

The Complete Beginner's Guide to

SHOTOKAN KARATE

THE FOUNDER

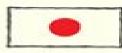


GICHIN FUNAKOSHI



COUNTRY OF ORIGIN





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



Company (Statement)

Basic techniques such as punches, kicks, stances, and blocks.



Similariting (Counter)

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



Personal (Mosto)

A pre-arranged fight or choreographed training sequence integrating several techniques.



(Goshin Jorse)

Continue notice

Specialized self defense techniques address chokes, holds, grabs, and weapon threats.



OSU!

A common greeting, pronounced "Oss!"

KIAI

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

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

BASIC TERMS

Jodan

Head Level

Chudan

Middle Level

Gedan

Lower Level

Hajime

(Second

Mawate

Turn Around

Rei

BOW

Yame

Stop

You

Reddy

Mae

Front

Shotokan Karate Do Complete Guide

M Mosston



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Table of Contents Shotokan Karate Do Complete Guide

- 1. Understanding the eBook Shotokan Karate Do Complete Guide
 - The Rise of Digital Reading Shotokan Karate Do Complete Guide
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Shotokan Karate Do Complete Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Shotokan Karate Do Complete Guide
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Shotokan Karate Do Complete Guide
 - Personalized Recommendations
 - Shotokan Karate Do Complete Guide User Reviews and Ratings
 - Shotokan Karate Do Complete Guide and Bestseller Lists
- 5. Accessing Shotokan Karate Do Complete Guide Free and Paid eBooks

- Shotokan Karate Do Complete Guide Public Domain eBooks
- Shotokan Karate Do Complete Guide eBook Subscription Services
- Shotokan Karate Do Complete Guide Budget-Friendly Options
- 6. Navigating Shotokan Karate Do Complete Guide eBook Formats
 - o ePub, PDF, MOBI, and More
 - Shotokan Karate Do Complete Guide Compatibility with Devices
 - Shotokan Karate Do Complete Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - o Adjustable Fonts and Text Sizes of Shotokan Karate Do Complete Guide
 - Highlighting and Note-Taking Shotokan Karate Do Complete Guide
 - o Interactive Elements Shotokan Karate Do Complete Guide
- 8. Staying Engaged with Shotokan Karate Do Complete Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Shotokan Karate Do Complete Guide
- 9. Balancing eBooks and Physical Books Shotokan Karate Do Complete Guide
 - Benefits of a Digital Library
 - o Creating a Diverse Reading Collection Shotokan Karate Do Complete Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Shotokan Karate Do Complete Guide
 - Setting Reading Goals Shotokan Karate Do Complete Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Shotokan Karate Do Complete Guide
 - Fact-Checking eBook Content of Shotokan Karate Do Complete Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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