

# Okinawa Shorin-Ryu Matsumura Seito Karate & Kobudo



## Karate Creed

"I come to you with karate.

My hands are empty, but I fear no man.

Should I be forced to defend myself, my honor,

Or my principles; should it be a matter of right or wrong,

Life or death-then here are my weapons,

My empty hands."

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## A Note from your Sensei

Welcome to the Hamel Karate Dojo and Okinawa Shorin-Ryu Matsumura Seito Karate. You have made a wise decision to study the Matsumura system. This is one of the oldest forms of Karate in the world. We are fortunate to have direct access to the highest rank in the world in the Matsumura Karate system. Fusei Kise is the 10th degree master of our system; he is an Okinawan and has been training since his youth. You are a beginner. It is difficult being a beginner at anything. However, within a couple of classes, you will perform more comfortably. So, hang in there and let's get started working on what you came to the dojo for...to train!

You will notice that the class works vigorously at whatever they are doing. This is the fashion in which Karate is practiced and the key to benefiting from this art. Karate is not by any means a gift nor something that can be gained through politics. Karate is indeed an accomplishment. This accomplishment can only be obtained by attending class regularly, training hard and paying strict attention to the Sensei's teachings. As time goes on, you will gain from Karate what you put into it and nothing more.

If you have any problems or do not understand a particular tradition, technique, exercise, etc., please feel free to ask for assistance from one of the upper ranking belts. It is their obligation and honor to assist you.

We are looking forward to having you as a student in our dojo as it takes a special person to be a Karate student. It takes a person with high morals, strong values, a desire to learn and respect for one's self and others. If you wish to be one of these people, you can be. It's up to you!

Yours in Karate-Do,

Sensei Brad Hamel, Godan

## Protocol

The traditional protocol that is described below is a part of a culture very different from ours in the United States and may take time to understand and get used to. The etiquette of the Okinawan culture has strong roots and is the key to one of the biggest factors in karate: respect.

If the rules here do not cover a particular situation, do not panic! Do what you would consider to be the most respectful and polite thing to do. If unsure, ask one of the Sempai in the class and he or she will be more than happy to assist you.

Above all, train hard and enjoy the teachings of your Okinawan Karate-do endeavor.

## Bowing

- ☞ Always bow to acknowledge Sensei and greet him (i.e. "Konnichi Wa, Sensei")
- ☞ Always bow with eyes down, your hands in an open position to your side and your heels together.
- ☞ Do not slap your thighs when bowing.
- ☞ Bend at the waist about 30 degrees.
- ☞ Do not turn your back after bowing to a black belt. Step back 3-4 steps then turn and continue walking.
- ☞ Always bow and say "Thank You" after receiving instructions or corrections
- ☞ Always face Sensei and bow when he is entering or leaving the dojo. The highest ranking student will call the class to attention when Sensei enters or leaves. If Sensei is not expected in class, bow and greet only the highest expected black belt.
- ☞ Always bow to the front of the room when entering or leaving the dojo, even if only going to the bathroom.
- ☞ Never bow with your eyes straight ahead or hands in a fist. You should bow with your eyes straight ahead when facing an opponent in tournament Kumite.

## Gi and Obi Standards

- ☞ Your obi should never be placed on the ground. Avoid letting your obi touch the ground while tying it around your waist. The belt is a symbol of the style and of your own work and should be treated with respect.
- ☞ If your gi or obi comes undone or loose during class, you must readjust them. Never face a higher ranked student while adjusting or tying your gi or obi. If you are surrounded by higher ranking students and can not move, kneel down to adjust your belt.
- ☞ Do not wear your obi outside the dojo. This is considered a form of bragging.
- ☞ Be sure that your obi is always tied properly and is always tight at the knot.
- ☞ A complete white gi must be worn, including an obi. Only black belts may wear a combination of black and white. Only Sensei may wear a complete black gi.
- ☞ Your gi must be kept clean. Do not wash your obi! Washing will cause unsightly bunching.

