



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.

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.

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



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.

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

Graeme Lund



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