

# 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  
Linda Lim.

## **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.

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:

Sparring gloves

Sparring boots or shin and instep pad (optional).

Sporting glasses required for tournament if you need prescription glasses or spar without glasses.

Head gear (required for 9 and under, optional for older students)

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

## Ranks and Titles in Karate-Dô

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

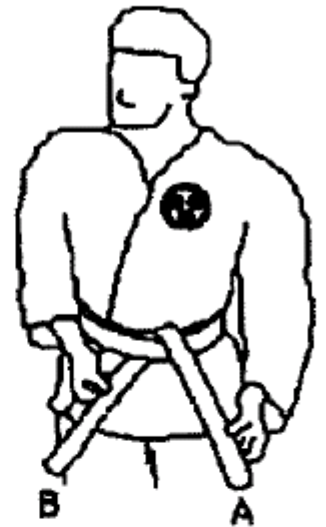


3. Holding the crossed areas of the belt in the right hand, take end A and tuck it under and behind all the folds of the belt. End A should now be behind the folds and stick out of the top.

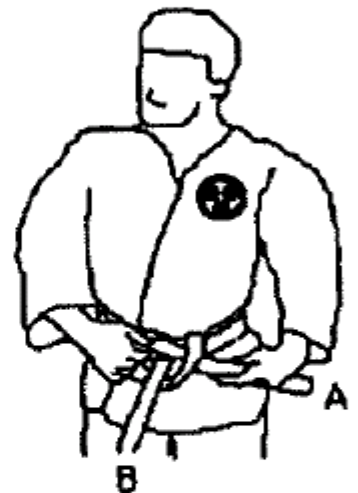


## BELT RANKS

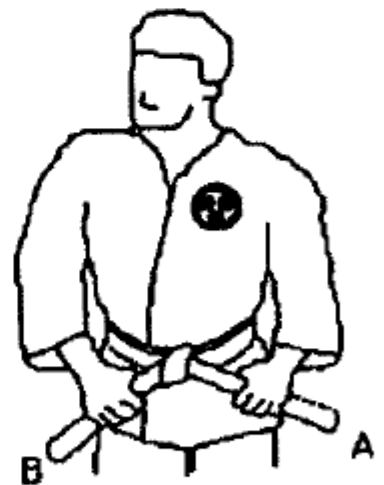
4. Grasp end A (coming out of the top) with the left hand and fold down while holding end B in the right hand.



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                  Parent 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.