



Original Okinawan Karate of Holt

Student Guide

*Original Okinawan Karate
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Welcome to the Dojo!

You've just begun a new chapter in your life that could have a significant impact on your future. How significant? That depends on your commitment to serious training, consistently, in the Way of Karate-do. This beginning guide will help you get started in the right direction. By choosing to start, you've made the first step. Now you need patience, discipline, humility, and the stubbornness not to quit.

Friendship - Cooperation - Partnership

An important part of your training is promoting friendship among your fellow dojo partners. No student is better than another. Only through mutual cooperation and partnership will you be able to truly improve. You must train with an open and empty mind. That's why our gi (uniform) is white... to remind us to be empty.

Dojo Courtesy

There is an old karate saying stating that, "Karate begins and ends with courtesy." Karate study is built on mutual respect for teachers and training partners alike. Bowing is a traditional way to show respect for each other that is practiced in the karate dojos of Okinawa, Japan and we maintain this tradition as well. For a beginning student, determining when and how to bow can sometimes be confusing. Watching and asking help from your sempai (senior students) is one of the best ways to learn. Here's a list of times when to bow to help you get started:

- When entering or leaving the training area.
- At the beginning and ending of a class. (seiza, a kneeling formal bow)
- To the instructor during class when he/she provides corrections or information.
- To fellow students after class.
- To your sempai (senior) after receiving instruction.
- After performing a kata.
- To your partner(s) at the beginning and ending of training drills and sessions.
- At the beginning and end of a rank test. (seiza)
- To Sensei.

When formally bowing in before class in seiza, your instructor and the highest ranked student in the line will give the cue to begin with the command "sensei rei!" As students bow to the teacher, they say "onegai shimasu" meaning "please teach me." The closing bow at the end of class will end with the response "arigato gozaimashita" meaning "thank-you."

Attendance

To progress in your training you must make a commitment to attending classes regularly as well as practicing what you learn on your own when you go home. In order to keep track of your training consistency at the dojo, attendance cards are marked each time you attend a class. Before class begins make sure that you have retrieved your card. Just prior to the start of class, the instructor will collect the cards personally from each student and mark your attendance.

Care of the Dojo

There's more to budo (martial way) than just training. You're part of a traditional dojo and everyone is expected to help out. It's no different than a home. Things need fixing and there are a lot more people to make it dirty. If you arrive early, look for something that needs to be done. After class, everyone should pitch in and clean up, making sure that the changing rooms and bathrooms are left cleaner than

you found them. Don't wait to be asked to help, or leave without doing your share. In addition, there are many opportunities for students to provide additional help based on their occupation and special talents.

The Shido-kan Style

Shido-kan is the specific style of Okinawan Shorin-ryu karate that we study, and is identified by the patches on your uniform. The Shido-kan Beikoku seal patch is applied to the left arm immediately below the shoulder seam. The Shido-kan kanji patch should be placed on the left side of the jacket over your chest so that the patch is straight up and down after the jacket has been tied with the belt.

Basic Shido-kan Techniques

As a beginning student, you will become familiar with the following basic techniques. They are the foundation of your training and fundamental for students at all levels.

Basic Stances

- Attention stance – musubi dachi
- Natural stance – hachiji dachi
- Basic stance – kihon dachi
- Back stance – ukiashi dachi
- Straddle stance – shiko dachi
- Forward stance – zenkutsu dachi
- Horse riding stance – kiba dachi
- Leaning back stance – kokutsu dachi

Basic Blocks

- High block – jodan uke
- Outside block – chudan uke
- Inside block – soto uke
- Low block – gedan barai
- Hooking hand block – kagite uke
- Sweeping block – nagashi uke

Basic Punches & Strikes

- High punch – jodan zuki
- Middle punch – chudan zuki
- Knife hand strike – shuto uchi

Basic Kicks

- Front snap kick – mae geri
- Side kick – yoko geri
- Roundhouse kick – mawashi geri
- Back thrust kick – ushiro geri
- Stomping kick – fumikomi geri

Karate Terms

Along with the names of basic techniques, following are some the basic terms that you'll commonly hear and use while training in the dojo. Make a point to learn their meaning and correct pronunciation.

karate-do	way of the empty hand
sensei	someone older and wiser, instructor
sempai	senior
kohai	junior
dohai	equal rank
dojo	place to learn the way
rei	bow
yoi	ready
hajime	begin
yame	stop
hai	yes
kime	focus
seiza	formal seated position
mokuso	meditation
jodan	upper area
chudan	middle area
gedan	lower area
kamae	combative posture
kata	prearranged formal exercise
kumite	prearranged drill or sparring
bunkai	application of kata
makiwara	punching board
gi	training uniform
obi	belt
sensei rei	to the instructor, bow
onégai shimasu	please help or teach me
arigato gozaimasu	thank you very much

Counting In Japanese

Following are the numbers commonly used in leading kata and drills and common abbreviations used during counting.

