



# The Complete Beginner's Guide to SHOTOKAN KARATE

## THE FOUNDER



**GICHIN FUNAKOSHI**

## ETIQUETTE



Bow when entering or exiting the dojo.

松涛館

## COUNTRY OF ORIGIN



**JAPAN**



Wear a clean, white karate gi to class.

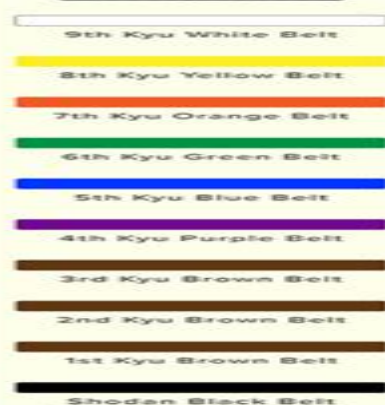
## OSU!

A common greeting, pronounced "Oss!".

## KIRI

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

## BELT SYSTEM



## CURRICULUM SECTIONS



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



**Katas (Kata)**  
A pre-arranged fight or challenge address training sequence integrating several techniques.



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



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

## BASIC TERMS

**Jodan**  
Head Level

**Chudan**  
Middle Level

**Gedan**  
Lower Level

**Hajime**  
Begin

**Mawate**  
Turn Around

**Rei**  
Bow

**Yame**  
Stop

**Yoi**  
Ready

**Mae**  
Front

## BASIC TECHNIQUES



### SHIZENTAI (NATURAL STANCE)

Relaxed posture.  
Feet shoulder width apart.  
Toes forward.



### CHOKU-ZUKI (STRAIGHT PUNCH)

Tighten core.  
Strike with two largest knuckles.  
Inactive hand at the ready.  
Practiced in shizentai.



### OI-ZUKI (FRONT LUNGE PUNCH)

Back straight, torso bladed.  
Push front hip forward.  
Front knee bent.  
Step forward into zenkutsu-dachi (front stance).



### GYAKU-ZUKI (REVERSE PUNCH)

Big rotation from the torso into the punch.  
Back hip follows the direction of the punch.  
Stance is zenkutsu-dachi.



### GEDAN BARAI (DOWN BLOCK)

Blocking with the ulna bone (forearm).  
About 3 fists length above the leg.  
Pulling the hip away from the blocking side.



### AGE-UKE (RISING BLOCK)

Forearm is angled.  
Palm facing out.  
Align body behind the block.  
Powerful front stance (60% of weight is on front leg).



# Shotokan Karate Guide White Belt

**Rachel Sandford**



## **Shotokan Karate Guide White Belt:**

**Shotokan Karate** Phil Pierce, 2014-01-08 Essential Knowledge for any Karate Student Grab your copy now Discover how to develop speed and strength The Three Pillars of Shotokan and Grading Requirements Including Sparring and self defense requirements Kumite Practical and floor work Kihon Japanese terminology Kata Patterns step by step written guide Embusen Diagrams Shotokan History Easy to follow format For JKF styles KUGB and many more This expert guide has been compiled to help you through the belts and pass each grade at the highest mark Make the most of your training Grab your copy now Please note all Martial Arts training are subject to instructors discretion and content may vary by area This book is a guide only and no substitute for in class learning Good Luck This guide is a summary of the essential information and does not include illustrations of every technique or Kata movement **The Guide to Karate** Fay Goodman, 2000 Essential Karate

Book Graeme Lund, 2015-12-29 The Essential Karate Book is an informative illustrated guide to the techniques philosophy and practice of karate With 20 chapters covering practically every aspect of karate this in depth reference will assist students and instructors as they plot their course through karate instruction benefiting those at all levels The Essential Karate Book contains 200 diagrams mapping out moves with 300 step by step photographs and companion videos making it a comprehensive general karate reference for Western audiences Readers of this karate guide will learn about Stances blocks strikes and kicks Preparing your body through warm ups stretching and conditioning through karate specific exercises Kata grading and fighting kumite techniques and competition rules Martial arts weapons kobudo and MMA Mixed Martial Arts applications The origins and history of karate Required behavior clothing and etiquette as well as the fundamentals of karate and the different styles that share them The Essential Karate Book is a must have for any martial arts enthusiast from beginners to black belts **Black Belt**, 2000-04 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known martial arts figure in the world

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