

Wado-ryu Karate

Handbook

E-mail: usawado@cox.net
Web Site: www.usawadoryu.com



Sensei Nishimura welcomes you to class and thanks you for signing up. Sensei Nishimura is a 7th Degree Black Belt with 40 years experience. He also has numerous tournament wins and awards, most recently a 3rd place in the 2002 World Championships in Tokyo, Japan. It is his goal to "*Foster the spirit of effort*" in your child. Although this location is based out of the park and recreation, USA Wado-Ryu is serious about the commitment to your child's traditional Japanese martial arts education. The main dojo is located in Laguna Niguel, CA. Visit us on the web at: www.usawadoryu.com. Here you will find valuable information, as well as a calendar of upcoming events and contact information.

The advantages to having classes located and given through the park and recreation department are:

- * Quality instruction at reasonable fees
- * Easy access and plenty of parking
- * No contracts to sign

Some of the things that are expected from the students are:

1. To be respectful to Sensei and other students
2. To be willing to learn while in class
 - * Listening and paying attention to Sensei or his helpers
 - * A willingness to take correction in the spirit it is given
 - * Sit quietly and watch. Many things can be learned from sitting and watching quietly
3. The commitment to practice at home (a few minutes everyday make a huge difference in your child's progress)
4. To learn of Japanese phrases
5. To learn the dojo kun
6. Students with long hair should pull it back into a ponytail. Soft elastics only. No clips or barrettes.
7. Please remove all jewelry and watches before starting class.
8. Come dressed with gi and belt properly tied. (ask for help if you are unsure how to do this)
9. Remember your passport. (If you need a passport, please see Sensei)

Students will be given a handbook containing the dojo kun and more detailed information. Please make sure to go over this with your child(ren).

Some important things for parents and observers of class:

1. Please turn off or silence your cellular phone. If you need to answer a call, please go outside to do so.
2. We respectfully ask that all crying and fussy children who are observing class, be removed *immediately*.
3. Please no photography or video taping during class.
4. Please no conversations during class.

The reason you are being asked to observe these rules is for the benefit of your child. All of the above items create distractions and take away from your child being able to devote his or her full attention to class. You wouldn't go into your child's school classroom and do any of the above items. Your child's karate education is just as important to us.

The emphasis of the class will be on traditional Japanese martial arts. Self control and self discipline are the primary goals. This means that horseplay and chatting in class are not allowed.

Sparring

At the intermediate and advanced levels students will be given the opportunity to spar. Sensei Nishimura will have for purchase the equipment necessary. You must have the following:

1. Helmet
2. Gloves
3. Mouthpiece

Boys should also have athletic protection (cup). Stray kicks are not uncommon.

These items are mandatory and you will not be allowed to spar without them!

The following items are optional but *strongly* recommended:

1. Chest protector
2. Shin guards

Testing

While there is testing after each session, it may not be in your child's best interest to test after every session. Every child is different and the goal is to have each child reach his or her full potential, and have a good experience. Testing is a very formal process and can be intimidating for some students. **If you have any questions about if your child is ready for testing please consult Sensei.** Sensei will try and give you advance warning if he sees that your child is not going to be ready to test. He will give your child constructive advice on areas to work on.

If your child is asked to *"wait"* to test, please do not see this as a failure, but an opportunity for your child to grow to his fullest potential. By waiting until the next session to test, he or she will have more confidence in his or her routine and will have a better feeling about themselves and their accomplishments. Children are quite uncomfortable if they do not do well, in front of their peers and family. Sensei would rather have a child wait to test, rather than be disappointed in front of his or her family and friends. Children know the difference between when they have worked to learn something and mastered it and when something is just *"handed"* to them because they just showed up. Sensei wants to foster each student's sense of self esteem, pride and reward their hard work.

Some things to keep in mind for testing:

1. Students must have attended 80% of class to test. Passport stamps are the "proof" of attendance. **Don't forget your passport!!** If you need a passport, see Sensei.
2. If you are a green belt or higher, in addition to 80% attendance, you must attend a seminar, tournament or camp.
3. Please let Sensei know 2 weeks before testing if you intend to test. This will insure that the proper belt size will be available.
4. Make up tests are by Sensei's approval

Please be courteous to all the students and refrain from photography or video taping during testing. It is distracting to the students and hinders their best performance. An opportunity for a group photo at the end with Sensei will be given. Time permitting, individual photos with Sensei will be allowed. Please silence your cell phones. Please feel free to ask questions at the end of class, time permitting.

