

Okinawan Shorin-Ryu Karate-Do



Student Guide and Handbook

*“Amidst the noise and rapid changes of modern society
one can find, in Karate-Do,
a peace of mind that will never be shaken.”*

Nagamine Shoshin, Grand Master, Matsubayashi-Ryu

Orlando Okinawan Shorin-Ryu
3340 Curry Ford Road
Orlando, FL 32806



A Special Note from Shihan

Katas Practiced by Matsubayshi-Ryu Karate-Do

Fukyugata Ichi
Fukyugata Ni
Pinan Sho-Dan
Pinan Ni-Dan
Pinan San-Dan
Pinan Yon-Dan
Pinan Go-Dan
Naihanchi Sho-Dan
Naihanchi Ni-Dan
Naihanchi San-Dan
Ananku
Wankan
Rohai
Wanshu
Passai
Gojushiho
Chinto
Kusanku

The Orlando Okinawan Shorin-Ryu Karate-Do Dojo is dedicated to providing the best instruction in traditional karate in a Christian environment. This school, operating in the same location since 1986, prides itself on the practice of “traditional” Okinawan karate. Traditional karate demands the mind, body, and spirit be trained as one. As our late Grand Master Nagamine Shoshin said,



Hanshi Nagamine Shoshin (1907-1997)

“The mastery of karate-do requires dedication and strenuous effort. To pursue karate means to seek to master one’s self.”

Although proper technique and intellectual understanding are important, we are equally concerned with the student’s attitude and dedication. Students need to demonstrate a willingness to learn and a tenacity to never give up.

Our School and Staff

Grandmaster: Nagamine Shoshin, 10th Dan

Owner: Geoff Gaudoin, 8th Dan

INTRODUCTION

Whether a person is only considering a study of the art of karate or is actually beginning such a study, it is necessary to view karate with a proper perspective. Many people are intensely interested in karate or other martial arts, but are wary about embarking on a course of instruction in one of the martial arts because of their many misconceptions. I hope, by way of this introduction, we can remove many of these misconceptions plaguing the new student.

The whole person concept is emphasized in this karate club. The achievement of one's potential spiritually, mentally, and physically is stressed. Karate combines the body, mind, and spirit in a harmony of the whole person in order to approach perfection in the art.

Our primary goal in life should be devotion to God, thus this karate club operates with Christian values and ideas. These values and goals include academic knowledge, physical fitness, devotion to God, a serene family life, and recognition by your fellow humans as a contributor to the society in which we live. To do this, you must delegate karate to it's proper place in life – don't become a karate fanatic! Learn balance in all things.

Physical fitness, awareness, self-confidence, discipline, and self defense are taught and are equal in importance. At no time should you place the self-defense

Karate Maxims

空手に先手なし

karate ni sente nashi

There is no first attack in Karate.

Mizu No Kokoro 水の心

“Mind like water”

Roundhouse Kick	Mawashi Geri
Left	Hidari
Right	Migi
Begin (start)	Hajime
Stance	Dachi
Push-Ups	Udetate Fuse
Excuse me (sorry)	Sumimasen
Just a moment, please	Chotto matte kudasai
I understand	Wakarimashita
How are you?	Ogenki desu ka?
Yes	Hai
No	Iie

phase uppermost in your mind. To do so will inevitably bring chaos and unhappiness to your life.

The study of karate is not a short term goal, but rather a life-long endeavor. It is a journey, not a destination; and obtaining the black belt is not a symbol of the end, but of the beginning. As Master Kyan said, "A mastery of karate does not depend upon the learner's physical condition, but mainly on constant practice."

Counting in Japanese

One	Ichi
Two	Ni
Three	San
Four	Shi
Five	Go
Six	Roku
Seven	Shichi
Eight	Hachi
Nine	Ku
Ten	Ju



HISTORY AND BACKGROUND

The words “Shorin-Ryu” refer to a specific style or type of karate which originated on the island kingdom of Okinawa long before karate was introduced to mainland Japan.

