



STUDENT MANUAL

This Book Is The Property Of

Start Date: _____

TMSK STUDENT MANUAL

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CONSIDERATION FOR THE STUDENT

Once you become a member of this school you are expected to show a sincere commitment to the study of martial arts. You must demonstrate a genuine desire to learn and absorb the knowledge and information that is presented to you. You must also learn to accept your responsibilities as a member of this school to uphold the standards in technique and in character. In particular, develop humility and good manners.

The study of martial arts requires an enormous amount of your time. It is a way of life that requires perseverance and commitment. It is also a discipline, in this school, that encourages proper human relationships and challenges the individual to search for the truth. From time to time, you will find the training demanding some sacrifices on other areas of your life. This does not mean that martial arts should be your first in priority. Martial arts should never come before God, neither should it come before your family or education. But it does mean determination from you and every effort to make available to yourself all the opportunities to promote your understanding of karate and your growth as an individual.

You must study diligently and study with humility. To master the techniques you must practice endlessly and with greater endeavor. The road to perfection is long and tedious. There is no other means but patience and super-human effort. Do not be overcome by discouragement as this only defeats the mind. Understand the course of your training will be charted by many ups and downs, and it will be a continuous challenge throughout your life as long as you continue to train. It will test your mental fortitude and it will stretch and mold the fabric of your whole character. The knowledge is limitless and perfection is a life-long pursuit. I hope you will take on this challenge seriously and honestly. Develop your body, your mind, and most importantly seek the spiritual truth that will set you free.

The Meaning Of A 1st Degree Black Belt

Very often I hear people say ‘I will stop when I get my Black Belt’. This made me realize that many people have the wrong idea about a 1st degree black belt. Reaching the level of Shodan or 1st degree black belt is indeed a tremendous achievement and it is a goal that one should be very proud of. But the truth is the first level black belt represents only the beginning, it is not the end of a journey. A comparison to this is when a person receives his/her driver’s license it does not make him/her an expert driver. It only means he/she has the basic knowledge about how to operate a vehicle safely on the roads. In karate the 1st degree black belt means the individual has reached a good level of competence and has a good understanding of the ways of karate. There is still much ahead to learn and perfection is a long, long ways away. Karate is a way of life. It is not a seasonal sport or a recreation. How you view karate will determine the kind of commitment you put towards it and the kind of priority it has in your life. For those who love it and make it a part of their lives numerous benefits await. To me, there is nothing better and nothing like it.

ETIQUETTE, ATTITUDE & RESPONSIBILITIES

ETIQUETTE – The observance and exercise of proper etiquette is an integral part of your karate training. Do this along with the practice of good manners. Create an environment that is respectable and enjoyable for all concerned.

1. Always address the chief instructor as ‘Sensei’ or ‘Sensei Mah’, in or out of dojo.
2. Other black belts are to be called ‘Sempai’ or ‘Sempai + name’, in or out of dojo.
3. Greet Sensei, other instructors, and classmates with a bow on your arrival at the dojo.
4. Greet Sensei when he enters the dojo.
5. Acknowledge or respond to an instruction with the word ‘Hai’ (yes).
6. Bow to each other before commencing and at the finish of a partner routine.
7. *Higher ranks (sempais) of all color levels take time to assist the junior ranks (kohai) in learning.*
8. *Junior rank and younger members be respectful at all times to the sempais and anyone who is an elder to you.*

ATTITUDE – Do to others as you would have them do unto you!!!

1. Be humble, gracious, courteous, and respectful
2. Be helpful, caring, supportive, and encouraging
3. Be committed to and consistent with your training
4. Believe in what you do and do it with a passion

RESPONSIBILITIES – Accepting responsibilities helps to promote a healthy relationship between you and your fellow karatekas.

1. Live honestly, righteously, with dignity and integrity.
2. Control your temper. Be gracious and forgiving towards each other.
3. Avoid abusive use of drugs and alcohol.
4. Do not partake in illegal substances.
5. Use your skills wisely and responsibly.
6. Strive to be on time for class.
7. Avoid the use of abusive or offensive language.
8. Maintain personal cleanliness at all time and keep short nails.
9. Do not chew gum or eat during training
10. Jewelry, watches, metallic objects, etc are not to be worn during training
11. Only approved karategis with authorized markings may be worn during class.
12. Avoid the use of perfume or cologne during training as it may cause allergic reaction in some people.
13. Help to maintain a clean floor for everyone to enjoy. Sweep/mop floor before class ends in preparation for the class after.

