



# **WTKO of Washington Traditional Shotokan Karate**

**A Traditional Karate-Based Ministry for  
the Glory of our Savior, Jesus Christ**

**“And whatever you do, in word or deed, do everything  
in the name of the Lord Jesus, giving thanks to God the  
father through him.” I Corinthians 6:20**



# CLUB GOALS & OBJECTIVES

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*Our goal is to glorify God, and promote a strong faith and trust in Jesus Christ during very uncertain times through the rigors of traditional karate training and scripture-based fellowship*

# CLUB GOALS & OBJECTIVES

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*Our objective is to bring our members closer to Jesus and to bring those who may not know him yet, to come to know him and that through him and his sacrifice we have been saved eternally*

# BEFORE PHYSICAL SELF-DEFENSE, SPIRITUAL SELF-DEFENSE – PROTECT YOUR FAITH

EPHESIANS 6:13-18

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*Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God.*



# THE FOUNDATION OF OUR KARATE TRAINING

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*The foundation of our club is the practice and continued preservation of Traditional Shotokan Karate in its original form from its founder, Funakoshi Gichin, and the years of refinement from the Japan Karate Association, Chief Instructor, Nakayama Masatoshi Sensei.*



# Welcome to Shotokan Karate!

The training you're about to engage in has been in practice for more than 100 years. This is traditional karate which focuses more on character and perfection of technique than anything else.

A person never stops learning traditional karate, it's a life-long endeavor of repetition, research and continuous improvement.

It's important to be familiar with the origins of your karate. The following pages introduce the basic history of Shotokan.



# Meaning of Karate:

*Karate – A Japanese Martial Art*

*Karate Do =*

*Kara (Empty) + Te (Hand) + Do (The Way)*

*“The Way of Empty Hand”*

空手道





# Gichin Funakoshi

## 1870-1957

- Funakoshi Sensei is the founder of the Shotokan style of traditional karate.
- Born in Okinawa and trained in the original naha-te fighting style of Okinawa , Funakoshi Sensei brought his style of karate to Japan in 1922.
- Today, Shotokan is the most popular style of Japanese karate in the world





# Shotokan (Hall of Pine Waves)

- “Shotokan” was the name given to the world’s first free-standing karate dojo in 1935.
- Named such to honor Funakoshi-Sensei who often went by the pen-name of “Pine Waves”, Shotokan today is synonymous with Traditional Japanese Karate.

松  
涛  
館



# Tora No Maki (Master Scroll)

- This artwork by Hoan Kusugi has become representative of the Shotokan style of karate.
- Often referred to as the “Shotokan Tiger” the Tora No Maki actually represents the master text of karate written by Funakoshi Sensei.
- The master text “Karate Do Kyohan” represents Funakoshi Sensei’s life’s work in developing his own style of karate which we practice today. The Tora No Maki is embossed on the cover of this book which is its origin.





# Masatoshi Nakayama 1913-1987

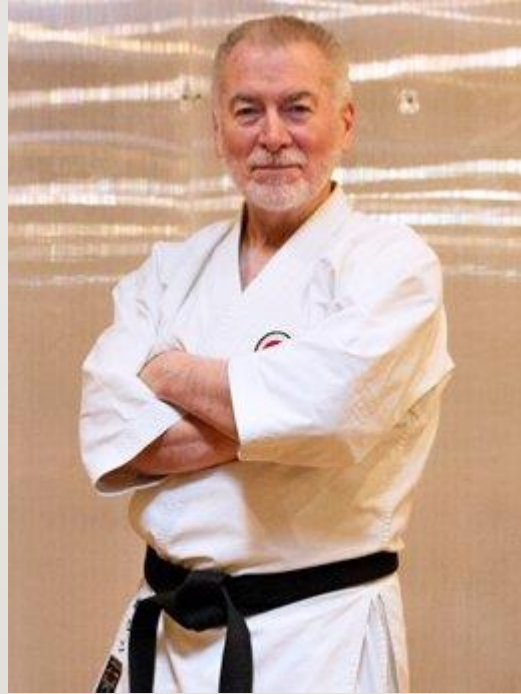
- Nakayama Sensei was one of Funakoshi Sensei's most famous students.
- Nakayama Sensei founded the Japan Karate Association (JKA) in May of 1949 and remained its chief instructor until 1987.
- The JKA is considered to be the most influential Shotokan karate organization in the world



