

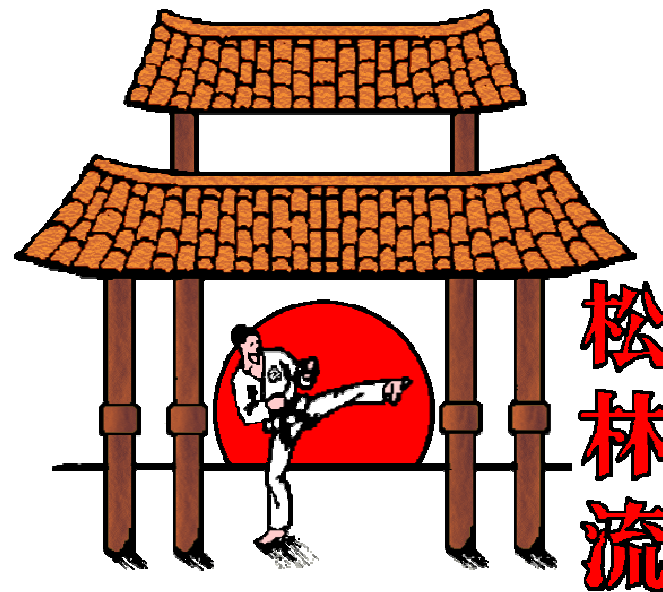
**20 Years of Service to Orlando
1986 - 2006!**

Shorin-Ryu



Matsubayashi-Ryu
Karate-Do

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**OKINAWAN SHORIN-RYU
KARATE-DO**

STUDENT GUIDE AND HANDBOOK

*"Amidst The Noise And Rapid Changes Of
Modern Society One Can Find, In Karate-Do,
A Peace Of Mind That Will Never Be Shaken."*



Nagamine Shoshin
Grandmaster
Matsubayashi-Ryu Karate-Do



Counting in Japanese

ENGLISH	JAPANESE
One	Ichi
Two	Ni
Three	San
Four	Shi
Five	Go
Six	Roku
Seven	Shichi
Eight	Hachi
Nine	Ku
Ten	Ju

Karate Maxims

“Karate Ni Sente Nashi”
There is no first attack In Karate.

Katas Practiced by Matsubayashi-Ryu Karate-Do

Fukyugata Ichi
 Fukyugata Ni
 Pinan
(Sho-dan to Go-dan)
 Naihanchi
(Sho-dan to San-dan)
 Ananku
 Wankan
 Rohai
 Wanshu
 Passai
 Gojushiho
 Chinto
 Kusanku



INTRODUCTION

Whether a person is only considering a study of the art of karate or is actually beginning such a study, it is necessary to view karate with a proper perspective. Many people are intensely interested in karate or other martial arts but are wary about embarking on a course of instruction in one of the martial arts because of their many misconceptions. I hope, by way of this introduction, we can remove many of these misconceptions plaguing the new student.

The whole person concept is emphasized in this karate club. The achievement of one's potential spiritually, mentally and physically is stressed. Karate combines the body, mind and spirit in a harmony of the whole person in order to approach perfection in the art.

Our primary goal in life should be devotion to God, thus this karate club operates with Christian values and ideas. These values and goals include academic knowledge, physical fitness, devotion to God, a serene family life and recognition by your fellow humans as a contributor to the society in which we live. To do this you must delegate karate to it's proper place in life - - don't become a KARATE FANATIC! Learn balance in all things.

Physical fitness, awareness, self confidence, discipline and self defense are taught and are equal in importance. At no time should you place the self defense phase uppermost in your mind. To do so will inevitably bring chaos and unhappiness to your life.

The study of karate is not a short term goal but rather a life long endeavor.

It is a journey not a destination and obtaining the black-belt is not a symbol of the end, but of the beginning. As Master Kyan said;

"A mastery of karate does not depend upon the learner's physical condition, but mainly on constant practice."



GAUDOIN RENSHI
 DOJO FOUNDER &
 OWNER

HISTORY AND BACKGROUND

The words "Shorin-Ryu" refer to a specific style or type of karate which originated on the island kingdom of Okinawa long before karate was introduced to Japan.

