

Glossary

The following is a brief glossary of some of the more commonly used Japanese terminology

Oi zuki – stepping punch
Kizami zuki – jab punch
Gyaku zuki – reverse punch
Kage zuki – hook punch

Shuto uchi – knife hand strike
Haito uchi – ridge hand strike
Empi uchi – elbow strike
Uraken uchi – back fist strike
Tetsui uchi – hammer fist strike
Teisho uchi – palm heel strike
Nukite uchi – spear hand strike
Ippon ken – one finger fist

Mae geri – front snap kick
Yoko geri kekome – side thrust kick
Yoko geri keage – side snap kick
Mawashi geri – round house kick
Ushiro geri – reverse thrust kick
Ura Mawashi geri – inside round house kick
Ushiro Mawashi geri – spinning round house kick

Age uke – rising head block
Soto uke – outside block
Gedan barai – downward sweeping block
Uchi uke – inside block
Shuto uke – knife-hand block
Morote uke – augmented block (turning block)
Juji uke – “X” block
Nagashi uke – flowing block
Osae uke – pressing block
Haishu uke – backhand block

Shizentai (Natural Stance)
Zenkutsu Dachi (Front Stance)
Kokutsu Dachi (Back stance)
Kiba Dachi (Straddle leg stance)
Hangetsu Dachi (Half moon stance)
Fudo Dachi (Rooted stance)
Sochin Dachi ("Three wars" stance)
Neko Ashi Dachi (Cat foot stance)

Chudan - Middle (of body, i.e. torso)
Empi - Elbow
Gedan - Downward; Lower, waist or below
Haito - Ridge Hand
Sokuto - Edge of foot, the striking area in yokogeri kekomi
Teisho - Heel Palm
Ushiro – Back, rear

1 Ichi
2 Ni
3 San
4 Shi (Or Yon)
5 Goh
6 Roku
7 Shichi (Or Nana)
8 Hachi
9 Ku (Or Kyu)
10 Ju

Seiza - kneel
Yoi - ready
Hajime - begin
Yame - finish
Rei - bow
Kamae-te - move to ready position

Welcome

Kyoshin Shotokan Karate Club is affiliated to The Karate Union of Great Britain (KUGB).

The clubs chief instructor is Ian Harman (5th Dan) and the club captain is Jon Hall (1st Dan). All of us would like to welcome you to Kyoshin and wish you well in your journey through the Shotokan system.

Included in this pack is some information that will help you get started and explain some of the unique routines involved when studying karate.

- 1) Dojo etiquette - A brief guide on the expected behaviour of our members.
- 2) Glossary - Many of the instructions given in karate are in Japanese, most find it easy enough to pick up but here are a few of the more common terms.
- 3) Grading syllabus - all karate-ka start as ungraded white belts, Kyoshin hold gradings approximately every 4 months, the syllabus included is for the first couple of gradings.
- 4) Standing order mandate - fees are paid to the club treasurer on the first session of each month. We would appreciate it if this is done as a standing order direct into Kyoshin accounts.
- 5) KUGB licence form - Members of the KUGB are required to apply for a licence from the KUGB in order to train with any KUGB affiliated club. This ensures members are insured and are entitled to attend KUGB events such as regional and national competitions, free regional training sessions etc

If you have any questions please feel free to ask any member of Kyoshin.

As always there is more information on our web site www.kyoshin-dojo.org.uk

We can also be found as a page on facebook
(notices and reminders will usually be circulated via the facebook page)

Please note: Our instructors and the club captain have been CRB checked, several members are first aid trained, official first aid is supplied by training venues

Dojo Etiquette

The following guidelines are provided to all new club members. They are intended to guide the novice in matters of karate etiquette.

- Bow on entering and leaving the dojo
- Address any instructor as "Sensei" whilst in the dojo
- "Oss" is a sign of respect and is used generally in karate especially in the following situations
 - * Upon receiving advice or commands from the instructor
 - * When bowing at the start and finish of the class
 - * When bowing to your partner during kumite
- Students are expected to train at least twice per week (following completion of the beginners course)
- No one is to leave the class without first obtaining permission from the instructor before the start of the class
- Any member arriving late must take up a kneeling position at the front of the dojo and await permission from the instructor before joining the class, on receiving permission perform a kneeling bow and join the class
- Finger and toe nails must be kept clean and short
- Gi's must be kept clean and in good condition
- Jewellery must not be worn during training
- New students must apply for a licence from the KUGB no later than one month of joining the dojo
- Members must not smoke, swear, chew, spit or commit any other act that is likely to offend the etiquette of the dojo
- Members must not use their skills in any offensive way outside the dojo
- All fees must be paid in full on the first session of each month. Individual cases will be considered by the chief instructor
- Drinks are permitted during training sessions, karate-ka should place drinks safely behind them at start of session, the instructor will indicate an appropriate time for drinks. Karate-ka must not drink at any other time during the session
- Students should not go to the toilet during training, if this is not possible they must raise their hand (accompanied with 'Oss' Sensei) and ask permission from the instructor. On returning they must take up the kneeling position at the front of the class
- Student MUST NOT communicate with spectators of the training session
- Distraction of students by a spectator will result in the spectator being asked to leave the dojo
- When adjusting their Gi Students must be on one knee facing the back of the class at an appropriate time
- Discipline during training sessions is the responsibility of the class instructor, persistent conduct problems will be dealt with by the chief instructor only
- Any comments or concerns to do with training or running of/within the club should be voiced directly to the club instructor. Comments via a third party will NOT be entertained.

Grading syllabus

The following is a guide to the KUGB grading syllabus, please be aware that this is only a guide and should be treated as such. Students may be required to demonstrate more or less techniques than listed here.

Grade	Kihon	Kata	Kumite
9th Kyu - White to Orange belt	<ul style="list-style-type: none"> ● Gedan barai ● Jodan oi tsuki ● Chudan oi tsuki ● Jodan age uke ● Chudan soto uke ● Chudan uchi uke ● Chudan mae geri ● Jodan mae geri 	Kihon kata	Sanbon or gohon kumite
8th Kyu - Orange to Red belt	As previous grading plus: <ul style="list-style-type: none"> ● Chudan Shuto uke ● Yoko geri keage ● Yoko geri kekomi 	Heian shodan	Sanbon or gohon kumite
7th Kyu - Red to Yellow belt	As previous grading plus: <ul style="list-style-type: none"> ● Sanbon-tsuki ● Age uke, gyaku tsuki ● Soto uke, gyaku tsuki ● Uchi uke, gyaku tsuki 	Heian nidan	Sanbon or gohon kumite

Information on all other grades (including Dan grades) can be found on the club website or the KUGB website