



S.E.M.K.A

NEW

STUDENTS

GUIDE



An Introduction for Parents and Children



This article is designed to help introduce children and parents to the Wado-ryu Karate Dojo.



Karate is ideal for children because it teaches them awareness, concentration, coordination, physical as well as mental health & discipline, self-defence, team work, and numerous other positive benefits.



At first sight it can prove to be a little confusing and without help you could waste a lot of time, money, and possibly risk long or short term injury.

The following information will give you some history of Wado Karate, translate some of the names, show how to wear your karate suit, give information on some of the hygiene and safety, warming-up and cooling-down procedures, basic techniques, etiquette, stances.

History.

Martial-arts are as old as mankind himself, as all through time man has always fought with another.



While in England there were the 'Knights' with their Code of Chivalry, in Japan there were the 'Samurai' with their Code of 'Bushido'.



3000 years ago, Buddha (563-483bc) was born in India a Warrior Prince to the Sakyu Warrior Cast.



His name was Prince Gautama Siddharta. At 29 Siddharta renounced all his worldly goods and went on a quest for truth & enlightenment. At 35, after intense study, he became enlightened. He taught others for the next 45 years spreading his wisdom throughout the Eastern World. The essence of his teachings morality, wisdom, and concentration (a must for any Karate-ka). A disciple of Buddhism, called Bodhidharma (known in Chinese as Ta-mo), spread this teaching from India to China in ad527. This Indian holy man also brought into China Zen Buddhism. He was also responsible for bringing the special health giving exercises based on breathing and Yoga to the Shaolin Temple. The special breathing and exercising became known as the '18 hands of Lo-Han'. These exercises became the basis of the Shaolin Temple Boxing. These Martial-arts spread throughout all regions of China from this first temple.



Okinawa is part of the Ryukyu Islands, and lies between Japan and China. The Okinawans learned their Martial-arts from visitors, traders and sailors from Chinese

mainland.

Meanwhile in Japan, the warrior arts consisted mainly of the sword, linked to the Samurai Warrior code of Bushido. Unarmed fighting was called Ju-jutsu and was mainly for when the warrior lost his sword during combat. An Okinawan, by the name of Gichin Funikoshi, was well trained in the Martial-art known as 'Okinawa-te'. He introduced this to Japan in 1917, and renamed it Karate, 'Way of the Empty Hand' in 1923.

One of Funakoshi's best students, at this time, was Ohtsuka Hironori, who was already a master of Ju-jutsu. Ohtsuka Hironori blended his knowledge of Ju-Jutsu and Okinawan Karate and called his style Wado-ryu, meaning Harmony & Peace School.

In 1964 Ohtsuka Hironori's most senior instructor in Wado-ryu, named Suzuki Tatsuo, introduced Karate into the UK. Since this introduction British Karate has dominated the world for many years. The original spirit, or 'way' of Karate, is still as important today as it was back in these early years, and is the basis for all Wado-ryu Karate. Correct behaviour, self-discipline, serious concentration remains the prime importance in training.



'Karate-ni-sentenashi' - There is no first strike in Karate. Meaning that all Karate techniques should be used for self-defence only. All schools of Wado follow this principle.

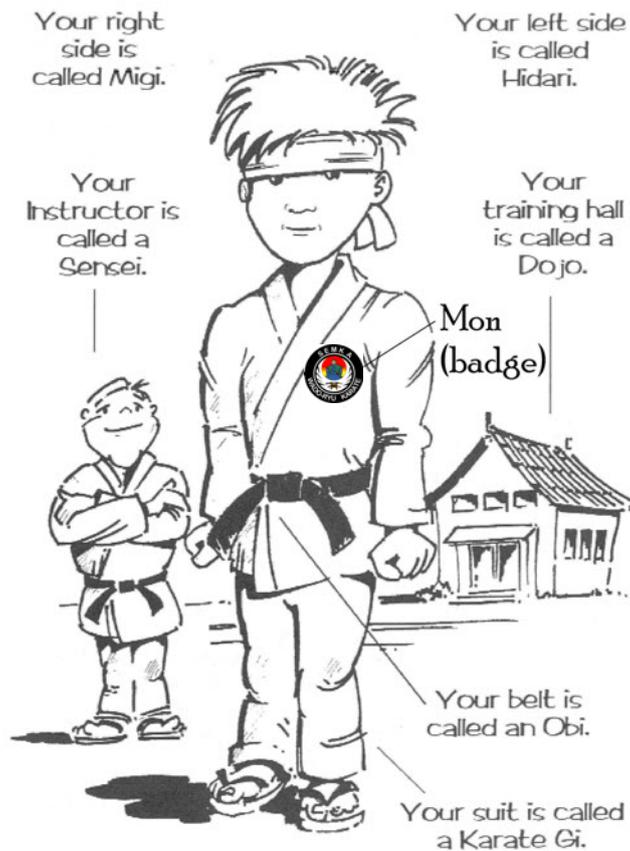


The Names.