HISTORY OF WADO-RYU KARATE

A martial art born from the essence of Jujitsu, Karate and Kenjutsu

Wado-ryu Karate, which is also called “Wado-ryu Jujitsu Kempoh”, differs from the other three major schools of Karate. The others, Goju, Shitoh, and Shotokan, maintain to differing degrees. Ryukyu Karate as their base model in their adaptation to mainland Japan, only Wado-ryu became a distinct school by merging with Jujitsu.

Hironori Ohtsuka (1892-1982), founder of the school, was originally a master of Shindo Yoshin-ryu Jujitsu. An avid fan of martial arts, Ohtsuka acquired an interest in Tohde (Toh = meaning China (Tang dynasty) + de = te = meaning hand) (or Karate) that began to be talked about around Tokyo at that time (Taisho period 1912 - 1925), and took lessons from Gichin Funakoshi.

Funakoshi only taught 15 katas (forms) for individual practice, and used nothing else as a method of training. The entire training was focused on repetitive drills of katas over and over without any pre-arranged kumite (sparring) or combination drill, let alone free kumite.

However, in Jujitsu the situation is reversed, there is no kata for individual training, but kumite-kata always practiced by two persons. Ohtsuka probably felt something was missing in the Karate’s training method of repeating katas individually, regarding katas handed down by predecessors as sacred, and leaving some parts as is, even though no one knows the meaning. He created kumite-kata, taking the techniques and forms of Jujitsu for reference and analyzing Karate’s techniques by breaking them down. Also, he created the techniques such as dagger catch and sword catch, which could be the products of incorporating Karate’s elements into Jujitsu.

After that, he trained with Karate-practitioners from Okinawa, such as Chohki Motobu and Kenwa Mabuni, and further polished his Karate techniques. It is said that then, around 1929, the whole entity of Wado-ryu Karate-do was completed through a fusion of the essence of Jujitsu, different schools of the old martial arts, and Karate.

Among the Japanese martial arts, the one that had been the most highly developed would be Kenjutsu. Yagyu Shinkage-ryu especially had built an entire structure that developed from Kodachi to catch without sword, by studying compound techniques such as pose, close-in, “senno sen” and “gono sen”. It would transcend Kenjutsu. Some say that Yagyu Shinkage-ryu is the highest ground that Kenjutsu attained.

With the body movement of Kenjutsu, plus the techniques and forms of Jujitsu that are the physical combat sport that the Japanese developed through actual use of their bodies, and absorbing the system of thrust and kick that was lacking in the Japanese martial arts from Karate, Wado-ryu Karate-do was born.

DOJO RULES OF CONDUCT

1. Wear the same style uniform (gi) as everyone else; neat, clean, and white. Wear only authorized patches or colors.
2. Remove all jewelry.
3. Wear your belt only in the dojo and with your complete gi.
4. Always show respect for your belt. Do not toss, play with or leave them on the floor.
5. Take care of restroom business before or after class
6. Do not chew gum. Never eat or drink on the main floor.
7. Be prompt. Wait at the edge of dojo if you arrive late.
8. Never leave class without being excused.
9. Children should wait in the lobby for their ride.
10. Do not come to class if ill.
11. Report all injuries immediately.
12. Always listen to your instructor. Be attentive and alert.
13. Bow whenever stepping onto or off of main floor.
14. Class will be called to attention stance to show respect to arriving black belts.
15. Address all black belts by sir, ma'am, or last name, unless they specify otherwise.
16. Introduce your self to visiting black belts before or after class.
17. Do not walk in front of black belts during class.
18. Line up by rank; highest on the right, lowest on the left, adults in rank order before children.
19. Yield to rank.
20. Do not use weapons or techniques in public.
21. Do not show off.
22. Report to Sensei any altercations.
23. Always display a positive attitude.
24. Display good citizenship outside of the dojo. You and your actions reflect on the dojo.
25. Always call your instructor "Sensei".
26. Long hair must be pulled back into a ponytail with a soft elastic (no barrettes, clips or hard plastic), keep nails trimmed, and practice good personal hygiene.
27. Spectators are reminded to silence cellphones and to refrain from conversations, including coaching from the side.
28. Students are to refrain from chatting, coaching. There is absolutely no use of profanity in the dojo.

