



STUDENT HANDBOOK

USA Karate Clubs
219 West Main Street Belleville, IL 62220
Office Phone: (618) 222-0623/Internet: www.usakarateclubs.com

Table of Contents

Mission Statement	1
Our Teaching Philosophy	1
Belt Advancement.....	2
Promotions 8 th Kyu thru Shodan-Ho.....	3-9
History of Karate	10
About the World Shitoryu Federation	11
About the USA Shitokai.....	11
Our Sport Governing Body.....	12
A Question of Style	13
Benefits of Karate	14
Warrior Maxim.....	15
Classroom Rules	16
Student Responsibilities.....	16
Home Rules	16
Terminology	17-19
About Sensei Bedard.....	20



USA Karate Clubs

219 West Main Street Belleville, IL 62220

Office Phone: (618) 222-0623/Internet: www.usakarateclubs.com

Mission Statement



- 1) Develop the health, character, and sportsmanship of our members through the practice of Karate.
- 2) Treat each other with grace and respect as members of an extended family.
- 3) Share the benefits of Karate practice with others.

Our Teaching Philosophy

USA Karate Clubs recognizes the difference in each student's individual ability and aptitude. Knowing that there will be differences in each student's performance potential, we cannot treat each student the same, but fairly instead. The ultimate responsibility for learning lies with you-the student. Our coaching staff will do everything in their power to assist you in the process. We are all on the same team.

The activity of karate is a serious one. Maintaining class room discipline is essential to the health and well being of the group. Discipline is synonymous with behavior. Children and youth members feel safer in an environment in which the limits of behavior are established and enforced. This can seem a little unnerving to a young charge who has not yet learned the meaning of the word "NO". Children who continually disrupt classroom activities or are a danger to themselves or others will be excluded from practice and their parents informed on their behavior. Improvement will be a prerequisite for the re-entry to the class.



USA Karate Clubs

219 West Main Street Belleville, IL 62220

Office Phone: (618) 222-0623/Internet: www.usakarateclubs.com

Belt Advancement

There are five requirements for a student to advance in belt grade.

- 1) They must pass a written examination of karate history and terminology (8years and older)
- 2) They must expertly perform the kihon (basics) for their belt grade.
- 3) They must expertly perform the kata (forms) for the belt grade.
- 4) They must demonstrate the bunkai (application) of the kata with a partner.
- 5) Children may sport fight (kumite) at the level of kyu grade they are attempting.

Examinations will be held periodically throughout the year.

Students who successfully perform the material will be promoted.

Our belt grades are expressed as follows:

- Beginners: White, yellow and orange belts
- Novice: Green, blue, and purple belts
- Intermediate: Brown belts
- Advance: Black belts (Shodan-Ho, Shodan, Nidan, Sandan, etc...)

7 Years & Younger: Children ages 7 years and younger will adhere to their own hierarchy utilizing white belts with colored stripes. Younger children test periodically without the fear of failure and will be promoted within their own belt system until they reach the age of 8.

8 Years – 12 Years Old: In order to remain congruous with the National Federation (USA-NKF) children 8 years through 12 years old utilize a system of solid colored and striped belts. It is the goal to groom children of this age group to achieve the rank of black belt at a minimum age of 12 years old in order to be eligible to qualify for the U.S National Olympic team. The “black stripe system” allows for children to develop their skill sets according to their individual physical development. This allows children to be rewarded positively for their effort while allowing additional time to develop the required skills.

13 Years & Older: Anyone 13 years old and older utilizes the solid belt “system”. Promotions will be based solely on a pass or fail system.



USA Karate Clubs

219 West Main Street Belleville, IL 62220

Office Phone: (618) 222-0623/Internet: www.usakarateclubs.com

PROMOTION TO YELLOW BELT

I. Kata (Forms)

Junino Kata

II. Kihon (Basics)

1. Standing front kick
2. Punching from standing position
3. Rising block from standing position
4. Down block from standing position
5. Moving forward front punch
6. Moving forward rising block
7. Moving forward down block
8. Moving forward front snap kick
9. Moving forward front snap kick – front punch combination

III. Kumite (Sparring)

- 1) Bunkai (application) Junino Kata
- 2) Introduction of basic motor skill drills
- 3) Introduction to sparring drills

Equipment Needed:

- 1) Appropriate Karate uniform (Gi)
- 2) Appropriate patches
- 3) Mouth piece
- 4) Fist guards
- 5) Shin & Instep Pads
- 6) Groin cup (males)

Techniques may be added or omitted at the instructor's discretion based on the overall performance of the class.

