

OKINAWA KARATE DO-JO

Student Handbook



The place where students develop character through
Physical and mental lessons learned in the Do-Jo (Martial Arts
School) and apply them to their daily lives.

Table of Contents

3..... Okinawa Karate Do-Jo Mission Statement

4..... Dear students and parents

5..... Questions and Answers

6..... Do-Jo Conduct and Etiquette

7..... Do-Jo Kun and Guiding Principles

8..... Private Lessons, Sparring Equipment

9..... Belt Ranks

10/11..... How to tie a belt

12..... Basic Japanese Numbers

12-15..... Basic Japanese Phrases by Sensei
Ichiro Oshiro

16..... Pre-Test Qualifications Form

Okinawa Karate Do-Jo

Style: RyuTe ® (Okinawa Karate)

Association: RyuTe® (Ryu Kyu Hand)

Grandmaster and Founder of Association:
Taika Seiyu Oyata

The Instructors of Okinawa Karate Do-Jo

Chief Instructor - Sensei Ichiro Oshiro

Instructors: Robert Gardner, Thomas Dieatrick
Allan Bacon, Eddie Courter

Our Mission Statement

Each student has his or her own reason for training in Karate or martial arts. We are committed to bringing out the best in every student. We do this by providing an environment where students may develop character through physical and mental lessons learned in the Do-Jo, which can be applied to their daily lives.

Dear Students and Parents -

Thank you for your interest in RyuTe® (Okinawa Karate). We believe our karate training is a unique fitness program which teaches students to focus their physical and mental abilities in positive ways.

The benefits from karate training for children are physical development, coordination, greater focus, self confidence, increased self esteem, increased self discipline and learning to respect each other.

Adults should have similar benefits from karate training as the children, plus timing, leverage and the mental aspects of character.

The instructors at the Okinawa Karate Do-Jo are here to assist your child and adult students, focusing on fulfilling each student's goals. We encourage parents and adult students to speak with any of the instructors concerning progress in our program.

Sincerely,
Okinawa Karate Do-Jo

Questions and Answers

What should students wear?

The student may wear a t-shirt, shorts or comfortable clothes for the first few weeks of lessons. The student may wear a karate uniform (Gi), which may be purchased from Sensei Oshiro.

Will there be other beginners in my group?

In our Do-Jo, the students are grouped by similar age and belt ranks.

Are parents allowed to observe class?

We welcome parents observation at anytime. We request they stay in the designated area during class.

Is meditation necessary and is it part of some religion?

In our Do-Jo, class will end with short meditation to provide calmness to the body and mind. It has nothing to do with religion.

How would students advance through the belt ranks?

A student must perform a list of test requirements set by the Okinawa Karate Do-Jo. These include good grades in school, good attendance in the Do-Jo, participation in our tournament and good behavior at home.

Do Instructors discipline students?

There are certain expectations during class time. If the student breaks those expectations, disciplinary action may be taken, at the discretion of the instructor.

Do-Jo Conduct and Etiquette

When students enter a Martial Art Do-Jo, it is very important that certain customs are followed by the students, to enhance the development of self discipline, one's mind, body and spirit as a martial artist.

1. Students must bow when entering and exiting the Do-Jo (workout area).
2. Bow to the instructors as you approach them. Always greet instructors and other students with greetings.
3. The instructors and students must show respect to each other, regardless of age, gender or belt ranks.
4. Always bow to your partner prior to an activity saying "Onegai Shimasu" (Please Help). Upon completion of an activity, bow and say "Arigato Gozaimashita" (Thank you very much) to each other.
5. When a student is late for the class, he or she must stand at attention at the edge of the training area and wait for Sensei to waive you in. Then bow in and take your place.
6. Never show anger or disgust in the Do-Jo. Foul language is not allowed.
7. Do not leave the training area during class without Sensei's acknowledgement, except in case of emergency or illness.
8. The karate uniform (Gi) should be kept clean.
9. Do not wear watches or wrist jewelry during the class. We suggest taping over or removing wedding rings to avoid injury.
10. No food, drinks, or gum chewing are allowed in the training area.
11. At ending ceremony, all students should sit at Seiza (Kneel down) or Agura (Indian style) if a student has physical problem and is unable to sit at Seiza positions. When Sensei says "Rei" (bow), place both hands on the floor in front of you with the bow and say "Arigato Gozaimashita" (Thank you very much) Sensei."