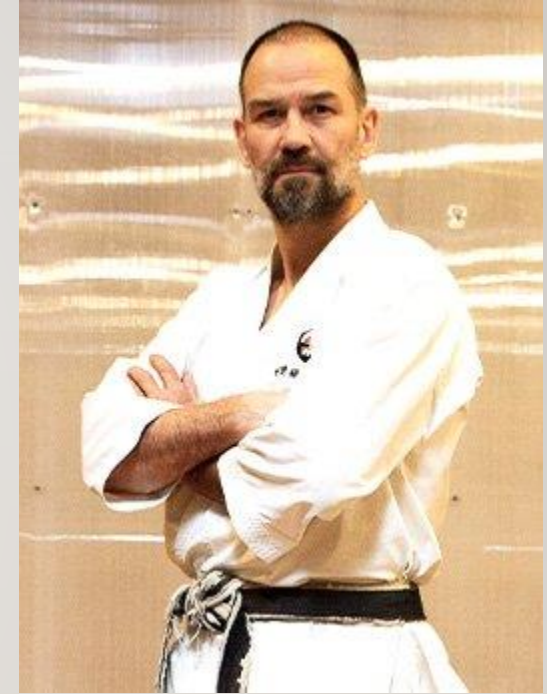


# World Traditional Karate Organization (WTKO)

- JKA Shotokan is represented by many organizations world-wide. This club is affiliated with the World Traditional Karate Organization.
- Affiliation with the WTKO ensures that you may continue your traditional karate training at any JKA style dojo anywhere in the world...all dojo's follow the same technical standards and basic syllabus.



John Mullen  
Executive Chairman  
8<sup>th</sup> Dan



Richard Amos  
Chief Instructor  
7<sup>th</sup> Dan

# World Traditional Karate Organization Washington

- Your instructor is Phil Coop. Phil has trained and taught traditional karate periodically since 1982.
- Phil Coop previously lead the JKA of Tulsa teaching traditional karate as a volunteer for the City of Tulsa Parks and Recreation.
- Phil has always taught as a volunteer to ensure uncompromising traditional standards without having to worry about being pressured to adapt a “flavor of the week combat style” approach often influenced by a bottom line.



# Dojo Kun (Code of the dojo)

- The dojo kun represents the basic rules of student behavior
  - Exert yourself in the perfection of character
  - Be Faithful and sincere
  - Cultivate the spirit of perseverance
  - Respect propriety
  - Refrain from impetuous and violent behavior

## 道場訓

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

# Niju Kun (20 Precepts)

- The niju kun represents the basic rules of karate training
- The niju kun was written by the founder of Shotokan, Gichin Funakoshi
- A translation of the niju kun is on the next page.

## 二十訓

- 一、空手道は礼に始まり礼に終る事を忘るな
- 一、空手に先手なし
- 一、空手は義の補け
- 一、先づ自己を知れ而して他を知れ
- 一、技術より心術
- 一、心は放たん事を要す
- 一、禍は懈怠に生ず
- 一、道場のみの空手と思ふな
- 一、空手の修業は一生である
- 一、凡ゆるものを空手化せよ其処に妙味あり
- 一、空手は湯の如し絶えず熱度を与えざれば元の水に還る
- 一、勝つ考は持つな負けぬ考は必要
- 一、敵に因って轉化せよ
- 一、戦は虚実の操縦如何に在り
- 一、人の手足を剣と思へ
- 一、男子門を出づれば百万の敵あり
- 一、構は初心者には自然体
- 一、形は正しく実戦は別物
- 一、力の強弱体の伸縮技の緩急を忘るな
- 一、常に思念工夫せよ

- Karate begins with courtesy and ends with courtesy.
- There is no first attack in Karate.
- Karate is an aid to justice.
- First control yourself before attempting to control others.
- Spirit first, technique second.
- Always be ready to release your mind.
- Accidents arise from negligence.
- Do not think that Karate training is only in the dojo.
- It will take your entire life to learn Karate; there is no limit.
- Put your everyday living into Karate and you will find "Myo" (subtle secrets).
- Victory depends on your ability to distinguish vulnerable points from invulnerable ones.
- The battle is according to how you move guarded and unguarded (move according to your opponent).
- Think of your hands and feet as swords.
- When you leave home, think that you have numerous opponents waiting for you. It is your behavior that invites trouble from them.
- Beginners must master low stance and posture, natural body positions are for the advanced.
- Practicing a kata is one thing, engaging in a real fight is another.
- Do not forget to correctly apply: strength and weakness of power, stretching and contraction of the body and slowness and speed of techniques.
- Always think and devise ways to live the precepts every day.