Each style of karate has its own distinguishing features such as kata forms as well as ways of punching and kicking. The word "ryu" means style while the word "Shorin" is the Okinawan pronunciation of the Chinese word "Shaolin." So Shorin-Ryu actually translates to mean Shaolin style.

This is a reference to China, specifically the Shaolin Monastery in Northern China, where empty hand martial arts (originally called Kung-Fu in Chinese) began. Before Okinawa was occupied by the Japanese, it was the autonomous kingdom of Okinawa with its own language (Uchina Guchi), culture, social and political structure.

Okinawa was originally very close culturally and politically to China. It was this association which allowed Chinese monks and noblemen to carry Shaolin Wu Shu (Kung Fu) to Okinawa. Upon being exposed to Shaolin Wu Shu, the native Okinawans combined it with the island's indigenous martial arts known as Te, or hand. The hybrid system became known as To Te or Tode which literally translated to mean "China Hand."

Martial arts legend holds an Okinawan nobleman, Sakugawa, as being directly responsible for learning Shaolin Wu Shu in China and then returning to Okinawa as its first Okinawan Master. Sakugawa was also the first man to open an actual karate school in Okinawa. Because of his mastery of this martial art system he is still known as "To Te Sakugawa."

As the years past, different teachers founded different Ryus or styles. The Shorin-Ryu system remains a direct descendent of the earlier Shaolin art. The main difference between the two is the Chinese system relies heavily on open hands whereas the Okinawan systems uses more closed fists. This is attributable to the incorporation of Okinawan Te which means hand or fist.

Originally the Shorin system was concentrated to an area around Tomari village in Okinawan. The system grew to include four distinct Ryus; Matsubayashi-Ryu founded by Nagamine Shoshin, Matsumura-Ryu (Orthodox) by Soken Hohon, Kobayashi-Ryu by Chibana Choshin & Shobayashi-Ryu by Kyan Chotoku.

While our system is primarily a hand technique oriented style there is no one "best" style of karate. Styles developed differently based on needs, terrain, climate and other factors. All traditional martial arts should be respected.



JAPANESE TERMINOLOGY

The following are common Japanese terms used in class day-to-day. All students are expected to learn and use them. There are more, which will be learned as the student progresses.

TERM	JAPANESE
Line Up	Shugo
Attention	Kyotsuke
Ready	Yoi
Sit Down	Seiza
Bow	Rei
Please Teach Me	Onegai Shimasu
Thank You Very Much	Arigato Gozaimasu
You're welcome	Do itashimashite
Way of the Empty Hand	Karate-do
Senior Instructor	Renshi
Teacher	Sensei
Student	Deshi or Montei
Master	Soke
House of Instruction	Dojo
Forms (Stylized Fighting)	Kata
Striking Post	Makiwara
Turn	Mawate
Upper	Jodan
Middle	Chudan
Lower	Gedan
Block	Uke
Punch	Zuki
Kick	Keri
Left	Hidari
Right	Migi
Begin (start)	Hajime
Stance	Dachi
Push-Ups	Udetate Fuse
Excuse me (sorry)	Sumimasen
Just a moment please	Chotto matte kudasai
I understand	Wakarimashita
How are you?	Ogenki desu ka?
Yes	Hai
No	Iie

QUESTIONS & ANSWERS ABOUT PROMOTIONS

1. How often are promotions held? - Promotions are held every three months. *However, that does not mean you will be tested every three months.* Various ranks have different time requirements, in addition the individual student must show they are ready for advancement through their abilities, attitude and attendance at the dojo.

2. How much time must I wait between ranks? - The time between ranks ranges from 24 – 36 classes depending on the specific rank.

