

FAMILY KARATE RONIN DOJO

Yellow
10th Kyu

OSS!

This is a Japanese word meaning to 'push patience'. Most of us define the word patience as: 'to wait', but in karate-do it means to understand that it takes time to learn, to understand, to excel.

You have worked hard and have made your first step up the ladder in rank. There are 10 steps to black belt in karate, and many steps after that at black belt. Setting goals, working to achieve them, then accomplishing them feels very good! From the top of this hill, you can now see the next goal, and perhaps some of the ones to follow. The temptation to fly to the next goal, and the next is to deny yourself the pleasure and the detailed knowledge each step toward the next goal has to offer. Take your time, look for the details that will give you the clues to understanding more fully what you have learned, and enjoy your karate.

Curriculum

There are ten steps to black belt, and many steps at black belt. Your guides to these steps are your curriculum papers. The curriculum paper will tell you what you need to know, and how you should perform the techniques. As you learn the techniques, you should check them off. Your instructor will assist you in perfecting your technique. Above the box with your techniques are your 'Key Words'. Pay particular attention to these, they are your guide to using your curriculum paper. On the back of the sheet is your rank test form. Please note that your techniques are graded on many levels, and you must read and sign a declaration of promotion.

When you have checked off all the techniques on your curriculum paper, you know you are nearly ready to test. Testing is generally every two months.

What is Pre-Test?

Pre-test is a formal class that anyone can come to for critique and evaluation of technique. Students may choose to pre-test just for the evaluation, and will need no paperwork. These students just want to 'step through' the process as a tool for discovery. Students thinking of testing, or having received a 'ready to test' from the Junior Program, **must pass pre-test in order to go to rank test**, and need a completed written test and their test fee at the time of pre-test. All techniques on their curriculum paper and any past curriculum will be seen at this time.

Why Pre-test?

Insuring that the testing process is thorough and that it is a positive experience.

The Junior Program has a process for students to attend pre-test evaluation. An official permit to test is issued, signed by their instructor, to attend pre-test. The premise is that Juniors with this permit have been thoroughly evaluated already and will achieve a good pre-test and rank test.

Rank Test

Rank test is the week after pre-test. Your rank test form is on the back of your curriculum paper. Please read the 'Declaration of Promotional Proficiency'. If you do not understand, ask questions, then sign, and fill in the sheet. Students will need to have a clean uniform with Ronin Dojo patch, a notebook (this should have your past curriculum packet, previous tests, and any information they have collected to further their learning in Karate), their pre-test paper, and a strong spirit in order to test.

This is a formal test, with emphasis on basic technique. Energy and a strong spirit are key. There will be sparring, and proper sparring gear is required (you must own your own sparring gear). Rank test is your opportunity to show off – let us see how much you enjoy your Karate.

Bell Ceremony

Every six months we present rank certificates. This is a time of celebration and pride of accomplishment for all. We ring the bell, present students with their certificates, and have demonstrations of Karate. We encourage everyone to attend to help celebrate. Family, friends, cameras and video taping are encouraged. We ask you to bring your favorite 'goodies', and the Dojo provides beverages - an opportunity to relax and socialize after the demonstrations. Come help celebrate!

Please fill out, remove and place in payment box

APPLICATION FOR NAME PLAQUE

NAME _____

DATE OF TEST FOR YELLOW BELT _____

As you enter Ronin Dojo you will see our kyu board. This has every students name in Japanese, and is in line with their currant rank. As you progress, you move the kyu stick to the appropriate rank.

Karate is much more than punch and kick. You are encouraged to expand your knowledge of karate, and karate-do (the way of karate). Come to class regularly. Pay attention to your instructor, even when they aren't speaking to you. Read. An excellent book for beginners is 'The Complete Idiot's Guide To Karate', by Randall G. Hassell and Edmond Otis. Here is an excerpt:

- Rei is a ceremonial bow performed at the beginning and end of each kata. It is performed in musubi dachi. Throughout the bow, keep your eyes fixed straight ahead. The bow is used to signify respect for one's opponents and symbolizes one of the most famous sayings in karate: "Karate begins with courtesy and ends with courtesy."
- Kamae is the yoi, or ready posture, from which the first movement begins. The purpose of kamae is to show the opponents a state of realized awareness. In karate kamae, breathe slowly in the lower stomach and concentrate on building your fighting spirit.
- Zanshin is the perfect finish of the kata and literally means "remaining mind." When you finish the kata, you must not relax your concentration. Your spirit, mind, and concentration must remain until you complete the ending bow.
- Kiai is a shout from the abdomen that occurs once or twice during the kata. It's purpose is to indicate the climax of a series of movements and to help tense the body muscles through contraction of the diaphragm and the forceful expulsion of air.
- Embusen is the performance line of the kata. Basic kata follow a line on the floor that is like a large 'I' or 'H'. All movements are performed on these lines or at specific angles to them. Advanced kata, of course, follow much more complex lines of movement.

A BRIEF HISTORY OF SHITO RYU

The style of Karate known as Shito Ryu had its origins on the island of Okinawa. In ancient times, the art of Karate was not practiced openly. Those who chose to practice the art did so secretly, hidden from public view. In those early days Karate was known as 'Te', which means hand. Karate was often given the name of the person who was teaching, or the province where that style was taught. The three most well known areas associated with Karate in Okinawa were Naha, Shuri and Tamari. In the late 19th century the most famous grand master in Shuri was Itosu; and in Naha the grandmaster was Higashionna. Itosu was known for speed, and Higashionna was known for strength.

