

INTERNATIONAL KARATE-DO

GOJU KAI ASSOCIATION



NORTH COAST GOJU KAI KARATE-DO

'NCGK'

STUDENT HANDBOOK

INTRODUCTION

Welcome to North Coast Goju Kai Karate-do (NCGK), a martial arts club with strong foundations in self defence through teaching the traditional Okinawan martial art of Goju Ryu Karate-do.

Goju Kai Karate-do has been taught on the North Coast of NSW since 1977, and began in Australia in 1963.

Led by our Chief Instructor Rick Burton 5th Dan Shihan, our club and its very experienced Shihan's and Sensei (teachers) promote a safe and respectful learning environment for karate students to progress at their pace.

Through our Karate we teach not only self-defence but self-confidence, self-discipline, self-respect, humility, loyalty, honour, along with strength, flexibility, balance and co-ordination as you learn blocks, strikes and stances; as you progress through the detailed syllabus that is created by our grand master Yamaguchi Goshi, Saiko Shihan, in Japan.

WHAT TO EXPECT WHEN YOU START TRAINING

Goju Kai is a traditional Karate style with a focus on self defence, also personal growth and development through the study of form and syllabus. Due to their competitive nature junior students will also experience the sporting side of karate, which will also be available to seniors (if desired).

The first few lessons may seem hard to grasp but through regular training and a willing spirit you will quickly become accustomed to this new training environment and the building blocks to strong self defence will start to fall into place.

Initial fees are to be paid within two weeks of commencing training, insurance and registration annually thereafter. The daily attendance sheet should be signed and training fees should be paid before the commencement of class, or monthly/Quarterly fees at the beginning of each month or Quarter.

We pride ourselves on minimising injury in all aspects of the training and on providing a safe environment for all participants. To ensure your and other students' safety it is important to note the following:

- Initial dress should be either track pants or shorts (preferable above the knee for movement) and a T-Shirt. No shoes are required.
- Please do not wear jewellery – eg rings, watches, bangles, necklaces, earrings or other body piercing jewellery during training.
- Long hair should be held back with a soft hair band. Hairpins and clips should be avoided.
- Chewing gum, other confectionery or food should not be consumed during training.

- Any wounds should be covered with an occlusive dressing and any new injury must be dressed or otherwise treated immediately and any spills cleaned.
- Any injury, medical condition or other problem that may inhibit your training or be aggravated by certain activity should be discussed with the Instructor prior to the commencement of training.
- Personal grooming such as clean well maintained finger and toenails and other aspects of personal hygiene will prevent injury and enhance training.
- Please ensure that you are adequately hydrated prior to commencement of training. You may bring a bottle of water into the Dojo.
- Any participant under the influence of any drug(s) or alcohol will not be permitted to train.
- Co-operation and respect for those graded higher (SEMPAI) and those graded lower (KOHAI) is an essential aspect of the discipline.
- You will be strongly encouraged to only practice your Karate skills in the dojo (training hall) or for own self defence.
- Enjoy your training!

ETTEQUETTE AND RESPONSIBLE CONDUCT

In as much as the student should hold in great regard their teachers and senior peers in training they are also obliged to respect the dojo (training hall) which provides one with the space and atmosphere for serious training.

This is created by all the participants in this space and one should respect one's training environment such as keeping the dojo spotless, clean and hygienic. The cleaning of the dojo is usually the responsibility of the juniors or lower graded students. It shows good character to voluntarily clean the dojo.

Goju Kai Karate-do is a Japanese style and hence the commands are in the Japanese language. There are two terms which must also be used as a formal gesture to a teacher.

"Onegai shimasu" - please teach me, or, I accept your kindness and

"Arigato gozaimashita" - thank you very much.

These terms show respect and appreciation to the teacher and are used at the beginning and end of class.

When arriving late to class you should bow at the door and say (in a loud voice) "Onegai shimasu". The Sensei will return the greeting OOSS! Bow to each other and you may then proceed to the back of the class to bow in and wait to be invited to join the class by the Sensei.

