

New Student Orientation

Mar. 2023



Dojo objective

You will become the most effective martial artist that you can be.

- **What is Shotokan Karate?**

Shotokan karate is perhaps the world's most widely practiced martial art. It was developed in Okinawa and later mainland Japan by Gichin Funakoshi (considered the father of modern karate), an Okinawan who practiced under senior karateka in Okinawa who had learned techniques through trading with China. Funakoshi brought the art to Tokyo in the early 1920's where it was developed for physical fitness in school systems. The distinction of karate changed from the true fighting style of Okinawa to a sport karate style in Japan. The word Shotokan means "house of Shoto," Shoto being Funakoshi's pen name as a writer. Sensei Krill has trained in both Okinawan and Shotokan styles as well as jujitsu and aikido, street self-defense, and weapon techniques.

New students are designated as "10th kyu white belt." This course is designed to teach you the techniques at the level of 9th kyu blue belt in ten weeks (20 sessions), assist you in achieving the accepted level of performance for a 9th kyu rank exam, and administer the exam to certify you at that level. With consistent class attendance and practice, you can expect to achieve 9th kyu after approximately 3 months of training. All rank exams have an associated test fee.

Learning "The Way" of karate begins with physical techniques. Successful training for 9th kyu will allow you to know all the kyu's techniques without prompting. At higher levels, the qualities of your techniques are refined to give you greater strength and effectiveness. Higher kyus are more complex and usually require longer training periods.

- **Prior martial arts experience**

We have many new students without prior martial arts experience whom we start by teaching the very basic blocking, punching, and kicking techniques and how to use them in combinations.

For students new to martial arts, you will primarily be taught separately from the main class during the first course (by sensei, other black belts, and some senior students), then integrated with the main class once you know the beginning level content.

However, many students who have prior experience return to martial arts after an absence and can better develop by re-entering karate nearer to their former rank. Please inform us of any

prior experience you have so we can evaluate your status and how to maximize your learning in our classes.

- **Contacting sensei**

Sensei is available by email or phone to answer your questions at Wvkrill@hotmail.com, or (408) 637-3071 cell.

You can also contact sensei or designated senior students (sempai) before or after class sessions with questions. If you want special help, contact sensei. I usually open the dojo around 1 hour prior to class. I will often be practicing during those times, but I welcome you to come in for individual help.

If you cannot attend a class session, please notify sensei of your absence by email. This helps everyone in class by allowing lesson planning to specifically target those who will be present.

- **Safety**

Please be committed to learning safely. We do not tolerate harm to others or having students injured during learning. We do one-on-one partner practice (kumite) under strict safety guidelines. You will have physical contact with other students and teachers, only in a safe environment.

- **What to wear**

New students are welcome to wear any comfortable workout clothes. You will note that the class works out in bare feet. If this is not comfortable for you, you may wear workout shoes or just socks.

Please refrain from wearing jewelry as it can lead to injuries to yourself and your fellow students. If after some experience you wish to continue more deeply into karate, we can assist you in purchasing a uniform (gi) and safety gear for kumite use.

- **Dojo etiquette**

Dojo etiquette is used to show respect to sensei, senior students, the place of learning (the dojo), and to yourself. We will provide both written and verbal lessons in etiquette. Here is a partial list of basic etiquette:

- Always respect others.
- Bow when entering or leaving the dojo, when instructed to at the beginning and ending of class, and to instructors and other students according to protocols given to you.
- If you enter the dojo late or leave early, do so only after the lead instructor bows you into or out of the class.
- Do not walk in front of sensei or senior students during training if entering or leaving the dojo.
- Keep your uniform and clothing clean and neat.

- **Important information sources**

Student website: www.Shotokanwest.com

- 9th Kyu requirements

Attached is a copy of our 9th kyu requirements. We recommend you carry this to each class, refer to the content that is taught in each class, understand how it fits into the overall context of your learning, and learn the Japanese terminology as you learn technique. For future kyus, please refer to and copy from the student website.

- Standards of performance.

We require that you know all physical technique at your current kyu and at all lower kyus. We evaluate your learning based on you demonstrating consistency with our Standards of Performance at each level. These standards are our primary evaluation parameters, and we will give you a written evaluation against them following each successful rank exam.

- Dojo rules and etiquette

We have a basic set of common-sense rules for the dojo. Please review on the website. Please continue your learning of dojo etiquette via the website.