# REI – COURTESY AND RESPECT

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- Karate begins and ends with respect. The most commonly used gesture of respect in the karate dojo is the bow or “rei”.
- Karate-ka “players of karate” offer each other a bow of respect under many circumstances. Like a handshake, the bow must be meaningful and dignified.
- In a display of trust, you do not maintain eye contact during the bow.



# SEMPAI / KOHAI RELATIONSHIP

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- There is an important, specific relationship that exists between the members of the karate dojo. As a student progresses in training, he or she is expected to take greater responsibility to set a proper example for the students of lesser grade.
- The senior grade student is called Sempai, while the junior grade student is called Kohai.
- The Sempai should mentor and guide the Kohai, ensuring proper focus and behavior. The Kohai must accept the guidance and criticism constructively and positively.



# ATTENDANCE

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- From time to time, missing karate training is unavoidable. Its important to note however that eligibility for rank examination includes a minimum number of classes attended between each grade.
- It is also important to remember that karate involves training with a partner and if you are absent, someone may not have a partner to work with.
- Please make every effort to attend every scheduled class, always arriving on-time.



# HYGIENE

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- Out of respect for others and to improve your training experience, it is important to maintain good hygiene.
  - Tie long hair back to ensure clear sight
  - Keep your uniform clean and ironed
  - Trim long fingernails and toenails
  - Bring a dry towel to wipe sweat occasionally
  - Remove jewelry, especially rings
  - Don't eat large meals before class
  - Bring water or other drink, stay hydrated



Hal – JKA Tulsa

# BEHAVIOR

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- Karate training should be fun, but it is also very serious. The dojo is not the place for horse play.
  - Never act aggressively towards others, this is grounds for immediate dismissal
  - Always follow the instructor's directions
  - Don't challenge others or the directions of the instructor or your Sempai.
  - Its best to keep your karate training personal, sharing your experience only with family and friends.
  - Never publicly demonstrate or "show off" your abilities, this can be intimidating to others leading to challenge or conflict



Branden – JKA Tulsa

# PHYSICAL CONTACT

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- Karate training does include physical contact, but at no time should a student make any form of contact with another student other than what is expected in the specific exercise.
- Contact that results in injury is very uncommon but can happen. Minor bruises, bumps and scrapes can be expected especially during intermediate and advanced training.
- The instructor will make physical contact with the students to emphasize correct body mechanics such as position of arms, legs, spine, hips, shoulders and head.



