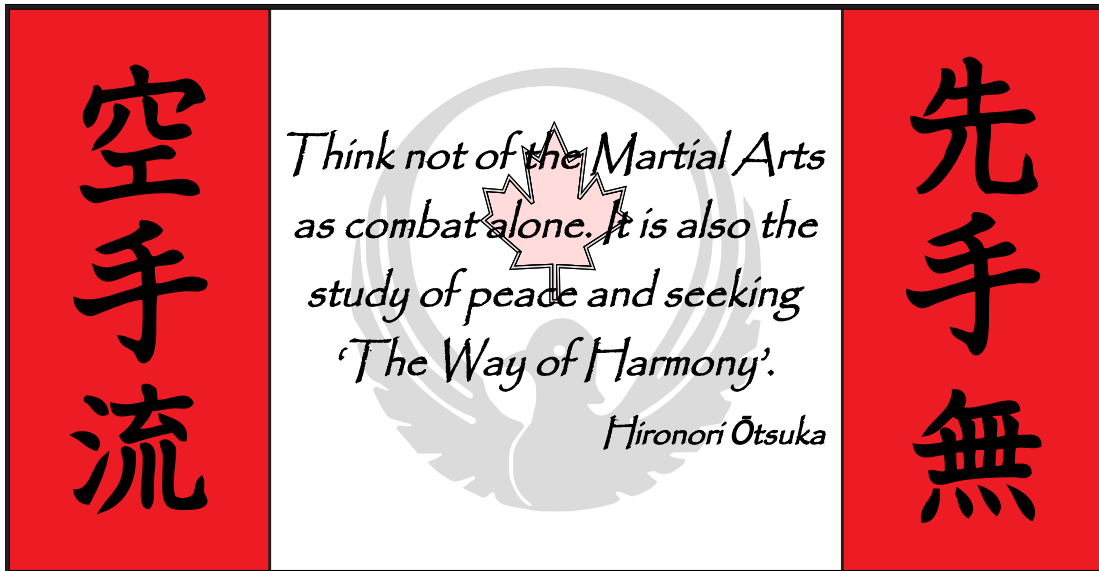


Sentenashi Arts®



Awareness Recreation Tradition Sport

Student Handbook

Sentenashi Karate School is an Accredited
JKF (Japan Karatedo Federation) Wado-Kai Branch

This Book Belongs To: _____

Life's Journey is Profound when your Destination is Virtuous.
Hanshi Strohbach



Sentenashi Arts®

Mission

**To Persevere with Integrity in the A.R.T.S.
(Awareness Recreation Tradition Sport)**

Vision

To disrupt the image of Traditional Karate-do.

Purpose

To introduce Karate-do in a growth mindset environment of focused fun.

Values

Leading with simplicity, patience, compassion, respect and integrity.

Philosophy

The simple desire to inspire Integral Spirit through Sincerity, Truth and Respect.

Thank you for choosing Sentenashi Karate School. Be assured that you are now training with one of if not the most experienced professional Karate instructors in Calgary. Hanshi D. Strohbach has assembled a team of devoted, and skilled Sensei's to assist in your training. Our goal is to make you the best karatiga you can be. You can trust that Sentenashi will be here for you in the years to come.

Karate is not only good for the body, but for the mind as well. Sentenashi Karate stresses cardiovascular fitness, flexibility, muscular strength, control, and endurance. Karate will improve your self-confidence, your self-discipline and increase concentration. It strengthens mind-body coordination and will enhance every other activity you do in your life. Karate is one of the few forms of fitness where age, gender and lifestyle are not limiting. Everyone can benefit from it! Above all of its' other benefits, Sentenashi Karate will teach you how to defend yourself, a life skill that everyone needs these days. Whether expanding your awareness to surroundings and being able to recognize potentially dangerous situations to employing 'common sense before self-defense', karate will give you the skills whereby hopefully you will never have to defend yourself physically.

