

# Dojo Kun

<p><b>Seek perfection of character</b> <b>Be Faithful</b> <b>Endeavor</b> <b>Respect others</b> <b>Refrain From Violent Behavior</b></p>
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Japanese translation:

HITOTSU! JINKAKU KANSEI NI TSUTOMURU KOTO!

HITOTSU! MAKOTO NO MICHIO MAMORU KOTO!

HITOTSU! DORYOKU NO SEICHIN O YASHINAU KOTO!

HITOTSU! REIGI O OMONZURU KOTO!

HITOTSU! KEKKI NO YU O IMASHIMURU KOTO!

To hear the Dojo Kun in Japanese, follow this link:

<http://www.iskf.com/dojokun.html>

## Common vocabulary used in the Dojo

DO	Literally means the way, the path or the approach. Almost all words signifying Japanese arts end in “DO,” suggesting that the art is the means and the way for the ultimate perfection of human character.
DOJO	The original meaning was a place used for religious exercises. The term is now also used for places where martial arts are practiced.
KARATEKA	One who practices Karate
SENSEI	A teacher
SEMPAI	A senior person in a school or organization
DOHAI	A person of equal rank in a school or organization
KOHAI	A junior person in a school or organization
GI or DOGI	A uniform
SHOMEN	The front wall of the dojo
SEIZA	A formal Japanese way of sitting on the floor with one's knees bent
MOKUSO	“Meditation or quiet contemplation” which is used to achieve mental and physical quiet and tranquility before and after training
REI	A command to bow. Bowing may be done from either the standing or sitting position.  Examples of bowing commands:  SENSEI NI REI - Bow to the teacher  OTAGAI NI REI - Bow to each other
KAT A	A formal exercise of form

KUMITE	Sparring
	Examples of sparring:
	SAN BON KUMITE: Pre-arranged three punch sparring
	IPPON KUMITE: Pre-arranged one punch sparring
	JIYU KUMITE: Free style sparring, no pre-arrangement
KIME	Split second focus of strength and technique or concentration
YOI	Command to prepare for movement, “Attention,” ready stance
HAJIMB	Command to start or begin
YAME	Command to stop of finish
MAWATE	Command to turn around
KIAI	Scream or yell at the point of focus
SUWATE	Sit with legs crossed in a relaxed but alert position with back straight and not leaning against anything

Most exercises in the dojo are counted in Japanese. Therefore, students need to learn to count to ten in Japanese.

#### JAPANESE NUMBERS

1 = ICHI	6 = ROKU
2 = NI	7 = SHICHI, NANA
3 = SAN	8 = HACHI
4 = SID, YO, YON	9 = KU
5 = GO	10 = JU

100 = HAYKU

To count from 11 through 100 simply combine the appropriate numbers.

For example:

20=NI JU  
 23=NI JU SAN  
 56 = GO JU ROKU

# MAJOR KARATE STANCES AND TECHNIQUES

During formal training sessions, class directions are given in Japanese with some English clarification. The terms listed below are the names for the major stances and moves that are used during class.

## Major Stances used in Karate:

1. SHIZEN- TAI — Natural position
2. ZENKUTSU-DACHI — Front stance
3. KIBA-DACHI — Side stance or horse riding stance
4. KOKUSU-DACHI — Back stance

## Major Techniques used in Karate:

### 1. Blocks:

- a) GEDAN BARAI — Down block
- b) SOTO-UKE — Outside midlevel block
- c) UCHI - UKE — Inside midlevel block
- d) SHOTO-UKE — Knife hand block
- e) JODAN-UKE — Rising block or upper guard

### 2. Strikes:

- a) OI-SUKI — Front punch
- b) GY AKU-ZUKI — reverse punch
- c) NUKITE — Finger thrust
- d) EMPI-UCHI —Elbow strike

### 3. Kicks:

- a) MAE-GERI — Front kick
- b) YOKO-GERI — Side kick
- c) MAWASHI-GERI — Round house kick
- d) USHIRO-GERI — Back kick
- e) KEKOMI — Thrust kick
- f) KEAGE — Snap kick

