

FAMILY KARATE

RONIN DOJO

White
Belt

KARA KYU

GENERAL POLICY

1. Ronin Dojo is not responsible for lost or stolen items.
2. No smoking in the Dojo.
3. Proper dress must be worn on the Dojo floor; white karate gi with Ronin Dojo patch.
4. Children are not allowed to play on the Dojo floor, or in the garden without adult supervision.
5. No cellular phones, electronic games or pagers may be used in the Dojo. You may use a silent alert, and our phone is available for emergencies.

GUESTS

Guests are welcome. Please check with Hammond Sensei if you wish your guest to come onto the floor with you. If under 18, a guest must have a signed release, or be accompanied by a parent.

ETIQUETTE

Bow respectfully when entering or leaving the Dojo. Greet your instructor with the correct title: Sensei, or Greet your instructor with the correct title: Sensei or Sempai, and a proper bow. Bow toward the shomen (front of the room) when entering or leaving the Dojo floor.

Please listen to and respect the words of higher-ranking students.

Do not argue with Sensei, Sempai or any officer of the Dojo; however, questions are welcome.

Lower ranking students sit to the right of higher-ranking students.

Late students must ask permission to join exercises, if class has begun, a short period of mediation is necessary

If you need to leave class early, please ask permission before class begins.

Inside and outside the Dojo all students shall behave with dignity.

Take responsibility for the atmosphere, neatness and cleanliness of your Dojo.

DOJO POLICIES

1. No food, gum, shoes or horseplay allowed on the Dojo floor.
2. SAFETY: Fingernails and toenails must be clean and short; long hair must be tied back and all jewelry must be removed.
3. Uniforms must be clean, and equipment approved by Ronin Dojo.
4. Kumite: Males are required to wear protective cup and supporter. All students must wear shin/instep, fist pads and mouth-guard.
5. Be on time for class

EXTRA HELP

If you are interested in extra help, or special training, private classes are available for a fee. Please ask in the office for further information.

KIHON KATA ICHI

Begin with attention stance, move to closed stance, then move to shoulder stance.

From Shoulder Stance:

- 1) 1/4 turn to the left with the left foot forward into front stance and down block.
- 2) step thru with right foot into front stance and straight punch.
- 3) 1/2 turn to the right with the right foot forward into front stance and down block.
- 4) step thru with left foot into front stance and straight punch.
- 5) 1/4 turn to the left with the left foot forward into front stance and down block.
- 6) step thru with right foot into front stance and straight punch.
- 7) step thru with left foot into front stance and straight punch.
- 8) step thru with right foot into front stance and straight punch and kiai.
- 9) 3/4 turn to the left with left foot forward into front stance and down block.
- 10) step thru with right foot into front stance and straight punch.
- 11) 1/2 turn to the right with the right foot into front stance and down block.
- 12) step thru with left foot into front stance and straight punch.
- 13) 1/4 turn to the left with the left foot forward into front stance and down block.
- 14) step thru with right foot into front stance and straight punch.
- 15) step thru with left foot into front stance and straight punch.
- 16) step thru with right foot into front stance and straight punch and kiai.
- 17) 3/4 turn to the left with the left foot forward into front stance and down block.
- 18) step thru with right foot into front stance and straight punch.
- 19) 1/2 turn to the right with right foot forward into front stance and down block.
- 20) step thru with left foot into front stance and straight punch.
- 21) 1/4 turn to the left into shoulder stance.
- 22) closed stance.

Kihon Kata	1. ichi	down block, step straight punch
	2. ni	rising block, step straight punch
	3. san	outside block, step straight punch
	4. yon	down block & outside block, step straight punch
	5. go	knife-hand block, front kick straight punch

CEREMONY - GISHIKI

Seiretsu	Line up
Kiotsuke	Attention
Rei	Bow
Seiza	Sit
Dojo Kun	School creed
Mokuso	Mediation
Mokuso, Yame	Stop mediation
Shomen ni, rei. Yame	Respect to symbol of school. Stop.

Sensei! Onegaisimasu (beginning of class)	Teacher! Please teach us.
Sensei! Domo arigato gozaimashita (end of class)	Teacher! Thank you very much.
Rei	Bow
Tatte	Stand up

COUNTING - KAZU

1. ichi (each)	6. roku (rook)	11. jyu ichi (ju each-e)
2. ni (knee)	7. shichi (sheech)	20. ni jyu (knee ju)
3. san (sahn)	8. hachi (hutch)	21. ni jyu ichi (knee ju each)
4. shi (she)*	9. kyu (ku)	100. hyaku (hiku)
5. go (go)	10. jyu (ju)	

First degree	Shodan	Fourth Degree	Yondan
Second Degree	Nidan	Fifth Degree	Godan
Third Degree	Sandan		

TERMINOLOGY - YOGU

Karate	empty hand	Hajime	begin
Dojo	training place	Yame	stop
Shihan	Master (Teacher)	Karate-ka	Karate practitioner
Soke	originator	Gi	Karate uniform
Sensei	teacher	Otaga ni	to each other
Sempai	higher ranking student	Rei	bow
Kohai	lower ranking student	Oss	a positive word showing respect
Kiotsuke	come to attention	Mawatte	turn (back foot)
Kata	forms	Keiko	practice
Keage	snap technique	Shomen	front of school / symbol of school
Kekomi	thrust technique		

Go Do Shin

(Five Fold Path of Shito-Ryu Karate Do)

1. Shoshin wasureru nakare (Ishi)
Never forget the spirit of first beginning (Will/Determination)
2. Reigi okotaru nakare (Dotoku)
Never neglect courtesy and etiquette (Moral Virtue)
3. Doryuku okotaru nakare (Haten)
Never neglect effort (Growth/Development)
4. Joshin kakeru nakare (Joshiki)
Never lose common sense (Common Sense)
5. Wa midasu nakare (Heiwa)
Never disturb harmony (Peace)

NAME:

BELT SIZE:

DATE:

Family Karate

Ronin Dojo

Additional Curriculum and
information available on the Web
Site at www.ronindojo.com.
Rev 03/05

WHITE BELT CURRICULUM

You will know you are ready to test when you can demonstrate....

KIHON: (basics) Blocks in 3 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 2 count: slide feet in together, slide out into next stance.

KATA: (forms) Slowly, concentrating on the correct mechanics of each technique (block, punch, kick) and stance.
Correct movement in pattern (embusen) with posture and correct hip action.

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

NO	TECHNIQUE	0	GRADE	NO	TECHNIQUE	0	GRADE
1	Front Kick/Mae Geri				mawatte		
2	Roundhouse Kick/Mawashi Geri			81	Attention Stance / Heisoku Dachi		
3	Joint Kick/Kansetsu Geri			84	Front Stance/Zenkutsu Dachi		
9	Groin Kick/Kin Geri			86	Sitting Stance/Shiko Dachi		
21	Down Block/Gedan Barai			85	Horse Stance/Kiba Dachi		
22	Rising Block/Age Uke			83	Shoulder Stance/ Nami Heiko Dachi		
23	Outside Block/Yoko Uke			82	Closed Stance / Musubi Dachi Kamae		
24	Inside Block/Yoko Uchi			102	Kihon Kata 1		
25	Knifehand Block/Shuto Uke						
51	Straight Punch/Seiken Choku Zuki			170	Basic One -Step Sparring 45° angle		
53	Reverse Punch/Gyaku Zuki moving						
52	Double Punch/Niren Zuki				Self Defense/Goshindo		
66	Backfist Strike/Uraken Uchi			179	Collar Grab		

ORAL: Counting 1 to 10 in Japanese