Each style of karate has its own distinguishing features, such as kata forms as well as ways of punching and kicking. The word “ryu” means style, while the word “Shorin” is the Okinawan pronunciation of the Chinese word “Shaolin.” So, Shorin-Ryu actually translates to mean “Chaolin Style.” This is a reference to China, specifically the Shaolin Monastery in Northern China, where empty hand martial arts (originally called Kung-Fu in Chinese) began. Before Okinawa was occupied by the Japanese, it was the autonomous kingdom of Okinawa with its own language (Uchina Guchi), culture, and social-political structure.

Okinawa was originally very close culturally and politically to China. It was this association which allowed Chinese monks and noblemen to carry Shaolin Wu Shu (Kung Fu) to Okinawa. Upon being exposed to Shaolin Wu Shu, the native Okinawans combined it with the island’s indigenous martial arts, known as “Te,” or “hand.” The hybrid system became known as To Te or Tode which literally translated to mean “China Hand.”

Martial arts legend holds an Okinawan nobleman, Sakugawa, as being directly responsible for learning Shaolin Qu Shu in China, then returning to Okinawa as its first Okinawan Master. Sakugawa was also the first man to open an actual karate school in Okinawa. Because of his mastery of this martial art system, he is still known as “To Te Sakugawa.”

JAPANESE TERMINOLOGY

The following are common Japanese terms used in class day-to-day. All students are expected to learn and use them. There are more, which will be learned as the student progresses.

English Term	Japanese
Line Up	Shugo
Attention	Kyotsuke
Ready	Yoi
Sit Down	Seiza
Bow	Rei
Please Teach Me	Onegai Shimasu
Thank You Very Much	Arigato Gozaimasu
You’re Welcome	Do itashimashite
Way of the Empty Hand	Karate-do
Master	Soke
Teacher of Teachers (8 th Dan and up)	Hanshi
Master Instructor/Director	Shihan
Senior Teacher/Expert (6 th Dan and up)	Kyoshi
Senior Polished Instructor	Renshi
Teacher	Sensei
Senior Student	Senpai
Student	Deshi or Montei
House of Instruction	Dojo
Forms (stylized fighting)	Kata
Striking Post	Makiwara
Turn	Mawate
Upper	Jodan
Middle	Chudan
Lower	Gedan
Block	Uke
Punch	Zuki
Front Kick	Mae Geri
Side Kick	Yoko Geri or Sokuto Geri

QUESTIONS AND ANSWERS ABOUT PROMOTIONS

1. How often are promotions held?

Promotions are held every three months. *However*, that does not mean you will be tested every three months. Various ranks have different time requirements, in addition, the individual student must show they are ready for advancement through their abilities, attitude, and attendance at the dojo.

2. How much time must I wait between ranks?

The time between ranks ranges from 24-35 classes, depending on the specific rank.

3. What are the requirements for promotion?

The requirements for promotion are contained in the advancement binder at the dojo. The book is open to all students and should be reviewed often.

4. What is the actual promotion process?

As you attend class and improve in ability, it is up to you to get signed off as being ready for promotion. On your attendance card, there are sign off blocks for technique, essay, kata, questions, etc. Any Sensei can test you on these areas and sign you off in preparation for normal testing. Shihan will notify you when you are testing. NOTE: Traditionally, it is a sign of discourtesy to ask Shihan to test you. When you are ready to test, Shihan will know.

5. What is the proper courtesy to show during testing?

There is a poster of "Testing Etiquette" located in the dojo. Please become familiar with it.

As the years passed, different teachers founded different "Ryu's" or "styles." The Shorin-Ryu system remains a direct descendant of the earlier Shaolin art. The main difference between the two is that the Chinese system relies heavily on open hands, whereas the Okinawan systems use more closed fists. This is attributed to the incorporation of Okinawan "Te" (Hand or fist).

Originally, the Shorin system was concentrated to an area around Tomari village in Okinawa. The system grew to include four distinct Ryu's: Matsubayashi-Ryu (founded by Nagamine Shoshin), Matsumura-Ryu (Orthodox – founded by Soken Hohon), Kobayashi-Ryu (founded by Chibana Choshin), and Shobayashi-Ryu (founded by Kyan Chotoku).

While our system is primarily a hand technique-oriented style, there is no one "best" style of karate. Styles developed differently based on needs, terrain, climate, and other factors. All traditional martial arts should be respected.