STANDARD

This level should show the ability to perform the simple movements of kicking and punching, and also improvement of the students' balance.



PROMOTION TO ORANGE BELT

I. Kata (Forms)

Heian Ni-Dan
Heian San-Dan

II. Kihon (Basics)

1. Moving forward front punch*
2. Moving forward all basic blocks*
3. Cat stance (Neko-Ashi-Dachi)
4. Moving forward cat stance*
5. Square Stance (Shiko-Dachi)
6. Moving forward front snap kick
7. Roundhouse Kick
8. Moving forward front snap kick/front punch combination
9. Front snap kick, round house kick from "guard" position

*Moving both forward and backward

III. Kumite (Sparring)

1. Application (bunkai) Heian Nidan
2. Application (bunkai) Heian Sandan
3. Sparring drills
4. Free sparring (kumite)

Equipment Needed:

- 1) Appropriate Karate uniform (Gi)
- 2) Appropriate patches
- 3) Mouth piece
- 4) Fist guards
- 5) Shin & Instep Pads
- 6) Groin cup (males)

IV. Testing Requirements

1. All previously taught kata and bunkai may be performed at examiner's request
2. A written test of basic karate terms and history must be passed

STANDARD

This level must show the ability to move correctly in stances, also show the principle of breathing in correspondence with the basic techniques.



PROMOTION TO GREEN BELT

I. Kata (Forms)

Heian Nidan
Heian Sandan
Heian Shodan

II. Kihon (Basics)

1. Moving forward san-bon zuki (triple punch)*
2. Moving forward reverse punch*
3. Moving forward all blocks with reverse punch*
4. Cat stance (Neko-Ashi-Dachi)
5. Moving forward knife-hand block in cat stance*
6. Moving forward roundhouse kick
7. Moving forward roundhouse kick/reverse punch
8. Side Kick
9. Moving forward side kick

*Moving both forward and backward

III. Kumite (Sparring)

1. Application (Bunkai) Heian Sandan
2. Application (Bunkai) Heian Shodan
3. Sparring drills
4. Free sparring (kumite)
5. Introduction of "match play" rules (Kumite)

Equipment Needed:

1. Appropriate Karate uniform (Gi)
2. Appropriate patches
3. Mouthpiece
4. Fist guards
5. Shin & Instep pads
6. Groin cup (males)

IV. Testing Requirements

1. All previously taught kata and bunkai may be performed at examiner's request
2. A written test of basic karate terms and history must be passed

STANDARD

This level requires an increased stage of focus, both in hand and leg techniques and the ability to perform in a reverse movement.



PROMOTION TO BLUE BELT

I. Kata (Forms)

Heian Yondan

II. Kihon (Basics)

1. All basic blocks/reverse punch*
2. San-bon Tzuki (triple punches) one step, 3 punches (high, middle, middle)
3. Moving forward knife-hand in cat stance*
4. Moving forward side kick
5. Moving forward front kick/jab, roundhouse kick/reverse punch combination
6. Moving forward side-kick/back-fist/reverse punch
7. Moving back knife-hand/front snap kick at angle
8. Knife-hand block in cat stance/ spear hand thrust in long stance (Zenkutsu-Dachi)

*Moving both forward and backward

III. Kumite (Sparring)

1. Application (Bunkai) Heian Yondan
2. Sparring drills
3. Free sparring (Kumite)
4. "Match play"

Equipment Needed:

1. Appropriate Karate uniform (Gi)
2. Appropriate patches
3. Mouth piece
4. Fist guards
5. Shin & Instep Pads
6. Groin cup (males)

IV. Testing Requirements

1. All previously taught kata and bunkai may be performed at examiner's request
2. A written test of basic karate terms and history must be passed.

STANDARD

This level requires the individual to show the ability to perform the techniques in combination with a smooth rotation of the hips.



USA Karate Clubs

219 West Main Street Belleville, IL 62220

Office Phone: (618) 222-0623/Internet: www.usakarateclubs.com

PROMOTION TO PURPLE BELT

I. Kata (Forms)

Heian Nidan
Heian Sandan
Heian Godan

Heian Shodan
Heian Yondan

II. Kihon (Basics)

1. All blocks with reverse punch*
2. San-ban tzuki*
3. Knife-hand block/front snap kick/spear hand thrust*
4. Front snap kick/jab, roundhouse kick/reverse punch, side thrust kick (back leg)/back fist/reverse punch combination
5. Double front snap kick in two steps (middle kick, high kick)
6. Double roundhouse kick in two steps (middle kick, high kick)
7. Roundhouse kick/side thrust to front (same leg)/reverse punch
8. Side thrust kick to side/roundhouse to front/reverse punch

*Moving both forward and backward

III. Kumite (Sparring)

1. Application (bunkai) Heian Godan
2. Sparring drills
3. Free sparring
4. Match play

Equipment Needed:

1. Appropriate Karate uniform (Gi)
2. Fist pads
3. Appropriate patches
4. Shin & instep pads
5. Mouth piece
6. Groin cup (males)

IV. Testing Requirements

1. All previously taught kata and bunkai may be performed at examiner's request
2. A written test of basic karate terms and history must be passed.