## Showing Respect for Your Instructors

When Sensei is teaching or observing the class, never walk between Sensei and the class.

During break Sensei receives water first followed by the Sempais, followed by everybody else.

Only Sensei will decide if you are ready for testing. It is highly disrespectful for a student to ask if they are ready for testing.

Instructors that are First to Third Dan are referred to as Sempai. Those that are Fourth to Sixth Dan are Sensei.

Never disagree with a higher ranking student.

When handing weapons to Sensei or other higher ranking students, always hand the grip or handle first so that you are at the disadvantage.

Sensei should always come first at all functions both inside and outside the dojo.

Show proper respect to Sensei and upper ranking students.

The chain of command shall be observed and respected. That is, Sensei or the highest ranking student makes decisions which shall be observed by all other Karateka in class.

### Safety Rules

Mouthpiece, hand and groin protection are required when participating in Kumite.

No techniques directed to the head (face, throat, neck), groin, knees, joints, back (spin, kidney) are allowed. The target areas are clearly that which are covered by the gi top, with the above exceptions. No techniques are to be executed below the belt during sparring.

No jewelry is to be worn during class.

Good personal hygiene is to be observed.

Fingernails and toenails are to be kept trimmed and short.

Never show unnecessary roughness or an ill temper during class.

**Safety is the #1 priority in every student's mind at all times!**

## Dojo Etiquette

When sitting on the floor, sit crossed-legged and never show the bottoms of your feet.

If you should get to class late and the class is bowing in, follow along in your street clothes then quickly dress into your gi.

After changing (see above), wait in the back of the class at attention until you are recognized and allowed to join the class.

**Receiving a certificate, belt, etc.:** When your name is called, respond with a loud "Hai!" ("yes") to indicate your presence. Walk quickly behind the line you are in to the left, and then up to the front. Stop and bow. Walk across to the middle of the front line, stop and bow, approach Sensei in a straight line and receive your certificate, belt, etc, with both hands, back up 3 steps then bow. Back up to the left corner of the front row then bow again. Turn and go back to your space in line. Do not place your certificate, belt, etc on the floor, even when bowing at the end of class. Place them on your lap instead.

Footwear is not allowed on the mats in the dojo. Place shoes on the foot rack neatly.

The dojo is to be kept neat, clean and respectable at all times.

Do not lean on or against walls, weapons racks, etc.

Do not touch or use anyone else's weapons without their permission.

Do not ask or question katas, techniques, etc. that are above your rank.

Idle talk and horseplay are not tolerated.

Students are expected to pay strict attention, listen to instructions and train hard during class.

Students are not permitted to boast or brag of their ability or strength inside or outside the dojo.

Refrain from making critical comments about other styles, dojos or instructors.

Conduct yourself in a formal and respectful manner at all times.

# Basic Vocabulary & Terminology

## Karate terms

**Karate:** empty hand or the art of fighting empty handed

**Karate-do:** the traditional way of karate

**Dojo:** place or school where karate is taught

**Hanshi:** a karate instructor holding the rank of 9th or 10th degree black belt

**Shihan:** a karate instructor holding the rank of 7th degree black belt or above

**Sensei:** a karate instructor holding the rank of 4th degree black belt or above

**Sempai:** a karate instructor holding the rank of 1st to 3rd degree black belt

**Karateka:** a student that practices the art of karate

**Kobudo:** the use or practice of traditional Okinawan weapons (farm tools)

**Kumite:** sparring or fighting another person with empty hand or weapons

**Kiai:** sharp yell, comes from the low stomach area

**Kyu:** a rank below black belt

**Gi:** uniform worn by a karate student while training.

**Obi:** a belt worn to signify one's rank in karate

**Dan:** degree or rank of black belt

**Name of the style:** Shorin-Ryu Matsumura Karate & Kobudo

**Shorin-Ryu:** little pine forest style; **Ryu** means methods of learning in Shaolin School

**Kenshin Kan:** a place in which to study the Karate-do for the essence of human nature and humanity. (heart, fist, and place)