PROCEDURE FOR OPENING AND CLOSING CLASS

*Shugo – line up. Lining up is done beginning with the black belts lined up according to seniority facing the Sensei starting from the right side of the dojo. The colored belts will line up, beginning with a new line from the right side, behind the black belts, starting from brown belts down to the white belts.

**Seiza – kneel down. Kneel down on both knees lowering first the left then the right and sit back on the heels. The feet should be together and pointed back so that the two big toes are side by side to each other. Keep a straight posture. The hands are placed on top of the thighs close to the waist with the hands opened and fingers are pointed towards each other and covering the inner thighs. The elbows are tucked in and kept to the sides of the body.

To rise up from the kneeling position first step up with the right foot into a left kneeling position with the left foot raised up on to the toes. Then step up with the left foot together with the right into a musubi – dachi (V stance) with the arms and hands straight down by the sides.

OPENING CLASS

The Sensei (Chief Instructor) or a high ranking black belt, gives the command ‘Shugo’ which means to line up. Once in position the student is to stand at attention with the arms and hands straight down by the sides and the feet in a V stance. The command ‘Seiza’, given by the student occupying the first spot will follow meaning to go into a kneeling position. The same student, after everyone has settled into the kneeling position, then gives more commands in the following sequence:*

1. *MOKUSO - ‘Meditate’ - meaning to close your eyes and concentrate on slow and controlled breathing with a straight posture that will help you relax and prepare for the training ahead. Practice deep breathing into the abdominal area. Do this for about 30 seconds.*
2. *MOKUSO YAMAE – open the eyes.*
3. *SENSEI NI, REI – Turn to face Sensei, bow. At the same time say the words “Onegai Shimasu – which loosely translates to ‘Please Teach Me!’*
4. *YUDAN SHA NI, REI – turn to face the black belts, bow. At the same time say the words “Onegai Shimasu*
5. *Rise up in order - after Sensei, then from black to white belts.*

CLOSING CLASS (Procedure same as opening of class. Commands are different)

1. *SHUGO – Sensei or Yudan sha commands*
2. *SEIZA – commanded by the student occupying the first spot*
3. *HANSEI (relax, breath slowly, and prepare for finish)*
4. *HANSEI YAMAE*
5. *SENSEI NI, REI (Phrase: Arigato Gozai Mashita – Thank you!)*
6. *YUDAN SHA NI, REI (Phrase: Arigato Gozai Mashita – Thank you!)*
7. *Rise up in order – after Sensei, then from black to white belts.*

PROCEDURE FOR EXAMINATION

Note:

Color level examination occurs usually on the last Friday of the month, unless otherwise notified. Stripe testing is usually performed during the last 10 minutes of class.

The examination application is to be submitted no later than the 15th of the month of the examination. Applications submitted after that may not be eligible for testing that month.

Prior to submitting your application for an examination please complete the procedure listed below:

- 1. Complete and pass the written exam (applicable only to 13 yrs+). This may be done anytime during your current level. The exam is to be written during class time and is approximately 30 – 60 minutes. A passing grade is 80%. You may make request for the written exam from Sensei Mah.*
- 2. Complete the minimum attendance requirement.*
- 3. Be able to demonstrate all the physical requirements.*
- 4. Complete the Exam Application.*
- 5. Attach the correct examination fee to the Exam Application and submit to office by the 15th of the month.*
- 6. Submit your Student Manual along with your application.*
- 7. Names of examinees and time of testing will be e-mailed to the applicants and posted by the 20th of each month.*
- 8. Promotions will be announced and belt given out at the class following the examination. The certificate may be presented at a later date.*
- 9. Where retesting is necessary, it will be rescheduled to the next testing date. A retesting fee is applicable. Check your manual for the rate.*