FEES AND DUES

As a traditional school, we do not utilize contracts. Contracts are for businesses; we are a martial arts school. Fees are due at the beginning of the month. We have to charge a late fee for those dues not received by the 10th of the month. We appreciate prompt payment of dues.

SPECIAL EVENTS

From time to time, we have special events. We will let you (or your child) know during class what we are planning and any associated fees.

We have an annual Christmas party in which we invite family and friends for a meal and a karate demonstration by our students and instructors. Other events may include an annual beach party, parents' night out, etc.

THE OBI (BELT)

Do's and Don'ts:

1. Don't eat or drink while wearing the obi.
2. Don't wear the obi outside the dojo.
3. Don't wash the obi.
4. DO respect the obi, and don't let it touch the ground.
5. DO take the obi home and remember to bring it to class.

Adult Obi Colors: White, Yellow, Orange, Green, Brown, Black

Children's Obi Colors: White, Yellow, Orange, Red, Blue, Purple

17. Stay out of fights unless impossible to avoid.
REPORT ALL FIGHTS TO THE DOJO WITHIN 24 HOURS.
18. Do not criticize other members at any time.
19. Be on time for class. If you are late, do 25 push-ups, then assume a sitting position (seizan) at the back of the dojo floor until Sensei motions for you to join the class.
20. The karate teacher is to be called Sensei at all times while in the Dojo.
21. Signs and periodic postings are to be observed at all times.
22. Strive to promote the true spirit of karate by the development of;
- Respect (Courtesy to others)
 - Character (Mental Development)
 - Humility (Never lose sight of your shortcomings)
 - Health (Physical development)
 - Skill (Proficiency in karate)

CLASS SCHEDULES

Monday	Tuesday	Wednesday	Thursday	Friday
10 - 11 a.m. (all ranks)	5 - 6 p.m. Kinder Karate	Dojo Closed		10 - 11 a.m. (all ranks)
6 - 7 p.m. Children's Beginner Class (all ranks)	6 - 7 p.m. Children's Advanced Class (≥ Orange Belt)		6 - 7 p.m. Children's Class (all ranks)	6 - 7 p.m. Children's Class (all ranks)
7-8:30 p.m. Adult and Teen Beginner Class (all ranks)	7-8:30 p.m. Adult and Teen Advanced Class (≥ Green Belt)		7-8:30 p.m. Adult and Teen Class (all ranks)	7-8:30 p.m. Adult and Teen Class (all ranks)

NOTES

All workout sessions start with warm-up, stretching, and exercises before moving into the basics. Once this is complete, new techniques and/or katas are taught by the instructors. Sparring (kumite) will occur regularly and without prior notice, so you need to be ready.

DOJO RULES

HOLIDAYS AND CLOSURES

New Year's Eve New Year's Day Good Friday Memorial Day 4 th of July	Labor Day Halloween Thanksgiving weekend Christmas Break
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NOTES TO PARENTS

Parents, we need to ask for your help in ensuring your child receives the best in karate training. To that end, there are a few rules which need to be observed in the dojo.

1. **Please do NOT, under any circumstances, call to or talk with your child while class is in session.**
Should you have an emergency that cannot wait until after class, motion to one of the black belt instructors and speak with them. It is very important for the instructors to have your child's full attention during class.
2. At times, your child will be assigned a task to complete. It may be to bring in a permission slip, to do a chore at the dojo, etc. This is their responsibility, not yours. If necessary, gently remind your child of the task, but DO NOT do it for them or force them to accomplish it. The instructors will provide the incentives.
3. If you have a problem with instruction, or something that has happened in class or at an event, please talk to Shihan directly. We are glad to meet with you and discuss the situation.

1. No profanity or abusive language is allowed in the dojo.
2. All members will remove their shoes before entering the dojo practice deck.
3. All members will bow to each other at the beginning and end of each class.
4. All members will bow to Sensei when entering and leaving the dojo.
5. All member will bow when coming onto and leaving the dojo floor.
6. Personal cleanliness and hygiene are to be observed at all times.
7. Keep your fingernails and toenails short at all times.
8. Keep your karate uniform (Gi) neat and clean at all times.
9. Do not wear rings, jewelry or any other metal ornaments on the karate deck.
10. Do not leave personal belongings in the dojo overnight.
11. No candy, gum, food, or beverages of any kind will be allowed on the karate deck. No smoking in the dojo at any time by students or spectators.
12. Do not come to class while intoxicated. Do not consume any alcohol before class or practice.
13. No talking or laughing at any time while class is in session.
14. Help students below you in rank with knowledge.
15. Refrain from misusing your karate knowledge.
16. Do not show anyone who is not a dojo member ANY karate technique and DO NOT demonstrate karate in public.

