawashi Geri (roundhouse kick) and Ushiro Geri (back kick).
2. Karate Punches & Hand Strikes – This session provides information on Karate punches & strikes such as Age Zuki (uppercut punch) and Haito Uchi (ridge hand strike).
3. Kata – Kata is a traditional technique used to teach students how to combine kicks, strikes, blocks, stances, etc. It is used frequently for solo training. - Shorin-Ryu Katas
4. Blocks – This session covers Karate blocks such as Age-Uke (rising block).
5. Karate Grappling – While Karate is not known for grappling, some basic grappling techniques are practiced in select Karate schools. Karate grappling training includes such as throws (Nagi Waza), etc.
6. Kumite – This session covers sparring techniques & drills.
7. Karate Weapon Training – Kobudo weapons, Bo staff techniques, etc.
8. Hojo Undo – Traditional Karate strength training techniques.
9. Bunkai - is a Karate technique where kata is broken down and studied for its offensive and defensive elements. For example, an instructor could select a portion of a kata in order to show a student how this kata element is used to defend against an attack (i.e. middle punch, high kick, etc.). Bunkai do not have to be the same for each kata element studied because there can be different interpretations and applications.



Karate Kicking Techniques

- Ashi Barai – Foot Sweep
- Fumikomi – Stomp or Stomping Kick
- Gedan Mawashi Geri – Low Roundhouse Kick
- Hiza Geri – Knee Strike
- Kakato Otoshi Geri – Axe Kick – Sometimes only referred to as Kakato Geri.
- Kansetsu Geri – Joint Kick (usually attacking an opponent's knee)
- Kin Geri – Groin Kick
- Mae Geri – Front Kick
 - Mae Geri Keage – Front Snap Kick
 - Mae Geri Kekomi – Front Thrust Kick
 - Mae Tobi Geri – Jumping Front Kick
 - Mawashi Geri – Roundhouse Kick
- Mikazuki Geri – Crescent Kick
 - Uchi Mikazuki Geri – Inside Crescent Kick, In-To-Out Crescent Kick, etc
- Nidan Tobi Geri (or Nidan Geri) – Jumping Double Front Kick
- Otoshi Mawashi Geri – Downward Roundhouse Kick, Circular Falling Kick, Falling Roundhouse Kick, etc.
- Tatumaki Senpū Kyaku – Tornado Kick
- Tobi Geri – Jumping Kick
- Tobi Hiza Geri – Jumping Knee Strike
- Tobi Mae Geri or Mae Tobi Geri – Jumping Front Kick
- Tobi Mawashi Geri – Jumping Roundhouse Kick
- Tobi Ushiro Geri – Jumping Back Kick
- Tobi Yoko Geri or Yoko Tobi Geri – Jumping Side Kick or Flying Side Kick
- Tsumasaki Geri – Toe Kick
- Uchi Haisoku Geri – Twist Kick, Instep Kick, etc.
- Ura Mawashi Geri – Reverse Roundhouse Kick or Hook Kick
- Ura Ushiro Mawashi Geri – Spinning Reverse Roundhouse Kick, Spinning Wheel Kick, Spinning Hook Kick, etc.
- Ushiro Geri – Back Kick
- Ushiro Geri Keage – Back Snap Kick
- Ushiro Geri Kekomi – Back Thrust Kick
- Yoko Geri – Side Kick
- Yoko Geri Keage – Side Snap Kick
- Yoko Geri Kekomi – Side Thrust Kick
- Yoko Tobi Geri – Jumping Side Kick or Flying Side Kick
- Wheel Kick – A powerful rolling/falling kick