STANDARD

This level requires the individual to show an increase in ability to perform kicks in combination supported with hand techniques.



USA Karate Clubs

219 West Main Street Belleville, IL 62220

Office Phone: (618) 222-0623/Internet: www.usakarateclubs.com

PROMOTION TO BROWN BELT

I. Kata (Forms)

Naifanchi Shodan

II. Kihon (Basics)

1. All blocks with reverse punch*
2. Knife-hand block/front snap kick/spear hand thrust*
3. Front snap kick/jab, roundhouse kick/reverse punch, side thrust kick (back leg)/back fist/reverse punch combination
4. Double front snap kick in two steps (middle kick, high kick)
5. Double roundhouse kick in two steps (middle kick, high kick)
6. Front snap kick/side thrust to side /reverse punch (one step)
7. Roundhouse kick/side thrust to front (same leg)/reverse punch
8. Side trust kick to side/roundhouse to front/reverse punch

*Moving both forward and backward

III. Kumite (Sparring)

1. Application (bunkai) Heian
Godan
2. Sparring drills
3. Free sparring
4. Match play

Equipment Needed:

1. Appropriate Karate uniform (Gi)**
2. Appropriate patches
3. Mouth piece
4. Fist guards
5. Shin & Instep Pads
6. Groin cup (males)

IV. Testing Requirements

3. All previously taught kata and bunkai may be performed at examiner's request
7. A written test of basic karate terms and history must be passed.

STANDARD

This level requires the individual to be capable of executing all fundamental body movements.



USA Karate Clubs

219 West Main Street Belleville, IL 62220

Office Phone: (618) 222-0623/Internet: www.usakarateclubs.com

PROMOTION TO SHODAN-HO (BLACK BELT)

I. Kata (Forms)

Bassadai
Seienchin

II. Kihon (Basics)

1. All blocks with reverse punch*
2. Lunge punch (Oi-Tzuki) in square stance (shiko-dachi)*
3. Reverse punch (gyaku-tzuki) in square stance (shiko-dachi)*
4. Knife-hand block/front snap kick/spear hand thrust*
5. Front kick/jab, round kick/reverse punch, side kick)/back fist/reverse punch combination
6. Double front snap kick in two steps (middle kick, high kick)
7. Double roundhouse kick in two steps (middle kick, high kick)
8. Front snap kick/side thrust to front (same leg) /reverse punch
9. Roundhouse kick/side thrust to front (same leg)/reverse punch
10. Side trust kick to side/roundhouse to front/reverse punch
11. Roundhouse kick step forward/side thrust kick to front/reverse punch

*Moving both forward and backward

III. Kumite (Sparring)

1. Application (bunkai) Bassadai
2. Application (bunkai) Seienchin
3. Application (bunkai) all Heian katas
4. Sparring drills
5. Free sparring

Equipment Needed:

1. Appropriate Karate uniform (Gi)**
2. Appropriate patches
3. Mouth piece
4. Fist guards
5. Shin and instep pads
6. Groin cup (males)

IV. Testing Requirements

1. All previously taught kata and bunkai may be performed at examiner's request
2. A written test of basic karate terms and history must be passed.

STANDARD

This level requires the individual have mastered all basic techniques and have an understanding of the underlying principles of the basics.



USA Karate Clubs

219 West Main Street Belleville, IL 62220

Office Phone: (618) 222-0623/Internet: www.usakarateclubs.com

History of Karate

“Karate” was formed of closed fist fighting developed in Okinawa and referred to as “Te” or “hand.” Weapons bans imposed upon the Okinawans caused training to be in secret until modern times. “Te” continued to develop over the years, in three Okinawan cities: Shuri, Naha, and Tomari. Different forms of self-defense developed within each city and subsequently became known as Shuri-te, Naha-te, and Tomari-te.