**Federation Name:** Okinawa Shorin-Ryu Matsumura Karate & Kobudo Federation (OSMKKF) or (AOSKKF) [www.aoskkf.com](http://www.aoskkf.com)

## Other Martial Arts terms

**Judo:** the martial art primarily involving throwing and grappling

**Jujutsu:** the martial art primarily involving punching, kicking, throwing, and takedowns.

**Tuicide:** the secret art of pressure points and take downs.

(Note: a combination of Karate and Judo came from the tuicide)

## Weapons

**Sai:** metal three pronged weapon, used to pick yams in Okinawa

**Bo:** a six foot stick, used to carry water in the fields of Okinawa

**Kama:** short handled tool with sharp blades for cutting grass in Okinawa

## Three main groups of Okinawan Karate-Do

☪ Shuri-Te

☪ Tomari-Te

☪ Naha-Te

## Communication

Rei: to bow

Kioski: attention, prepare to bow

Yoi: ready or to prepare

Hajime: to begin

Yame: to stop

Bowing in: Beginning of class. Students line up for the bowing in ceremony.

### Bowing in Ceremony Terms

Seiretsu (say-de-tsu): "line up"

Ushiro O Muite Gi Toh Obi O Naosu (u-she-doe-o moo-ee-tay gee-to-obi-o-nay-o-sue):  
"turn, fix your obi and gi"

Shomen (show-men): turn, face the front"

Seiza (say-za): "kneel down"

Sensei Ni Rei (sen-say knee ray): "bow to Sensei"

Onegai Shimasu (o-knee-guy she-mas): "please teach me" (said at the beginning of class)

Domo Arigato Goziamashita (do-mo ary-gatto go-zi-ma-shta): "thank you very much" (said at the end of class)

Do-i-tai-she-ma-she-ta: Sensei says you are very welcome

Rei: bow

Kioski: attention, prepare to bow

Yoi: ready or prepare

Hajime: to begin

Yame: stop

Hai: yes ("Hai, Sensei!"="Yes, Sensei")

### Greetings of the Day

Ohayo Goziamashita: "Good Morning"

Konnichi Wa: "Good Afternoon" or "Good Day"

Konban Wa: "Good Evening"

Mata Ashita: "See you tomorrow"

Sayonara: "Good Bye"

### Japanese Counting

Ichí: One	Roku: Six
Ní: Two	Shichí: Seven
San: Three	Hachí: Eight
Shi: Four	Ku: Nine
Go: Five	Ju: Ten

## Basic Exercises

1. right stance, double punch to the solar plexus
2. left stance, double punch to the solar plexus
3. ready stance, double punch to the solar plexus (right & left)
4. ready stance, double punch to the nose (right & left)
5. ready stance, sweep, punch, double bone block
6. cross-chest block
7. single-bone block
8. hand block
9. step, double punch solar plexus (kiaï 2nd punch)
10. down block
11. double bone block
12. head block
13. punch, front snap kick
14. step, single punch (kiaï every punch)
15. front snap kick (right & left)
16. ready stance, leg block, snap kick to the side (alternating)
17. heels together, side shin kick (alternating)
18. heels together, side kick (alternating)
19. ready stance, front side kick (alternating)
20. round house kicks (right & left)
21. heels together, back kick (alternating)
22. side kick, front snap kick (right & left)
23. front snap kick, side kick (right & left)
24. down block, back fast, up slow
25. reverse punch (kiaï every punch)
26. double bone block, swing jab
27. toe toughening
28. hand (shuto) toughening
29. hand & feet toughening
30. running in place
31. jumping jacks
32. breathing (5 counts)

## During Kata or Exercises

1. Look
2. Step
3. Move