Shorin-Ryu Karate Katas

- Shorin-Ryu Kata – Fukyugata 1 or Fukyugata Ichi
- Shorin-Ryu Kata – Fukyugata 2 or Fukyugata Ni
- Shorin-Ryu Kata – Fukyugata 3 or Fukyugata San – Be aware that this new kata is not used by all schools.
- Shorin-Ryu Kata – Pinan 1 or Pinan Shodan
- Shorin-Ryu Kata – Pinan 2 or Pinan Nidan
- Shorin-Ryu Kata – Pinan 3 or Pinan Sandan
- Shorin-Ryu Kata – Pinan 4 or Pinan Yondan
- Shorin-Ryu Kata – Pinan 5 or Pinan Godan
- Shorin-Ryu Kata – Naihanchi 1 or Naihanchi Shodan
- Shorin-Ryu Kata – Naihanchi 2 or Naihanchi Nidan
- Shorin-Ryu Kata – Naihanchi 3 or Naihanchi Sandan
- Shorin-Ryu Kata – Ananku
- Shorin-Ryu Kata – Wankan
- Shorin-Ryu Kata – Rohai
- Shorin-Ryu Kata – Wanshu
- Shorin-Ryu Kata – Passai
- Shorin-Ryu Kata – Gojushiho
- Shorin-Ryu Kata – Chinto
- Shorin-Ryu Kata – Kusanku

Karate Blocks

- Age-Uke – Rising Block
- Chudan-Uke – Middle Level Block
- Gedan-Barai – Downward Block
- Juji-Uke – X Block
- Morote-Uke – Augmented Block
- Shuto-Uke – Knife Hand Block
- Soto-Uke – Outside Block
- Sukui-Uke – Scoop Block
- Sune-Uke – Shin Block
- Teisho-Uke – Palm Heel Block
- Uchi-Uke – Inside or Inward Block



Karate Elbow Strikes

- Empi Uchi – Elbow Strike (generic term used for all elbow strikes)
- Mae Empi Uchi – Forward Elbow Strike
- Mawashi Empi Uchi – Roundhouse Elbow Strike
- Otoshi Empi Uchi – Downward Elbow Strike
- Tate Empi Uchi – Upward Elbow Strike
- Ushiro Empi Uchi – Back Elbow Strike
- Yoko Empi Uchi – Side Elbow Strike

Karate Basic Punches & Strikes

- Back Fist
- Elbow Strikes – This page reviews a wide variety of elbow strikes.
- Hammer Fist
- Haymaker Punch
- Hook Punch
- Jab Punch – This punch by your lead hand is done for speed (versus the power of a rear hand straight punch).
- Knife Hand Strike – The classic “Karate Chop”.
- Palm Strike or Palm Heel Strike
- Slap – Groin Slap, etc.
- Straight Punch or Cross Punch, Rear Hand Punch, etc. This is the standard power punch.
- Uppercut Punch.

Karate Finger Pokes or Scissor Finger Strike

- Two Finger Poke
- Four Finger Poke
- Spear Finger Strike – This is also known as Saber Hand Strike or Reinforced Finger Poke.



Karate Falling Techniques

- Backwards Breakfall or Back Breakfall
- Backwards Roll
- Forward Breakfall or Front Breakfall
- Forward Dive Roll
- Forward Roll or Front Roll
- Forward Shoulder Roll
- Side Breakfall
- Side Roll

Karate Stance

- Back Stance – Kokutsu Dachi
- Cat Stance – Neko Ashi Dachi
- Closed Leg Stance – Heisoku Dachi
- Crane Leg Stance – Tsuru Ashi Dachi
- Crossed Leg Stance – Kosa Dachi
- Foundational Stance – Moto Daichi
- Front Stance – Zenkutsu Dachi
- Half Moon Stance – Hangetsu Dachi
- Horse Stance – Kiba Dachi
- Hour Glass Stance – Sanchin Dachi
- Immovable Stance – Fudo Dachi
- Natural Stance – Shizentai
- Open Leg Stance – Hachiji Dachi
- Parallel Stance – Heiko Dachi
- Ready Stance – Hachinoji Dachi
- Muwatte – Not necessarily a stance but a foot movement used in turning between stances.
- L Stance – Renoji Dachi
- Square Stance – Shiko Dachi
- Standing Stance – Tachi Dachi
- T Stance – Teiji Dachi
- V Stance (Informal Attention Stance) – Musubi Dachi



Karate Knee Strikes

- Diagonal Knee Strike
- Flying Knee Strike
- Front Knee Strike – The front knee strike is also known as a vertical knee strike.
- Jumping Knee Strike
- Knee Bomb – The knee bomb is a well known Muay Thai technique.
- Knee Drop
- Knee Thrust
- Round Knee Strike – A round knee strike is also known as a lateral knee strike, horizontal knee strike, etc.