What do you need to know when attending Karate?



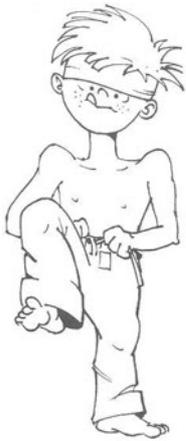
Basic terms



To line up in rank order is Seiretsu (attention position).



The command to kneel is Seiza. The command to sit is Soru. To stand is Kiritsu. To do a standing bow is known as Tachi-rei. To bow to the front (towards the Kamiza) is Shomen-ni-rei. An Instructor is called Sensei. To bow to the Sensei is Sensei-ni-rei. To bow to other students in the Dojo is Otaga-ni-rei. To start is Hadjime. To stop is Yamae. Warm-ups are called Junbi-undo. The left is Hidari and the right is Migi. Head level is Jodan. Middle level is Chudan. Lower level is Gedan. The knee is Hiza. A punch is known as Tsuki. A strike is known as Uchi. A kick is Keri. A block is Uke. A senior grade (brown or lower graded black-belt) is known as a Sempai. A student is known as a Deshi. A junior is known as Kohai. A black-belt member is known as a Yudansha.



Gi Bottoms.

Put the trousers on and (if you have traditional trousers) pull the drawstrings tight from both sides (this will not be necessary for elasticised trousers). Feed the strings through the loop in the front, and tie in a bow. Make sure the legs are not too long; if they are they should be turned up and hemmed to fit you. Make sure you can move comfortably wearing your trousers.



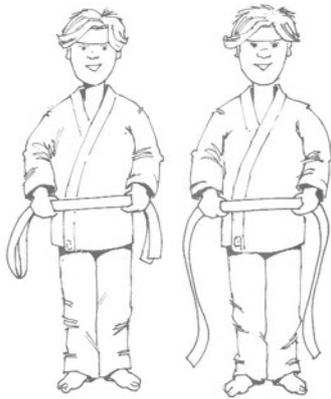
Gi Top.

Put your jacket on and wrap it over with the left side over the right. Tie the strings together that meet at the bottom of your jacket at both sides. If your sleeves are not too long they should be turned up over the wrist. Traditionally, your British Wadokai (Association) Badge should be sewn on the left breast and if you obtain, or are issued, a club badge this should be sewn onto your left arm.

Check that your Gi allows you to do your Karate movements unhindered.



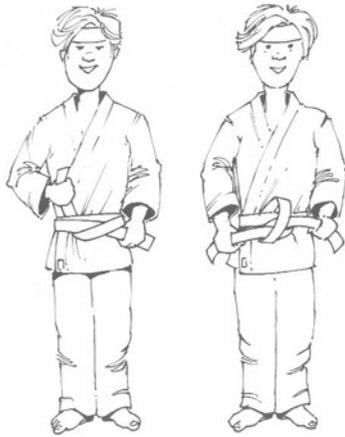
Wearing your belt (Obi).



The correct and traditional method of tying your Obi. Fold your Obi in half and place the centre fold to the middle of your tummy.



Wrap it around your back crossing it over to give your lower back extra support. Bring the two ends back around to the front.



Cross them over (right over left and under) and tuck the outside length under all the others so you are left with one at the top and one at the bottom. Take the one at the top, in your left hand, (left over right and through) around the one at the bottom, in your right hand, and pull tight to the sides.



Hygiene, Health & Safety.

Always keep yourself clean & tidy. If you have long hair keep it tied back tidily. No jewellery of any kind should be worn. Keep finger and toe nails clipped short.



Always wash or shower before and after training.