When asked whether a command given is understood a sharp “HAI” (yes) must follow as an acknowledgment.

If you need to leave class early please explain to the Sensei before class or raise your hand during the lesson to be excused.

Mutual co-operation and respect in class leads to a rewarding rapport between participants.

The Martial Artist of high degree is usually a sincere person with genuine concern for life. A philosopher has said “the artist injects the spirit of life into the culture”.

By cultivating a greater understanding of, and respect for oneself and others one will soon gain a greater concept of the meaning of “DO” (the way) of Karate-do.

TERMINOLOGY AND COMMANDS

As your skill progresses in martial arts, so will your understanding of the terminology.

STANCES (DACHI)		BLOCKS (UKE)	
Heisoku Dachi	Feet together, Heels & Toes	Jodan Uke	Upper rising block
Musubi Dachi	Heels together, feet 45 degrees	Chudan Uke	Middle parry block
Hieko Dachi	Parallel stance, shoulder width	Gedan Uke	Lower sweep block
Soto Dachi	Feet 45 degrees, shoulder width	Harai Otoshi	Downward sweep/parry block
Uchi Dachi	Spread feet 45degrees soto dachi	Soto Uke	Outside (middle) block
Shiko Dachi	Lower horse riding stance	Kote/Uchi Uke	Forearm (inside) block
Sanchin Dachi	3-point battle or hour glass stance	Yoko Uke Shita Barai	Scissor (middle & lower) block
Zenkutsu Dachi	Forward Lunging stance	Jodan Uke Shita Bari	Scissor (upper & lower) block
Han Zenkutsu Dachi	Half Lunging stance	Take Uke	Hooking block
Nieko Ashi Daschi	Cat stance, Goju fighting stance	Mawashi Uke	Double roundhouse block
Kokotsu Dachi	Back leaning stance		
Sagi Ashi Dachi	Crane leg stance		
Shiko Dachi Shakaku	45 degree horse riding stance		
Shiko Dachi Shokaku	90 degree horse riding stance		
Shiko Dachi Heikaku	180 degree horse riding stance		

STRIKES (TSUKI)		SNAP (UCHI)	
Jodan (seiken) Zuki	Upper (fore fist) strike	Ura Uchi (ura ken)	Back fist snap
Chudan Zuki	Middle (fore fist) strike	Shuto Uchi	Knife hand snap/chop
Gedan Zuki	Lower (for efist) strike	Urashuto Uchi	Back hand chop
Shita Zuki	Inverted fist strike	Furi Uchi	Roundhouse snap
TomeZuki	Thrust strike	Haito Uchi	Ridge hand snap
Hiki Zuki	Snap strike		
Nihon Zuki	Double strike		
Sanbon Zuki	Triple strike		
Morote Zuki	Two-fisted strike		

SMASH (ATE)		KICKING (GERI)	
Age Hijiate	Rising/Forward elbow smash	Mae Geri	Front kick
Ushiro Hijiate	Rear elbow snap	Gedan Geri	Groin kick
Mawashi Hijiate	Roundhouse elbow smash	Yoko Geri	Lower round house kick
Yoko Hijiate	Side elbow smash	Kansetsu Geri	Knee-joint kick
Otoshi Hijiate	Downward elbow smash	Sokuto Geri	Side kick (blade of foot)
Teisho	Palm-heel smash	Mawashi Geri	High round house kick
		Ura Mawashi Geri	Reverse round house kick
		Ushiro Geri	Back kick
		Hiza Geri	Knee smash, rising knee kick
		Kakato Geri	Heel stomp
		Kekomi Geri	Inward heel (blade) thrust