Karate Ranking System

- No grade: white belt, though some schools use white as 10th kyu
- 10th kyu: usually yellow belt
- 9th kyu: usually orange , blue belt
- 8th – 4th kyu: some order of purple, green and sometimes red, and sometimes with two kyu's per color
- 3rd kyu: brown belt
- 2nd kyu: brown belt
- 1st kyu: brown belt
- Provisional Black Belt: (shodan-ho) “old school” trial black belt, basically meaning that you get your black belt but have to show over time that you have truly earned it. Not often used in modern school.
- Junior Black Belt: similar to provisional black belt but for teen students who have the knowledge of a 1st dan but not the life experience, and physical capabilities of an adult. (this is sometimes a blackbelt with no dan stripe or a bicolor black/white belt)
- 1st – 5th dan: Black Belt (shodan, nidan, sandan, yodan, godan)
- 6th – 10th dan: “Black Belt” that is sometimes bicolored or with additional stripes often red, white, or gold. These dans are almost exclusively given not for learning new katas and moves but fine tuning the art within yourself, helping others though the art, and overall dedication.



Karate Titles

- **Dai-Sempai:** dai meaning “big” or great” and often used in the context “big brother of the class” (usually given to a 1st kyu brown belt and junior black belt)
- **Senpai/Sempai:** means “mentor” or “senior” often used to indicate an assistant instructor (usually 1st and 2nd dan)
- **Sensei:** means “one who came before” or has walked the path before and often used to indicate a fully capable teacher (usually given at 2nd or 3rd dan but can be given later)
- **Shihan:** is a master title for a senior instructor (earliest given at 4th dan) and equivalent to a doctorate degree
- **Renshi:** is a master title meaning “polished expert” (usually given at 6th dan)
- **Kyoshi:** is a master title meaning “teacher of teachers” (usually given at 7th dan)
- **Hanshi:** is a master title for the head master of a style
- **Soke:** is the absolute head of a style
- **Shodai-Soke:** is the founder of a style

What is the highest level of Karate?

The answer is that it depends on the Karate style and organization. However, in many Karate organizations, 10th dan tends to be the highest level. This rank is usually reserved for the founder or leader of a Karate style.



Karate Numbers – How to Count in Japanese

- | | |
|--|--|
| <ul style="list-style-type: none">• One – Ichi• Two – Ni• Three – San• Four – Shi• Five – Go• Six – Roku• Seven – Nana• Eight – Hachi• Nine – Kyu• Ten – Juu• Eleven – Juu Ichi• Twelve – Juu Ni• Thirteen – Juu San• Fourteen – Juu Shi• Fifteen – Juu Go• Sixteen – Juu Roku• Seventeen – Juu Nana• Eighteen – Juu Hachi• Nineteen – Juu Kyu• Twenty – Ni Juu• Twenty One – Ni Juu Ichi• Twenty Two – Ni Juu Ni• Twenty Three – Ni Juu San | <ul style="list-style-type: none">• Twenty Four – Ni Juu Shi• Twenty Five – Ni Juu Go• Twenty Six – Ni Juu Roku• Twenty Seven – Ni Juu Nana• Twenty Eight – Ni Juu Hachi• Twenty Nine – Ni Juu Kyu• Thirty – San Juu• Forty – Shi Juu• Fifty – Go Juu• Sixty – Roku Juu• Seventy – Shichi Juu• Eighty – Hachi Juu• Ninety – Kyu Juu• Hundred – Hyaku• Two Hundred – Ni-Hyaku• Three Hundred – San-Byaku• Four Hundred – Yon-Hyaku• Five Hundred – Go-Hyaku• Six Hundred – Rop-Pyaku• Seven Hundred – Nana-Hyaku• Eight Hundred – Hap-Pyaku• Nine Hundred – Kyu-Hyaku• Thousand – Sen |
|--|--|



