

Rodney Hobson Karate Academy Student Manual



Book Belongs to: _____

Rodney Hobson Karate Academy – TSURUOKA KARATE-DO

COURSE DESCRIPTION:

An introductory level course on Karate and self defense.

Karate is a Martial Art which develops explosive punches and kicks in order to utilize the whole body as a weapon.

The student will be instructed in the basic stances, punches, blocks and kicks of Tsuruoka Karate. The first form (Kata), which is a requirement for the first belt level grading, will also be taught.

Loose comfortable clothing (ie sweat pants and T-shirt) is advisable. Karate uniforms (GI) are optional and are available through the club. Ask your instructor for details.

Sensei Rodney Hobson has obtained his N.C.C.P. Level 2 Coaching Certificate, has been promoted to a nationally recognized 5th Dan Rank, and is qualified to teach all levels of Karate across Canada. He is a multi-time national champion, and his students have won regional, provincial, national, and international/Pan-American medals, totaling near one thousand medals/trophies.

Rodney Hobson Karate Academy

Note from Sensei Hobson

Every student within the dojo, must train with a full effort and show commitment to the art of karate. The instructors can teach you for years, but if you yourself are not willing to put in the proper effort karate demands, you will go nowhere.

Honor and respect are the highest of priorities. Every student no matter what belt or age must respect one another. Any variation from this will result in immediate discipline. You must study diligently and study with humility. To master the techniques you must practice endlessly and with greater heart. The road to perfection is long and tedious. There is no other means but patience. Understand the course of your training will be charted by many ups and downs, and it will be a continuous challenge throughout your life as long as you continue to train. The knowledge is limitless and perfection is a life-long pursuit.

One of the most important principles of the martial arts to remember is mutual benefit. By this, it is meant that all members are to help each other. So don't be reserved in asking for assistance or advice no matter how trivial you may think your question sounds.

In training, don't expect good results in a short time. Karate training may extend over ones entire life so there is no need for haste. In the study of any subject, little is to be gained from haphazard training, and thus, particularly in a martial art such as Karate, steady, unremitting training is required.

Many people train furiously in Karate initially but lose their enthusiasm even before the end of the first year. Clearly, very little good can be gained from such sporadic training and, in fact, heaving training before the body is properly conditioned can result in injury to the body. For this reason, train systematically, without becoming impatient or overexerting yourself, and develop gradually, advancing steadily, one step at a time.

TSURUOKA KARATE

HISTORY and BACKGROUND INFORMATION

Our Master, Mr. Masami Tsuruoka, with over 50 years of Karate experience, first introduced Karate to Canada in 1958. He currently resides in Toronto and holds the rank of 10th Degree Black Belt and is one of the most senior Black Belts in North America. Mr. Tsuruoka is well known and respected in Karate circles around the world.

Our Chief BC Instructor is Mr. Gordon Kirschner who currently holds the rank of 7th Degree Black Belt and has over 30 years of Karate training and teaching experience. All Black Belt instructors possess National Karate Association Black Belt Certificates and N.C.C.P. (National Coaching Certification Program) Level 2 (Theory) Certificates so you can be assured that you are being taught by instructors who are fully qualified and registered to teach in Canada.

O-SENSEI MASAMI TSURUOKA AND THE DEVELOPMENT OF THE N.K.A.

Before 1945, awareness of Karate in Canada was largely confined to certain obscure scholars of Oriental studies and a few returned Canadian military service-men who had come into contact with martial arts while serving in the east.

It was in this year, 1945, that Mr. Masami Tsuruoka, born in Cumberland, British Columbia of Japanese parents journeyed to the land of his forefathers to begin his studies in the martial arts. He first studied JUDO, attaining the rank of Black Belt, 1st Dan, then began his long career in Karate.

In a few years, Sensei Tsuruoka was promoted to black belt rank and had gained wide tournament experience during the formative years when the Japanese masters were developing viable rules for sport Karate. Returning to his native Canada, he started the country's first accredited Karate school in Toronto with only 15 students.

Shortly thereafter, he initiated the first Karate tournaments ever held in Canada and the United States and laid the foundations for the National Karate Association. Governed by a National council comprised of elected representatives from provinces across the country, the N.K.A. sets technical standards and organizes the National Black Belt Championship tournament. A certification program is regularly conducted to test and upgrade national level referees. The N.K.A. of Canada is a member of the World Union of Karate-do Organizations and selects representative teams to compete on behalf of Canada at tournaments such as the Commonwealth Karate Championships, The Pan American Karate Championships and the World Championships.

Graduating his first black belts in 1964, he participated in the establishment of many other accredited Karate schools in Canada and the United States, including this club, thus furthering

the spread of the art to many thousands of students of all races, creeds and colours. The Canadian government invested Mr. Tsuruoka with the Centennial Medal in 1967 in recognition of his unique service to his country.