WEARING APPAREL		COUNTING		GRADES	
Keiko Gi or Dogi	Uniform	Ichi	One	11 th Kyu	- White Belt
Obi	Belt	Ni	Two	10 th & 9 th Kyu	- Orange belt & Yellow tip
Shirobi	White belt	San	Three	8 th & 7 th Kyu	- Yellow belt & Green tip
Orenji Obi	Orange belt	Shi (Yon)	Four	6 th & 5 th Kyu	- Green belt & Blue tip
Kiirobi	Yellow belt	Go	Five	4 th & 3 rd Kyu	- Blue belt & Brown tip
Midori Obi	Green belt	Roku	Six	2 nd & 1 st Kyu	- Brown belt & Black tip
Aoi Obi	Blue belt	Shichi (Nana)	Seven	Shodan Ho	- Black belt (provisional)
Char Obi	Brown belt	Hachi	Eight	Shodan	- 1 st Dan Black Belt
Kurobi	Black belt	Ku	Nine		
Aka Obi	Red belt	Ju	Ten		

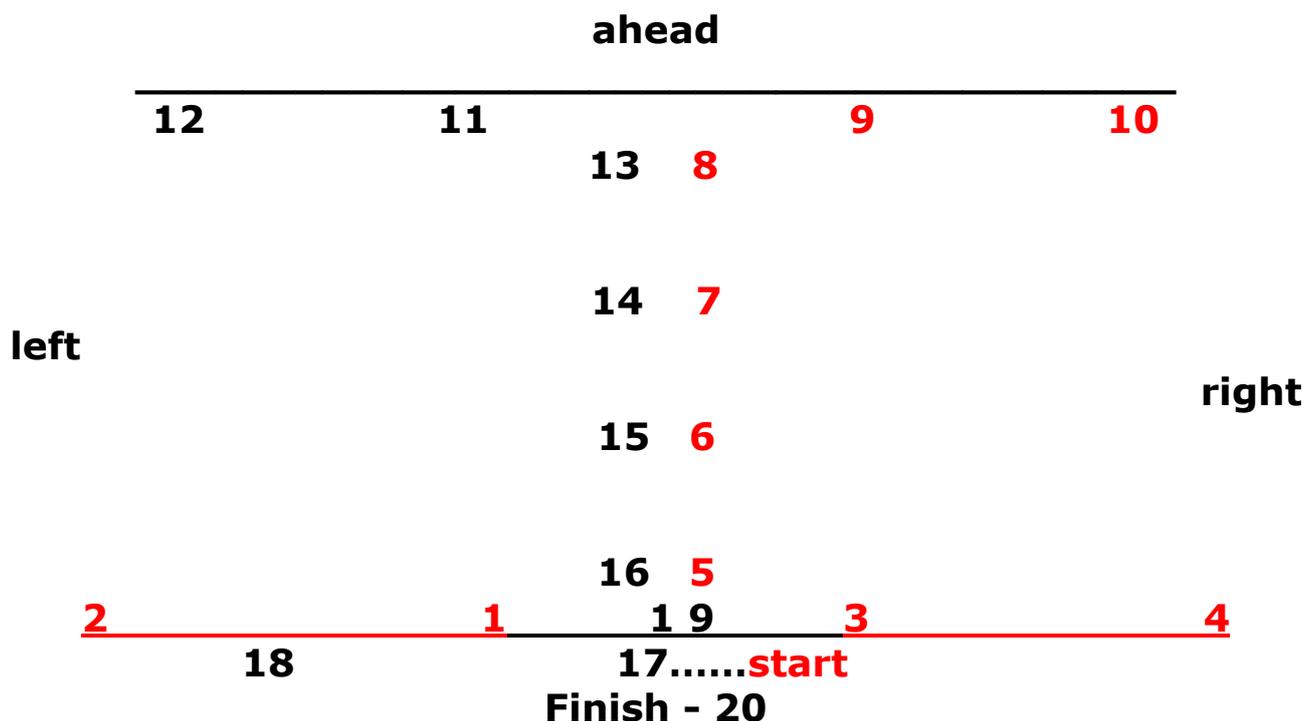
OTHER TERMINOLOGY

Anza	Sit cross legged on floor
Arigato Gozaimashita	Thank you very much
Bunkai	Application of Kata
Do	Way
Dojo	Place of training
Goju	Hard-soft, the number 50
Hai	Yes, I understand
Hajime	Begin, start
Hantai	Change
Hayai	Fast, with effect
Hidari	Left
Hombu	Headquarters
Ido	Movement
Ibuki	Breathing
Ju	Soft, the number 10
Kai	Organisation ie. Goju Kai
Kaicho	President of organization ie. Yamaguchi Goshi Hanshi
Kamae	Form position
Karate-do	Empty hand way
Kata	Formal pattern
Keotsuki	Come to attention
Kiai	Loud explosive yell
Kihon	Basic techniques
Kihon Ido	Basic maneuvers, drills
Kime	Focus, concentration
Kumite	Sparring
Mae	Front, forward
Masugo	Toward front
Mawate	Cross over, change direction
Migi	Right
Mizouchi No Kamae	Sparring (middle) form
Mokuso	Meditation
Na Ote	Resume Position
Onegai (Shimasu)	Do me the honour of practicing with me
Otaigai Ni	Face each other, bowing in
Owari	Finish, complete
Rei	Bow
Renshu	Practice or exercise
Renzoku	Combinations (of techniques)
Ryu	Style or school
Seiretsu	Line up!
