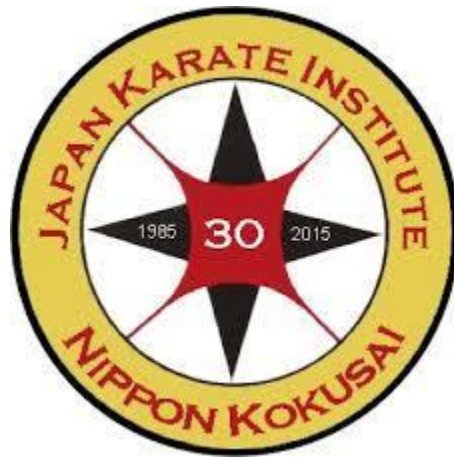


Japan Karate Institute



Dojo Manual

The Japan Karate Institute of North Carolina

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Introduction – By Ben Dorr, Sensei

In this current “information age”, Karate stands out as one theatre of human endeavor where an internet search will not provide satisfactory answers to the questions generated. Only serious study and training will unlock the secrets that can be discovered to this art. It is not possible to find all the answers. I would argue that finding the answers is not the point, but rather learning how to improve yourself through the seeking of the answers. You, the student, are encouraged to seek your own answers through diligent training and guidance from those who have walked the path before you. One day you will be expected to guide another, prepare yourself.

Karate, or more properly, Karate-Dō is a martial art. As it's name, translated to "empty hand" or "empty hand way", implies the Karateka learns to defend themselves without the use of weapons. It is known for both punching and kicking to achieve the goal of defense. Continued study of Karate will include learning how body manipulation, sweeps, joint locks, pressure points and throws are incorporated into the way Karateka learns to defend themselves.

As the student progresses in their training the goal of defense of self is replaced by the goal of self improvement. Serious study and training includes self reflection and pursuit of perfection of the art. The student should remember that the goal is not to be better than their opponent, but to be better than they were yesterday, if only by the smallest margin. Daily training will result in small gains in knowledge and ability. These daily gains will in time result in the student discovering that they are capable of more than they could have imagined. Remember, each of your instructors began as you did, with no skill or knowledge of Karate. It has been said that every Black Belt is nothing more than a White Belt who did not stop training.

Modern Karate as we know it today has a long history of development. The founding of Karate can not be narrowed down to one definitive moment in history. Karate was initially developed in the islands of the Ryukyu Kingdom, the largest of which we now know as Okinawa. It was a combination of native fighting techniques combined with influences from Chinese fighting traditions. In 1922, Funakoshi Gichin, Sensei traveled from Okinawa to Japan to put on demonstrations of Okinawan Karate for the Japanese Ministry of Education. Funakoshi Sensei remained in Japan for the next 35 years teaching and spreading the art of Karate. The history of Karate, it's development and spread across the world would take many volumes to completely detail. As you continue your study of Karate at Japan Karate Institute, you will learn more about the history of Karate and eventually your connection with that history.

*A note on Japanese names – In Japan it is proper to place the surname before the given name. It is also most common to place a title of a person after their name rather than before. In America, Funakoshi Sensei would normally be presented as Sensei Gichin Funakoshi, however in the Japanese format, Funakoshi Gichin, Sensei would be proper. In this manual, Japanese instructors will be presented in the Japanese format and American instructors will be presented in a modified format with the normal American name progression followed by title.

Meet your Sensei

Chris Shaffer, Sensei - Sensei Chris studied Tae Kwon Do and kick boxing as a young adult before beginning Wado-Ryu karate at the age of 40. Sensei Chris earned a second place in Kata in his class in the 2004 National AAU Tournament and won Grand Master in his class in the 2005 Atlanta Cup international tournament. Sensei Chris is a child psychologist and has particular interest in using martial arts instruction to help with ADHD symptoms. He holds a Sandan rank in Wado Ryu karate, and a Shodan rank in the *American Pressure Point Self-Defense System* taught by Master Moran.

Mark Fricault, Sensei - By day, Sensei Mark is a mild-mannered computer programmer. At night, he's a Dojo Rat eager to learn. Sensei Mark began studying Wado-Ryu karate in October of 2002, at the ripe age of 41. He earned his Yodan rank in Wado-Ryu under the guidance of Dale Coker, Shihan. He earned his Shodan rank in *American Pressure Point Self Defense System* taught by Master Moran in April 2013, and earned his Shodan rank in Shorin-Ryu Kensankai Kobudo in August 2013 under the guidance of H.P.Henry, Shihan and Doug Perry, Hanshi. Sensei Mark continues training in and exploring all three of these arts.