The first demonstration of “Karate” took place in Tokyo, Japan in 1917 when Gichin Funakoshi performed at the Butoku-den in Kyoto. However, karate did not become a legitimate martial art until 1935, 11 years after Yasuhiro Konishi, a board member of the Dai Nippon Butokukai (sanctioning body for martial arts in Japan), took an interest. Once Karate became a registered system, a formalized curriculum was established for each “ryu” (system of Karate) as a requirement for sanctioning.

Of the original six registered systems: *Goju-ryu*, *Shito-ryu*, *Wado-ryu*, *Shotokan*, *Kushin-ryu*, and *Shindo-ryu*, four became very popular and established themselves as the primary systems within Japan:

GOJU-RYU – Developed out of Naha-te

Its popularity was due to the teaching success of Kanryu Higaonna (1853 – 1915) who opened a dojo (school) in Naha using eight forms introduced from China. Higaonna’s best student, Chojun Miyagi (1888-1953), founded the formal system known as “Goju-ryu” (hard/soft way). Goju-ryu emphasizes combining soft circular blocking techniques with quick strong counter techniques delivered in rapid succession.

SHITO-RYU – Founded by Kenwa Mabuni (1888-1952)

A system influenced by both Naha-te and Shuri-te. The name “Shito” is constructively derived from the combination of the Japanese characters of Mabuni’s teacher’s names Ankoh Itosu and Kanryo Higaonna. Shito-ryu schools house a large number of Kata, each with over 50. Shito-ryu is characterized not only by its emphasis upon execution of techniques, but with the economy of movement as well.

SHOTOKAN – Founded by Gichin Funakoshi (1868 – 1957)

Funakoshi studied karate with Yasutsune Azato, one of Okinawa’s foremost experts in the art. In 1936 Funakoshi opened a dojo was called “Shotokan,” after the pen name he used for poems he authored in his youth. Shotokan Karate is characterized by its powerful and linear techniques coupled with deep strong stances which were developed to accommodate the larger physical statures of Japanese practitioners.

WADO-RYU – Was Developed by Hironori Otsuka

Its name means “Way of Harmony.” Otsuka was already a master of Yoshin-ryu jujitsu when he was introduced to Karate. Wado-ryu combines basic movements of jujitsu with techniques of evasion and a strong emphasis on softness. Spiritual discipline is a hallmark characteristic of the Wado-ryu work ethic.



USA Karate Clubs

219 West Main Street Belleville, IL 62220

Office Phone: (618) 222-0623/Internet: www.usakarateclubs.com

About the World Shitoryu Federation

After 50 years of international development the World Shitoryu Karate Federation was formed in 1993. The World Shitoryu Federation is comprised of 82 member countries within 6 geographical regions. Those regions are the Asian Pacific, Pan America, Africa, Europe, Russia, and Australia

In April 1997, a state of the art facility was completed in Asaka, Saitama – Tokyo, Japan. This facility is the administrative headquarters of the World Shitoryu Karate Federation. It is also used to train instructors, coaches and athletes in order to diffuse the Shitoryu system of training throughout the world.

About the USA Shito-Kai

The USA Shito-Kai is the American chapter of the World Shitoryu Karate Federation.

1991- 1996 The first US Shito-Kai club was founded by former Cuban National Team member and Shitoryu stylist Leonel Perez in Hialeah, Florida.

1997-2009 USA Karate Club president Jeff Bedard of St. Louis, Missouri was solicited by WSKF Pan-American Director Shoko Sato to serve as executive director of the USA Shito-Kai and further its development. Under his direction the USA Shito-Kai grew to include 15 member clubs with over 1,200 members and was represented at:

WSKF World Championships

WSKF Pan-American Championships

WSKF Venezuelan National Championships

WSKF Mexican National Championships

WSKF United States National Championships

PUKO Junior Pan-American Championships

U.S. Open Karate Championships

USA-NKF National and Jr. Olympic Championships

USA-Shito Kai National Championships

USA-KF National Championships

AAU National and Junior Olympic Championships

WSKF World Championships

2009 – Beijing, China (Men’s Team - 3rd place)

2006 - Tokyo, Japan (Men’s Team - 3rd place)

2003 - Moscow, Russia (Men’s Team - 8th place)

2000 - Tokyo, Japan (Men’s Team - 39th place)

USA-NKF National Championships

2008 – Houston, TX – (Men – 3rd, Women – 2nd)

2007 - Charleston, WV. - (Men - 2nd place)

2006 - Charlotte, N.C. - (Men - 1st place)

2005 - San Jose, California - (Men - 2nd place)

- After serving the maximum time allowed by the WSKF, Bedard resigned his position as executive director.
- 2010 Two new co-directors are named; Frank Pugarita of Gaithersburg, Maryland and Luis Sanchez of Miami, Florida.