If you cannot observe these rules, you will not be welcome in the dojo of USA Wado-ryu Karate-Do.

DOJO KUN

MORALS OF THE DOJO

AND THE IMPORTANT INFORMATION ABOUT WADO-RYU KARATE-DO

1. Strive for perfection of character.
2. Defend the paths of truth.
3. Foster the spirit of effort.
4. Honor the principles of etiquette.
5. Guard against abuse of skill.

“Think not of the Martial Arts as combat alone; it is also the study of peace and the seeking the way of harmony.”

By Grand Master, Hironori Ohtsuka

THE ORIGIN OF THE NAME, WADO-RYU

The idea of Wado-Ryu Jujitsu Kempo is “peace and harmony”. Hironori Ohtsuka taught us in his poetry of “TEN, CHI, JIN NO RI-DO NI WASURU” that the way of the martial arts must not be mere fighting technique but the way of peace and harmony, The goal of the practice of this style is to bring peace and harmony, which is more difficult to be reached than the victory by violence. We must grow the undefeated will power and healthy body as well as the high intelligence in order to realize our ideal of peace and harmony which is require by the present world.

RANKS IN KARATE

Belt Color	Rank
Orange	13th kyu
Yellow	12th kyu
Blue	11th kyu
Blue with stripe	10th kyu
Green	9th kyu
Green with stripe	8th kyu
Purple	7th kyu
Purple with stripe	6th kyu
Red	5th kyu
Red with stripe	4th kyu
Brown	3rd kyu
Brown with stripe	2nd kyu
Brown with 2 stripes	1st kyu
Black with stripe	Shodan-Ho
Black	Shodan (1st Degree)

COUNTING IN JAPANESE

1	Ichi	[Eechi]
2	Ni	[Knee]
3	San	[sawn]
4	Shi	[she]
5	Go	[Go]
6	Roku	[rowkoo]
7	Shichi	[sheecheel]
8	Hachi	[hachee]
9	Ku	[Koo]
10	Ju	[Joo]

KYU TEST INFORMATION

RANK	TEST ITEMS
13th kyu Orange belt	10 Push-ups, Bow (Rei), Count in Japanese (1- 10), Sonoba-zuki (Punching), Upper block, Down block, Outside block, Inside block), Front kick, Roundhouse kick, Combination technique #1
12th kyu Yellow belt	Introduce yourself (Name, Age, and Name of Karate Style), 15 Push-ups, Sonoba-zuki (Punching and Blocking), Kihon (Step and Punch, Step and Reverse Punch), Combination techniques #1-2
11th kyu Blue belt	20 Push-ups, Sonoba-zuki, Kihon, Kihon-Kata, Recite "Dojo-Kun" (Morals of the Dojo), Combination techniques #1-3
10th kyu Blue belt w/stripe	20 Push-ups, Sonoba-zuki, Kihon, Pinan-Nidan, Combination techniques #1-4
9th kyu Green belt	25 Push-ups, Sonoba-zuki, Kihon, Pinan-Sandan, Combination techniques #1-5, Free sparring
8th kyu Green belt w/stripe	25 Push-ups, Sonoba-zuki, Kihon, Pinan-Sandan, Sanbon-Kumite—Face punch (Jodan), Combination techniques #1-6, Free sparring
7th kyu Purple belt	30 Knuckle Push-ups, Sonoba-zuki, Kihon, Pinan-Shodan, Sanbon-Kumite—Stomach punch (Chudan), Combination techniques #1-7, Free sparring
6th kyu Purple belt w/stripe	30 Knuckle Push-ups, Sonoba-zuki, Kihon, Pinan-Shodan, Sanbon-Kumite—Kick (Keri), Combination techniques #1-8, Free sparring
5th kyu Red belt	35 Knuckle Push-ups, Sonoba-zuki, Kihon, Pinan-Yodan, Combination techniques #1-9, Free sparring
4th kyu Red belt w/stripe	35 Knuckle Push-ups, Sonoba-zuki, Kihon, Pinan-Godan, Combination techniques #1-10, Free sparring
3rd kyu Brown belt	40 Knuckle Push-ups, Sonoba-zuki, Kihon, Seishan, Combination techniques #1-11, Kihon-Kumite #1, Free sparring (Jiyu Kumite)
2nd kyu Brown belt w/stripe	40 Knuckle Push-ups, Sonoba-zuki, Kihon, Kushanku, Kihon-Kumite #1-2, Combination techniques #1-12, Free sparring (Jiyu Kumite)
1 st kyu Brown belt w/2 stripes	50 Knuckle Push-ups, Sonoba-zuki, Kihon, Chintou, Kihon-Kumite #1-3, Combination techniques #1-13, Free sparring (Jiyu Kumite)
Shodan-Ho Black belt w/stripe	50 Knuckle Push-ups, Sonoba-zuki, Kihon, Bassai, Kihon-Kumite #1-4, Self-Defense (Goshin Jitsu) #1-5, Combination techniques #1-14, Free sparring (Jiyu Kumite)
Shodan Black belt	50 Knuckle Push-ups, Sonoba-zuki, Kihon, Naihanchi ,Seishan Chinto, Kushanku, Kihon-Kumite #1-5, Kobudo Self-Defense (Goshin Jitsu) #1-10, Combination techniques #1-15, Free sparring (Jiyu Kumite)