Ben Dorr, Sensei – Sensei Ben began his study of combative arts under Roger Jones, Sensei of Asheville in 1985. Sensei Jones taught a mixture of styles he called Karakido Karate. Later Sensei Ben learned amateur and professional wrestling as well as defensive tactics taught to law enforcement officers in North Carolina. He began his training in Wado-Ryu karate in 2006 under Mike Russell, Sensei. He began his training in Shorin-Ryu Kensankai Kobudō under Tim Pope, Kyoshi in 2008. He currently holds Sandan ranking in Wado-Ryu karate and Sandan in Shorin-Ryu Kensankai Kobudō. He served the public as a Deputy Sheriff in Forsyth County from 1993 until his retirement in 2021.

Dale Coker, Shihan

Dale Coker, Shihan is the founder and head of the Japan Karate Institute. He began training in Wado-Ryu karate in 1971 under Ronnie Woodard of the Japan International Karate Center in Birmingham Alabama while a freshman at Alabama University. He began receiving direct instruction from Soke* Hirano in 1973 during regular visits Soke made to Alabama during that time. Starting in 1985 Coker, Shihan made regular visits to Hawaii to train with Soke.

He opened several dojos in Charleston, SC during the 1980's, most of which were turned over to senior students who continue to teach Wado Ryu under the guidance of Shihan Dale.

Over the years Shihan Dale has studied a variety of martial arts to supplement his Wado-Ryu training. Some of these are Tae Kwon Do, Brazilian Ju-jitsu, Thai Kick boxing, Shorinkan Kobudō and American Pressure Point systems.

Shihan Dale holds a ranking of Hachidan, or 8th Degree black belt, in Wado-Ryu and Yondan, or 4th Degree black belt, in the American Pressure Point Self Defense System.

He currently lives in Chiang Mai, Thailand. He travels back to the USA regularly to teach and train with his American students.

*Soke is a word that means "Founder". It is common within the Japan Karate Institute to refer to Hirano Kiyohisa, Sensei simply as "Soke". Hirano, Sensei is the founder of Japan International Karate Center. Additional information can be learned from your instructors about Soke.

What is a Dōjō

The place where a student trains is called a dojo. The word dojo is a combination of two words. Dō is a word that can be translated as “Way”. That is to say, not only is there a way we practice or perform but that the purpose of our practice is our “Way”. Jō is a word that can be translated as “Place” or “Hall”. Therefore the word Dōjō can be translated as “A place to practice the Way”. Any place that you train can be called a dojo. The brick and mortar building that you come to regularly to receive training and guidance is called a dojo. However if you practice in your back yard on days you don’t come to the dojo, then your back yard can be called a dojo too. Whenever you are in the dojo, the student will let themselves be guided by the Dōjō Kun.

Dōjō Kun

The Dōjō Kun is a set of principles of behavior that guide the student. The Dōjō Kun is derived from the “Twenty Guiding Principles” set out by Funakoshi Gichin, Sensei in 1938. Those principles were themselves influenced by the “Ten Precepts of Karate” as written by Ankō Itosu, Sensei, Funakoshi’s teacher, in 1908. The Dōjō Kun of the Japan Karate Institute is as follows:

- 1. Uphold the principles of propriety and courtesy.**
- 2. Cultivate the spirit of effort.**
- 3. Perfect a mind of patience.**
- 4. Live the way of truth.**
- 5. Do not lose self control or act in a violent manner.**

The student should strive to commit the Dōjō Kun to memory and reflect on it’s meaning. Students will be called upon in class to recite the Kun regularly. In addition to the Dōjō Kun, there are several supplemental precepts the student should familiarize themselves with. They are listed below:

The Purpose of JKI Training – Not to conquer others, but to conquer the weaknesses within oneself.

As stated before, we train initially to be able to defend ourselves against an attacker. But with continued training we begin to strive to improve ourselves physically, spiritually and mentally.

The Purpose of Seiza – Orderliness and humbleness for the mind and body.

Seiza is the manner in which we sit as we begin class. To properly sit in Seiza, we sit on our heels with our toes flexed down. Our hands sit softly in our lap. Our head and body are erect. We begin to focus on proper breathing and concentration. A picture of a student sitting in Seiza is shown below.



The Purpose of Mukuso – Warming up the mind for training hard.

When sitting in Seiza, your sensei will say “Mukuso”. When this is done, close your eyes and clear your mind of distractions. Whatever troubles may be bothering you outside the dojo have no place in your mind when you are training. During Mukuso, you should be envisioning only you and your training. You will be surprised how inconsequential outside problems seem to be once you focus on your training.