Norie – JKA Tulsa

# COMPETITION

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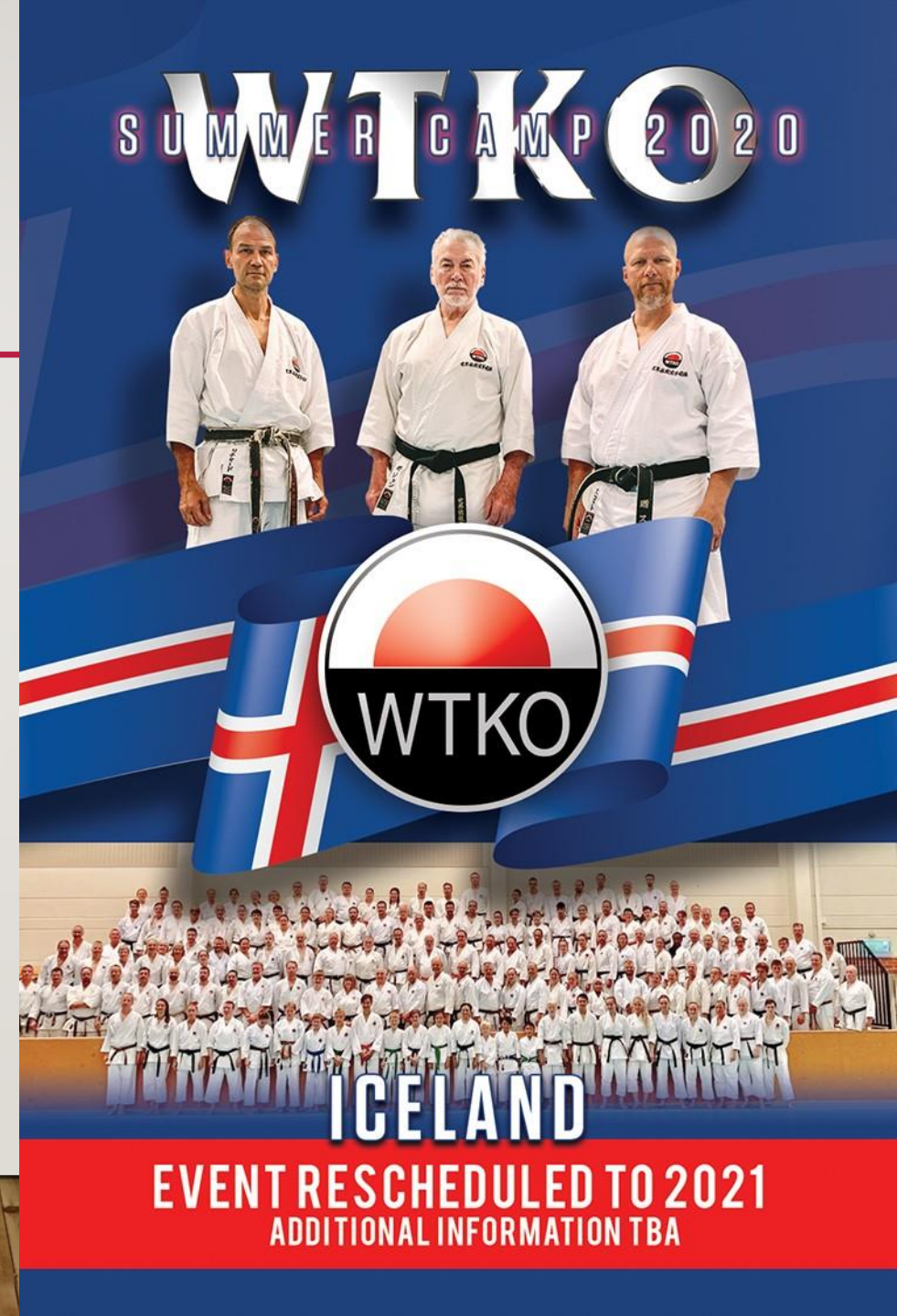
- During the course of karate training, students may have opportunities to participate in tournaments, but this is never the focus of training.
- Traditional karate competition is encouraged but is not a consideration for promotion in rank.
- Until a student reaches an advanced grade, competition is limited to kata only. Kumite competition is usually reserved for 3<sup>rd</sup> kyu and higher which is when a student is expected to have developed the required degree of control.
- Protective padding is not used in Shotokan Kumite.



Dani & Joseph – JKA Tulsa

# SEMINARS & SPECIAL TRAINING

- Our affiliation with the WTKO enables members of our club to attend occasional karate seminars and special training conducted by WTKO senior instructors.
- Seminars / camps focus on going deeper into the technical aspects of Shotokan and regardless of grade, they are critical to growth.
- All students of all grades are highly encouraged to attend these unique training opportunities!





# Basic Training

- Shotokan training involves a great deal of repetition and continuous improvement. This typically is the most difficult aspect of training for the new students to overcome and quickly separates those looking for immediate results from those who are in it for the long-haul.
- Every technique (for instance gyaku zuki, reverse punch) can be repeated over and over for years and still lead to new discoveries which improve delivery and application.
- As long as you are coming in with that mindset, your training will be extremely rewarding regardless of rank.



# Kihon (Basic technique)

- Kihon represents the building blocks of karate training. Consisting of upper and lower body work, kihon includes stances, blocks, strikes, kicks and other individual applications.
- As a student progresses, different aspects of scientific complexity, power, speed, and other concepts are introduced.
- No matter how long you have been practicing karate, the most basic of fundamentals of kihon remain a standard aspect of every training session.



# Kata (Pre-arranged patterns of basic technique)

- Kata training develops a student's mechanical memory and application reflex. There basically 26 katas in Shotokan.
- Beginning and intermediate grade students practice the "Heian" (translated means Peaceful Mind) katas. There are 5 Heian katas; Heian Shodan, Nidan, Sandan, Yodan, Godan.
- Advanced grade students are introduced to Tekki (translated means iron horse). Although there are 3 Tekki katas, only Tekki Shodan is introduced at the non-black belt levels.
- Bassai-dai (to penetrate a fortress "major"), Enpi (flying swallow), Jion (temple sound) and Kanku-dai (to view the sky "major") are all introduced at the advanced brown belt grades and student may select one as their favorite during 2nd kyu, 1<sup>st</sup> kyu and 1<sup>st</sup> dan examinations.
- The remainder katas are all black belt katas.
- The terms "dai" and "sho", i.e. Kanku-dai & Kanku-sho, basically represent a large and small version of the same kata.