O-Sensei Tsuruoka holds the rank of 10th Dan Black Belt and is the head of Tsuruoka Karate-Do in Canada. His name can also be found in the book of Karate Genetics and various Karate Geneology charts.

Karate-Do is a unique sport strictly governed by the codes and principles of courtesy, benevolence and the spiritual understanding, and unlike other sports which depend on the concepts of winning and losing it is distinguished by being an art of justified self defense. Thus the matches are fought in the true spirit of Budo where the winner does not boast of his victory nor is the loser discouraged by his defeat.

Since Karate is and has been the subject of much sensationalism in the media, it is usual to regard it only as a matter of the Karate expert smashing hard objects and dealing death and destruction while remaining immune from injury. This image can be compared with the image of the sea if one only saw the surface. Karate is a physical, mental and moral culture which stresses the highest ethical principles. Any student attempting to master the surface manifestations of Karate without mastering the essence would fail. Only those who faithfully practice the moral and mental disciplines can ever gain the inner strengths that enable them to endure the rigorous physical training of Karate. Andrew Bowerbank, a student of O-Sensei Tsuruoka, has published two books on O-Sensei's life and teachings. Contact your instructor for information.

DOJO-KUN

*The ultimate aim in the art of Karate, lies not in victory nor defeat,
but in the perfection of the character of its participants.*

DOJO RULES

1. Aggressive behaviour inside or outside the DOJO will not be tolerated.
2. No one will be allowed to leave the DOJO once training has commenced.
3. If you are late for class, sit quietly in the back of the DOJO until you are invited to join the class by the instructor.
4. Wearing jewellery (watches, rings, etc.) is not permitted.
5. Observe good personal hygiene and keep your GI clean.
6. Keep your fingernails and toenails trimmed short.
7. Swearing or disruptive behaviour will not be tolerated and you will be asked to leave the class.

BASIC DOJO ETIQUETTE AND TERMINOLOGY

As a beginner, you will find that etiquette in the martial arts DOJO is somewhat different than what you would encounter in other activities; the reason being that Karate is Oriental in origin and philosophy and such practices are carried out in respect to the founders. Also because Karate is truly an international sport, or art, such etiquette forms a common bond the world over.

1. Address the chief instructor as Sensei or Sensei Hobson
2. Greet Sensei, other instructors, and classmates with a bow on your arrival at the dojo.
3. Greet Sensei when he enters the dojo.
4. Acknowledge or respond to an instruction with the words Hai (yes) or Osu.
6. Bow to each other before commencing and at the finish of a partner routine.
7. Junior rank and young members should take the initiative in sweeping the floor/laying down the mats, taking up the mats, and general maintenance of the DOJO.

DAN and KYU:

DAN, meaning step, and KYU meaning class, are terms relating to achievement levels reached by students of the martial arts. Each level is indicated by the colour of the student's belt and is listed here in order of ascending expertise:

6th KYU (beginner)	White Belt
5th KYU	Yellow
4th KYU	Orange
3rd KYU	Green
2nd KYU	Blue
1st KYU	Brown
1st DAN to 5th DAN	Black Belt
6th DAN to 8th DAN	Black or Red & White
9th DAN to 10th DAN	Black or Red

NOTE: 10th DAN is traditionally almost always exclusively reserved for the founding master of each particular style

BEGINNING AND/OR ENDING A CLASS

The following is the sequence of commands that you will expect to follow at the opening and closing of a class session:

SHUGO	COME TOGETHER (ie. line up facing the KAMIZA in order of rank, with the senior student being to your left)
KIO-TSUKU	COME TO ATTENTION (feet together and hands by your sides)
SEIZA	KNEEL INTO ZAREI POSITION
MOKUSO	MEDITATE (to clear the mind)
YAME	STOP MEDITATION
SHOMEN-NI, REI	BOW TOWARDS THE KAMIZA (to the front)
SENSEI-NI, REI (YUDANSHA-NI, REI)	BOW TOWARDS THE SENSEI (also to any other Black Belts)