- Japanese terminology

Classes are conducted in and meant to teach you both English and Japanese martial arts terminology.

In addition to terminology listed for the kyu requirements you are learning, there is a more extensive set of Japanese martial arts terminology on the website.

- **Additional content you will learn**

Karate has an exceptionally respectful fraternity of adherents. The 100's of black belts I have met and trained with recognize other's success through the dedication they have put into becoming black belts. We want you to be part of that community!

Most students in adult martial arts are focused on the objectives of better health (physical, mental, and spiritual), seeking to become stronger individuals in each of these areas. That said, karate is a holistic lifelong discipline that goes far beyond just learning the physical techniques of self-defense. Your mental engagement and focus are equally important to the physical. Karate relates to and can be practiced in every aspect of your life. Your success and speed of learning depends on consistent practice.

Training occurs primarily in class. We want to know your ongoing goals, seek to train you as an individual, and bring you the content at the time you need it to advance effectively. You translate that training into practice sessions outside of class that build your success. The more consistent your practice, the faster you advance. The more proficient you become, the more ongoing practice you need to maintain your capabilities.

In addition to physical and mental training, we will bring you historical content, philosophical lessons, and opportunities to train with other karateka (seminars). We teach you how to be comfortable within the greater martial arts community. We will teach you to train yourself effectively, use the inherent energy flow from the center of your body, and how to teach these

concepts to others. We will build your confidence and mental focus, make you a healthier person, and instill how to Live the Way with integrity.

Thank you for training with us!

You are a valued member of our community!

Summary

- Shotokan karate was developed in Okinawa and later mainland Japan by Gichin Funakoshi.
- Learning “The Way” of karate begins with physical techniques.
- Sensei is available by email or phone to answer your questions at Wvkrill@hotmail.com, or (408) 637-3071 cell.
- We do not tolerate harm to others or having students injured during learning.
- Always respect others.
- New students are welcome to wear any comfortable workout clothes.
- Bow when entering or leaving the dojo, beginning and ending of class, or if you enter the dojo late or leave early.
- Student website: www.Shotokanwest.com
- Karate is a holistic lifelong discipline that goes far beyond just learning the physical techniques of self-defense.
- Training occurs primarily in class. You translate that training into practice sessions outside of class.
- The more consistent your practice, the faster you advance.
- The more proficient you become, the more ongoing practice you need to maintain your capabilities.



Physical Requirements

9th Kyu, First Blue Belt

KIHON (Basics)

Stances (Dachi)

Yoi position (Ready position)
Zenkutsu dachi (Front stance)
Kokutsu dachi (Back stance)
Kiba dachi (Straddle stance)
Fudo dachi (Fighting stance)

Blocks (Uke)

Gedan uke (Down block), Gedan barai (Stepping forward down block), & Mawate (Turning down block)
Jodan Age uke (Rising block)
Chudan soto ude uke (Outside block)
Chudan uchi ude uke (Inside block)
Shuto ude uke; kokutsu dachi (Knife hand block; back stance)

Punches (Zuki)

Oi zuki (Lunge punch)
Gyaku zuki (Reverse punch)
Kizami zuki (Jab punch)

Strikes (Uchi)

Tettsui uchi (Hammer strike)
Yoko empi uchi (Side elbow strike)

Kicks (Geri)

Mae geri keage (Front snap kick)

Yoko geri keage; zenkutsu dachi (Side snap kick; front stance)
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Yoko geri keage; kibandachi (Side snap kick; straddle stance)

Ushiro geri kekomi (Back thrust kick)

AWASE WAZA (Combined Techniques)

Formal Stance Combinations

Gedan uke to gyaku zuki (Down block to reverse punch)

Mae geri keage to oi zuki (Front snap kick to lunge punch)
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Gyaku zuki to mae geri keage (Reverse punch to front snap kick)

Soto uke to yoko empi uchi (Outside block to side elbow strike)

Shuto uke to mae geri keage (Knife hand block to front snap kick)

Fighting Stance Combinations (Fudo Dachi)

Kizami zuki (Jab)

Gyaku zuki (Reverse punch)

Kizami zuki to gyaku zuki (Jab to reverse punch)
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KATA (Forms)

Heian Shodan (Peaceful Mind 1)

KUMITE (Partnered Technique)

Sparring

Gohon kumite (Five-step sparring)

Contact Self-Defense

Two techniques

TEST FEE = \$15