Everyone begins karate with the goal of achieving the rank of Black Belt. This requires dedication, hard work, perseverance, and many, many hours and years of training. The rewards are limitless. However, as with any long-term commitment, there will be times when you or your child does not want to come to the dojo. After specializing in teaching children for over 40 years, we know the patterns well. Spring fever, overload of school work, growing spurts, boredom,

feeling overwhelmed, prolonged absences, or family issues are just a few of the causes. Your job is to get them to the dojo. Our job is to be sure they leave the dojo enriched and smiling. If we know you or your child is going through a rough patch in their training, we can adapt and work with you. Communication between parents/students and instructors is key to successful and rewarding long term training. Please feel free to contact us at any time with questions and concerns that might come up.

Once again, thank you for choosing Sentenashi Karate and congratulations on the decision to make a huge difference in either your life or your child's. We look forward to years of training together.

Arigato Gozaimasu,

Sensei Ethan Strohbach

Principle Instructor / NCCP Certified Coach

Sensei D. Strohbach 🏆 ChPC

Sentenashi Arts®
School/Academy/Institute

Founder/Hanshi/Chief Executive Instructor

“The simple desire to inspire Integral Spirit through Sincerity, Truth and Respect.”

A hundred years from now it will not matter what my bank account was, the sort of house I lived in or the kind of car I drove.

But the world may be different because I was important in the life of a child.

-Forest E. Witcraft-

Evolution of Sentenashi Arts

Sentenashi karate evolved from Seido-Kan Karate. Seido-Kan Karate was founded in 1977 in Southern Ontario. Along with its founder, Sensei Mario Quiquero, Hanshi Strohbach helped develop the unique style of Seido-Kan Karate by adapting a traditional Japanese style of Karate (Wado) into a highly effective and versatile Martial Arts system for the new millennium. After establishing the three largest karate schools in Southern Ontario, along with a teaching certificate (1991) from Seido-Kan Karate School, Hanshi Strohbach brought Seido-Kan Karate to Calgary in 1998. As the school started to grow, once again, so did the desire to acquire professional accreditation for the growing number of black belts so their accomplishments could be recognized internationally by the Japan Karatedo Federation in a dojo with world class standards. This aspiration for excellence lead to the school becoming Sentenashi Karate which translates to “the empty hand way, with no first strike”. Sentenashi Karate became a recognized JKF (Japan Karatedo Federation) Wado-Kai Branch in 2010. In the same year, Hanshi Strohbach became a certified JKF Wado-Kai instructor and examiner. Also in 2010, Sentenashi Karate School become ALBERTA’S ONLY professionally recognized certified Educational Institution by Employment and Social Development Canada (ESDC) 7009/12091 for the study of Karate. Becoming a certified educational institution lead Hanshi Strohbach to strive to bring an even higher level of professional instruction to the dojo and in 2019 graduating with an advanced coaching diploma from the Canadian Sport Institute at the University of Calgary as a Chartered Professional Coach with the Coaching Association of Canada.

Karate is the Japanese word for 'empty hand', a form of self-defense developed without the use of weapons. It is not violent, dangerous, or aggressive. As a specialized training for the mind and body, it equips its students with the physical and mental skills to defend themselves. This is a basic lifestyle requirement that each one of us needs. Our main emphasis is on the necessary mental discipline required for the inner knowledge to recognize and avoid dangerous situations and be able to act instinctively for self-preservation if need be.

The sincerity of our teaching technique is reflected in its ability to build self-esteem, self-control, and confidence within students, most profoundly, in children. At Sentenashi, the students are held in reverence, not the teacher. Respect for all people is mandatory. This martial art is based on defense, not offense, with the emphasis on deflection and evasion, making this high speed style effective regardless of age or size.

Karate training is exceptional when it comes to developing self discipline, concentration, balance and coordination. Flexibility and agility improve while the cardiovascular system becomes stronger. Thus, as endurance and stamina levels grow the muscles tone and strengthen. Karate can be used to maintain healthy weight control and is a tremendous stress release. It is an all-around fun fitness alternative for all ages.

Sentenashi Karate has been built from the strongest fundamentals of Wado, the most practiced style of karate in the world, as well as aspects from Shotokan, Aikido, and Jujitsu. We go beyond pure Karate and train a variety of kuboto or weapon forms, beginning with the bo staff, then escrima, tonfas and sias. Sentenashi is a constantly evolving martial

art form. It combines the best of ancient traditions with the cutting edge of modern day martial arts.