COMBINATION TECHNIQUES

- # 0** All combinations #1 through #10, begin with the right foot back. However, they should be practiced from both starting positions with either right or left foot back to include the mirror image sequence. Always a strong kiai after the final technique, then come to ready stance in the same line of travel.
- # 1** Right foot back. Right front kick, step in, left roundhouse kick, step in, turning clockwise, right back kick, step in. Slide in right straight fist to face, slide in left reverse punch to stomach. Ready stance.
- # 2** Right foot back. Right front kick, step in, left low shin kick, left roundhouse kick to ribs, step back. Shuffle left foot forward with right front kick. Right slide in with right jab to face, slide in with right back fist to face, slide in with left reverse punch to ribs. Ready stance.
- # 3** Left foot back. Quick three punch, left and right to face, then step in left reverse punch. Slide in right face punch, slide in left reverse punch to ribs. Rotating counterclockwise left spinning back kick. End with left leg back and facing in same direction. 360°. Ready stance.
- # 4** Right foot back. Jumping double front kick, slide in left face punch, slide in right reverse punch to ribs. Turning clockwise 180°, stepping in for back fist to face, slide in side thrust kick to ribs. Ready stance.
- # 5** Right foot back stance. Step in with right face block, right down block, left reverse punch to ribs. Step in with left outside in block, then slide in left inside out block, then right reverse punch. Rotate on left leg 180° to right down block. Step in left shuto. Double wrist twist with right step in and right hand down. Ready stance.
- # 6** Right foot back stance. Shuffle right foot forward, left front kick, low left groin punch, right reverse punch to ribs, left face block. Pivot on left foot 180°, right down block, slide back right up block at face level, palm open, elbow forward. Slide in left reverse punch on 45° to ribs. Ready stance.
- # 7** Right foot back stance. Pivot left foot back to shikoashidachi, throwing right back fist to face. Left front kick, followed quickly by left roundhouse kick to ribs, then step in. Right step in to 45° left with right haito. Left slide in back along original line with left outside in block, then right reverse punch to ribs. Turning to original forward line of travel, step in side thrust kick to ribs. Ready stance.
- # 8** Right foot back stance. Left slide in left face punch, left slide in right reverse punch to ribs. Turning clockwise, right back kick. Right slide in right shuto to face, right slide in left haito to face. Ready stance.
- # 9** Ready stance. Left down block, right reverse punch. Turning 180° to right, right down block, left reverse punch, turning 90° to left, left down block, right reverse punch. Turning 180° to right, right down block, left reverse punch. Back to original ready stance.
- #10** Right foot back stance. Right low front kick to shin, right roundhouse to ribs, right side thrust kick to ribs, turning to left, right hook kick to opponent right side of face, step in. Jumping left side thrust kick, dropping into right knee down, left rear kick up into midsection. Pull left foot back under you, turn to left until facing original line of travel, and stand into ready position.