YELLOW BELT EXAM REQUIREMENTS

July 2012

<u>Attendance</u>	Adults: 50 regular classes minimum Children: 3 stripes + 20 classes minimum
<u>Written Exam</u>	Terminology for all the techniques on this sheet Essays - refer to study note (available at dojo and website)
<u>Punch (tsuki)</u>	Stationary Punch (Choku Tsuki) - 10 x right and left alternating Stepping Punch (Ayumi Ashi - Mae te tsuki) - 4 times forwards and backwards Jab (Kizame tsuki) - stationary forward stance - 4 x left and right Reverse Punch (Gyaku Tsuki) - stationary forward stance - 4 x left and right Square stance punch (Shiko Tsuki) - 4 times forwards and backwards (child - 2nd strip: all above punches)
<u>Blocks (uke)</u>	Stationary position (hachiji dachi) - 4 x left and right Rising block (Age uke) Outside block (soto uke) Inside block (Uchi uke) Down Block (Gedan uke) Knife hand block (shuto uke) *Basic blocking #1 (child - 1st stripe) - partner required
<u>Kicks (keri)</u>	Stationary forward stance: 4 x left and right Front kick (mae keri) Round house kick (mawashi keri)
<u>Stance (dachi)</u>	60/40 forward stance (zenkutsu dachi) 4 x forwards and backwards Square stance (shiko dachi) 4 x forwards and backwards Natural forward stance (moto dachi) 4 x forwards and backwards
<u>Form (kata)</u>	Sen shin kotai (child - 3rd stripe) Heian Nidan (child - yellow) Kihon Kata Ichi (child - yellow)
<u>Foot Techniques (Ashi waza)</u>	Shifting, 1/2 step, full step - 4 x times forwards and backwards (Yuri ashi, tsugi ashi, ayumi ashi)

***Important: You must provide your own partner where needed otherwise examination will not proceed**

<u>Sparring (kumite)*</u>	Partner required - demonstrate attack and defense Basic sparring #1 (child - 3rd stripe) Basic sparring #2 (child - yellow) Ippon Kumite #1 (right and left) (child - yellow)
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EXAM FEE & ATTENDANCE REQUIREMENT

Examination Fee

(Includes certificate, belt, and tax)

Yellow - \$55 (retest fee - \$45)

Orange - \$55 (retest fee - 45)

Green - 55 (retest fee - \$45)

Blue - \$55 (retest fee - \$45)

Brown - \$65 (retest fee - \$55)

Shodan (1st degree black) - \$155 (retest fee - \$85)

Nidan and higher – \$105 (retest fee - \$85)

Minimum Attendance Requirement For Examination

Note: The completion of the minimum attendance requirement does not necessary mean you are ready for testing. The main indicators should be your ability to satisfy the technical standard and pass the grading requirements.

Children 7 – 14 yrs: Children in this age group must acquire 4 stripes prior to testing for the next color belt level. To attain the next stripe, the member will need to complete the minimum attendance (see below) and is also required to perform satisfactorily the appropriate exercise or kata as indicated in the Belt Level Requirement sheet in the Student Manual. This will take place some time during class.

White1; white2; white3 stripes; & yellow – 20 classes minimum

Yellow1; yellow2; yellow3 stripes; & orange – 25 classes minimum

Orange1; orange2; orange3 stripes; & green – 40 classes minimum + 10 skill classes

Green1; green2; green3 stripes; & blue – 40 classes minimum + 10 skill classes (may be asked to join adult class)

Adult members 13 yrs up

Yellow level – 50 classes minimum

Orange level – 60 classes minimum + 20 skill sessions minimum

Green level – 70 classes minimum + 22 skill sessions minimum

Blue level – 90 classes minimum + 26 skill sessions minimum

Brown level – 1.5 years min. consistent training + 32 skill classes minimum – **Sandan or higher recommendation**

Jr. Black Belt (minimum age 14 yrs) – 2 yrs consistent & regular training + regular skill class attendance - **only on Shidoi's, Shihan's, or Sensei Mah's recommendation**

Black Belts (minimum age 16 yrs) – as per requirement sheet - **only on Shidoi's, Shihan's, or Sensei Mah's recommendation**

Promotion Record of: _____				
DATE	RANK	LOCATION	EXAMINER'S NAME	SIGNATURE/STAMP
	<i>Yellow</i>			
	<i>Orange</i>			
	<i>Green</i>			
	<i>Blue</i>			
	<i>Brown</i>			
	<i>Shodan</i>			
	<i>Nidan</i>			
	<i>Sandan</i>			
	<i>Shidojin</i>			
	<i>Yondan</i>			
	<i>Godan</i>			
	<i>Shihan</i>			
	<i>Rokudan</i>			
	<i>Sichidan</i>			

GLOSSARY

Age uke – Rising block

Age tsuki – Rising punch

Ashi – Leg or foot

Ashi waza – Leg or feet technique

Ate – To hit or smash

Ayumi ashi – Stepping

Bo – 6' wooden staff

Bunkai – Analysis

Chakugan – The focus of attention

Chikama – The distance that is too close for a particular technique

Choku tsuki – A straight punch in a neutral stance such as Soto or Uchi hachiji dachi