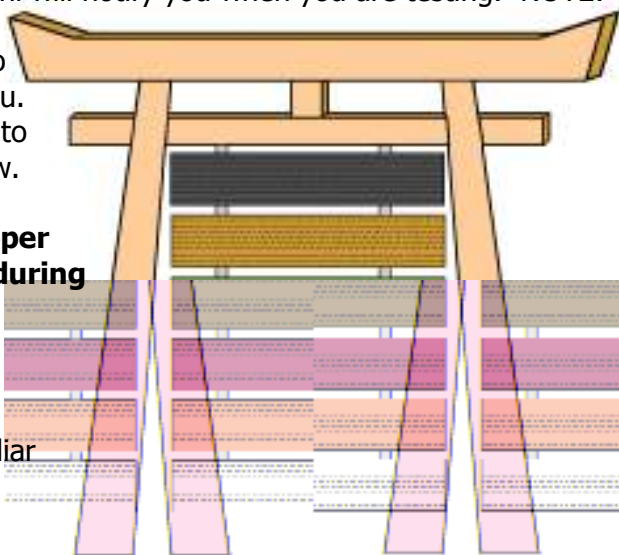
3. What are the requirements for promotion? - The requirements for promotion are contained in a book located in the top drawer of the filing cabinet in the dojo. The book is open to all students and should be reviewed often.

4. What is the actual promotion process? - As you attend class and improve in ability it is up to you to get signed off as being ready for promotion. On your attendance card are sign-off blocks for technique, essay, kata, questions, etc. Any Sensei or Brown belt can test you on these areas and sign you off in preparation for formal testing. Renshi will notify you when you are testing. NOTE: Traditionally it is a sign of discourtesy to ask Renshi to test you. When you are ready to test Renshi *will* know.

5. What is the proper courtesy to show during testing? -

There is a poster of "Testing Etiquette" located in the dojo.

Please become familiar with it.



FEES AND DUES

As a traditional school, we do not utilize contracts. Contracts are for businesses; we are a martial arts school. Fees are due at the beginning of the month. Monthly fees include insurance and federation dues. We have to charge a late fee for those dues not received by the 10th of the month. We appreciate prompt payment of dues.

Promotion fees are due prior to the day of the promotion test. We require this in order to save time on testing day so the examiner(s) can concentrate on the test, not paperwork. You may not be allowed to test if fees are not paid prior to the testing date.

SPECIAL EVENTS

From time to time we have special events. We will let you (and your child) know during class what we're planning and if there are any fees associated with the event.

We have an annual Christmas party in which we invite family and friends for a meal and a karate demonstration put on by our students and instructors. We also have other special events such as a beach party, parent's night out, etc.

Renshi will notify you of these events at practice sessions.



CLASS SCHEDULES

Monday.....Beginners Class (open to all ranks)
 Tuesday.....Advanced Class and Kinder Karate
 Wednesday....Closed
 Thursday.....All Students
 Friday.....All Students

NOTES:

Kinder Karate Class is held from 5 to 6 PM on Tuesdays.
 Children's Classes are held from 6 to 7 PM Monday through Friday (closed Wednesday).
 Adult classes are from 7 to 8:30 PM Monday, Tuesday, Thursday and Friday from 7 to 8 PM.
 Advanced children's classes are open to Orange belt & above.
 Advanced Adult classes are for ranks of Green belt and above.

All workout sessions start with warm-up, stretching and exercises before moving into the basics. Once this is complete, new techniques and/or katas are taught by the instructors. Sparring (or kumite) will occur on a frequent basis and without prior notice, so you need to be ready. To be eligible for kumite you must have first obtained the rank and have Renshi Gaudoin's permission.



STUDENTS PRACTICING FUKYUGATA - ICHI IN FRONT OF SHURI CASTLE, OKINAWA, 1941

THE DOJO WILL BE CLOSED FOR THE FOLLOWING HOLIDAYS AND EVENTS:

New Year's Eve & Day		Memorial Day	4th of July
Labor Day	Halloween	Thanksgiving Weekend	
Good Friday thru Easter Sunday		Christmas Break	

THE OBI (Belt)

Do's and Don'ts:

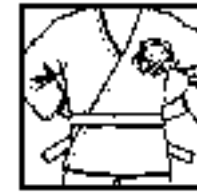
1. Don't eat or drink while wearing the obi.
2. Don't wear the obi outside of the dojo.
3. Don't wash the obi.
4. Do respect the obi and don't let it touch the ground.
5. Do take the obi home and remember to bring it to class.

Adult Obi Colors:

White
 Yellow
 Orange
 Green
 Brown
 Black.



STEP 1



STEP 2



STEP 3



STEP 4



STEP 5



STEP 6

Children's Obi Colors:

White
 Yellow
 Orange
 Red, Blue and Purple



STEP 7

How to Tie Your Obi:

Steps 1 & 2: Wrap the obi twice around your Waist With the left end on top. Adjust it to make both ends the same length.