# Kumite (Exchange)

- Kumite is the exchange of offensive / defensive technique between 2 partners
- Entry through intermediate level kumite involves 5, 3, and 1 step exchanges known as gohan kumite, sanbon kumite, and ippon kumite respectively.
- Jiyu-ippon kumite is an advanced form of individual exchange. This level of training usually begins later in the intermediate levels and while it involves a single exchange, it allows students to move freely in multiple directions.
- Jiyu kumite is the most advanced form of individual exchange. This level of training begins at the 3<sup>rd</sup> Kyu (brown belt) level and is commonly referred to as “free sparring”.
- No protective pads are used during Shotokan kumite. Kumite is structured to progressively develop the ability to make “controlled” contact. The margin between controlled (non-injury) contact and a debilitating blow becomes less and less the more advanced the student skill.



# Karate for Self-Defense

- Apart from the obvious blocks, strikes and kicks, karate training also includes many not so obvious self-defense strategies and techniques.
- Often exposed within the 26 Shotokan katas through bunkai (analysis/disassembly), and oyo kumite (application of the extracted kata techniques), these applications can be quite surprising in their actual form of often brutal application.
- It is said that the original katas of Okinawa were meant to disguise the real intent of their purpose. The Okinawa katas were modified to become what practice today after being introduced in Japan.





## ADVANCING IN GRADE

- A student's proficiency is recognized by his or her karate rank. The karate grades are identified by numbers in a descending order from 10 to 1 kyu. Black belt grades are identified in a reverse ascending order from 1 to 10 dan.
- A student's grade level can be immediately determined by a colored belt (obi). The colored belts are a signal system that quickly identifies a student's proficiency.
- Grading is based on globally recognized standards set forth by the World Traditional Karate Organization.





## ADVANCING IN GRADE (CONT.)

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- Grading typically occurs every three to four months depending on the readiness of the student. As a student progresses to the intermediate and advanced grades, the span typically widens. A student should not hurry to achieve grade advancements but rather take the time to fully embrace every minute of training.
- Testing for grade advancement is not required but is highly encouraged. A student can not receive a grade advancement without first testing. A student's eligibility to be considered for grade advancement is based on consistent attendance, skill growth, attitude, and tenure.
- A grading examination typically takes about ten to fifteen minutes. Each examination is given from a template based on three basic grading criteria which are Kihon, Kata and Kumite. Although the templates are quite similar from one grade to the next, a student is expected to demonstrate skill and proficiency commensurate of the target grade.



## ADVANCING IN GRADE

- When a student Has met all of the grading requirements but has displayed a need for additional focus in a particular area, the student will be promoted to a “B” kyu such as “6B Kyu”.
- If a student does not meet the testing requirements, he or she will be required to retest in the area of concern before promotion typically thirty days after the initial test.
- becoming familiar with the grading requirements and practicing the testing routine prior to the examination typically ensures a passing grade by the time the student actually takes the exam.





# EXAMINATION PROCESS

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- Students are typically called upon two at a time by current rank and will perform the test together at the same time.
- The purpose of the examination is to give the student an opportunity to be evaluated and receive recommendations for improvements.
- It is important for the student to respect the decision of the examiners regardless of the outcome.

## 9<sup>TH</sup> & 8<sup>TH</sup> KYU SKILL ASSESSMENT

- Development of the most rudimentary mechanics of the basic techniques.
- The student will understand and recognize the names of movements, stances, and basic principles of applications.
- The student is not concerned with the speed, power, or effectiveness of techniques but rather the accuracy and correctness of each technique.

## 7<sup>TH</sup> KYU SKILL ASSESSMENT

- Basic combinations are introduced which focuses on improved coordination and fluidity of transition from defensive to offensive technique.
- The use of the hips and postural alignment become of greater importance as well as the principal of applying tension and pressure to stances.
- Speed and power show progress but remain a secondary concern while correctness, accuracy, and fluidity remain first.



