



The Complete Beginner's Guide to SHOTOKAN KARATE

THE FOUNDER



**GICHIN
FUNAKOSHI**

ETIQUETTE



Bow when entering or exiting the dojo.



Refer to your teacher as Sensei or his/her proper title. Show great respect to all peers.

COUNTRY OF ORIGIN



JAPAN



BELT SYSTEM



9th Kyu White Belt



8th Kyu Yellow Belt



7th Kyu Orange Belt



6th Kyu Green Belt



5th Kyu Blue Belt



4th Kyu Purple Belt



3rd Kyu Brown Belt



2nd Kyu Brown Belt



1st Kyu Brown Belt



Shodan Black Belt

CURRICULUM SECTIONS



Basics (Kihon)
Basic techniques such as punches, kicks, stances, and blocks.



Forms (Kata)
A pre-arranged fight or choreographed training sequence integrating several techniques.



Sparring (Kumite)
Sparring practice that begins with controlled one-steps, and then gradually morphs into freestyle sparring.



Self-Defense (Baka)
(Goshin Jutsu)
Specialized self defense techniques address chokes, holds, grabs, and weapon threats.



Wear a clean, white karate gi to class.

OSU!

A common greeting, pronounced "Ossi".

KIRI

A powerful yell when striking. "Ki" means energy and "Ia" means to join.

BASIC TERMS

Jodan

Head Level

Chudan

Middle Level

Gedan

Lower Level

Hajime

Begin

Mawate

Turn Around

Rei

Bow

Yame

Stop

Yoi

Ready

Mae

Front

Shotokan Karate Guide

Raffaela Di Napoli



Shotokan Karate Guide:

Whispering the Techniques of Language: An Mental Journey through **Shotokan Karate Guide**

In a digitally-driven earth wherever monitors reign great and instant transmission drowns out the subtleties of language, the profound techniques and mental nuances hidden within phrases frequently move unheard. Yet, located within the pages of **Shotokan Karate Guide** a fascinating literary prize sporting with fresh emotions, lies an extraordinary journey waiting to be undertaken. Written by a talented wordsmith, this enchanting opus encourages viewers on an introspective journey, softly unraveling the veiled truths and profound impact resonating within the cloth of each and every word. Within the emotional depths of the touching evaluation, we can embark upon a honest exploration of the book is core styles, dissect its interesting writing model, and yield to the effective resonance it evokes serious within the recesses of readers hearts.

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