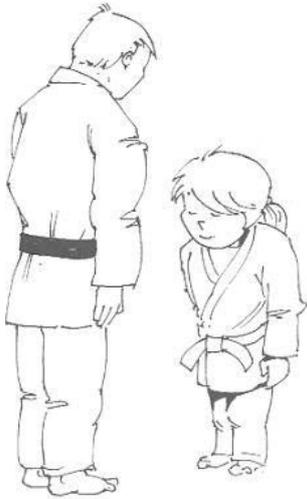
Keep all your equipment clean and in good condition.



Always ensure that your Sensei knows if you have any special needs, if you have any disability or on any medication. *Also if you are injured in any way, or do not feel well, make sure that the Sensei is aware of this .*



Make sure that you visit the toilet before you start training and also make use of the breaks.



If you need to go during training, always ask permission and then only walk around the edge of the training area when the Sensei has given you permission to leave.



Always concentrate and pay attention to the Sensei when you are training. Also, always know where your technique is going so as not to injure yourself or others.



Make sure you have enough space around you when you are performing your movements. Have respect for the age, size, and ability of the people that you are training with. Take care of any students junior to you.



Train properly with your partner and in the true Karate spirit.



Warm Ups & Downs!

Cardiovascular, strength and flexibility. Warm up exercises are designed to speed your heart rate and prepare your mind & body for training. The exercises should be well within your natural range of movement and be smaller versions of the range of movement that you will use in class. You should not exhaust yourself in the warm up, or put any undue strain on your joints, muscles, or ligaments.



The cool down is to get rid of any waste (toxins) that may be left in the muscles. The movements should be calm and slow and include some light stretching and

flexibility training still within your natural range of movement.

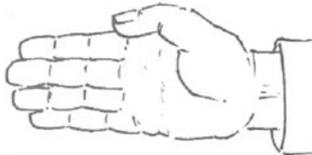


Do not copy strength and flexibility exercises that you see on television and in the movies, as these could injure or damage your body for life!

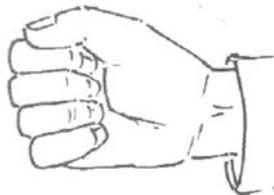


The hand in Karate is used for punching, grappling, pushing, pulling, locking, throwing, deflecting, and striking. If used properly, you will strengthen and learn how to use your whole body in the most effective and efficient way.

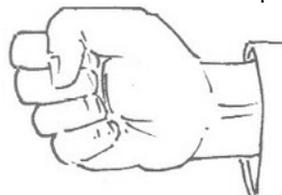
The Karate Fist.



First, open your hand.



Fold in your fingers, paying particular attention to your smallest finger as this activates the most powerful group of muscles in the forearm.



Take your thumb around the outside of forefinger and slide it beneath the fore-finger knuckle, whilst pulling the forefinger tightly into the fist.



Angle your wrist until the first two knuckles (known as Seiken) are in line with the arm. Move your fist at arms length into the centre of your body at Chudan level so that the Seiken is in line with the solar-plexus (Singetsu). Bring the other fist back (called Hikite) palm upwards, so that you can feel the fist touch the side of your body (above the belt). To punch, pull the extended fist back (Hikite) and push the other fist forwards at the exact same time. They should begin to rotate as they pass each other and you should feel the side of each arm rub against the body from fist to elbow as it moves. The focus (Ki-me) should be applied by using the grip, altering the angle of the wrist and closing the armpits as you rotate the arms. Never lock or over extend your joints in Karate, as this can cause serious, long term damage.



Another common open-hand technique is the sword-hand (Shuto). Open your hand as long and as wide as you can, draw your fingers together and leave the thumb extended (tuck the top joint of the thumb in). Ensure that the striking edge and the back of your hand is in line with your arm.



Another open hand technique is to strike with the fingertips (Nukite). Position your hand in a similar way as the Shuto. However, make sure that the fingers are slightly angled inwards so that if you strike something too hard, they will collapse into a fist.

The Foot.



The basic Karate front-kick (Maegeri) uses the ball of the ball of the foot just behind the toes (Jo-sokutei). When kicking, you have to pull the toes back and point the foot so that you kick in a straight line. It is important in front directional kicks to raise your knee high enough to focus the technique correctly. Never extend your technique unless you know exactly where and how you are kicking. Always keep the supporting leg bent and make sure that the foot is in the correct position.