1. ichi	ich'
2. ni	ni
3. san	san
4. shi	shi
5. go	go
6. roku	rok'
7. shichi	shich'
8. hachi	hach'
9. ku	ku
10. ju	ju

Dojo Manners & Rules

The dojo is a special place where we train ourselves both physically and mentally. Students show respect to their teachers, each other and the dojo by observing the following manners and health and safety rules.

Manners:

- Always show courtesy, politeness, respect, and kindness to all.
- Keep your gi clean and neat.
- Observe the training schedule by arriving early and being prepared for class. If you're late, change immediately, and then wait for permission from the instructor before entering the training area. If you miss warm-ups, quietly perform them as needed in the entrance area before joining into class activity. If you are consistently unable to arrive on time or must leave early due to your personal schedule, it is polite to explain in advance to Sensei and your instructor.
- When entering the dojo, remove your shoes and place them neatly in the area provided.
- When entering or leaving the training area, show your respect by bowing.
- When the instructor calls for training to begin, line up quickly, facing the front of the dojo.
- Bow to the instructor, senior students, and each other with appreciation and respect.
- During class, kata should be performed with kime (focused power). If you become tired, rather than proceed weakly, rest for a short period and then continue.
- When adjusting your clothing or wiping perspiration from your face, always turn away from the instructor.
- Do not leave the class for water, or early dismissal, without first asking permission from your instructor.
- Listen carefully to the advice and instructions given to you. Don't forget to thank the instructor and senior student(s) to show that you have heard and understood their comments.
- Sempai (senior students) are responsible for setting the example of cooperation and conduct in the dojo. Kohai (junior students) should observe closely the actions of the sempai to correctly further their learning.
- Don't talk in class except to ask or answer a question. While observing training, always stand, kneel, or sit in a proper way and do not distract others by talking.
- Any outside activities (fighting, etc.) that bring discredit to Sensei, the school, karate-do, or the student are sufficient reason for dismissal. Any incident that occurs should be reported to Sensei immediately.
- You should advise Sensei if you have to temporarily or permanently discontinue your training.

Health & Safety Rules:

- To prevent injury to your training partners and yourself, remove all jewelry and hair ornaments before entering the training area. (Soft hair ties are acceptable.)
- Your fingernails and toenails must be kept short and clean to prevent injury to your training partners.
- Training with cuts or open sores is strictly prohibited unless properly covered. If injured while training, stop immediately, notify the instructor, and request first aid supplies.
- If you have a cold or flu, it is best to rest and not participate in class until you are feeling well and are not contagious.
- If you have a medical restrictions for your training, it is your responsibility to notify Sensei and your instructors so they are aware. It is also your responsibility to notify your training partners when you are unable to perform a particular technique (such as throws) for medical reasons.
- If you are recovering from an injury and are unable to train, you are still encouraged to come to the dojo and learn by observing training.
- No sparring is allowed below 1st kyu rank without permission. Fooling around can result in injuries and is absolutely prohibited.

Make friends with karate!

Shido-kan karate-do promotes the concepts of "friendship, cooperation and learning" among students worldwide. One of the most rewarding parts of your training is the development of friendships forged by working cooperatively with your training partners over many days, months and years.

Beyond your dojo, there is also a worldwide community of Shido-kan practitioners to meet. Become a member of the Beikoku Shido-kan Association and you will be part of a network of dojos and students. An annual association supported training event (NTS) at Michigan State University, brings together members from over 30 dojos united in the common interest of training and improving their understanding of Shido-kan karate.

Aims of Karate-do

- To strive for perfection of character.
- To defend the paths of truth.
- To foster the spirit of effort.
- To honor and respect all life.
- To guard against impetuous courage.

Patience

To have patience where one can have patience is not real patience...but to have patience where it is intolerable, then this is real patience.