BASIC KARATE TERMINOLOGY

BUDO	Martial Way or Path; a fighting discipline whose aim is to promote the spiritual development of its practitioners
DO	Literally means the way or path. The DO is the way for the perfection of human character as in KARATE-DO
DOJO	Training hall or room
GI	Training uniform (KARATE-GI)
HAI	Yes
HAJIME	Begin or Start
KARATE	The Okinawan “Art of the Empty Hand”. Introduced to Japan in 1922
KARATE-DO.....	“The Way of the Empty Hand”. The modern name for the Okinawan art
KARATE-KA.....	Literally means KARATE men (women)
KATA.....	Prearranged forms in which the student demonstrates and practices basic technique by fighting imaginary opponents
KIAI.....	A sharp sound made at the instant of focus to help tense the body and focus the mind for more effective KIME (see below)
KIME.....	Focus. The pinpoint concentration of mind and body to achieve maximum effectiveness
KOHAI.....	Junior member of the DOJO
KUMITE.....	Sparring: There are two types of KUMITE sparring: 1. KIHON KUMITE – Basic sparring a) KIHON-IPPON KUMITE: one attack, one defense training from a basic stance b) SANBON-KUMITE: three continuous attacks and corresponding defenses c) JIYU-IPPON KUMITE: one attack, one defense training from a free style stance 2. JIYU-KUMITE – free sparring
MAKIWARA.....	A padded punching board used to develop power and focus in the technique
MAWATTE.....	Turn around
OKI.....	Belt
SEMPAI.....	Senior person in the DOJO
YAME.....	Stop
YOI.....	Ready
ZANSHIN.....	A term used to describe the state of total awareness at the moment of attack and/or defense

COUNTING

1 – ICHI (eetch)	4 – SHI (shee)	7 – SHICHI (seech)
2 – NI (knee)	5 – GO (go)	8 – HACHI (hutch)
3 – SAN (sun)	6 – ROKU (rook)	9 – KU (koo)
		10 – JU (jew)

KARATE TERMINOLOGY

BODY AREA

GEDAN	(geh-dan)	lower area of the body
CHUDAN	(chew-dan)	middle level or chest area
JODAN	(joe-dan)	upper level or face area

TYPES OF FISTS

SEIKEN	(say-ken)	forefist
URAKEN	(yer-a-ken)	backfist
KENTSUI	(kent-sue-ee)	hammerfist
IPPON-KEN	(ee-pohn-ken)	one-knuckle fist
NAKADAKA-KEN	(nah-ka-dah-ka-ken)	middle finger knuckle fist
HIRAKEN	(here-a-ken)	fore knuckle fist

TYPES OF OPEN HANDS

SHUTO	(shoe-toe)	sword hand
HAITO	(high-toe)	ridge hand
HAISHU	(high-shoe)	back hand
NUKITE	(new-kit-teh)	spear hand
TEISHO	(tay-sho)	heel of the palm
SEIRYUTO	(say-ree-you-toe)	ox jaw hand
KUMADE	(koo-ma-deh)	bear hand
WASHIDE	(wash-ee-deh)	eagle hand
KEITO	(kay-toe)	chicken head wrist
KAKUTO	(ka-koo-toe)	bent wrist

USE OF FEET AND LEGS

KOSHI	(ko-she)	ball of the foot
SOKUTO	(sew-koo-toe)	sword foot, outer edge of the foot
KAGUTO	(ka-ga-toe)	heel
HAISOKU	(high-sew-koo)	instep
TSUMASAKI	(sue-ma-saw-kee)	toe tips
HIZAGASHIRA	(he-za-gash-era)	knee

STANCES

SHIZEN-TAI	(she-zen-tie)	natural position
HEISOKU-DACHI	(high-so-koo-dah-chee)	informal attention stance
MUSUBI-DACHI	(moo-soo-bee-dah-chee)	informal attention stance, toes in
HACHINOJI-DACHI	((ha-chee-know-gee-dah-chee)	open leg stance
UCHI-HACHINOJI-DACHI	(oo-chee-ha-chee-know-gee-dah-chee)	inverted a/a
HEIKO-DACHI	(high-ko-dah-chee)	parallel stance
TEIJI-DACHI	(tie-gee-dah-chee)	“T” stance
RENOJI-DACHI	(ren-o-gee-dah-chee)	“L” stance
ZENKUTSU-DACHI	(zen-koot-soo-dah-chee)	front stance
KOKUTSU-DACHI	(ko-koot-soo-dah-chee)	back stance
KIBA-DACHI	(key-bah-dah-chee)	straddle leg stance, horse stance
SANCHIN-DACHI	(sahn-chin-dah-chee)	hourglass stance
SHIKO-DACHI	(she-ko-dah-chee)	square stance, sumo stance
HANGETSU-DACHI	(hahn-get-soo-dah-chee)	half moon stance
FUDO-DACHI	(foo-doe-dah-chee)	rooted stance (also SOCHIN-DACHI)
NEKO-ASHI-DACHI	(neh-koh-a-she-dah-chee)	cat leg stance