As you can see, there is a great focus on good self regulation and proper behavior towards others. Any time a student does not exhibit these qualities, the sensei may remove the student from class. Students may not return to class until the sensei is satisfied that the student will be able to model the behavior exemplified in the Dōjō Kun.

Dōjō Rules

Training begins and ends with “Rei”. Rei is a Japanese word that can be translated as “respect” or “to show your respect”. As a vowel, it means to bow. When you enter the dojo to train you should turn towards the Shomen at the front of the dojo and bow. At JKI we accompany this action with a loud “Osu!” When you are leaving the dojo, bow again and say “Osu!” as a show of gratitude for your time training.

Before you step on the floor, bow to the floor. When you step off, bow.

Be on time for your class. If you are late for some reason, do not step onto the floor unless invited to join class by the Sensei teaching. If you must leave before class is over, do not leave without permission of the Sensei.

Personal administration is of utmost importance in the dojo. This means you are expected to be neat and clean at all times when training. Your uniform should be clean. Your hair, if long, should be pulled back and secured. Your toenails and fingernails should be properly trimmed so as not to injure your training partner. You should manage your personal hygiene so you will not create an offensive atmosphere out of respect for your training partners.

When in class, listen to the Sensei’s instructions. Do not engage in idle talk. Training time is for training not socializing. Do not speak while the Sensei is speaking. If the Sensei asks you a question, answer it in a respectful manner. If you wish to ask a question, raise your hand and wait for the Sensei to address your question. Questions are encouraged as long as they relate to the training being conducted. Questions on unrelated matters should wait until the training session is over.

Remove all necklaces, wristwatches, bracelets, or any other jewelry or adornments that may be a hazard to safe training.

When training with a partner, remember that your partner’s safety is YOUR responsibility. Careless training or unsafe training will result in the student’s immediate removal from class. Additional punishment for blatant disregard of safety or courtesy may be forthcoming.

Students will not engage in Jiyu Kumite without the direction and supervision of an appropriate Sensei. Kyu ranking students will NOT engage in Jiyu Kumite without proper safety equipment. It is the student's responsibility to secure proper equipment and keep it in good condition. The Sensei will guide the student in what equipment is approved.

Students will not touch or handle Kobudo equipment at any time unless instructed to by the Sensei.

No chewing of gum in the dojo.

No eating or drinking while class is in session.

If you make a mess, clean up after yourself.

If you see a mess, clean it up, even if it is not yours.

When you arrive for class, sign the attendance sheet.

All financial matters should be handled in a responsible manner at the appropriate time.

The Three Legs

There is an old concept that understanding of Karate is dependent on three distinct areas of training. Like the three legs of a stool. If a stool only has one or two legs, it can not stand on it's own. It must have three legs to stand solid. The "Three Legs" of Karate training are Kihon, Kata, and Kumite. They are briefly explained below.

Kihon

Kihon is a word that roughly translates into "Basics". Every technique in Karate is based on several basic techniques. Even the most flashy move you may see an experienced practitioner perform is nothing more than a combination of several basic movements or a modification of a basic movement. Basics are broken down further into Strikes, Blocks, Kicks and Stances. The reinforcement of basic techniques is the most important part of Karate training and the majority of your effort should be spent working on perfecting basic techniques.

Kata

Kata is a word that can be translated as "Form". A kata is a pre-arranged set of basic movements and stances that allow a student to practice those basic movements in a more dynamic way. Often it is related that the kata represents use of the basic techniques to defend the student during an imaginary defensive scenario. Kata are considered the textbook of the karate practitioner. The Kata transmits the knowledge of fighting techniques from our forebears to ourselves. The more we practice them the more we learn about how to defend ourselves. Most kata are individual exercises done by the student without a partner. However there are sets of kata where two students will work off of each other. The following is a listing of basic kata through Shodan level.

Kihon Kata Shodan

Kihon Kata Nidan

Kihon Kata Mae Geri Shodan

Kihon Kata Sandan

Pinan Nidan

Pinan Shodan

Pinan Sandan

Pinan Yodan (sometimes called Pinan Yondan)

Pinan Godan

Nihanchi

Kushan ku (sometimes called Kusan ku or Kanku Dai)

Kumite

Kumite is a word that is literally translated as “crossing of hands”. It is an exercise where two practitioners will give and receive techniques in either a controlled or, later, a free flowing format. Students will begin with Ippon Kumite which is generally a one technique called out format. As the student progresses, he/she will eventually be allowed to engage in Jiyu Kumite which is often known as “free sparring”. It is important to understand that the goal of kumite is not to defeat your partner, but rather to train yourself and help your partner train in the giving and receiving of technique. Do not be concerned if you watch two advanced students engage in kumite, although it may look like they are striking each other hard, they have learned how to deliver techniques hard and fast but with control so they do not actually injure each other. Students will not be allowed to engage in Jiyu Kumite until they have shown that they can deliver techniques with a high degree of self control.