Our style utilizes 5 of the traditional Kobujitsu weapons – The Nunchaku (Rice flail), the Sai (trident), the Kamas (hand sickles), the Tuifa (millstone handle), and the Bo (6' staff).

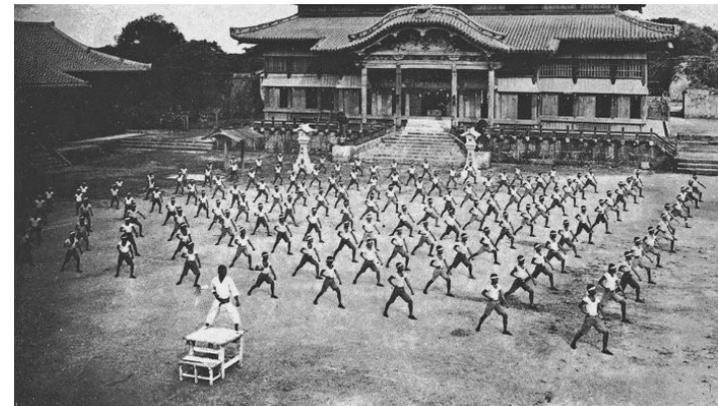
Because Kobu-Do requires an understanding of the basics of karate, students do not begin working with weapons until they are eligible to attend advanced classes.

古
武
道



4. For some promotions, an essay is required on a specific subject. This should be done by your child, not by you. Certainly, you may help with suggestions, but this is a time for the student to do the research and/or express their thoughts.
5. **Please observe QUIETLY when class is in session.**
6. Parent should pick up their children inside the dojo. We ask this for many reasons:
 - i. We want to keep your children safe
 - ii. This will ensure you hear any specific announcements
 - iii. This will give Shihan a chance to speak to you, if necessary

We GREATLY appreciate your cooperation!



DOJO ETIQUETTE



Bowing: In the East, a bow means much more than a handshake does in America. When two people bow to each other, it is clear who is of higher respect or rank. The junior individual (regardless of rank) bows deeper to a higher rank individual. Peers bow the same depth to each other. Bowing is expected when entering the dojo, when coming on deck, and when greeting others in the dojo.

Cleanliness: The dojo floor is swept and mopped, and the carpet is vacuumed after Friday classes or whenever needed. Traditionally, Kyu (non black belt) ranked students perform these duties as a sign of respect to the school. If a Kyu student sees a Black Belt cleaning something in the dojo, it would show great respect if they would volunteer to take over for the Sensei.

Shoes: Shoes are **NEVER** to be worn onto the dojo floor. A shoe rack is located at the dojo entrance for your convenience.

Body Fluids: On rare occasions, a student will scrape a knee, toe, or finger. At any time there is visible blood, the student should stop the activity and inform a Sensei. Activities will resume after cleaning has been accomplished. First aid supplies are located in the restrooms.

Physical Fitness: Everyone will grow in physical strength and endurance as they continue to train in karate. When a student starts, while they are expected to give their best effort, they are not expected to continue at 100% if they experience shortness of breath, dizziness, lightheadedness, feel faintness, pain, or pressure in their chest. If you develop one of these symptoms, bow to the Sensei and excuse yourself. Leave the deck and sit down for a moment. If the sensations do not go away rapidly after you relax, notify the Sensei **IMMEDIATELY.**

WEAPONS CLASSES

Weapons are a paradox in Karate. Traditionally, there are no weapons in karate other than the human mind and body. At the same time, Okinawans developed sophisticated weapons out of primitive farm implements. The study of these ancient weapons is known as Kobu-Jitsu or Kobu-Do.

The development of Karate and Kobu-Do occurred almost at the same time. As a result, Kobu-do has always been studied concurrently with karate. When one watches a weapons form, it is easy to see the parallels between it and karate in the stances and moves.