Karate Terms & Commands – English to Japanese

- Ankle – Ashi-Kubi
- Attention – Kiotsuke (sounds like Key-oh-zoo-kay)
- Back – Ushiro (sounds like Oo-she-row)
- Basic Techniques – Kihon (sounds like Key-hon)
- Begin/Start – Hajime (sounds like Ha-gee-may)
- Belt – Obi (sounds like Oh-bee)
- Block – Uke (sounds like Oo-kay)
- Body Movement – Tai Sabaki
- Bow – Rei (sounds like Ray)
- Breathing Exercises – Kokyu Ho
- Cat – Neko (i.e. Neko Ashi Dachi = Cat Foot Stance or Cat Stance)
- Elbow – Empi or Enpi (sounds like En-pee or Em-pee)
- Elbow Strike – Empi-Uchi (sounds like Em-pee Oo-chee)
- Focus – Kime
- Foot – Ashi (sounds like Ah-she)
- Form or Pattern – Kata (sounds like Ka-ta)
- Form (Kata) Technique Application – Bunkai (sounds like Boon-kay)
- Front – Mae
- Goodbye – Sayonara (sounds like Sa-yoh-na-rah)
- Hand – Te (sound like Tay)
- Head – Atama (sounds like Ah-ta-ma)
- Heel – Kakato (sounds like Ka-ka-toe)
- I (Me) – Watashi (sounds like Wa-ta-she)
- Kata Starting Point – Embusen or Enbusen
- Kick – Geri or Keri (sounds like Geh-ree or Keh-ree)
- Knee – Hiza (sounds like He-zah)
- Kneel – Seiza
- Kneeling Techniques – Seiza Waza
- Knife Hand – Shuto (sounds like Shoe-toe)
- Left – Hidari (sounds like Hee-da-ree)
- Low (Level) – Gedan (sounds like Geh-dan)
- Mat (Practice/Training Mat) – Tatami (sounds like Ta-ta-me)
- Meditate – Mokuso
- Middle (Level) – Chudan (sounds like Choo-dan)
- One More Time – Mo Ichi Do (sounds like Moe E-chee Doe)
- No – Ie (sounds like E-ay)
- No Mind (State of “No Mind”) – Mushin
- Please – Dozo (sounds like Doe-zoh)
- Practitioner of Karate – Karateka
- Pulling Hand (brining hand back to ready position) – Hikite
- Punch – Tsuki or Zuki (sounds like Zoo-key)



- Good Morning – Ohayou Gozaimasu
- Good Afternoon – Konnichiwa
- How Are You? – Ogenki Desu Ka
- I Am Sorry – Gomen Nasai
- No – Iie
- Thank You – Arigatou Gozaimasu
- Yes – Hai
- You're Welcome – Douitashimashite
- Push On Through Difficulties – Oss or Osu. Nevertheless, this term is used in many different ways and is often used by non-Japanese Karate students for "Thank you", "I understand", etc. Oss (Osu) is a kind of respectful catch-all phrase.
- Right – Migi (sounds like Mee-gee)
- School (Martial Arts) – Dojo (sounds like Doe-Joe)
- Senior Student – Senpai or Sempai (sounds like Sen-pie)
- Shout or Yell – Kiai (sounds like Key-eye)
- Side – Yoko (sounds like Yoh-koh)
- Snap – Keage
- Sparring – Kumite (sounds like Coo-meh-tay)
- Stance – Dachi (sounds like Dah-chee)
- Stop – Yame (sounds like Yah-may)
- Strike – Uchi (sounds like Oo-chee)
- Sweep – Barai (sounds like Baa-rye)
- Teacher/Instructor – Sensei (sounds like Sen-say)
- Technique – Waza (sounds like Waa-Zaa)
- Thank You (Formal) – Domo Arigato (sounds like Doe-moe Ah-ree-gah-toe)
- Thank You (Informal) – Domo (sounds like Doe-moe)
- Throat – Nodo (sounds like No-doe)
- Throw – Nage
- Thrust – Kekomi
- Turn Around – Mawatte (sounds like Ma-wa-tay)
- Unarmed Combat – Taijutsu
- Uniform – Gi (sounds like Ghee)
- Upper (Level) – Jodan (sounds like Joe-dan)
- Void or State of No Mind – Mushin
- Yes – Hai (sounds like Hi)
- You – Anata (sounds like Ah-na-ta)
- Anata – You
- Anza – Sitting position, cross legged
- Ashi – Foot
- Ashi-Kubi – Ankle
- Atama – Head
- Barai – Sweep