Sangate	To the rear
Seiza	Kneel
Sempai	Senior, black belts under third Dan
Sensei	Teacher, instructor
Shiai	Competition
Shihan	Master Instructor
Shomen	Forward direction
Tate	Rise, get up
Taikyoku	Basic form, Kata of elementary grade level
Te	Hand, as in karate (empty hand)
Ushiro	Behind, to the rear
Waza	Technique
Yame	Stop, discontinue
Yoi	Ready, prepare
Yukuri	Slowly
Zanshin	Total awareness
Zen-in	"All people" or "together" (formal bowing in ceremony)

SUMMARY OF GOJU KAI KATA (Patterns)

TAIKYOKO CHUDAN UKE ICHI “ “ “ NI	Chudan block & strike, zenkutsu stance Chudan block – sanchin stance, chudan strike – zenkutsu stance
TAIKYOKU JODAN UKE ICHI “ “ “ NI	Jodan block & strike, sanchin stance Jodan block-sanchin stance, jodan strike- zenkutsu stance
TAIKYOKO GEDAN UKE ICHI “ “ “ NI	Gedan block & strike, shiko dachi shakaku (45 degrees) Gedan block - 45° Shiko, strike – 90° Shiko dachi
(TAIKYOKO) KAKE UKE ICHI “ “ “ NI	Kake uke block, sanchin stance Triple block, nieko ashi stance, hiji ate
(TAIKYOKO) MAWASHI UKE ICHI “ “ “ NI	Mawashi uke, sanchin stance Triple block neiko ashi dachi etc
GEKISAI DAI ICHI “ “ NI “ “ SAN	Jodan, gedan & chudan blocks Jodan, gedan & kake blocks
SANCHIN	“GO” form, revised from original by Higaonna (NAHA-TE)
TENSHO	“JU” form, created by Miyagi circa WWII
SANCHIN TENSHO	Combination form for Shihan ranks
SAIFA	“Monkey” form
SEIINCHIN	“Tiger” form
SANSERU	“36 Technique” form
SEISAN	“18 Stances/Crane” form
SHISOCHIN	“Dragon” form
SEIPAI	“13 Masters/Snake” form
KURURUNFA	“Praying Mantis” form
SUPARUNPEI	“108 Techniques” form, advanced Hanshi kata, open hand/complex
GENKAKU	Shihan kata developed by Yamaguchi Gogen & Goshi (1980). Since then, more kata has been developed.