Choun no kamae – Ready position where both fists are pulled back to the hips

Chudan – Middle

Dachi – Stance

Deashi barai – Foot sweep

Dojo – Training hall

Domo – Thanks

Domo arigato – Thank you

Domo arigato gozaimashita – a very polite 'Thank you very much'

Dosa – an exercise

Dozo – Please (used when offering something to someone)

Empi – Elbow

Empi uchi – Elbow strike

Enbusen – Performance line of kata

Fumi komi – Stamping kick

Fukushin – Judge (as an official)

Ge – Low

Gedan – Lower section

Gedan uke – Low or down block

Geri (keri) – Kick

Gi (karategi) – Karate uniform

Go – 5 (Five)

Gohon kumite – Prearranged five attack sparring

Go no sen – Retaking the initiative

Gyaku – Reverse or opposite of something

Gyaku waza – Counter technique

Gyaku tsuki – Reverse punch

Hachi – 8 (Eight)

Hachiji dachi – Figure 8 stance

Hai – Yes

Haishu uke – Back of hand block

Haito uchi – Ridge hand strike

Hanmi – Half turned facing front

Hanten – Half turned

Hara – Lower abdomen

Hari – Proper tension of the body that permits responsiveness

Heiko dachi – Parallel stance

Heiko tsuki – Parallel punch

Heisoku dachi – Parallel stance with the feet touching

Hidari – Left

Hiki – Draw back

Hiki ashi – Pull back the foot

Hikite – Pulling hand

Hiraken uchi – Flat fist strike where the fingers are bent at the first knuckles and these knuckles are used for striking

Hiraki ashi – Sideway foot movement

Hittsui (Hiza keru) – Knee kick

Hiza keru – Knee kick

Hyaku – One hundred

Iaigoshi dachi – Single knee kneeling stance

Ichi – 1 (One)

Iki ashi – Live foot as in kneeling position where the foot remains on the ball of the foot

Ippon – One point

Ippon dachi – One legged stance

Ippon ken tsuki – One knuckle punch

Ippon kumite – Prearranged one point sparring

Isshin – One mind

Jitsu – Hard; balanced; strong as related to position

Jyu kumite – Free sparring

Jodan – Upper

Jodan Uke – Upper block

Jo Ha Kyu – Slow to fast motion as in punching from a resting position

Ju – 10 (Ten)

Juji uke – Open hand cross block

Kagi tsuki – Hooked punch

Kakato – Heel of foot

Kake ashi dachi – Hooked stance

Kakuto uchi – Bent wrist strike

Kamae – Ready position

Kata – Form (Formal exercise) - a prearranged sequence of defensive and offensive movements

Keage – Snap

Kekomi – Thrust

Kensei – Awareness of opponent

Keri – Kick

Keri waza – Kicking techniques

Ki – Life energy

Kiai – A cry or shout that gives power to a technique

Kiba dachi – Horse riding stance

Kihon – Basic, fundamental

Kihon dosa – Basic movements

Kime – The focus of energy into one instant. It is the result of the combination of the physical action with the mind and the spirit focused into one moment in time.

Kiyotsuke – Attention

Kizame tsuki – Jab

Koho kaiten – Backward roll

Koken – Wrist

Kosa dachi – Crossed stance

Kosa uke – A closed fist cross block

Koshi – Ball of foot

Kote – Forearm

Ku – 9 (Nine)

Kumite – Sparring

Kuzushi – Breaking balance

Kyo – Soft, unbalanced, weak as in position
Kyu – A suffix meaning level as in Go- kyu (5th level)

Maai – Engagement distance
Mae – Front
Mae ashi kerī – Front foot kick
Mae kerī – Front kick
Mae te tsuki – Front hand punch – referring to the hand that is that same side as the leg that is forward
Mae tobi kerī – Front jumping kick
Mawari – Turn
Mawari ushiro kerī – Spinning back kick
Mawashi empi – Roundhouse elbow
Mawashi kerī – Roundhouse kick
Mawashi tobi kerī – Roundhouse jump kick
Me – Eyes
Metsuke – The place where the eyes are focused
Migi - Right
Mikazuki kerī – Crescent kick
Mokuso – Meditate
Morote Kentsui – Double hammer fist (as in Bassai)
Morote uke – Augmented block
Moto dachi – Forward natural stance
Musubi dachi – V stance with heels touching