When performing the round-house kick (Mawashigeri) use the high-

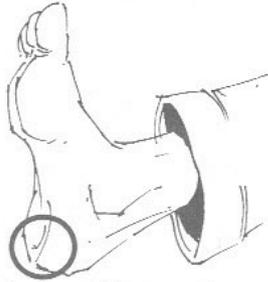
instep (Heisoku).



When performing the side kick we use the side-edge of the foot (Sokuto).



On some kicks we use the sole of the foot (Sokutei).



And sometimes we use the heel of the foot (Kakato). Always remember when performing any technique, never over extend the force on the strike, as this may be very painful and could cause permanent damage to the joints.

Stances.

There are many different stances in Wado-ryu Karate. We will deal with the most popular ones. If done correctly, the power generated from your stances will greatly add to the power and stability of your technique. The power from your stances will come from the way that you push and twist your feet against the floor. It is vital that when making your stances that you place your feet at the correct position and ensure that the angles enable you to push the technique in the correct way. Check to see if you have your knees, hips, spine, head, shoulders, and arms in the correct position so that you have good form.



At the beginning of the training session you will be asked to go into the 'attention stance' (Musubi-dachi), when called for Seiretsu. Musubi-dachi requires your heels to be together and the feet open.



Yohi, 'ready position', Shizen Hontai 'natural posture'. This stance is called Hachiji-dachi.



Junzuki-dachi, means leading arm, or meridian-line, punch stance.

Hanmi-gamae is fighting stance.



Shizentai, 'natural standing', this stance is called Renoji-dachi.



Shiko-ashi-dachi means four-point foot stance, and resembles someone riding a horse.



Neko-ashi-dachi means cat-foot stance.

Promotion.

Belts are achieved through dedicated practice and training. Once a student understands all that is required for the next grade, plus 'time-served' (minimum 3-months for Kyu gradings) for each level has been completed, then the student may be put forward for his grading to the next belt level. Once the student has achieved green-belt training should be practised at least twice a week, *along with continual home-training* .

Introduction to Karate – *How much will it cost?*

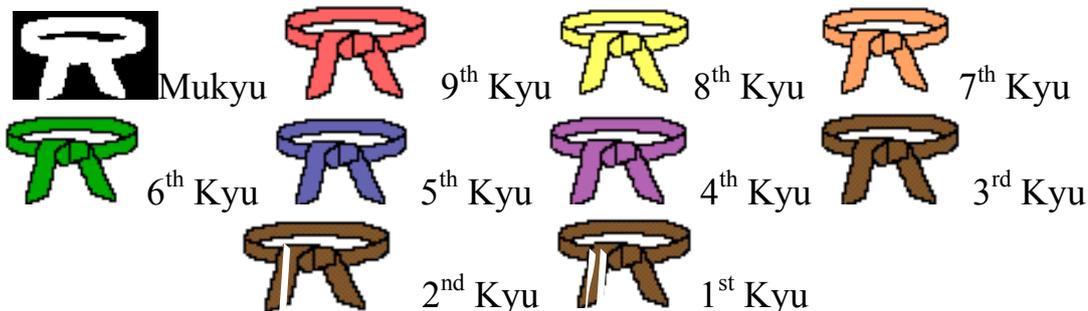
Initially Karate can be quite expensive, for example the purchase of the Student's Karate Licence - the most important aspect of any Martial-arts training.

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THE GRADE SYLLABUS OF



S.E.M.K.A. WADO-RYU KARATE



NOTES FOR STUDENTS ANTICIPATING A GRADING

Before the grading date, be prepared:

1. All applicants for gradings must wear a clean white Gi.
2. Mon (Badge/s) must be worn on the left side of the Gi.
3. Ensure you have read and understood the Club Rules.
4. Ensure you have an up-to-date British Wadokai Licence.
5. Ensure you have correct grade registration prior to grading.
6. And probably most important, make sure you 'know' what you need to know for your grading.

Best etiquette must be observed at all times. Ensure you pay your respects to the examiner/s in the correct way (always bowing, etc.). Always sit in the crossed legged position, during the 'rest' period between techniques, in the Shimoza area, or allocated rest area, of the Dojo. When called for any aspect of the grading, bow when entering the Dojo-floor.

Before the practical aspect of the grading commences, you will be required to kneel before the Examiner/s desk. From here you will be asked to recite the Dojo-kun (Japanese & English) and remove your Obi from your waist and fold it in front of you. Upon a further command, you will retie the Obi correctly around your waist. You will then wait for further instructions.