- #11** Left foot front. Shutouchi, Ipponken, shotei-uchi, uraken-uchi, gyakuzuki (Right hand) each movement sliding forth, step in right hand shuto-uchi, Ippon ken, shotei-uchi, uraken-uchi gyakuzuki (left hand).
- #12** Left foot front. Kizamizuki (left face punch) uraken-uchi (left face punch) step in hidari maegeri, migimawashigeri and sokutogeri, step-in migi shuto-uchi, Ipponken, shotei-uchi, uraken-uchi, hidari gyakuzuki.
- #13** Left foot front. Migi mawashigeri, step in left hand gyakuzuki, left foot sokutogeri, right hand gyakuzuki, left foot back to right ushirogeri, left hand gyakuzuki, move left foot 180 degree to back migi maegeri left hand gyakuzuki.
- #14** Left foot front. Left hand face punch, right hand gyakuzuki, maeashi maegeri (front foot front kick) gyakuzuki, maeashi ashibarai(front foot sweep), right hand gyakuzuki.

USA WADO-RYU KARATE-DO JAPANESE PHRASES AND TERMS

Japanese Phrases and Terms General Terminology

Onegaishimasu	Teach me please
Arigato-Gozaimashita	Thank you for teaching
Hai	Yes
Kiai "Hey"	Shout, Yell the sound
Dojo	Training Hall
Sensei	Instructor
Senpai	Senior Student
Dan	Black belt grade
Kyu	Grade below black belt
Mokusou	Meditate
Kamae	Take position
Yohi	Preparation, Ready
Seiza	Kneel straight
Kiotsukei	Attention
Yasume	Relax
Rei	Bow
Yame	Stop
Aka	The color red
Shiro	The color white
Migi	Right
Hidari	Left
Kumite	Sparring
Kata	Form
Kihon	Basic Karate movement
Shiai	Tournament

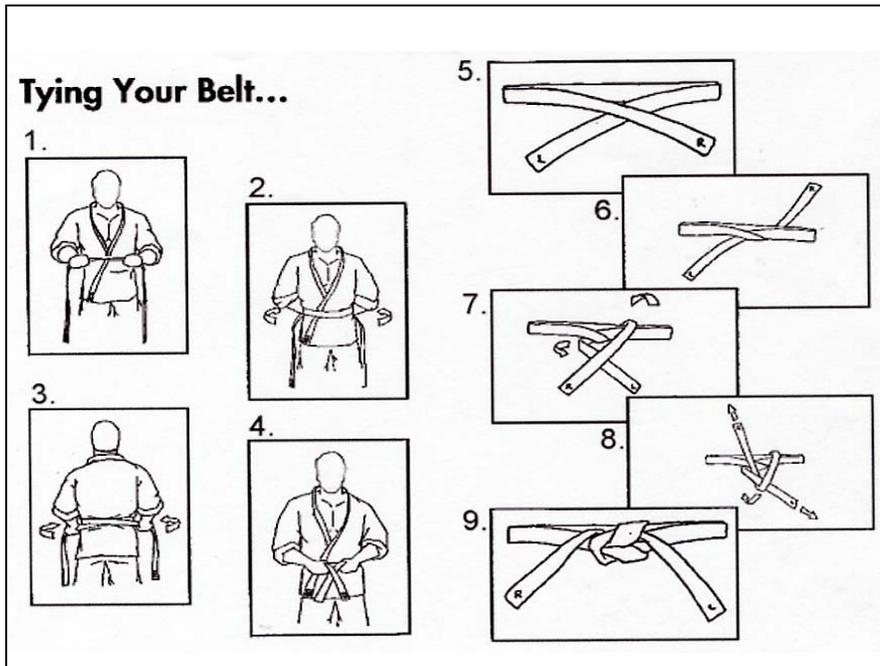
Japanese Phrases and Terms Body Names, Stances, and Techniques

Jodan	Face area
Chedan	Chest area
Gedan	Lower area of body
Empi	Elbow
Te	Hand
Ashi	Leg
Koshi	Hip
Shizentai	Natural stance
Neko ashi dachi	Cat stance
Uchi	Striking
Sonobazuki	Standing punch
Junzuki	Front punch
Gyakuzuki	Reverse punch
Kette Junzuki	Kick & step in punch
Kette Gyakuzuki	Kick & reverse punch
Mawatte Jodanuke	Turn & face block
Mawatte Gedanbarai	Turn & down block
Uke	Block
Uchi uke	Inside block
Soto uke	Outside block
Uraken	Back fist punch
Mawashigeri	Roundhouse kick
Maegeri	Front snap kick
Ushiro-geri	Back kick
Yoko-geri	Side kick
Kekomi	Side thrust kick
Jodan ageuke	Rising block
Gedan-barai	Dawn block
Shutoh-uke	Knife hand block