Common Terminology

During training you will hear many terms in Japanese. The following is a select list of terms you will hear as you continue training. The longer you train the more familiar you will become with these terms and you will gain further understanding of the meaning of the words.

Ranks

You will recognize immediately that student progression is visually represented by different colors of belts the students wear. The rankings of colored belts are called Kyu Ranks. Beginning students at JKI start with no belt or rank of any kind. Their first rank will be Juichi-Kyu or White Belt. The Kyu Rank progression is as follows:

Juichi-Kyu	White Belt
Ju-Kyu	Yellow Belt
Ku-Kyu	Purple Belt
Haichi-Kyu	Orange Belt
Nana-Kyu	Green Belt
Ro-Kyu	Blue Belt
Go-Kyu	Brown Belt
Yon-Kyu	Brown Belt with One Stripe or Patch
San-Kyu	Brown Belt with Two Stripes or Patches
Ni-Kyu	Brown Belt with Three Stripes or Patches
Ik-Kyu	Red Belt

Black Belt rank are recorded as “Dan”, roughly “step”. Shodan would be roughly translated as “First Step”. The Black Belt ranks in Wado-Ryu are as follows:

Shodan	1 st Degree
Nidan	2 nd Degree
Sandan	3 rd Degree
Yondan	4 th Degree
Godan	5 th Degree
Rokudan	6 th Degree
Nanadan	7 th Degree
Hachidan	8 th Degree
Kudan	9 th Degree

Judan

10th Degree

In addition to Kyu or Dan rankings, there are several honorific rankings you should be familiar with.

Sempai – Your senior. Roughly translated as “big brother”, Sempai is an informally awarded ranking. Sempai are senior students, generally Ikkyu or above who have some responsibility for teaching but who have not been trained and awarded the title of Sensei.

Kohai – An advanced young person. Generally a young person who has not reached a certain age, but who has achieved a high level of training such as Shodan.

Sensei – A teacher. Roughly translated as “one who has gone before”. A title of respect for someone older and wiser.

Shihan – A Master Instructor.

Hanshi – A “Teacher of Teachers”. Generally reserved for a practitioner of Kudan or Judan ranking.

Commands

Hajime – Begin

Matte – Wait, Stop.

Yame – Stop!

Mawatte – Turn.

Mōichido – “One more time.”

Hantai – Switch to the opposite side.

Rei – Bow.

Shōmei ni rei – Bow to the Shomen (front).

Sensei ni rei – Bow to the Sensei.

O-Tagai ni rei – Bow to each other.

Seiza – Sit in meditation pose.

Mokusō Hajime – Begin meditation.

Mokusō Yame – End meditation.

Yoi – to be ready.

Yasume – Rest.

Narande – Line up.

Levels

Jodan – Upper Level, generally from the shoulder line up.

Chudan – Middle Level, generally from the shoulder line to the waist.

Gedan – Lower Level, generally from the waist down.

Strikes

Tsuki – a strike with the hand.

Keri (Geri) – a strike with the foot.

Empi-uchi – a strike with the elbow.

Hiza geri – a strike with the knee, also used to refer to a strike towards a knee.

Blocks

Jodan Uke – Upper level block.

Chudan Uke – Middle level block. (Outward Middle Block)

Chudan Soto Uke – Middle level block. (Inward Middle Block)

Gedan Uke – Lower level block.

Gedan-barai – Lower level sweeping block (with the hand).

Shutō Uke – Knife hand block.

Stances (Dachi)

Musubi Dachi – “Attention Stance” Heels together and toes pointed out at a 45 degree angle.

Heikō Dachi – aka “Yoi stance” Feet shoulder width apart with outside of feet parallel.

Zenkutsu Dachi – a long front stance.

Kiba Dachi – “Horse Riding stance”.

Nekō Ashi Dachi – “Short Cat Foot stance”.

Kokutsu Dachi – “Long Cat Foot stance” Also known as a “Back Stance”.

*This is but a short list of stances, strikes, blocks and other techniques a student will learn.

Uniform

The karate uniform is known as a Gi. This is shortened from Dō-Gi. The standard uniform for a JKI student is a white Gi with the Japan Karate Institute patch sewn over the heart and the 40th anniversary JKI patch sewn onto the left shoulder.