These rules are mottos, the spirit of which serious Students of the Martial Arts should try to follow if they wish to gain the maximum from their training. The rules are like our English saying "Service, not Self", "Deeds, not Words" or "Be Prepared" and exemplify an attitude and a dedication to a way of life.

REISETSU O MAMORI (STICK TO THE RULES)

In the Dojo, good etiquette must be observed by following the rules.

SHINGI O OMANJI (A STUDENT MUST HAVE LOYALTY TO HIS INSTRUCTOR).

This is the most important thing in Martial Arts.

JOJITSU NI OBEREZU (TEACHERS AND STUDENTS ARE NOT ALL ONE)

Outside the Dojo, you can be friendly with your SENSEI, but you must never take advantage of this friendship inside the Dojo - he is your Sensei.

SHINKERUNI NI TESSEYO (BE SERIOUS IN YOUR EFFORTS)

No turning up late to train, no flippancy chattering, smoking, eating, chewing gum or drinking in the Dojo. Concentrate solely on what you come to do - KARATE, and train hard in everything you do. Visitors, as well as Students, MUST respect the DOJO KUN

S.E.M.K.A

9th KYU

Red Belt

Students must first show the Instructor that he can tie his OBI (belt) correctly, and to perform the normal starting and finishing bow, which is as follows;

Commands on this grading will be given first in Japanese then in English.

DOJO-KUN (Recited in Japanese and English). As with ALL proceeding grades. For 9th Kyu, you will also be tested on correct belt-tying technique.

COMMAND	PRONUNCIATION	POSITION
Seiza	Say-zar	Kneel down.
Sensei Ni Rei	Sen-Say-Nee-Ray	Bow to Instructor.
Otagai Ni Rei	Oti-Toe-Gur-Nee-Ray	Bow to Dojo, and all assembled.
Kirtisu	Kiritz	Stand to attention.

UKE (BLOCKS)

- | | |
|--------------------|----------------------------|
| 1. Jodan Uke | Head block. |
| 2. Chudan Soto Uke | Body outer block. |
| 3. Chudan Uchi Uke | Body inner block. |
| 4. Gedan Barai | Lower body sweeping block. |
| 5. Mawashi Uke | Circle block. |

KIHON, TSUKI & KERI (BASIC TECHNIQUES)

- | | |
|------------------------------|---|
| 1. Junzuki turn in Jodan Uke | Straight punch with head block on turn. |
| 2. Tobikomizuki Jodan | Head snap punch. |
| 3. Uraken Uchi Jodan | Head back fist strike. |
| 4. Maegeri Chudan | Body front kick. |
| 5. Surikomi Maegeri Chudan - | One step front kick. |

RENRAKU WAZA (COMBINATIONS)

1. Maegeri Chudan - Tobikomizuki Jodan - Front kick body, snap punch face.
2. Surikomi Maegeri Chudan - Tobikomizuki Jodan - One step front kick body, snap punch to the face.

KATA

S.E.M.K.A. Kihon Kata Ippon (Seniors only)



The Student Karate Licence will cost £50 Juniors £60 seniors (first year) and includes a suit, insurance, karate passport, grade-record, awards, titles, injury log, membership to the National & International Governing Bodies, etc. Due to the importance of the Licence, this must be obtained at the earliest convenience usually after two training sessions

Remember that you have started on a lifetime journey within the Martial-arts. Parents, visitors, and guests are always welcome to visit the Dojo. However, small children, babies, and noises can be both distracting and off-putting to Instructors and students in the Dojo. Please keep all children/babies under control and keep noise to a minimum.

Finally.

Make sure that you have respect, patience, tolerance, and compassion toward your art, other people, and yourself at all times. As soon as you start training you become a representative of the Wado School you have chosen to belong to - SEMKA WADO RYU KARATE GROUP. If you develop these qualities above all else you should enjoy many years of good martial-arts study and forge lifetime friendships with people all over the world. Take care of your environment, and take care of yourself, then you can be called a real Karate-ka.

All SEMKA Wado Ryu Instructors are Licensed, Registered, certified, Insured and have Enhanced CRB & First Aid Certification. All students & Instructors are covered by £5m Person to Person & Public Liability Insurance.

Samurai Enlighten Mushin Karate Academy (S.E.M.K.A.) is a full registered member of the British Wado Kai, and the English Karate Federation (E.K.F.).

