

• Shudokan Aboriginal Karate •



剛柔流

空手道

修道館

**East Vancouver Club CANADA**

# CLUB RULES

- 1 Students will bow upon entering and before leaving the dojō.
- 2 No rings or other jewelry may be worn during the class.
- 3 Fingernails and toenails must be clipped short.
- 4 No alcohol or drugs should be taken before class.
- 5 Smoking and eating (including chewing gum) are not permitted during class.
- 6 No profanity is permitted in the dojō.
- 7 There should be no talking or horseplay during practice.
- 8 No sparring is permitted without the express permission of the instructor.
- 9 All members should assist in keeping the dojō clean.
- 10 Students are expected to arrive at practice on time.
- 11 Students should only use karate techniques for self-defence, and should not start trouble, pick fights, or engage in bully behavior.

*Read these rules carefully and be prepared to follow them. The rules will be strictly enforced. Every reasonable effort will be made to accommodate anyone with a compelling reason for not complying with rules. However, where there is no apparent reason for non-compliance a student will be expelled after sufficient warning.*

## KARATE STYLE - Gōjū-Ryu

Gōjū-Ryu is one of four main styles of Japanese karate. Almost all karate styles are a synthesis of Chinese unarmed fighting systems with Okinawan Te (a bare-handed fighting method developed in Okinawa). Gōjū-Ryu is no exception. Its Chinese influence can be traced to extensive river systems of southern China. Gōjū-Ryu was originally adapted to fighting on river boats. It is a practical approach to fighting that emphasizes small, economical motions (for example, instead of merely blocking a middle punch at the wrist the block should be aimed at the elbow joint so that it would also be an attack).

Literally, Gōjū-Ryu means the “hard-soft karate style”. The system is based on the general Taoist notion that all hardness or stiffness, as well as all softness or gentleness is not good. The two should complement each other. This idea was allegorically related by one Taoist sage by saying: “In a powerful wind a strong tree will break and be destroyed whereas a flexible reed will bend and return to its original position when the wind stops.”

Gōjū-Ryu is characterized by an aggressive style of attack emphasizing the deliverance of hard blows, but with easy effort and rapid succession. Gōjū teaches discipline that stresses the important of relaxing the body musculature while at the same time keeping an alert, focused mind on the movement of ones opponent. It is easier to respond faster when one is relaxed. Also, if a blow is received its effect is much reduced if the body is relaxed.

One of the most important things to remember about learning karate is that it cannot be learned without practice. To learn it will require the discipline of constant practice. In order to perform a karate movement properly it must be practiced to the point that the body understands (i.e., responses should be reflexive).

## CLUB NAME – Shudokan East Vancouver Aboriginal Karate Club

In Japan it is traditional for dojōs to have their own name. The head instructor in Canada for this style of Gōjū-Ryu is Sensei Toshiaki Nomada. The name of his instructor’s club in Kyoto, Shudokan (which literally means “student”), has been generically applied to all clubs with affiliation to Nomada Sensei.