USA Karate Clubs

219 West Main Street Belleville, IL 62220

Office Phone: (618) 222-0623/Internet: www.usakarateclubs.com

Our Sport Governing Body

The World Karate Federation (WKF) is recognized by the International Olympic Committee (IOC) as the International Governing Body (IGB) for the sport of karate. Over 174 countries use WKF standards and protocols for the selection of their national teams.



The USA National Karate Federation (USA-NKF) is empowered by the US Olympic Committee as America's National Governing Body (NGB) for the sport of Karate. The USA-NKF sets standards and protocols by which athletes qualify for the US National Karate Team. Furthermore, they outline professional standards for instructors and coaches, performance standards for recreational and elite players, and provide ongoing education programs to help insure local programs keep abreast with advances in the sport.

USA Karate Clubs proudly adhere to the standards and protocols of the USA National Karate Federation.



USA Karate Clubs

219 West Main Street Belleville, IL 62220

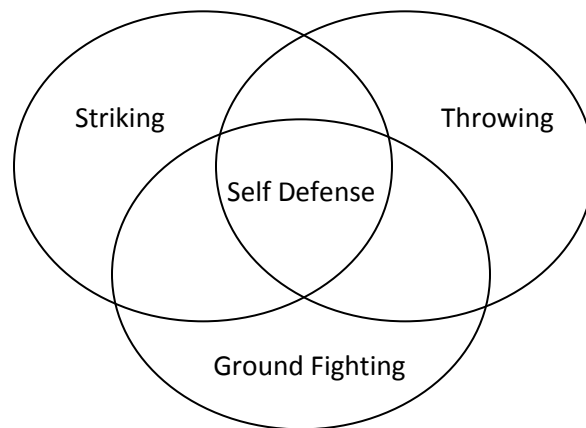
Office Phone: (618) 222-0623/Internet: www.usakarateclubs.com

A Question of Style

The Japanese word “ryu,” as in Shitoryu or Gojuryu, means family (system). When someone inquires about your style, they are really asking to what family you belong. In an older time, this question was very relevant. Small groups or families trained in martial arts to protect their village or household. The training methods were kept secret so that if an incident arose, the adversaries would not have a reference point on which to base their attack or defense. In the modern age of martial arts, there are few secrets left. However, the question is still used in an attempt to define what skills the student may have acquired through their martial art affiliation.

Most professional martial art instructors have similar knowledge and experience. However, the manners in which they choose to present that knowledge to students differ. A Jujitsu instructor might, for example, begin with ground fighting skills and later introduce striking or weapons skills. In the karate world they usually begin with striking skills and progress to ground fighting and weapons later. Like climbers ascending a mountain from four different sides, their experiences climbing will differ, but the view from the top is the same. As students reach the black belt level, conformity of skills and principles will occur.

At USA Karate Clubs our “family” is Shitoryu Karatedo. Founded by Kenwa Mabuni in 1934, we use his teaching method to infuse students with the nuts and bolts of karate practice. Mabuni worked as a policeman before gaining fame as a martial art instructor. It was his habit to learn from a variety of sources. While history credits his two primary teachers, Higaonna and Itosu, he personally credits many sources for his knowledge and experience. Like Mabuni, I have received training from many different sources. And, while we will use the Shitoryu curriculum as our base for advancement through the belt grades, you will also be presented with a variety of methods and viewpoints during your training. It is the habit of many beginning students to compartmentalize martial art skills. Frequently, they see striking, throwing, ground-fighting, and “street defense” as separate styles of training. As you mature as a martial artist, you will begin to see that all your skills are related.



Benefits of Karate

Fitness & Overall Health: Karate improves flexibility, strength, coordination, & endurance. Karate's punches, kicks, blocks, sweeps, and throws tone the whole body in an explosive and dynamic workout.

Stress Reduction: In addition to the stress reducing benefits of any physical activity. Karate improves concentration & awareness of mental attitudes that can cause stress.

Self Confidence: while all physical activities improve feelings of well-beings. Karate places special emphasis on building character and focuses on increasing self-confidence, awareness, & perseverance through repetitive physical & mental exercises.

Self-Defense: Karate focuses on skills that can easily be used for personal defense.

<u>Physical Benefits Include:</u>	<u>Mental Benefits Include:</u>
Cardiovascular exercise	Discipline
Coordination	Perseverance
Flexibility	Humility
Practical self-defense techniques	Responsibility
Stress relief	Self esteem
Aerobic and anaerobic activity	Confidence
Develop quicker reflexes	Awareness
Plyometric explosiveness	Practicality in judgment



Warrior Maxim

We should maintain the attitude of a beginner, with open eyes, without prejudice. For the beginner, the realm of possibilities is open. For the expert, the world is limited by our experience. The beginner's mind is fresh and ready for a full experience as if experiencing for the first time.