- Bunkai – Kata Technique Application
- Chudan – Middle (Level)
- Dachi – Stance
- Dojo – School (Karate)
- Domo – Thank You (Informal)
- Domo Arigato – Thank You (Formal)
- Dozo – Please
- Embusen or Enbusen – This is the term used to refer to the spot where a kata begins. In addition, nearly all kata start and end on exactly the same Embusen point.
- Empi or Enpi – Elbow
- Empi-Uchi or Enpi-Uchi – Elbow Strike
- Gedan – Low (Level)
- Geri or Keri – Kick
- Gi – Uniform
- Hai – Yes
- Hajime – Begin/Start
- Harau – Sweeping Techniques
- Hidari – Left
- Hikite – Pulling Hand (bringing hand back to ready position)
- Hiza – Knee
- Ie – No
- Jodan – Upper (Level)
- Kakato – Heel
- Karateka – Practitioner of Karate
- Kata – Form or Pattern
- Keage – Snap
- Kekomi – Thrust
- Keri or Geri – Kick
- Ki – Type of intrinsic energy. Known as Qi or Chi in Chinese martial arts.
- Kiai – Shout
- Kihon – Basic Techniques
- Kime – Focus
- Kiotsuke – Attention
- Kokyu Ho – Breathing exercises
- Kumite – Sparring
- Mae – Front
- Mawatte – Turn Around
- Migi – Right
- Mo Ichi Do – One More Time
- Mokuso – Meditate
- Mushin – Void or State of No Mind
- Nage – Throw



- Neko – Cat (i.e. Neko Ashi Dachi = Cat Foot Stance or Cat Stance)
- Nodo – Throat
- Obi – Belt
- Oss or Osu – Push On Through Difficulties. Nevertheless, this term is used in many different ways and is often used by non-Japanese Karate students for “Thank you”, “I understand”, etc. Oss (Osu) is a kind of respectful catch-all phrase.
- Rei – Bow
- Sayonara – Goodbye
- Senpai or Sempai – Senior Student
- Sensei – Teacher/Instructor
- Seiza – Kneel
- Seiza Waza – Kneeling Techniques
- Shuto – Knife Hand
- Tatami – Practice/Training Mat
- Te – Hand
- Tsuki or Zuki – Punch
- Uke – Block
- Ushiro – Back
- Watashi – I (Me)
- Waza – Technique
- Yame – Stop
- Yoko – Side
- Zuki or Tsuki – Punch



Physical Fitness Questions

What are the different components of physical fitness?

The components of physical fitness training include agility, balance, endurance & stamina, flexibility, reaction time, strength and speed. Workouts focused on these fitness components often result in improved athletic ability and sports performance. These workouts need to be supervised by skilled professionals in order to maximize potential fitness gains and reduce the potential for training injuries. These workouts should be combined with sports specific drills in order to improve overall athletic coordination.

What are the benefits of physical training?

Some of the potential benefits of physical training include better agility, quicker reaction time, enhanced strength, faster running speed, increased stamina, weight loss, more athletic physique, potential health benefits (i.e. cardiovascular benefits), etc. However, you should always see a doctor before starting any physical fitness program because they can tailor an exercise program based on your medical conditions and/or warn you of potential risks based on your medical history.

Is martial arts a good workout?

Martial arts training can provide an excellent workout due to the conditioning and strength training provided in many martial arts classes. Beyond the desire to learn self-defense, martial arts students often join martial arts schools in order to workout and improve their overall physical fitness. Potential martial arts students should watch several classes and/or attend a free introductory session in order to better determine the intensity level and type of workout provided by an individual martial arts school. However, you should always see a doctor before starting any physical fitness program because they can tailor an exercise program based on your medical conditions and/or warn you of potential risks based on your medical history.

Do martial arts build muscle?

Martial arts training builds some muscle due to the frequent use of body weight exercises by many martial arts schools. Muscular strength is also developed through strenuous drills (i.e. heavy bag workouts) and sparring sessions. Nevertheless, many



martial artists do additional strength training outside of their martial arts classes in order to maximize their punching, kicking and grappling power.

What is muscle endurance good for?

Muscle endurance is good for sustaining repeated actions such as the ability to throw numerous strong punches throughout a sparring match. Muscle endurance can be improved by strength training that utilizes a high number of repetitions (i.e. 50 push-ups) and exercises that are sustained over a long period of time. The lack of muscle endurance can cause athletes to underperform during longer matches.

THE ESSENCE IN-DEPTH OF KARATE

Lockdown Diary by:

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1st Dan Black Belt, Kobudo

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Hi All,

I am Sensei Sunil. G, a Karateka since 22 years, Karate is my passion, my dedication in practicing Karate strived me to reach heights in my life.