HAND AND ARM TECHNIQUES

UKE	(ooh-kay)	blocking
GEDAN-BARAI	(geh-dan-bar-eye)	downward block
JODAN AGE UKE	(joe-dan-aah-geh-ooh-kay)	upper block
SOTO-UKE	(soh-toe-ooh-kay)	outside in forearm block
UCHI-UKE	(ooh-chee-ooh-kay)	inside out forearm block
SHUTO-UKE	(shoe-toe-ooh-kay)	sword hand block
TATE-SHUTO-UKE	(tah-teh-shoe-toe-ooh-kay)	vertical sword hand block
KAKE-SHUTO-UKE	(kah-keh-shoe-toe-ooh-kay)	hooking sword hand block
HAISHU-UKE	(high-shoe-ooh-kay)	back hand block
KAKUTO-UKE	(kah-koo-toe-ooh-kay)	bent wrist block
KEITO-UKE	(kay-toe-ooh-kay)	chicken head wrist block
SEIRYUTO-UKE	(say-ree-you-toe-ooh-kay)	heel of palm block

PUNCHING AND ATTACKING

TSUKI	(soo-key)	punching
GYAKU-ZUKI	(gi-ya-ku-zoo-key)	reverse punch
OI-ZUKI	(oy-zoo-key)	lunge punch
NAGASHI-ZUKI	(nah-gah-she-zoo-key)	flowing punch
KIZAMI-ZUKI	(key-zah-me-zoo-key)	jab punch
REN-ZUKI	(wren-zoo-key)	alternate punching
DAN-ZUKI	(dan-zoo-key)	consecutive punching
MOROTE-ZUKI	(more-oh-teh-zoo-key)	two hand punch
AGE-ZUKI	(a-geh-zoo-key)	rising punch
URA-ZUKI	(yer-a-zoo-key)	close punch
KAGI-ZUKI	(kah-gi-zoo-key)	hook punch
MAWASHI-ZUKI	(ma-wash-she-zoo-key)	roundhouse punch
AWASE-ZUKI	(a-wa-seh-zoo-key)	“U” punch
YAMA-ZUKI	(yah-mah-zoo-key)	wide “U” punch
HEIKO-ZUKI	(hey-koh-zoo-key)	parallel punch
HASAMI-ZUKI	(ha-sah-me-zoo-key)	scissors punch
CHOKU-ZUKI	(cho-koo-zoo-key)	straight punch

STRIKING

URAKEN-UCHI	(yer-a-ken-oooh-chee)	back fist strike
KENTSUI-UCHI	(kent-soo-ee-oooh-chee)	hammer fist strike
HIJI-ATE-UCHI	(he-gee-a-teh-oooh-chee)	elbow strike
EMPI-UCHI	(em-pee-oooh-chee)	elbow strike
MAE-HIJE-ATE	(my-eh-he-gee-a-teh)	forward elbow strike
YOKO-HIJE-ATE	(yo-ko-he-gee-a-teh)	side elbow strike
USHIRO- HIJE-ATE	(oo-she-row-he-gee-ate)	back elbow strike
TATE-HIJE-ATE	(ta-teh-he-gee-a-teh)	upward elbow strike
OTOSHI-HIJI-ATE	(o-toe-she-he-gee-a-teh)	downward elbow strike
SHUTO-UCHI	(shoe-toe-oooh-chee)	sword hand strike

FOOT AND LEG TECHNIQUES

KERI	(ker-ee)	kicking
MAE-GERI	(my-eh-ger-ee)	front kick
	1. KEAGE (kee-ag-eh)	snap kick
	2. KEKOMI (keh-ko-me)	thrust kick
YOKO-GERI	(yo-koh-ger-ee)	side kick
	1. KEAGE	
	2. KEKOMI	
MAWASHI-GERI	(ma-wash-ee-ger-ee)	roundhouse kick
USHIRO-GERI	(oooh-she-row-ger-ee)	back thrust kick
TOBI-GERI	(toe-bee-ger-ee)	jump kick

YELLOW BELT MANDATE

A clear understanding of the techniques on the Yellow belt test

No speed

No power

Upper/Lower body separation is completely acceptable

ORANGE BELT MANDATE

Rotation and linear power sources as applied to the techniques on the orange belt test

Speed is not necessary

Power is required

Upper/Lower body separation is acceptable

GREEN BELT MANDATE

Reduction of Upper/Lower body separation in single techniques and combinations

Speed is required

Power is required

BLUE BELT MANDATE

Focus

Knowledge of the five power sources and five types of linear movement

Speed is required

Power is required

Proper timing and balance are required

HIGH BLUE BELT MANDATE

Complete focus should be evidence in every technique

All of the techniques and concepts are, at each level, to be applied to Kihon, Kata, and Kumite.

Each test is cumulative. When testing, students are responsible for all that they have learned as Karate-ka not simply the requirements of a single test.