Do-Jo Kun and Guiding Principles

Do-Jo Kun – Declaration or motto was developed by the old Karate masters since they realized the value of karate training for the development of character and attitude so that students can apply these words to their daily lives.

Do-Jo Kun

- #1-To strive for good moral character.
- #2-To keep an honest and sincere way.
- #3-To cultivate perseverance, or a will for striving.
- #4-To develop a respectful attitude.
- #5-To restrain your physical abilities by spiritual attainment.

Guiding Principles

1. When asking to be taught, be submissive and free from prejudice. Accept the teachings as shown. In this way you will not establish your own peculiarities or bad habits.
2. Be polite and obedient to the master and other superiors. Be courteous among fellow students and followers. You must strive to develop humbleness.
3. Cultivate a spirit of perseverance. You will develop a healthy body if you have strength of mind and train fearlessly.
4. Strive to be a warrior for the construction of a peaceful and free world by using the character building, morality, and spirituality contained in the way of karate.
5. In daily conduct do not encourage fights or arguments.
6. Move from easy to difficult, and from simple to complicated. More time is required to train longer and harder as you progress. Do not hurry or engage in senseless or reckless practice. Develop gradually.
7. Become familiar with the use of the makiwara and other training equipment. Train yourself to use your hands, body, and positions. Be patient and study earnestly the katas and matches. Do not aim for hurried success.
8. In the past a single kata was studied for three years. A long time ago a particular master analyzed a single kata for ten years. Do not think that you have mastered a kata and become proud of your success. Pride will lead you to hurt your achievement in virtue and technique. Thus, pride can be like a poison to the world.
9. Take care not to develop only your favorite technique, neglecting others, because that will leave a weakness in your defense. Be cautious about becoming too theoretical or technical because these, too, are weaknesses.
10. Ask questions freely of the master or superior because you must strive to understand what you are learning.

Private Lessons

We offer private lessons.

- ❖ Private lessons are available for students seeking personalized accelerated training. We believe that students with private lessons will progress at a much faster pace than students who rely on group lessons during regular class schedules.
- ❖ Private lessons help students prepare for belt testing, get ready for tournament or work on specific areas of training such as kata, weapons, sparring, drills or self-defense.
- ❖ Private lessons can be given as a gift.
- ❖ Private lessons are available to students of Okinawa Karate Do-Jo only.
- ❖ The cost of private lessons is \$35 per hour.

If interested, contact Sensei Ichiro Oshiro at 680-4831 for an appointment.

Sparring (Kumite) Equipment

We believe in safety at the Okinawa Karate Do Jo and are committed to provide as safe an environment as possible.

To protect everyone during sparring, students are required to wear a complete set of protective sparring gear. Students may use sparring gear from Do Jo, but we only have a limited amount of gear. Students may purchase gear from Sensei Oshiro, with a student discount.

This is the list of equipment that a student will need:

Hand gear

Foot gear

Head gear (9 and under. Recommended for older students as well)

Mouth piece

Groin support and cup (males only)

We appreciate your cooperation.

Belt Ranks

Mudansha (Kyu, Under Black Belt) Grades

Jik Kyû	10th	White
Kyu Kyû	9th	White w/yellow stripe
Hachi Kyû	8th	Yellow
Nana Kyû	7th	Orange
Rok Kyû	6th	Purple
Go Kyû	5th	Blue
Yon Kyû	4th	Green
San Kyû	3rd	Brown
Nik Kyû	2nd	Brown
Ikk Kyû	1st	Brown

Yudansha (Black Belt) Ranks

Shodan	1 st	Degree
Nidan	2 nd	Degree
Sandan	3 rd	Degree
Yondan	4 th	Degree
Godan	5 th	Degree
Rokudan	6 th	Degree
Nanadan	7 th	Degree
Hachidan	8 th	Degree
Kyu dan	9 th	Degree
Jyû dan	10 th	Degree

Ranks and Titles in Karate-Dô

Sensei	Black belt teacher.
Shihan	Black belt school head
Renshi	5 th & 6 th Degree
Kyôshi	7 th & 8 th Degree
Hanshi	9 th & 10 th Degree

HOW TO TIE A BELT

1 Find the center of the belt by folding it in half. Place the center of the belt just below the navel and double the belt around the waist. Grasp end A in the right hand and B in the left.