Wado, "the way of peace", could hardly be more different from Gojo Ryu. It is a typical karate-do ryu founded by the traditional budoka, one who practices budo - the martial way of Japan. Hironori Ohtsuka (1892-1982) the first was the founder of Wado. The style is light and fast, using evasion and deflection rather than relying upon brute strength. The follower of Wado would say that, if strength is matched against strength, the greater will prevail; it is therefore better to use an opponent's strength to their disadvantage.

As a result of Ohtsuka's skill in ju jitsu, Wado includes throws and locks. Such techniques are rare in karate. Ohtsuka's ju jitsu taught him to move with an attack, drawing it out and using its very energy to defeat it. To illustrate these principles, Ohtsuka developed what he called kihon kumite. This form of pre-arranged pair form sparring involves short, high-level movements and sophisticated evasions.

Typically, Wado stances are high, lending themselves to rapid movements. Energy is developed in strikes through a whip lash action in which a technique is driven out hard and then snapped back. By comparison with other styles, moves are short and crisp, with blows traveling a relatively short distance. The hips are used to generate power and a strong hip-twist is a feature of Wado techniques.

At Sentenashi Karate, we train individuals to be successful in whatever they do, for karate training instills confidence and the confident individual attracts success in whatever area they are involved. Through martial arts

discipline one increases perseverance and develops a stronger positive attitude. These character traits are those of a winner.

*“Intelligent people know others.
Enlightened people know themselves.
You can conquer others with power,
but it takes true strength to conquer yourself.”
-Lau Tzu-*

SUHARI

Suhari is an ancient and essential Japanese Martial Arts maxim which describes the various periods of Karate-Do, way of the empty hand.



SU

The SU period is when the karatiga must correctly recreate all karate techniques taught by the Sensei.



HA

It is after many of years of training and when the karatiga has attained a high degree black belt, that they enter the HA period. Only then is karatiga allowed to develop new techniques, providing they are improvements on the original. This applies to all movements with the exception of basic techniques.



RI

RI is the highest period. It occurs after an even longer phase of training than for HA. The karatiga must be able to perform intuitively, all aspects of Karate-Do, mentally and physically. At this stage, they have become one with the Do.

Sentenashi Arts®

Awareness Recreation Tradition Sport

Awareness: One's personal safety should not be equated with one's ability to fight. If your perception of self-protection is fighting off an assailant, your intention will be directed towards learning physical techniques and therefore, your foundation will be misdirected. Success in self-protection is not in engagement but in avoidance. The ultimate victory in self-protection is when nothing perceptible happens! The philosophy of confrontation is avoidance. If it can't be prevented, avoid it; if it can't be avoided, defuse it; if it can't be defused, escape; if escape is not possible, then engage. Physical conflict for defense should be the last resort, not the first.

Recreation: The healthy participation in fundamental techniques as accurately as possible taking into account each person's limitations. Effort is directed towards not only physical techniques but also towards strengthening bodies and minds to the very best of our abilities.

Tradition: *Budo*, the martial way of Japan, has its' origins in the traditions of *Bushido*, the way of the warrior. This time-honored culture is comprised of *Karatedo*. Practitioners study skills, which strive to unify mind, technique and body, develop character, enhance one's morality and cultivate a respectful and courteous demeanor. When practiced steadfastly, these admirable traits become intrinsic to the character of the practitioner. *The Way* serves as a path towards self-preservation. The compassionate human spirit one develops will then contribute to social prosperity and harmony, and ultimately, benefit not only oneself but those around them.

Sport: Realizing and fostering one's athletic ability through the externalized expression of the spirit underlying *Bushido*. This includes winning with modesty, accepting defeat gracefully, and consistently exhibiting self-control and integrity, all while continually striving to reach one's full martial potential.

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YOUR JOURNEY BEGINS

No one knows your limitations better than yourself. Be conscious of what is going on in your body during training. Only you can determine your exhaustion level under different conditions. Therefore, you are your primary safety guard.

Be safe and never be sorry. Work with safety in mind for both you and your fellow practitioners. Injuries and dangerous overwork must be avoided with no exceptions. Nothing must take priority over this. You are here to improve your physical and mental well-being and we remind you that this is a slow and steady progress.