Occasionally you will see other uniforms worn by JKI karateka. Practitioners who have been appointed as “Seniors” may wear a black Gi for special occasions. Practitioners who are going to engage in practicing Kobudō (weapons) can wear an all blue Gi or an all white Gi when practicing. Kobudō instructors may wear blue Gi tops and white pants.

Kobudō

Wado-Ryu is a karate (empty hand) style and as such does not incorporate weapons practice in the standard curriculum. However, students who wish to gain knowledge of the use of various traditional Okinawan weapons can practice Kobudō. Kobudō is normally translated as “Ancient martial way”. JKI students are allowed to practice kobudō once they have established strong Wado-Ryu fundamentals and have demonstrated a proper level of maturity. The Kobudō style practiced by JKI-NC students is in the Shorin-Ryu Kensankai lineage under Doug Perry, Hanshi through Ben Dorr, Sensei.

Promotion Requirements

New students will not have any rank during their first few classes. At some point during their first month of training they will be given an informal test during class time. During this class the student must demonstrate a few basic techniques. Upon successful performance the student will be awarded their Juichi-kyu rank or White belt. All promotion after this will be in a formal test setting. What follows are the basic requirements needed for each belt rank up through Shodan or 1st degree black belt.

Ju-Kyu (Yellow Belt)

Demonstration of Musubi Dachi, Heiko Dachi and Zenkutsu Dachi. Performance of high, middle, and low punch. Performance of high, inward, outward and low block. Performance of front snap kick. Performance of the first half of Kihon Kata Shodan.

Ku-Kyu (Purple Belt)

Improvement in the performance of all basic blocks, punches and front snap kick. Improvement in basic stances of Heiko Dachi and Zenkutsu Dachi. Performance of the complete Kihon Kata Shodan. Performance of one step called sparring.

Haichi-Kyu (Orange Belt)

Improvement in the performance of all basic blocks, punches and front snap kick. Improvement in the basic stances of Heiko Dachi and Zenkutsu Dachi. Performance of the stance Kiba Dachi. Improvement in performance of Kihon Kata Shodan. Performance of Kihon Kata Nidan. Improved performance of one step called sparring.

Nana-Kyu (Green Belt)

Improvement in the performance of all basic blocks, punches and front snap kick. Performance of side kick. Improvement in the basic stances of Heiko Dachi, Zenkutsu Dachi and Kiba Dachi. Improvement in the performance of Kihon Kata Shodan and Kihon Kata Nidan. Performance of Kihon Kata Mae Geri Shodan. Improved performance of one step called sparring.

Ro-Kyu (Blue Belt)

Improvement in the performance of all basic blocks, punches, front snap kick and side kick. Performance of roundhouse kick. Improvement in the stances of Heiko Dachi, Zenkutsu Dachi and Kiba Dachi. Performance of Kokutsu Dachi. Performance of Shuto Uke. Improvement in the performance of Kihon Kata Shodan, Kihon Kata Nidan and Kihon Kata Mae Geri Shodan. Performance of Kihon Kata Sandan. Continued improvement of one step called sparring and performance of two or three step called sparring.

Go-Kyu (Brown Belt)

Improvement in the performance of all previous blocks, kicks, strikes and Kata. Performance of Neko Ashi Dachi. Performance of Pinan Nidan. Performance of Jiyu Kumite with an appropriate partner.

Yon-Kyu (Brown Belt with One Stripe or Patch)

Improvement in the performance of all previous blocks, kicks, strikes, stances and Kata. Performance of spinning back kick. Performance of Pinan Shodan. Improved performance of Jiyu Kumite with an appropriate partner.

San-Kyu (Brown Belt with Two Stripes or Patches)

Improvement in the performance of all previous blocks, kicks, strikes, stances and Kata. Performance of back fist strike. Performance of Pinan Sandan. Improved performance of Jiyu Kumite with an appropriate partner.

Ni-Kyu (Brown Belt with Three Stripes or Patches)

Improvement in the performance of all previous techniques and Kata. Performance of Pinan Yondan. Improved performance of Jiyu Kumite with appropriate partners.

Ik-Kyu (Red Belt)

Improvement in the performance of all previous techniques and Kata. Performance of Pinan Godan. Improved performance of Jiyu Kumite with appropriate partners.

Training at the Ik-Kyu level is normally broken into several stages and will include several assessments. The red belt will learn two new kata during this time. The kata learned are Nihanchi and Kushan Ku. These are considered "Black Belt" level kata. In addition, the red belt will be expected to be improving in all aspects of his/her performance of all learned techniques. The red belt will also be expected to learn a weapon kata, Shushi No Kun, and be prepared to perform it during their Shodan test.