## SOME JAPANESE TERMS USED IN KARATE

<b>dan</b>	Literally means “man” and refers to anyone that has achieved the rank of black belt (increasing numerical graduations denote higher level of belt)
<b>dojo</b>	Literally means “the place of the way”. In common usage it refers to place where karate is practiced
<b>gi</b>	This is the traditional uniform of suit worn for karate practice (traditional colour is white)
<b>hajime</b>	This is used as a command to begin katas and sparring matched (literally means “begin”)
<b>jyuu-kumite</b>	This is free sparring where, there are no predetermined techniques (however, techniques should be controlled)
<b>kamae</b>	This is a command given to move to an “on-guard” position (literally means “make stance or pose”)
<b>karate-do</b>	Literally means “the way of the empty hand”. The addition of the suffix “do” indicates that karate is a discipline and philosophy with moral and spiritual connotations
<b>karateka</b>	Literally means “karate practitioner”
<b>kata</b>	Literally means “form” or “set” and refers to prearranged fighting movements directed against imaginary opponents
<b>ki</b>	Literally means “energy”, “life-force”, “vital essence”, or “spirit”. This is the Japanese transliteration of the Chinese word “chi”. Ideally, it refers to the mental and spiritual power summoned through concentration and breathing that can be used to perform physical feats every person is thought to possess it)
<b>kiai</b>	Literally means “spirit meeting”. In Japanese martial arts this is the cry uttered at the moment of releasing a blow. Air is expelled simultaneously with the yell and is supposed to maximize the power of the blow, harden the body against counter-attack, and have a shocking effect on one’s opponent
<b>kihon-kumite</b>	Literally means “basic sparring”. A form of training in which two opponents confront each other to simulate real fighting by attacking each other with pre-determined techniques
<b>kyu</b>	Literally means “boy” and refers to any belt level under black belt (decreasing numerical graduations denote higher level of belt)
<b>mokusoh</b>	Literally means “meditation”. Used as a command to begin meditation before and after practice. Meditation is viewed as a means of clearing and focusing the mind
<b>obi</b>	Literally means “belt” and refers to the belt worn with the karate gi
<b>ouuss</b>	A general expression that can be used as a greeting and should be used as a gesture of respect in responding to the instructor or senior students
<b>rei</b>	Used as a command instructing one to bow. “Shomen ni rei” means to bow to the front; “otagai ni rei” means bow to each other; “sensei ni rei” means bow to the instructor
<b>senpai</b>	A title given to senior level kyu (grade) holders, normally of brown belt rank, if not black belts are present
<b>sensei</b>	In general it is used to refer to the karate instructor. In stricter usage the term is used for the senior dojo instructor if third dan or above
<b>yame</b>	Means stop movement or sparring etc.

## COUNTING IN JAPANESE

1 – ichi 2 – ni 3 – san 4 – shi 5 – go 6 – roku 7 – hichi 8 – hachi 9 – ku 10 – jū

## JAPANESE NAMES FOR FUNDAMENTAL TECHNIQUES

Japanese	English
Mae Uke	Front Block
Harai Uke	Down Block
Jyoge no Uke	Up and Down Block
Ura Uchi	Back Punch
Fumi Komi Sokutoh	Down Forward Kick
Furi Uchi	Swing Punch
Kansetsu Geri	Joint Kick
Shuto	Sword Punch
Kousoku Geri	High Kick
Kinteki Geri	Groin Kick
Migi Tsuki	Right Punch (fundamental stance)
Hidari Tsuki	Left Punch (fundamental stance)
Migi Geri	Right Kick (fundamental stance)
Hidari Geri	Left Kick (fundamental stance)
Shiko Tsuki	Shiko Stance Punch
Migi Neko Ashi	Right Cat Stance Kick
Hidari Neko Ashi	Left Cat Stance Kick

## KATAS REQUIRED FOR BELT TEST

Degree	Belt Colour	Sanchin	Gekisai#1	Gekisai#2	Saifa	Seienchin
BEGINNER	white	●				
10TH KYU*	yellow	●				
9TH KYU*	yellow	●				
8TH KYU*	yellow	●				
7TH KYU*	orange	●	●	●		
6TH KYU*	orange	●	●	●		
5TH KYU*	green	●	●	●	●	
4TH KYU*	orange	●	●	●	●	
3RD KYU*	brown	●	●	●	●	●
2ND KYU*	brown	●	●	●	●	●
1ST KYU*	brown	●	●	●	●	●

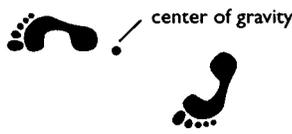
\*9th and 10th kyu apply to junior only. Seniors start from white belt to 8th kyu.

## PRACTICE TIMES

Tuesday 7:00 pm– 8:15 pm

(students are expected to show up at least 5 minutes prior to the time practice is scheduled to start – if a student will be late or has to leave practice early, they should notify the instructor in advance).

## FOOT POSITION OF KARATE STANCE

Japanese	English	Foot Position	
heisoku dachi	normal stance		
musubi dachi	open toe stance	2	
heiko dachi	parallel stance	3	
soto hachi monji dachi	outside "8"	4	
uchi hachi monji dachi	inside "8"	5	
shiko dachi	shiko (or sumo) stance	6	
sanchin dachi	sanchin stance	7	
"re" noji dachi	"J" stance	8	
neko ashi dachi	cat stance	9	
sagi ashi dachi	crane (heron) stance	10	
zenkutsu dachi	forward leaning stance		
kokutsu dachi	back leaning stance	12	