Karate - Do practiced carefully and sensibly is one of the most rewarding and satisfying things you can do for yourself.



"Karate" is a Japanese word meaning "empty hand".

"In the beginner's mind there are many possibilities, in the expert's mind there are few."
- Buddha -

WHAT IS NEEDED TO TRAIN:

A clean, traditional uniform, karate shoes if desired.

Always bring a labeled water to rehydrate yourself.

You may appreciate a towel, especially in warmer weather.

By YELLOW, you should own your own bo staff (adults require a bo staff and baton) and you have the option to begin sparring with the consent of Shihan.

By ORANGE you will need a baton.

By PURPLE, children should have a pair of tonfas. Adults need these by GREEN.

By RED you should own a pair of saïs and a case. At this rank, you must have your own set of sparring equipment and be sparring regularly.

It is strongly recommended to begin a training journal. There is a tremendous amount of material which you are responsible to remember during the SU period. This is the best way to learn and retain what is important to you from your training. Your own words instead of those of others, will become an invaluable guide as you progress in rank.

“Tell me, I’ll forget. Show me, I may remember.

But involve me and I’ll understand.”

- Chinese Proverb -

WHAT TO WEAR TO CLASS...

All karatiga's begin training in a traditional white gee which is provided at the time of registration. As you advance there are many different styles and types of gee's from Light white gee's for Kumite (sparring) to middleweight gee's for everyday training to Heavyweight gee's for grading. At Shodan, you may wear all black, or any combination of black and white IE: Black gee top, white gee pants.

FOR SUMMER TRAINING...

It is acceptable to wear a Sentenashi t-shirt (only) from Victoria Day to Thanksgiving instead of your traditional gee top.

WHAT TO WEAR TO GRADINGS...

It is tradition that an ALL WHITE GEE IS WORN FOR ALL GRADINGS. Shodans are to wear their traditional white gees as well. Nidans and Sandans are welcome to wear a black hakama with their traditional white gees.

STATUS REPORTS

In order to maintain concentration during regular classes, there is a NO SPECTATOR policy at the dojo. It is difficult for the karatiga to reach their full potential with an audience. Even though your child may not mind, we must consider the impact on their classmates. We have specific days during the year where spectators are welcome and encouraged to observe. (Open house, shias, etc.) However, the principle instructors are always willing to give status reports on you or your child's training. Please do not approach us for an update between classes. Our focus is already on the next class and there is no way we can give your questions the careful consideration they deserve. Please call us at the office and then we can spend as much time as needed or book an appointment.

*"The greatest danger for most of us is not that our aim is too high and we miss it but that our aim is too low and we reach it."
- Michelangelo -*

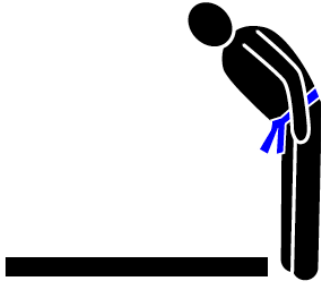
KARATE NI SENTENASHI

This is a basic and very essential part of Karate training. Translated, it means in Karate-Do, there is no first strike, either physically or mentally. To fully understand Karate ni Sentenashi, many years of correct training are required. As the Karatiga grows in stature, so also will grow their good manners and etiquette, both outwardly and, even more important, inwardly. A person who is true to Karate-Do will always have the virtues of calmness, prudence, and humility.



KARATE NI
SENTENASHI

BASIC DOJO ETIQUETTE



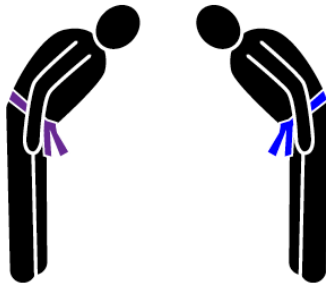
**Bow when stepping
onto or off the floor.**



**Remain quiet
during instruction.**



Sit correctly.