2. Fold end B first and then cross end A over B.

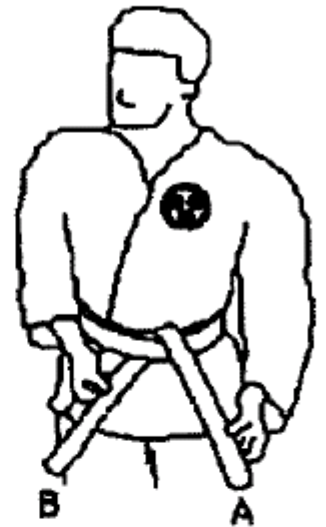


3. Holding the crossed areas of the belt in the right hand, take end A and tuck it under and behind all the folds of the belt. End A should now be behind the folds and stick out of the top.

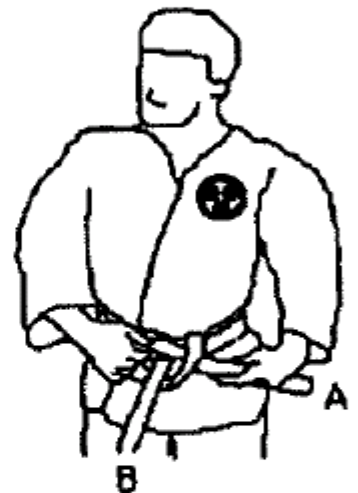


BELT RANKS

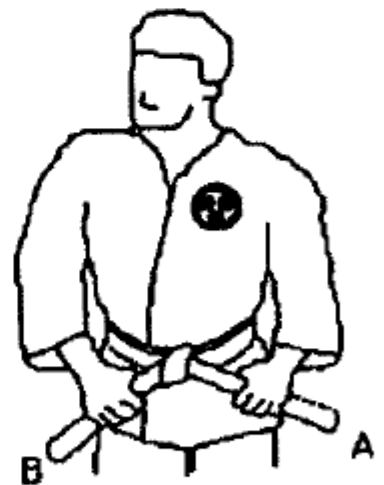
4. Grasp end A (coming out of the top) with the left hand and fold down while holding end B in the right hand.



5. Form a loop around end B with end A, tucking end A under itself.



6. Grasp both ends of the belt and pull tight. Make sure that the ends are even.



Basic Japanese Numbers

The student must know the following Japanese words and numbers in the Do-Jo. They will be part of belt testing

1. Ichi
2. Ni
3. San
4. Shi/Yon
5. Go
6. Roku
7. Shichi/Nana
8. Hachi
9. Ku/Kyu
10. Jyu

Note: For double digit numbers, add Jyu after two through nine and Jyu in front of one through nine.

Examples –

11 Jyu Ichi	70 Nana Jyu
19 Jyu Ku	90 Kyu Jyu
20 Ni Jyu	40 Yon Jyu

Basic Japanese phrases by Sensei Ichiro Oshiro

Note: - means long sound.

Japanese

Reigi
Arigato
Domo arigato gozaimasu
Shitsurae shimasu
Do itashimashite
Onegai Shimasu

Mata Nochihodo
Sumimasen, Gomennasi,
Iratshaimase
Nanji Desuka?
Omise
Doko Ni Ikuno Desuka
Omizu Kudasai

Aisatsu

Ohayo Gozaimasu
Konnichiwa
Konbanwa
Oyasuminasai
Sayonara
Ogenki desuka or Ikaga Desuka
Ogenki desu

English

Courtesy
Thank you
Thank you very much
Excuse me, pardon
You're welcome
Asking to be taught, asking for help
It's a request, said to one's partner when initiating practice
See you again later
Sorry
Welcome
What Time is it?
Store
Where are you going?
Please give me water