USA WADO-RYU KARATE-DO PRICE LIST

UNIFORM (GI)			
SIZE	Average Height	PRICE	
		Regular weight 100% cotton	Heavy weight 100% cotton canvas
000	3' 0"	\$49	N/A
00	3' 3"	\$50	N/A
0	3' 7"	\$51	\$75
1	3' 11"	\$52	\$78
2	4' 7"	\$53	\$81
3	5' 2"	\$54	\$84
4	5' 6"	\$55	\$87
5	5' 9"	\$56	\$90
6	6' 1"	\$57	\$93

USA Wado-ryu passport	\$25
Hand protector	\$30
Head guard	\$35
Chest guard	\$40
Shin & Instep guard	\$30
Mouthpiece with case	\$5
Athlete cup	\$15
Karate gear bag	\$40
American Flag patch	\$5



BIOGRAPHY OF SENSEI SHOJI NISHIMURA



Shoji Nishimura is a chief karate instructor of USA Wado-ryu* Karate-do Renmei in California. He has over 35 years experience in Karate and has 7th degree black belt. In 1977, he was the karate club captain of Rissho University in Tokyo, Japan. While he was in the club, he participated in many kinds of karate tournaments and won many awards including several fighting-spirit prizes. He got the following awards at the tournaments in the U.S., Japan and England:

1982	4 th place in KATA (forms), Arizona Karate Championship
1983	3 rd place in KUMITE (sparring), Arizona Karate Championship
1984	2 nd place in KUMITE, Karate Championship, U.C. Irvine
1985	1 st place in KUMITE, Arizona Karate Championship
1985	1 st place in KATA, Arizona Karate Championship
1990	8 th place in KATA, International Karate Championship, Tokyo, Japan
1990	16 th place in KUMITE, International Karate Championship, Tokyo, Japan
1992	2 nd place USA Team, International Karate Championship, Tokyo, Japan
1994	4 th place in KATA, International Karate Championship, Tokyo, Japan
1994	The meritorious award was given by his alma mater
1996	2 nd place in KATA, Utah Open Karate Championship
1999	3 rd place in KATA, National Karate Championship, Tokyo, Japan
1999	4 th place in KATA, World Karate Championship, Tokyo, Japan
1999	The meritorious award was given by International Federation of Wado-ryu Karate-do Organization
2002	2 nd place in KATA, National Karate Championship, Tokyo, Japan
2002	3 rd place in KATA, World Karate Championship, Tokyo, Japan
2002	Special lecture award from Ambassador of Japan
2003	Special recognition from California senator
2004	The Minister for Foreign Affairs award from the foreign minister of Japan
2004	Outstanding award, National Karate Championship, Tokyo, Japan
2005	Best 4 in KATA, International Championship, Reading, England
2006	Final 8 in KATA, National Karate Championship, Tokyo, Japan

PHILOSOPHY of KARATE-DO

The way of martial arts must not be mere fighting technique, but rather the way of peace and harmony, which is more difficult to attain than victory by violence. The goal of practice and training is to bring about peace and harmony within oneself and others. Strong will power, motivation, a healthy body, and deep understanding can achieve this. Discipline of this kind is much needed in the modern world. These are the philosophies of Japanese Karate-Do.

*Wado-ryu is one of four major karate style in Japan. He and his studio are officially recognized instructor and branch in the U.S. by International Federation of Wado-ryu Karate-do Organization Headquarters, Tokyo, Japan.

SUHARI

守 破 離

SU means to obey, observe, or follow. Therefore the teachings (spiritual and technical) of predecessors should be followed faithfully.

HA means to 'break'. After mastering these teachings thoroughly, develop them even further.

RI means to separate from, or part from. Create new superior things quite apart from the two previous stages 'SU' and 'HA'. This doctrine is not only applicable to Martial Arts but to all art.

However, it is not possible to achieve all this in five or even ten years. You need inherent ability. Even then you need devoted training for many years. This may be virtually impossible in modern times. Finally 'SU HA RI' does not mean obeying blindly, breaking away for personal gains, or creating different things for the sake of it just to please yourself or your students.

Loyalty is one of the most important aspects of Martial Arts.

米國和道流空手道連盟 善修會