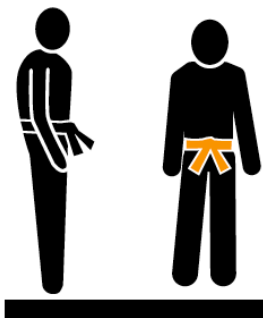
**Respect your
training partners.**



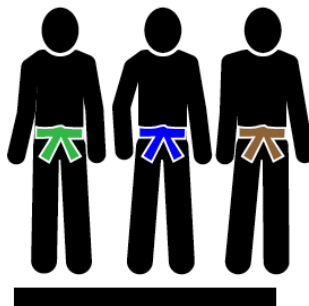
**Listen without
interrupting.**



**Do not leave
the floor without
Sensei's permission.**



**Support lower
ranks.**



**Line up by belt rank
at the end of class.**



**Keep the
Dojo Clean**

Traditional Dojo Etiquette

1. Arrive 5 to 10 minutes early for class.
2. Remove your footwear at the door.
3. Sign your full name on the attendance sheet each class.
4. Always bow (Tachi-rei) before entering and leaving the dojo.
5. Address all black belts as Sensei.
6. If the Sensei is not present, the senior will start the class when it is time to begin. All students must follow the leader's instruction as if they were the Sensei.
7. During the class, students must work with a serious attitude and complete concentration. Talking, chewing gum and the wearing of any jewelry is not permitted. Silence and focus during the lesson are the two basic rules which must be followed if a high standard of training is to be obtained.
8. Rapid movement is an essential part of training, even when it pertains to lining up on command. This habit of moving quickly, without wasted motion or effort will keep the class working smoothly.
9. Please obtain direct permission from the Sensei to leave the dojo once the class has begun.

10. When a student will be missing a class, a phone call is a courteous gesture, which is appreciated. This is essential in order to inform the student of makeup classes available if so desired.
11. Please notify the school with any changes on your application information. It is extremely important that we have up to date phone numbers in case of emergencies.
12. We do not encourage observation of classes as it obviously changes the dynamics of the class and makes it more difficult for the Sensei to establish a rapport with your child.
13. Any questions should be first directed to a higher rank. If they cannot provide an answer, approach a Shodan. If you are still in need of clarification, then address one of the principle instructors. This hierarchy in information seeking is meant to help all involved learn.
14. Please be punctual when picking up your children after class. Unless older students have been given your permission to wait outside on the grass, we insist that the children wait inside where they are safe from the parking lot. Our attention is directed to students in the next class so they must be prepared to wait quietly for their ride to arrive.
15. Please note that the dojo will be closed on all Saturdays adjacent to civic holidays (Labour Day, Thanksgiving Day, Remembrance Day, Family Day, Easter, Victoria Day, Canada Day, etc.) The dojo also closes for a couple of weeks at Christmas and New Years and for two weeks at the end of July for instructors break.

TUITION OBLIGATIONS

Upon your enrollment into the school, there is a registration fee. This allows Sentenashi to open a file on your training, provides your first gee, this Student Handbook, club correspondence, status reports and the recording of marks. Also included in this fee is your rank card. This card is the property of Sentenashi Karate School and the issued student. Please insure this card is kept in a safe place as it will be needed upon promotions to certify your next rank. We can keep this important document with your training file. There is a fee to replace lost or damaged rank cards.

Your tuition is paid on a monthly basis in advance, regardless of the number of classes attended. Make-up classes are always available if classes are missed due to illness, holidays etc. but must be pre-arranged with the office.

The pre-authorized debit is the most efficient method of tuition payment. In order to interrupt or change this payment, we need 30 day written notice (Before your next due date). Please keep in mind that you need to notify the office in writing one month in advance to place your membership non-active. Please be advised that if we are unable to process your fees, there will be an additional charge of \$30.00 just as there is in the case of a returned pre-authorized payment or NSF cheque.

Once your membership has gone non-active, there is a \$99.00 reinstatement fee to reactivate your file. With this in mind, it is not recommended that you stop your monthly tuition payments as this frees up your position and sacrifices your hard earned status within the school. Interrupting training for extended periods of time also makes it

uncomfortable to return, especially for children, as it is difficult to maintain the material and their peers may have progressed passed them. We ask that you consider this carefully and discuss options with the Principles before deciding.