I guess I first got interested in the martial arts from one person like most kids in my age group liked was Bruce Lee a Legend. I saw his amazing acrobatic kicks and stylised fight scenes and thought it was the most exciting thing that I had ever seen. I can't tell how many times I would be in the backyard "playing fighting" with my neighborhood friends. All the time, we would be yelling "Hiya" or "whooooaaa". I know we probably looked like a bunch of mental patients but you couldn't tell us that we weren't some ninjas on some mission to save humanity or something like that. Those were some good times.

I was aged about 8 when i started practicing Karate with my childhood friend and a neighbor in a cricket ground he was black belt and way ahead elder than me but our friendship was too close as soulmates, but this doesn't head me in right direction because a friend teaching me was just friendly thing, he asked me to join the classes but my parents didn't allow at that time later when i was aged 11 yrs i joined Shorin-Ryu Karate Do Academy under Renshi N Kumar at SISA Kendra School, my practice was quite good but i use to get tired soon due to weakness and lack of stamina, at home parents refused me to continue Karate because i used to get tired soon and was not studying well due to more activities and play time.

Slowly i changed myself Karate taught me dedication on what i do and what i wanted to do, i became more aggressive sharpshooter was super fast in doing things, my parents were unbelievable my mom encouraged me a lot after seeing the change in me, also i was well disciplined, punctual, active all time (good concentration), and open to talk or face things even if it's difficult.

Days went on and years went on when I was in my 10 grade just before the exams, I earned my Black Belt under Sensei N Kumar and Sensei V Shekar masters also started my career as a junior instructor at my college days in Shorin-Ryu Karate Do Academy with Sensei V Shekar at St. Francis School, Koramangala, Survey of India, Government Quarters and a few more dojos, It was a challenging role for me when i didn't had any knowledge of teaching i started career as teacher and it was an excellent journey where i learnt more than what i learnt when i was practicing karate, teaching taught me how well i should be perfect and correct the mistakes, my assistant journey continued for 3 years later stated my career as Branch Instructor at Deen's Academy Whitefield and at Podars Sarjapur Road, my first batch was at Deen's Academy Whitefield with Deen's Teachers and their children and others where i explored myself as a professional, here starts my budding time to grow grow it was my engineering final exams time but even though not use to miss the classes and my practice sessions, later after academics Deen's Founder approached to start the classes for whole school i thought this will be my



destiny as a Karate Coach forever by rejecting my campus placement and went on everything was smooth by time lapsed had some disputes and left my karate career and went back to work and also became a entrepreneur in my selective field.

After 2 years again joined Okinawa Shorin Ryu Karate Do Udun To Kobujutsu Association, Japan under my master Hanshi K P Ravindran & Renshi N Kumar served as a coach at this Organization.

In 2019 based on the assessments of Shorin Ryu Karate Do International (SRKDI) & World Matsubayashi-Ryu (Shorin-Ryu) Karate-Do Association (WMKA) qualified as a SRKDI / WMKA Style chief of India by forming the organization Okinawa Shorin Ryu Karate Do Kobudo India (OSRKKI) with my teammates and students. After 19 years a dream to start a dojo was achieved with a traditional Okinawan concept. My practice towards Karate continued, i believe in Vision to complete a mission the hard work even at 32 pushed me to participate in State Championship 2021 after 6 long years gap finally was a State Silver Medalist, the journey as a coach was successful and qualified as Karate Organisation of India (KIO) Licensed Coach, the journey continued to represent India in Sports Karate and was qualified as a India Team Athlete from Karate India Organisation (KIO) for WORLD KARATE CHAMPIONSHIP - KARATE 1 SERIES @ JAKARTA INDONESIA by WORLD KARATE FEDERATION (WKF), also KIO gave an opportunity as a INDIA TEAM COACH for Indian Athletes, where i was able to qualify as a WORLD KARATE FEDERATION (WKF) LICENSED COACH and appointed as a INDIA TEAM COACH. Now running 40+ dojos in India with 1500+ students. Karate taught everything in my life, I'm sure today what i'm is because of my sincere Karate practice. I'm Fit, I'm Fine, and i am the happiest proud KARATEKA.

Thank You....