Step 3: Tuck the left end under both folds of the belt.

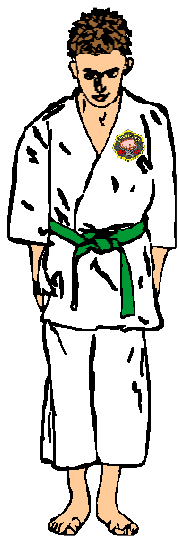
Step 4: Fold the right end of the obi back toward your right.

Step 5: Fold the left end over the right end.

Step 6: Tuck the left end of the obi up through the loop formed by the right end

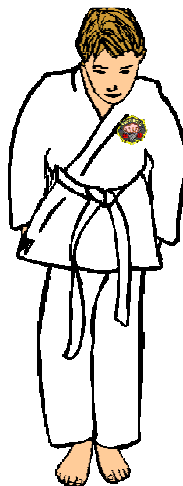
Step 7: Give both ends a half twist inward to make the knot lie flat.

DOJO ETIQUETTE



Bowing: In the Orient a bow means much more than a handshake here in America. When two people bow to each other it is clear who is of higher respect (rank). The junior individual (regardless of rank) bows deeper to a higher rank individual. Peers bow the same depth to each other.

Shoes: Shoes are NEVER to be worn onto the dojo floor. A shoe rack is located at the dojo entrance.



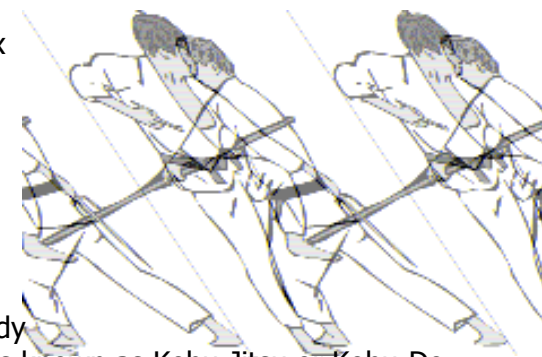
Cleanliness: The dojo floor is swept, wet mopped and the carpet vacuumed after Friday's class or whenever it is needed. Traditionally, Kyu ranked students perform these duties as a sign of respect to the school. If a Kyu student sees a Black Belt cleaning something in the dojo, it would show great respect if they would volunteer to take over for the Sensei.

Body Fluids: On rare occasions a student will scrape a knee, toe, finger or the like. At any time there is visible blood, the student should stop whatever activity they are involved in and inform a Sensei. Activities will resume after cleaning has been accomplished. First aid supplies are located in the restrooms.

Physical Fitness: Everyone will grow in physical strength and endurance as they continue to train in karate. When a student starts, while they are expected to give their best effort, they are not expected to continue at 100% if they experience shortness of breath, dizziness, lightheadedness, feel faint or feel pain or pressure in their chest. If you develop one of these symptoms, bow to the Sensei and excuse yourself. Leave the deck and sit down for a moment. If the sensations do not go away rapidly after you relax, notify the Sensei IMMEDIATELY.

WEAPONS CLASSES

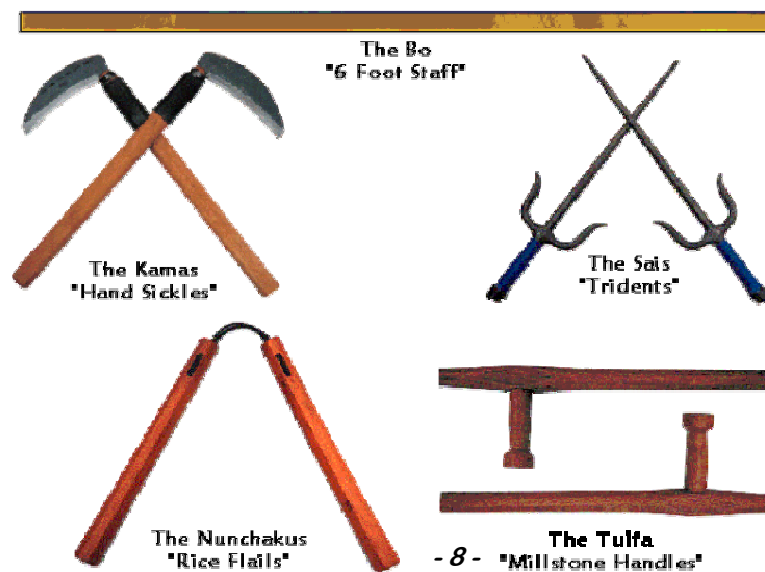
Weapons are a paradox in Karate. Traditionally, there are no weapons in karate other than the human mind and body. At the same time, Okinawans developed sophisticated weapons out of primitive farm implements. The study of these ancient weapons is known as Kobu-Jitsu or Kobu-Do.