Please note that tuition dues are not based on the number of classes attended. Therefore, they cannot be adjusted, pro-rated, credited, transferred, or interrupted. Monthly tuition dues guarantee your position and status in the school and ensure your two peer-level classes per week as well as extra sparring and general classes. We always offer schedule flexibility and accommodate make-up classes before or after an absence or vacation. Sentenashi is a professional karate school that does not ask for binding contracts as do most other schools. We do, however, rely on students to honor a year-round commitment to their Dojo.

THE KARATE CREED

(Recited at Blue belt)

I come to you with Karate-Do, my empty hands. I bare no weapons. Should I be forced to defend myself, my principles, or my honor, should it be a matter of life or death, right or wrong, the struggle of good against evil, or for the dignity of others, then these are my only weapons, Karate-Do, my empty hands.

THE RAINBOW

The colours of the Martial Arts at Sentenashi are the same as the colours of the Rainbow. In the order of progression, these are the colours and their description.

White is the colour of introduction,
 Yellow is the colour of development,
 Orange is the colour of understanding,
 Purple is the colour of explanation,
 Green is the colour of control,
 Blue is the colour of appearance,
 Red is the colour of caution,
 Brown is the colour of growth,
 Black stripe is the colour of expression,
 Black is the colour of ACHIEVEMENT.

NOTE: Shodan (*Black Belt with embroidery*) This status is reserved a Karatega who has completed the Sentenashi black belt grading, but have yet successfully completed the Japan Karatedo Federation Wado-Kai Dan Test (International Black Belt Certification).

Shodan (Embroidered): *You are recognized, by your peers, for your Accomplishments within the Dojo (Sentenashi).*

Shodan (No Embroidery): *You are recognized, by your peers, for your Accomplishments Worldwide (Internationally) By the Japan Karatedo Federation.*

Once you achieve Black or Shodan, you are considered a 'master of basic techniques'. There are then 10 subsequent Dans or levels within Black.

*"Technical knowledge is not enough.
 One must transcend techniques so that the art becomes an artless art, growing out the unconscious."
 - Daisetsu Suzuki -*

TRAINING GUIDELINES

The following is a very general guide line on how long it takes on average to progress from one belt level to the next: (the first number for adults, second for children)

White to Yellow (hachi-kyu)	4 to 12 months
Yellow to Orange (Nana-kyu)	4 to 12 months
Orange to Purple (Roku-kyu)	6 to 12 months
Purple to Green (Go-kyu)	1 to 12 months
Orange to Green (for adults)	6 to 12 months
Green to Blue (Yon-kyu)	8 to 16 months
Blue to Red (San-kyu)	8 to 16 months
Red to Brown (Ni-Kyu)	8 to 16 months
Brown to Black stripe (Itchi-kyu)	8 to 18 months
Black stripe to Shodan (first)	12 to 18 months (minimum 6 months to apply*)
Nidan (second)	minimum 2 years to apply*
Sandan (third)	minimum 3 years to apply*
Yondan (fourth)	minimum 4 years to apply*
Godan (fifth)	minimum 5 years to apply*

*In order to qualify, a pre-test with Hanshi may be required

GRADINGS / PRIVATE LESSONS

Each belt level has a set syllabus that must be learned before progressing to the next level. Once you have demonstrated that you know the various kata's and skills required at that belt level and have spent the required time necessary to be comfortable with these skills, you will receive a formal grading letter. These are given as a challenge to the karatiga and it is your choice whether to accept it or continue training that material for an additional period of time. They are normally given one month in advance of the grading date, allowing for plenty of time to 'polish'. The grading challenge should only be accepted if the karatiga is prepared to continue working diligently up to the grading date. Plan to go for the next grading if you cannot make the set date, if you are going to be absent for a period before the grading, or if you have other commitments coming up which may affect your training schedule. This is very important and absolutely essential at red belt and higher as the grading may consist of 2 or more phases, spread over several months. For example, the Shodan grading consists of 10 different phases executed over a period of one year.

Gradings are set on Saturday afternoons and are closed to all except those participating. Regardless of the rank, all gradings are done in the traditional, all white gee. Parents and friends are welcome to attend after and witness the new belt presentation. This is a great time for pictures!