Nage – Throw
Nage waza – Throwing techniques
Naiwan uke – Block with inner side of forearm
Neko ashi dachi – Cat stance
Ni – **2 (Two)**, also means ‘in the direction of’
Nidan – Second level
Nidan kerī – Two level kick
Nukite – Spear hand

Obi – Belt
Oi zuki – Lunge punch
Okutsu dachi – Deep, forward rotated stance with body facing the side
Osae uke – Pressing block
Oshi tsuki – Pushing punch
Octagai Ni – Face each other
Otoshi kerī – Axe kick

Rei – Bow
Ren tsuki – Continuous punching
Renzoku waza – Combination techniques
Rinten – Full turn
Roku – **6 (Six)**

San – **3 (Three)**
Sanbon kumite – Prearranged sparring where there are three attacks
Sanchin dachi – Hour glass stance
San ren tsuki – Triple punch
Sayonara – Goodbye
Sayu tsuki – Two handed 180 degree punch
Seiken – Fist
Seisan dachi – Forward stance with 50/50 weight distribution
Seiza – Formal kneeling position
Sempai – Senior student
Sen – Before; Previous; Ahead (first to initiate)

Sen no sen – An initiative taken against an initiative
Sensei – Born before, also means teacher
Shi – **4 (Four)**
Shiai – Contest
Shichi – **7 (Seven)**
Shihan – Master Instructor
Shiko ashi dachi – Square stance
Shiko tsuki – Punching in shiko dachi
Shime – Muscular contraction
Shin – Heart
Shin ashi – Dead feet
Shizen tai – Natural position with feet in outer figure 8 stance
Shomen – Front (as in front of dojo)
Shugo – Line up, assemble
Sokuto kerī – Knife foot kick
Soto hachiji dachi – Outer figure 8 stance
Sukui uke – Scooping block
Susuri ashi (tsugi ashi) – ½ stepping
Tai – Body
Tai no sen – Attacking same time as opponent
Tai sabaki – Body shifting/dodging
Tanden – A non-physical center point about 2 inches below the navel.
Tate – Vertical
Tate tsuki – Punch with the fist in a vertical position
Te – Hand
Teisho – Palm heel
Teisho uchi – Palm heel strike
Teisho uke – Palm heel block
Tettusi uchi – Hammer fist strike with the baby finger side of fist
Tobi kerī – Jump kick
Toma – The distance that is too far for a particular technique
Tomari – The stillness after a technique
Tsugi Ashi – ½ step
Tsukami uke – Grasping block
Tsuki - Punch
Tsukuri – Preparation for takedown
Uchi – Strike
Uchi hachiji dachi – Inner figure 8 stance
Ude - forearm
Uke – Block
Uraken uchi – Back fist strike
Ura mawashi kerī – hook kick
Ura tsuki – A short punch with the palm side of fist up
Ushiro – Back
Ushiro kerī – Back kick
Ushiro tobi kerī – Back jump kick
Waza – Technique
Yama tsuki – U shaped punch
Yame – Stop
Yoko – Side
Yoko kerī – Side kick
Yoko tobi kerī – Side jump kick
Yumi tsuki – Bow and arrow punch
Yuri ashi – Shifting of the feet
Zanshin – Remaining mind
Zenkutsu dachi – 60/40 forward stance
Zenpo kaiten – Forward roll

TOM MAH SCHOOL OF KARATE

Examination Application (submit by the 15th)

I, _____, hereby make application for testing for the level of _____ (Rank). I have done diligence in my training of all items required for my practical examination and am confident of my ability to perform well at the testing. *I have made use of personal times to practice the techniques, ideas, and taught in class. I understand the examination board will in particular be looking for these following points in my performance according to my level, my physical abilities and limitations, and other points which may contribute to or limit my performance.*

- *Good manners and respect for proper etiquette*
- *Humble but confident attitude*
- *Courage, determination, commitment*
- *Good form, proper rhythm, speed & power*
- *Performance without hesitation (fluidity)*
- *Realistic demonstration (fighting aspect)*

Attached is my cheque for the amount of \$_____.

I understand that I will be have no more than two opportunities to make the best of my performance. Pass or retest will be based solely on these performances. *A retesting fee is applicable.*

Signature of applicant

Date of application

ATTENDANCE RECORD

(Please acquire at dojo office)