Greetings

Good Morning
Good Afternoon
Good Evening
Good Night
Good Bye
How are you?
Fine

Days of the week-

Sunday	nichi-yobi	Monday	getsu-yobi
Tuesday	ka-yobi	Wednesday	sui-yobi
Thursday	moku-yobi	Friday	kin-yobi
Saturday	do-yobi		

Months-

January	ichi-gatsu	February	ni-gatsu
March	san-gatsu	April	shi-gatsu
May	go-gatsu	June	roku-gatsu
July	shichi-gatsu	August	hachi-gatsu
September	kyu-gatsu	October	ju-gatsu
November	juichi-gatsu	December	juni-gatsu

In other words, add “gatsu” to the number of the month.

Kazoku

Oka-san	Mother
Oto-san	Father
Oba-san	Grandmother
Oji-san	Grandfather
One-san	Older sister
Oni-san	Older brother
Imo-to	Younger sister
Oto-to	Younger brother
Ojisan	Uncle
Obasan	Aunt

Family

Karada

Atama	Head
Kaminoke	Hair for head
Kao	Face
Hana	Nose
Mimi	Ear
Me	Eye
Kutchi	Mouth
Kubi	Neck
Kata	Shoulders
Te	Hand
Ude	Arm
Yubi	Finger
Tekubi	Wrist
Onaka	Stomach
Koshi	Waist
Senaka	Back
Mune	Chest
Ashi	Foot/Leg
Ashi Kubi	Ankle
Hiji	Elbow

Body

Karada

Hiza
Nodo

Body (Continued)

Knee/Lap
Throat

Keru

Mae-geri
Mawashi-geri
Ushiro-geri
Yoko-geri
Mae Yoko-geri

Kicks

Front kick
Roundhouse kick
Back kick
Side kick
Front Side kick

Tsuku

Jodan-Tsuki
Chudan-Tsuki
Gedan-Tsuki

Punches/Strikes

Upper/Head Punch
Middle/Chest Punch
Low Punch

Uke Ru

Jodan-uke
Chûdan-uke
Gedan- barai

Blocks

Upper level block
Middle level block
Lower block

Dachi

Kiba-dachi
Neko-dachi
Hako-Dachi
Yoi-dachi
Zenkutsu-dachi
Sankaku-dachi

Stances

Horse stance. (Naihanchi-dachi)
Cat leg stance
Square Stance
Ready stance
Forward stance
Triangle stance

Words

Karate	Empty Hand
Karate Ka	Karate Practitioner
Sensei	Teacher/Instructor
Gi	Karate Uniform
Kiyotsukei	Attention
Rei	Bow
Yame	Stop
Do-Jo	Martial Art School, Training Room
Kumite	Sparring
Kata	Pre-Arranged Form
Mokuto	Close your eyes & meditate
Kiai	Spirit Shout
Yudansha	Black Belt Person
Yo-i	Ready
Hajime	Begin
Naotte	Return to normal stance
Narande	Line Up
Obi	Belt
Otagai Ni	Face each other

Seiza
Agura
Shuogo
Hidari
Migi

Kneeling
Sit "Indian" style
Gather Round
Left
Right

Pre-Test Qualification Form

Students Name _____

Dear Parents and Teachers,

We at the Okinawa Karate Do-Jo try to instill in children to strive for good moral character, perseverance and a will to strive, develop a respectful attitude and refrain from physical aggression. These values are structured on a basic premise of life that will help the children become a strong student in school, better athletes and become a successful adult someday.

- ❖ In my opinion, the student has been performing satisfactory work, making good grades and is respectful in school.

Yes No Teachers signature

Yes No Teachers signature

Yes No Teachers signature

Yes No Teachers signature

Yes No Teachers signature

Yes No Teachers signature

Yes No Teachers signature

Yes No Teachers signature

- ❖ My son/daughter has been behaving and cooperating at home.

Yes No Teachers signature

If a student does not meet any of these qualifications either at home, at school, or here at the Okinawa Karate Do-Jo, the student must wait until their qualifications have satisfactorily improved.

Thank you for your cooperation.