Once you have successfully completed your grading, you will be moved into the next level and begin learning the new syllabus. You are always welcome to attend the lower rank classes and this is encouraged, as you are required to

maintain all previously learned material. This is also an opportunity to be in a leadership role in the dojo as higher rank students will frequently be asked to set the pace and demonstrate for the lower rank students. It is important to remember that whatever belt level you are grading for, you will be required to show all earlier material as part of that grading.

Private lessons can be one on one or in small groups for 30 or 60 minutes. They are an excellent way to detail fine points before a grading. Especially for children, private lessons can add that extra bit of confidence, are an excellent way to rekindle their enthusiasm, and are highly recommended before gradings.

Private lessons are also very helpful for accumulating course material, addressing problem areas, pursuing material outside of your course, preparation for tournaments, and making up either before or after absences. These are booked by calling the office.

FREE SPARRING

Sparring class is open to all yellow belts or higher with the consent of Hanshi at no additional fee. It is recommended that all karatiga's be sparring by green belt. This is an important aspect of Martial Arts training and is a mandatory part of the Shodan grading.

We do ask that all karatiga's participating in the sparring class donate a Toonie to 'Pay to Play' each week they attend. This donation is then given to others who cannot 'play' as we do. This program has thus far contributed to the Alberta Children's Hospital Foundation, Head Injury Association, as well as various Cancer projects. If you have a suggestion as to how our loonies could make a difference in our community, please let us know.

Protective equipment is mandatory when free sparring. It is the students' obligation to obtain their own set of protective equipment. A set is as follows: MOUTH GUARD, GROIN CUP AND/OR CHEST PROTECTOR, HEAD GEAR, HAND GEAR, FOOT GEAR AND SHIN PADS. You are welcome to use the Clubs' set of equipment to try it out before deciding. This must be booked in advance. Once you have decided to join the sparring class, you can order your own set of equipment through Sentenashi.

There is no cost too great when it comes to your safety and the safety of others. It takes much greater skill to 'pull' a technique than to 'land' it. Therefore, we strive to maintain 'no contact' when sparring, meaning kicks and punches can be delivered with 1 or 2 pounds of pressure at the most. Excessive contact will result in a warning for the first offense followed by sitting out.

- 1) No unauthorized free sparring at any time.
- 2) When free sparring, the fist **MUST** be closed and tight. Open hands may result in broken fingers and scratched or poked eyes.
- 3) Finger and toes nails must be kept trimmed and filed to avoid unnecessary injury to your opponent.
- 4) When kicking, the proper position of both feet is important to avoid foot and leg muscle injuries. Proper foot position aligns leg muscles accordingly.
- 5) When side, hook or round house kicks are executed, the supporting foot must align with the kicking leg to avoid twisting the leg or knee.
- 6) When any spinning kicks are executed, turn your head in the direction of the spin to avoid spinal injury.
- 7) Kicks and strikes must land above the belt.
- 8) Foot sweeps must be below the ankle.
- 9) Take downs are not allowed unless you can guarantee a safe delivery of your opponent to the floor. (Mainly the head and shoulders). Take downs are for 4th kyu (Blue belt and higher).
- 10) Face contact is out of the question and will result in disqualification or worse.

- 11) If you find yourself off balance and falling backward, look for your belt to avoid hitting your head on the floor.
- 12) Fighter(s) must know how to roll forward and backward to escape injury.
- 13) If the match begins to show emotions (anger, fear, etc....), the match will be discontinued.
- 14) Catching a kick and pulling a opponent to the splits is unacceptable sportsmanship. Such behavior will ban the student from sparring.
- 15) Kiais are to be used when delivering techniques to score a point and more importantly, when receiving a technique to absorb the impact.
- 16) In order to spar, we strongly suggest participants have a rank of 7th kyu (Yellow Belt or higher) and the consent of Hanshi.

Sparring is thought of by most karatiga's to be the best part of training. Children especially love it and find it great fun! It is an ideal way for them to apply their skills and is really where all their training comes together. Please feel free to ask us if you've got any questions or concerns regarding sparring.