Mabuni Kenwa was a student of both grandmasters, and out of respect for his teachers named his style of Karate 'Shito Ryu'. Soke (originator) Mabuni had combined the karate of both his teachers, and so combined their names to make Shito Ryu. In the name Itosu, the first character is pronounced 'she'; and the first character in the name Higashionna is pronounced 'to', thus the name 'Shito'. Ryu means style. Soke Mabuni was also very skilled in weapons such as bo, sai and nunchuku to name a few. These are the reasons why our style of Karate, Shito Ryu, has the elements of speed, strength and skill in weapons.

The popular art we call Karate did not become widespread until the 1950's. Prior to this time it was believed that Karate and Karate tournaments weren't possible for the general public as the techniques were too damaging. There were none of the belts and ranking systems we associate with Karate today. By limiting the techniques and by introducing a scoring system tournaments became a possibility. Using the same techniques used in teaching school kids, Karate was introduced to the general public and began to spread throughout Japan, and the world.

Although Karate has its roots in Okinawa, its origins are Japanese. At one time the word 'karate' meant Chinese hand. The Japanese evolved Karate and the name changed to 'empty hand', and continues to evolve today. The ancient Okinawan masters would probably find little to recognize in our Karate today, except strong spirit and the drive to improve.

MABUNI KENWA

Mabuni began his karate training at an early age. Mabuni was in poor health as a child, and his parents thought karate would help him. Mabuni thrived in karate, becoming a strong and talented student known for his ability as well as his hunger for greater knowledge. This was a golden time for karate. There was a sharing of knowledge between young students and masters that helped karate become what it is today. Mabuni studied with intensity from two main instructors: Itosu and Higashionna. These two instructors fostered the styles of Shotokan through Funakoshi, and Goju Ryu through Miyagi. Funakoshi and Miyagi studied with Mabuni, and maintained a close relationship through the years, all helping promote and improve the art they loved.

in 1929 Mabuni formally opened a dojo in Osaka, Japan, and named his style Shito Ryu, out of respect for his two main instructors, Itosu and Higashionna. Mabuni's son Kenzo inherited his father's title of soke (originator) in 1952, and carries on his father's karate in its true, unaltered state, known as Seito (orthodox) Shito Ryu. Mabuni Kenzo has dedicated his life to preserving his father's art. Many different styles of Shito Ryu are practiced today, but only Seito Shito Ryu is taught as Mabuni Kenwa developed it. Mabuni Kenzo brought Seito Shito Ryu to America in 1993 and through seminars has been exposing karate practitioners to this true form of Shito Ryu, resulting in the formation of the Shito Ryu Karate Do Kai of America. This western organization is comprised of dojos that have requested of him to be his direct students, and have received formal acceptance by his senior instructors, the Nippon Karate Do Kai Shihan Kai of Japan.

NAME

LAST TEST DATE

BELT SIZE

DATE

Family Karate

Ronin Dojo

Yellow

10th Kyu

YELLOW BELT (Ju Kyu) CURRICULUM

You will know you are ready to test when you can demonstrate all previous techniques and;....

KIHON: (basics) Blocks in 2 counts - extend, set up, execute. Kicks in 4 counts - up, out, back, down. Punches and strikes in 2 counts - out, back. Stances with proper width, depth, angles, posture. Moving stances in 1 count: slide feet in together, slide out into next stance. Slowly, concentrating on the correct mechanics of each technique (block, punch, kick) and stance.

KATA: (forms) Correct movement in pattern (embusen) with posture and correct hip action.

GOSHINDO: (self defense) 2 defenses (escapes) for each assigned situation slowly and mechanically.

IPPON KUMITE Defend by alternating R and L foot, step 45' back into front stance, execute technically smoothly. Attack is step through in front stance str. punch to face, chest; front kick stomach.

KOBUDO Fighting stance with proper movement (back on block, forward on reverse punch), kiai. Target:BODY ONLY - no contact.

KEY WORDS: Quick recall of technique by NAME in English

NO	TECHNIQUE	√	GRADE	NO	TECHNIQUE	√	GRADE
1	Front Kick/Mae Geri				mawatte		
2	Roundhouse Kick/Mawashi Geri			82	Closed Stance/Musubi Dachi Kamae		
3	Joint Kick/Sokoto Geri			83	Shoulder Stance/Nami Heiko Dachi		
9	Groin Kick/Soko Geri			84	Front Stance/Zenkutsu Dachi		
21	Down Block/Gedan Barai			86	Sitting Stance/Shiko Dachi		
22	Rising Block/Age Uke						
23	Outside Block/Yoko Uke						
24	Inside Block/Yoko Uchi			102	Kihon Kata 1-5		
25	Knifehand Block/Shuto Uke						
51	Moving Straight Punch/ Oi Zuki			170	Basic One-step Sparring		
53	Reverse Punch/Gyaku Zuki moving						
52	Double Punch/Nihon Zuki				Self Defense/Goshindo		
66	Backfist Strike / Uraken Uchi			179	Collar Grab		

ORAL: Shito Ryu, Mabuni Kenwa, country of origin for karate

WRITTEN TEST: due at Pre-Test