1st Kata, Taikyoku Kata Pattern – Feet positions



Kata Taikyoku Chudan

EXPLANATION:

- | | |
|-------------------------------------|-------------------------------------|
| 1. L zenkutsu dachi, L middle block | 2. R zenkutsu dachi, R middle punch |
| 3. R zenkutsu dachi, R middle block | 4. L zenkutsu dachi, L middle punch |
| 5. L zenkutsu dachi, L middle block | 6. R zenkutsu dachi, R middle punch |
| 7. L zenkutsu dachi, L middle punch | 8. R zenkutsu dachi, R middle punch |

KIAI

NB: AFTER KIAI MOVE WITH LEFT FOOT AND BLOCK LEFT HAND

- | | |
|--------------------------------------|--------------------------------------|
| 9. L zenkutsu dachi, L middle block | 10. R zenkutsu dachi, R middle punch |
| 11. R zenkutsu dachi, R middle block | 12. L zenkutsu dachi, L middle punch |
| 13. L zenkutsu dachi, L middle block | 14. R zenkutsu dachi, R middle punch |
| 15. L zenkutsu dachi, L middle punch | 16. R zenkutsu dachi, R middle punch |

KIAI

NB: AFTER KIAI MOVE WITH LEFT FOOT AND BLOCK LEFT HAND

- | | |
|--|--------------------------------------|
| 17. L zenkutsu dachi, L middle | 18. R zenkutsu dachi, R middle punch |
| 19. R zenkutsu dachi, R middle block slowly to front | |

Back to Heiko dachi – Scoop hands up (L hand on bottom) as you move your right foot into Musubi dachi, finish with double hand block – hands by side – Instructor says Rae (bow) – you say OOSS!

DOJO KUN

WE ARE PROUD TO STUDY THE WAY OF GOJU.

WE ARE COURTEOUS IN MANNERS.

WE ARE HUMBLE BUT STRONG.

**WE CULTIVATE THE SPIRIT OF
CO-OPERATION.**

**WE RESPECT THE FIGHTING SPIRIT OF THE
TRADITIONAL JAPANESE MARTIAL ARTS.**



Below are other Martial Arts quotes for you to meditate on...

Move quickly - Sound, calm mind - Be light in body - Have a clever mind - Master the basics.
Five Secrets of Japanese Goju Ryu - Gogen Yamaguchi

"Karate is a defensive art from beginning to end. The ultimate aim of Karate lies not in victory or defeat but in the perfection of the character of its participants." - *Gichin Funakoshi*

"Pain is the best instructor, but no one wants to go to his class." - *Choi, Hong Hi, Taekwon-Do*

"He who hesitates, meditates in a horizontal position" - *unknown*

"To win one hundred victories in one hundred battles is not the highest skill. To subdue the enemy without fighting is the highest skill." - *Sun-Tsu*

"Even though surrounded by several enemies set to attack, fight with the thought that they are but one." - *Ueshiba*

"You may train for a long time, but if you merely move your hands and feet and jump up and down like a puppet, learning Karate is not very different from learning a dance. You will never have reached the heart of the matter; you will have failed to grasp the quintessence of karate-do."
- *Gichin Funakoshi*

"1-2 out of every 100 students reach Black Belt and of those only 1 out of every 1,000 achieves his 2nd Dan."
- *Masutatsu Oyama, This is Karate*

"The time to strike is when the opportunity presents itself." - *6th Code of Isshinryu Karatedo*

The Art of Peace is medicine for a sick world. There is evil and disorder in the world, because people have forgotten that all things emanate from one source. Return to that source and leave behind all self-centered thoughts, petty desires, and anger. Those who are possessed by nothing possess everything. - *Morihei Ueshiba (O'Sensei)*

"The teaching of one virtuous person can influence many; that which has been learned well by one generation can be passed on to a hundred." - *Jigoro Kano (1860-1938)*

" Truth is universal. Perception of truth is not. Follow not in the footsteps of the masters, but rather seek what they sought." - *unknown*

"That which does not kill us, must have missed us." - *Miowara Tomokata*

"Resolve to be thyself; and know that he who finds himself loses his misery." - *Zen saying*