



# The Complete Beginner's Guide to SHOTOKAN KARATE

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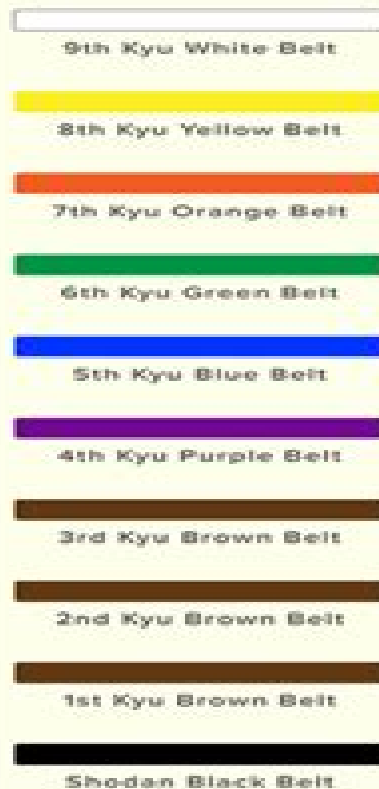
## COUNTRY OF ORIGIN



**JAPAN**



## BELT SYSTEM



9th Kyu White Belt

8th Kyu Yellow Belt

7th Kyu Orange Belt

6th Kyu Green Belt

5th Kyu Blue Belt

4th Kyu Purple Belt

3rd Kyu Brown Belt

2nd Kyu Brown Belt

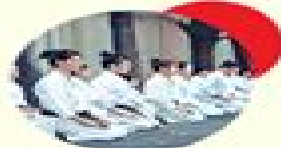
1st Kyu Brown Belt

Shodan Black Belt

## ETIQUETTE



Bow when entering or exiting the dojo.



Refer to your teacher as Sensei or his/her proper title. Show great respect to all peers.



Wear a clean, white karate gi to class.

## OSU!

A common greeting, pronounced "Ossi".

## KIRI

A powerful yell when striking. "KI" means energy and "Ia" means to join.

## CURRICULUM SECTIONS



**Basics (Jishu)**  
Basic techniques such as punches, kicks, stances, and blocks.



**Forms (Kata)**  
A pre-arranged fight or choreographed training sequence integrating several techniques.



**Sparring (Kumite)**  
Sparring practice that begins with controlled one-steps, and then gradually morphs into freestyle sparring.



**Self-Defense Sets (Goshin Jutsu)**  
Specialized self defense techniques address chokes, holds, grabs, and weapon threats.

## BASIC TERMS

**Jodan**  
Head Level

**Chudan**  
Middle Level

**Gedan**  
Lower Level

**Hajime**  
Begin

**Mawate**  
Turn Around

**Rei**  
Bow

**Yame**  
Stop

**Yoi**  
Ready

**Mae**  
Front

# Beginners Guide To Shotokan Karate

**David Goldman, Pam Perry**



## **Beginners Guide To Shotokan Karate:**

**The Beginners Guide to Shotokan Karate** John Van Weenen,2002 Published to fulfil the need for an elementary instruction manual written by a Westerner for Westerners this extended edition contains answers to the countless questions raised by beginner s in their quest for knowledge of this fascinating martial art These now include sections on Mokuso meditation and breathing Rei bowing Oss Karate s universal greeting Karate Do A Way of Life the story of the way Kaishu Ippon Kumite one attack sparring with stepping counter Jiyu Ippon Kumite semi free one attack sparring and a biographical chapter entitled One Man s Journey

**Beginners' Guide to Shotokan Karate** John Van Weenen,1992-08-01 The Beginner's Guide to Shotokan Karate John Van Weenen,2006-05 First published in 1983 this book acts as a guide to Shotokan karate Containing over 1500 photographs and divided into four sections it contains answers to the questions raised by beginners and advanced students alike in their quest for knowledge of this fascinating martial art Books on Japan in Western Languages Recently Acquired by the National Diet Library Kokuritsu Kokkai Toshokan,1990

**Task Force Albania** John Van Weenen,2001 In this the second of John Van Weenen s books on the story of the British Charity Task Force Albania the author concentrates mainly on its Kosovo connection His group was one of the first foreign aid agencies to enter the province alongside NATO on 16th June 1999 The carnage and destruction he encountered despite his long experience in the humanitarian field sickened him to his stomach **Newsletter** ,1990 **The British National Bibliography** Arthur James Wells,2002 *British Books in Print* ,1985 **The Guide to Karate** Fay Goodman,2000 **Whitaker's Cumulative Book List** ,1984 Black Belt ,2003-11 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world **Whitaker's Books in Print** ,1998 Black Belt ,2000-03 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world **Black Belt** ,2000-04 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world

**The Insiders' Guide to Metro Atlanta** David Goldman,Pam Perry,1996 New authors new entries and a new perspective on this historic city with an upbeat style From traditional to enticing to zany discover Atlanta s allure with the help of

longtime locals who obviously know the way to Atlanta's brightest and best *Black Belt*, 1980-05 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known martial arts figure in the world **Journal of Asian Martial Arts**, 2004 **Black Belt**, 1979-12 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known martial arts figure in the world The Insiders' Guide to Atlanta Helen M. Cauley, Karen Wantuck, Helen Cauley, 1998 This new edition offers new authors new entries and a new perspective on this historic city with an upbeat style From traditional to enticing to zany travelers to Atlanta will discover the charm and allure of this great seat of the New South with the help of longtime locals who reveal its best and brightest **Black Belt**, 1980-03 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known martial arts figure in the world

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