The development of Karate and Kobu-Do occurred almost at the same time. As a result Kobu-do has always been studied concurrently with karate. When one watches a weapons form it is easy to see the parallels between it and karate in the stances and many of the moves.

Our style utilizes 5 of the traditional Kobujitsu Weapons; the Nunchaku (Rice flail), the Sai (trident), the Kamas (hand sickles), the Tuifa (millstone handle) and the Bo (6 foot staff).

Because Kobu-Do requires an understanding of the basics of karate, students do not begin working with weapons until they are eligible to attend advanced classes.



DOJO RULES

1. No profanity or abusive language will be allowed in the dojo.
2. All members will remove their shoes before entering the dojo practice deck.
3. All members will bow to each other at the beginning and end of each class.
4. All members will bow to Renshi when entering and leaving the Dojo.
5. All members will bow when coming onto and leaving the dojo floor.
6. Personal cleanliness and hygiene are to be observed at all times.
7. Keep your fingernails and toenails short at all times.
8. Keep your karate uniform (Gi) neat and clean at all times.
9. Do not wear rings, jewelry or any other metal ornaments on the karate deck.
10. Do not leave personal belongings in the dojo overnight.
11. No candy, gum, food, or beverages of any kind will be allowed on the karate deck. No smoking in the dojo at any time by students or spectators.
12. Do not come to class while intoxicated. Do not consume any alcohol before class or practice.
13. No talking or laughing at any time while class is in session.
14. Help students below you in rank with knowledge.
15. Refrain from misusing your karate knowledge.
16. Do not show anyone, who is not a club member, any karate technique and do not demonstrate karate in public.
17. Stay out of fights unless impossible to avoid. Report all fights to Renshi within 24 hours.
18. Do not criticize other members at anytime.
19. Be on time for class. If you are late, do 25 push-ups then assume a seizan sitting position at the back of the dojo floor until Sensei motions for you to join the class.
20. The karate teacher is to be called Sensei at all times while in the Dojo.
21. Signs and periodic postings are to be observed at all times.
22. Strive to promote the true spirit of karate by the development of;
 - a. Respect (Courtesy to others)
 - b. Character (Mental development)
 - c. Humility (Never lose sight of your shortcomings)
 - d. Health (Physical development)
 - e. Skill (Proficiency in karate)

NOTES TO PARENTS

Parents, we need to ask for your help in ensuring your child receives the best in karate training. To that end, there are a few rules which need to be observed in the dojo.

1. Please do not, under any circumstances, call to or talk with your child while class is in session. Should you have an emergency that cannot wait until after class, motion to one of the black belt instructors and speak with them. It is very important for the instructor to have your child's full attention during class.
2. At times your child will be assigned a task to complete. It may be to bring in a permission slip, to do a chore at the dojo or such. This is their responsibility, not yours. If necessary, gently remind your child of the task but do not do it for them or force them to accomplish it. The instructors will provide the incentives.
3. If you have a problem with the instruction or something that has happened in class or at a special event, please talk to Renshi directly. We are glad to meet with you and discuss any situation.
4. For some promotions, an essay is required on a specific subject. This should be done by your child, not by you. Certainly you may help with suggestions, but this is a time for the student to do the research and/or express their thoughts.
5. Please observe quiet when class is in session.
6. Parents should pick-up their children inside the dojo. We ask this for three reasons: (1) We want to keep your children safe, (2) This will ensure you hear any specific announcements and (3) This will give Renshi a chance to speak with you about your child if it is necessary.