## 6<sup>TH</sup> KYU SKILL ASSESSMENT

- Building on the basic combinations, further attention is given to the importance of proper posture, balance, alignment, and control while the expansion and contraction of muscles in the right sequence is emphasized.
- Speed and power begin to surface as the student effectively learns to maximize the aforementioned concepts



Norie – JKA Tulsa

## 5<sup>TH</sup> & 4<sup>TH</sup> KYU SKILL ASSESSMENT

- The fluidness, speed, and power of technique progress as accuracy and control produce effective technique.
- The student controls physiological aspects of motions and can coordinate useful applications of self-defense to some extent



## 3<sup>RD</sup>, 2<sup>ND</sup>, & 1<sup>ST</sup> KYU SKILL ASSESSMENT

- Student strives for maximum potential while reaching the highest level of mechanical ability.
- Sharply executed techniques are powerful and precise.
- Student can demonstrate an understanding of the concepts that influence effective techniques both verbally, and physically



# 1<sup>ST</sup> DAN SKILL ASSESSMENT

- Student has demonstrated expert mechanical ability and has reached a level of maximum basic potential.
- Student continues to investigate and develop abilities physically, mentally, and scientifically



# SEIKEN - FIST

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The karate fist must not be taken for granted. Conditioning, exercise, repetition, and proper alignment are critical to the proper transfer of kinetic energy during the application of technique.

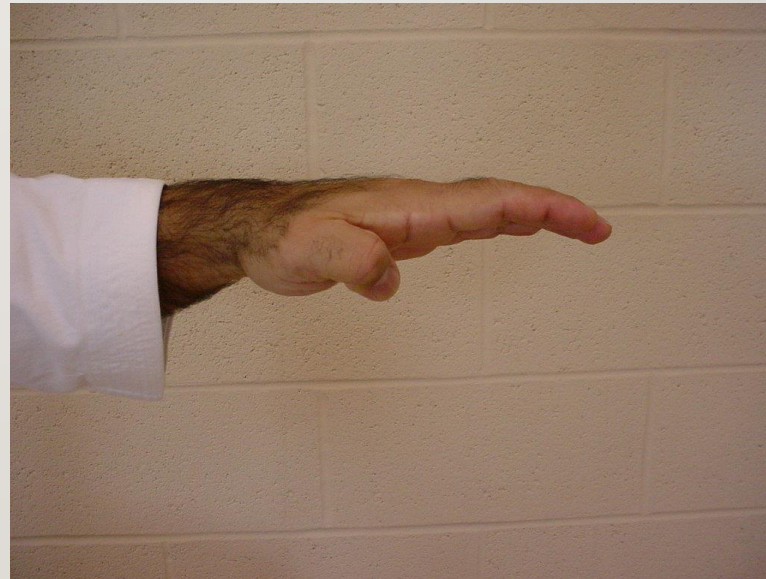




# SHUTO – THE SWORD HAND

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The application of technique and transfer of energy through the open hand is called shuto. Proper contraction, tensioning, and alignment must be maintained for shuto to be of any use in either the defensive or decisive waza.



# HIKITE – THE DRAWING ARM

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- For every **action**, there is an equal and opposite **reaction**. This is a fundamental of all karate technique.
- This example of gedan barai demonstrates the importance of emphasizing and maximizing the action of the drawing arm which in exchange will lend power and speed to the reaction of the extending arm.
- The retraction of hikite should be both a pulling action, and downward pushing action.



# PHYSICS

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- The most typical principle of physics applied to karate training is that of Newton's third law. "For every action, there is an equal and opposite reaction".
- Virtually every technique is a result of a reaction to an action. A typical punch is a result of the action of the drawing arm "hikite". Often the amount of kinetic energy and speed of a technique is dictated by the potential energy developed by hikite prior to the release of the strike.
- Whether this is a result of contraction to expansion or relaxation to tension, it is a product of action and reaction. There are numerous methods by which we maximize the effect of karate technique by applying basic physics.



# BODY MECHANICS

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Proper physical alignment is a necessary component in maximizing the effects of technique. The basic geometry of technique provides the element of mechanical advantage to the transfer of power.

Starting at the floor we literally build and adjust our human structure in much the same manner that we would if we were building a house. Center of gravity, fulcrum, leverage, vertical and horizontal alignment, and equal or differential weight distribution are all considerations for building solid technique.



- Vertical alignment of spine
- Direct connection to floor
- Low center of gravity
- Constant outside pressure for stability

## THE ULTIMATE AIM

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*The ultimate aim of karate lies not in victory or defeat, but in the perfection of character of its participants*

*Gichin Funakoshi*

**Osu!**

**Welcome to the  
dojo!**



# RECOMMENDED TRAINING AIDS

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- Videos (World Traditional Karate Organization)
  - Shotokan Mastery Vol. 1, Sensei Richard Amos [www.Honbudojo.com](http://www.Honbudojo.com)
  - Additional videos in this series (Vol. 2 - 5) also recommended as student advances
  - Adding these videos to your personal training program (for practicing outside of the dojo) is highly encouraged and will enhance the experience inside the dojo!