Often, we find that our greatest obstacle is inside of us. We must overcome those parts of us that limit us and prevent us from freely pursuing our goals.

As we become successful in life we must not forget the importance of being humble. As our lives bloom and begin to produce fruit, we must remember to bow our heads.

Martial Arts Study – The Noble Discipline

Five-Way Spirit

- Determination. Never forget the spirit of first beginning
- Morality. Never neglect courtesy and etiquette
- Development. Never neglect effort
- Common sense. Never lose common sense
- Peace. Never disturb harmony

School Creed

- Seek perfection of character
- Be faithful
- Endeavor to excel
- Respect others
- Refrain from violent behavior

The Three Weaknesses or Sicknesses of Martial Arts

- Doubt or skepticism
- Negligence
- Egotism

Five Practices of Learning

- Attitude/state of readiness
- Stance
- Distance
- Shifting position
- Changing body angle

The Training of the Mind and the Spirit

- Remember the basics
- Correct stance and attitude
- Quick action
- Maximize power
- Show self-confidence
- Always remain in training
- Rely on yourself

Defense is Attack The best defense is a good offense



USA Karate Clubs

219 West Main Street Belleville, IL 62220

Office Phone: (618) 222-0623/Internet: www.usakarateclubs.com

Classroom Rules

- 1) Students line up in rank order with the highest rank in the front and to the right.
- 2) All Black Belts will be saluted upon entry to the main floor
- 3) Individual holding the grade of 3rd Dan or higher will be addressed as "Sensei".
- 4) All Black and Brown belts will be addressed by their surnames.
- 5) Do not disrupt any class in session with loud talking or horseplay.
- 6) Bow towards the front of the dojo when entering or leaving the training floor.
- 7) When entering class in session, wait for the sensei to recognize you with a bow.
- 8) Report injuries to the head instructor when they occur.
- 9) Do not ask senior instructors to spar with you.
- 10) Do not teach without the instructor's permission.
- 11) There is NEVER food, drink, gum or shoes allowed on the dojo floor or in dressing rooms.

Student Responsibilities

- 1) Arrive in a clean uniform with belt tied correctly.
- 2) Turn away from the class when straightening your belt or uniform.
- 3) Write your name on every piece of your equipment.
- 4) Bring all of your safety gear with you to class. Take it home with you after class.
- 5) Keep your finger and toe-nails clean and cut very short.
- 6) Tie long hair back with a soft tie.
- 7) Remove all jewelry. (Posts in ears are O.K.)
- 8) Keep the dressing rooms clean.
- 9) Show your spirit when training!
- 10) Only use your skills in self-defense.

Home Rules

- 1) Children will greet their parents when leaving or arriving to their household.
- 2) Children will complete their homework daily.
- 3) Children will complete their household chores before play
- 4) Children will be responsible for making their bed and cleaning their room.
- 5) Children will be responsible for the care of their hair, teeth, finger, and toe nails.
- 6) Children will be responsible for cleaning up after themselves at all times.
- 7) Children will not interrupt adult conversations.
- 8) Children will obey their parents without whining and crying.
- 9) Children should finish what they begin.

Children who do not obey their parents will be reduced in rank at the request of the parent.