TERMINOLOGY

Introduction to terminology used in the dojo

* * All JAPANESE terms are spelled phonetically to allow for easy pronunciation.* *

Opening and Closing Ceremony	
Kiotsuke	Attention Stance
Seiza	Sitting position (Kneeling)
Maksoo	Close eyes
Komoku	Open eyes
Shomae-ni-rei	Bow to Front
Senseu-ni rei	Bow to Instructors
Otagai-ni-rei	Bow to each others
Kiritsu	Stand to attention

Etiquette	
Oos	Short form, term; etiquette
Onagushiemus	Please to help you; Can I help you
Aregatogozimas	Thank you very much
Sei-rea-shemus	Excuse me (Upon leaving)
Sensei	Instructor
Shihan	Master Teacher
Dojo	Training Gym
Kiritsu	Stand to attention
Rei	Bow
Hajime	Begin

Yame	Stop or Go back
Kumite	Sparring
Karatiga	Practitioner of Karate
Kihon	Basic technique
Kata	Pattern
Mawatte	Turn
Kiai	Cry (Shout)
Kata kumite	Form Fighting

Levels	
JODAN	Above the Shoulder
CHUDAN	Shoulder to Belt
GEDAN	Belt to knees
HIZA	Knees to Floor

Beginner Kicks	
Mae	Keri Front Kick
Mawashi	Keri Roundhouse Kick
Yoko	Keri Side Kick
Sokuto	Side Blade
Usoo	Keri Back Kick
Hungatsoe Keri	45 degree Front Kick

Numbers	
Ichí	One
Ní	Two
San	Three
Shí	Four
Go	Five
Roku	Six
Shíchi	Seven
Hachí	Eight
Ku	Nine
Ju	Ten

Directions	
Mae	Front
Yoko	Side
Ushíro	Back
Mawashí	Round
Hídari	Left
Meggi	Right
Stances	
Naihanchí Dachie	Toes in Horse Stance
Kiba Dachie	Horse Stance (Feet Parallel)
Shiko Dachie	Toes out Horse Stance
Sancootzeí Dachie	Forward Stance
Mahamní Dachie	50/50 Back Stance
Kokutsu Dachie	60/40 Back Stance
Nekoeshí Dachie	Cat Stance
Hanmí Dachie	Neutral fighting stance (50/50 Cat)

Gedan Barai	Down Block
Sukute Uke	Lower Scooping Block
Soto Uke	Inside, out mid-section Block
Chodan Uchi Uke	Outside in mid section Block
Arie Uke	Inside out Head Block
Jodan Uchi Uke	Outside in Head Block
Shoto Uke	Open Hand Block
Ju Ju Uke	Double Block
Jun Zuki	Forward Punch
Jun Zuki Notisikomi	Extreme Forward Punch
Guk Zuki	Reverse Punch
Guk Zuk1 Notisikomi	Extreme Reverse Punch
Urekon	Back Fist
Empie	Elbow
Nukettei	Spear Hand

* All JAPANESE terms are spelled phonetically to allow for easy pronunciation.* *

Sentenashi Arts®

Beginner (White/Yellow) Training Progression Guidelines and Benchmarks from White (10th kyu) to Yellow Stripe (9th Kyu)

Colours of Humility and Introduction

White with Yellow stripe: *Minimum of one month training
Successful demonstration of either (Ahone) Power
Kata OR (Shodan) Guard Kata in front of your Peers.*

Half White/Half Yellow: *Minimum of two months training
Successful demonstration of both (Ahone) Power
Kata & (Shodan) Guard Kata in front of your Peers*

Yellow with white stripe: *Minimum of three months training
Successful demonstration of (Taikyoku Shodan)
Treasure Map in front of the Peers.*

Note: *The opportunity to challenge oneself for the next level is offered on the last Saturday of every month ONLY. The purpose is to nurture and develop the confidence a Karatiga needs to successfully complete the formal belt gradings.*

Sentenashi Yellow Belt (8th Kyu) Colour of Development

Qualifications: *Minimum 4 months of continual training and successful demonstration of white belt Syllabus in front of your Peers (class). Once a student successfully progresses through all of the above requirements, they will receive a letter for a formal grading, which is done on a special date and time (usually Saturday PM, typically four times a year)*Grading and promotion fees apply.*

Notes: