



Shido-kan Shorin Ryu Karate
at
The CLC @ Birmingham First



Welcome New Karate Student!

Welcome!

You've just begun a new chapter in your life that could have a significant impact on your future. How significant? That depends on your commitment to serious training, consistently, in the Way of Karate-do. This beginning guide will help you get started in the right direction. By choosing to start, you've made the first step. Now you need patience, humility, and the stubbornness not to quit.

Friendship - Cooperation - Partnership

An important part of your training is promoting friendship among your fellow dojo partners. No student is better than another. Only through mutual cooperation and partnership will you be able to truly improve. You must train with an open and empty mind. That's why our gi (uniform) is white...to remind us to be empty.

When to Bow

Bowing, for a beginning student, is probably one of the more confusing practices to understand. You either will bow too much or not enough. Watching your sempai (senior students) is one of the best ways to learn. Here's a list of "when to bow"s to help you get started:

When entering or leaving the training area.
At the beginning and ending of a class.

After performing a kata.
To Sensei.

To the instructor your sempai during class when he/she provides corrections or information.
To your partner(s) at the beginning and ending of training drills and sessions.

Basic Techniques

As a beginning student, you should become familiar with the following basic techniques. They are the foundation of your training.

<p>Basic Stances Attention stance -- musubi dachi Natural stance -- hachiji dachi Basic stance -- kihon dachi Back stance -- ukiashi dachi Straddle stance -- shiko dachi Forward stance -- zenkutsu dachi Horse riding stance -- kiba dachi Leaning back stance -- kokutsu dachi</p>	<p>Basic Blocks High block -- jodan uke Outside block -- chudan uke Inside block -- soto uke Low block -- gedan barai Circle block -- kagite</p>
<p>Basic Punches & Strikes High punch -- jodan zuki Middle punch -- chudan zuki Knife hand strike -- shuto uchi</p>	<p>Basic Kicks Front snap kick -- mae geri Side kick -- yoko geri Roundhouse kick -- mawashi geri Back thrust kick -- ushiro geri Stomping kick -- fumikomi geri</p>

In order to keep track of your training consistency, make sure that you have been signed in at the desk on the attendance sheet.

Terminology

These are the basic terms that you'll commonly hear and use while training in the dojo. Make a point to learn their meaning and correct pronunciation.

karate-do	way of the empty hand
Sensei	someone older and wiser, instructor
Sempai	senior
Kohai	junior
Dohai	equal rank
Dojo	place to learn the way
Rei	bow
Yoi	ready
Hajime	begin
yame	stop
hai	yes
kime	focus
seiza	formal seated position
mokuso	meditation
jodan	upper area
chudan	middle area
gedan	lower area
kamae	combative posture
kata	pre-arranged formal exercise
kumite	pre-arranged drill or sparring
bunkai	application of kata
makiwara	punching board
gi	training uniform
obi	belt
sensei rei	to the instructor, bow
one-gaishi-masu	please help or teach me
Domo arigato gozaimasu	thank you very much

Counting In Japanese

	Written	Said
1.	ichi	Each
2.	ni	knee
3.	san	sahn
4.	shi	She
5.	go	go
6.	roku	rok'
7.	shichi	seech'
8.	hachi	hahch'
9.	ku	koo
10.	ju	joo