USA Karate Clubs

219 West Main Street Belleville, IL 62220

Office Phone: (618) 222-0623/Internet: www.usakarateclubs.com

Terminology

<u>Terms</u>	<u>Japanese</u>	<u>Pronunciation</u>
Master	Shihan	She-Han
Teacher/Coach	Sensei	Sehn-She
Senior	Sempai	Sem-Pie
Junior student(s)	Kohai	Koe-High
Training hall	Dojo	Doh-Joh
Karate Uniform	Gi	Gee
Affirmation as in "yes"	Hai	Hi
The Japanese art of empty hand fighting	Karate	Kah-Rah-Teh
Forms	Kata	Kah-Tah
A sharp sound made at the moment of focus	Kai	Kee-Ay
Bow to each other	Otagani Ni Rei	Oh-Tah-Gah-Nee-Reh
Bow to the teacher/coach	Sensei Ni Rei	Sehn-She-Nee-Reh
Bow to the front	Shomen Ni Rei	Sho-Me-Nee-Reh
Face to the Front	Shomen ni	Show-Ma-Knee
Attention	Kiotsuke	Kee-O-Shay
Formal Attention	Musubi Dachi	Moo-Soobe-Dah-Chee
Bow or Salute	Rei	Reh
Kneel	Seiza	Say-Zah
Close eyes or meditate	Mokuso	Mux-So
Open eyes or stop meditating	Mokuso Jame	Mux-So-Yah-May
Stand	Kiritsu	Kih-Rit-Su
Face Each Other	Otagaini	Oh-Toe-Gaw-Knee
Ready	Kamae	Kah-May
Guard up	Kamae-Te	Kah-May-Tay
Begin: start; go	Hajime	Hah-Jee-Meh
"Stop"	Yame	Yah-Meh
Switch Feet	Ashikaete	A-She-Ka-Tay
Sit	Anza	Anza
"Get ready"	Yoi	Yoh-Ee
Basic techniques	Kihon	Kee-Hone
Turn	Mawaru	Maw-Gaw-Roo
Sport Fighting; Sparring	Kumite	Koo-Meh-Tay
Rising Block	Age Uke	Aw Gay Oo-Kay
Downward Block	Ge Dan Barai	Gay-Don Baw Rye
Sidearm Block	Yoko Uke	Yoke-Oh Oo-Kay
Forearm Block	Uchi Uke	Ooch-Ee Oo-Kay
Knife Block	Shuto Uke	Shoe-Toe Oo-Kay
Grabbing Hand	Kakete	Kah-Kitay
Flip Block	Furisute	Foo-Ree-Stay
Hammer Attack Block	Kentsui Uchi Uke	Ken-Swee-Oo-Chee-Oo-Kay



USA Karate Clubs

219 West Main Street Belleville, IL 62220

Office Phone: (618) 222-0623/Internet: www.usakarateclubs.com

Terminology

Supported Side Arm Block	Hiji Sasae Uke	Heejee-Sah-Sah-Ay-Oo-Kay
Twin Forearm Block	Kaki Wake	Kah-Kee-Wah-Kay
Scoop	Sukui Uke	Soo-Koo-Es
Feet Together	Heisoko Dachi	Hay-Soko-Daw-Ch
Parallel Stance	Heiko Dachi	Hey-Koe-Daw-Ch
Feet Out (Shoulder Width)	Soto Hachiji Dachi	So-Toe-Hi-Chi-Gee-Daw-Ch
Boat Stance	Naifan Chin Dachi	Ni-Fan-Chin-Daw-Ch
Square Stance	Shiko-Dachi	She-Ko-Daw-Ch
Short Front Stance	Moto-Dachi	Mo-Toe-Daw-Ch
Middle Front Stance	Han Zenkutsu-Dachi	Han-Zen-Koo-Tsoo-Daw-Ch
Long Front Stance	Zenkutsu-Dachi	Zen-Koo-Tsoo-Daw-Ch
Cat Stance	Neko-Ashi-Dachi	Neck-Oh-Ah-She-Daw-Ch
Cross Stance	Kosa-Dachi	Ko-Za-Daw-Ch
Horse Stance	Kiba-Dachi	Kee-Ba-Daw-Ch
Hourglass Stance	Sanchin-Dachi	San-Chin-Daw-Ch
Back Stance	Kokutsu-Dachi	Koe-Koo-Tsoo-Daw-Ch
Front Snap Kick	Mae-Geri	My-Gary
Side Kick	Yoko-Geri	Yoke-Oh-Gary
Roundhouse Kick	Mawasi-Geri	Mah-Wash-Ee-Gary
Back Kick	Ushiro-Geri	Oo-She-Row-Gary
Hook Kick	Kagi-Geri	Kaw-Gi-Gary
Knee Kick	Hiza-Geri	He's-Uh-Gary
Sweep	Ash Barai	Ashee-Ba-Ri
Combination Kicks	Renzoku-Geri	Wren-Zoe-Koo-Gary
Jump Kicks	Tobi-Geri	Toe-Bee-Gary
Front Kicks (Drop in front)	Oi-Geri	Oy-Gary
Lunge Punch	Oi-Tsuki	Oy-Zoo-Ke
Parallel Punch	Heiko-Tzuki	Haykoo-Zoo-Key
Reverse Punch	Gyaku-Tsuki	Gi-Awk-Oo-Zoo-Key
Upper Cut	Age Tzuki	Ah-Gay-Zoo-Key
Spear Hand	Nukite	New-Kit-Eh
Back Fist/Knuckle	Uraken	Oo-Raw-Ken
Hammer Fist	Ken Tsu Uchi	Ken-Soo-Oo-Chee
Locked Punch	Kagi Tzuki	Kah-Gee-Zoo-Key
Elbow Strike	Hiji-Tsuki	He-Gee-Zoo-Key

<u>Polite Terms</u>	<u>Japanese</u>	<u>Pronunciation</u>
Thank You	Arigato	Are-Ay-Gaw-Toe
Thank You Very Much	Arigato Gozaimashita	Are-Ay-Gaw-Toe-GoZai-Ma-She-Tah
You're Welcome	Do-Itashimashite	Do-E-Ta-She-Ma-She-Tay
With Your Permission	Onegaishimasu	On-Knee-Guy-She-Mas



USA Karate Clubs

219 West Main Street Belleville, IL 62220

Office Phone: (618) 222-0623/Internet: www.usakarateclubs.com

Terminology

<u>Terms for Match Play</u>	<u>Japanese</u>	<u>Pronunciation</u>
Red	Aka	Ah-Kah
Blue	Ao	Ow
Start	Hagime	Ha-Jee-May
Start Match	Shobu Hagime	Show-Bo-Ha-Jee-May
Stop	Yame	Yah-May
10 Seconds Left	Atoshi Baraku	Ah-Toe-She-Ba-Rah-Coo
Resume Fighting	Tsuzekete Hajime	Zoo-Ki-Tay-Ha-Jee-May
1 Minute Deciding Bout	Sai Shiai	Sigh-She-Ay
Decision	Hantei	Hahn-Te
Draw (Tie)	Hikwake	Hih-Key-Wah-Key
Unacceptable Scoring Technique	Torimasen	Toery-Mah-Sen
Simultaneous Scoring Technique	Aiuchi	I-Ew-Chi
One Point	Ippon	E-Pawn
Two Points	Nihon	Knee-Hone
Three Points	Sanban	Sahn-Bahn
Warning	Chukoku	Choo-Koe-Koo
Foul 1pt Penalty	Keikoku	Kay-Koh-Koo
Foul 2pt Penalty	Hansoku-Chui	Hans-Sew-Koo-Choo-E
Disqualification From Match	Hansoku	Hans-Sew-Koo
Exit From the Match Area	Jogai	Joe-Guy
Self Endangerment	Mubobi	Moo-Boe-Bee
Renunciation	Kiken	Key-Ken
Disqualification From Event	Shikkaku	Shi-Ka-Koo
Winner	Nokachi	No-Kach
High	Jodan	Joe-Dan
Middle	Chudan	Choo-Dan
Low	Gedan	Gay-Dan
Focus	Zanshin	Zahn-Shin

<u>Counting</u>	<u>Japanese</u>	<u>Pronunciation</u>
One	Ichi	Itch
Two	Ni	Knee
Three	San	San
Four	Shi	She
Five	Go	Go
Six	Roku	Roe-K
Seven	Shichi	She-Ch
Eight	Hachi	Ha-Ch
Nine	Ku	Ku
Ten	Ju	Ju

USA Karate Clubs

219 West Main Street Belleville, IL 62220

Office Phone: (618) 222-0623/Internet: www.usakarateclubs.com



About Sensei Bedard

Jeff and his wife, Loraine, established USA Karate Clubs, Inc. in 1991. Their ongoing mission is to improve the physical fitness of young people, develop character, and pursue athletic excellence through Karate.

Jeff Bedard was originally a product of the Black Belt Karate Association established by Fred Wren in St. Louis, Missouri. His primary mentors include Jim Smothers Sr., Dan Inosanto, Paul de Thouares, John DiPasquale, and Shoko Sato. He is a veteran competitor within the disciplines of Karate and Kickboxing.

Bedard has trained thousands of area residents, and produced hundreds of domestic and foreign award winners. Bedard and his athletes' accomplishments have been featured in area publications, radio, and television including: The St. Louis Post Dispatch, Suburban Journals, Belleville News Democrat, KMOX, KSD, KTVI, K-SHE, Fox Sports News, Steve Savard's Sport Challenge, and Show-Me-St. Louis to name a few.

From 1997 thru 2009, Jeff Bedard served in the capacity of athlete, coach and executive director for the USA Shito-Kai, the World Shitoryu Karate Federation's American branch. Under his direction, the USA Shito-Kai National Team earned several male and female USA-NKF National Team Kumite Titles, plus Team and Individual bronze medals at the 2006 (Tokyo) & 2009 (Beijing) WSKF World Championships.

In 2003, after operating large commercial clubs in the St. Louis area, USA Karate Clubs relocated its offices and studio to Belleville, Illinois.