### 4. Target Areas:

- a) JODAN — Includes face, neck and head area
- b) CHUDAN — Area above the waist - chest, sides and upper back
- c) GEDAN — Areas below the waist and the lower trunk area

# KARATE TERMS

1 Ichi	2 Ni	3 San	4 Shi	5 Go	6 Roku	7 Shichi	8 Hachi	9 Ku	10 Ju
		HIDARI -LEFT				MIGI-RIGHT			
		YOI				READINESS			
		JODAN				UPPER (FACE) LEVEL			
		JODAN-UKE				UPPER BLOCK			
		JODAN AGB-UKE				UPPER LEVEL RISING BLOCK			
		JODAN -ZUKI				UPPER LEVEL PUNCH			
		CHUDAN				MIDDLE LEVEL			
		CHUDAN-ZUKI				MIDDLE LEVEL PUNCH			
		CHUDAN-UKE				MIDDLE LEVEL BLOCK			
		GEDAN				LOWER LEVEL			
		GEDAN BARAI				DOWNWARD BLOCK			
		GEDAN-ZUKI				LOWER LEVEL PUNCH			
		<b>DACHI</b>				<b>STANCE</b>			
		KOKUTSU-DACHI				BACK STANCE			
		HANGETSU-DACHI				HALF-MOON STANCE			
		ZENKUTSU-DACHI				FRONT STANCE			
		KIBA-DACHI				STRADDLE LEG STANCE			
		SOCHIN-DACHI				DIAGAONAL STRADDLE LEG STANCE			
		KEAGE				SNAP KICK			
		KEKOMI				THRUST KICK			
		MAE-GERI				FRONT LEG KICK			
		USHIRO-GERI				BACK KICK			
		MAWASHI-GERI				ROUNDHOUSE KICK			
		<b>ZUKI</b>				<b>PUNCH</b>			
		CHOKU-ZUKI				STRAIGHT PUNCH			
		GYAKU-ZUKI				REVERSE PUNCH			
		OI-ZUKI				LUNGE PUNCH			
		<b>UKI</b>				<b>BLOCK</b>			
		AGE-UKE				RISING BLOCK			
		SHUTO-UKE				SWORD HAND BLOCK			

# Shotokan Karate Ranking System

The ranking system of Shotokan Karate has two divisions. The first division is called “KYU” and refers to ranks below Black Belt level. Students in the KYU ranks wear colored belts. The second division is called “Dan” and refers to ranks of the Black Belt level.

Students progress through the ranking system by means of examination. KYU examinations are given at least every four months.

At the examination, the student is asked to perform in three areas:

1. KATA - Formal exercise
2. KIHON - Basic techniques of punching, kicking & blocking
3. KUMITE - 3 step or 1 step sparring for a display of technique in a controlled setting.

Performance is evaluated, and the student is awarded a rank appropriate for the level of proficiency exhibited.

There are ten “KYU” ranks. 10<sup>th</sup> Kyu is the lowest and 1<sup>st</sup> Kyu is the highest rank, below Black Belt (Shodan).

10 <sup>th</sup>	Kyu	Jukyu	White Belt
9 <sup>th</sup>	Kyu	Kukyu	Striped Belt
8 <sup>th</sup>	Kyu	Hachikyu	Yellow Belt
7 <sup>th</sup>	Kyu	Shichikyu	Orange Belt
6 <sup>th</sup>	Kyu	Rokukyu	Green Belt
5 <sup>th</sup>	Kyu	Gokyu	Purple Belt
4 <sup>th</sup>	Kyu	Yonkyu	Purple Belt
3 <sup>rd</sup>	Kyu	Sankyu	Brown Belt
2 <sup>nd</sup>	Kyu	Nikyu	Brown Belt
1 <sup>st</sup>	Kyu	Ikkyu	Brown Belt

“Dan” examinations are administered when appropriate. Black Belt ranks begin with Shodan and end with the almost unobtainable Judan. Students progress through the “Dan” ranks by means of examination with many years of training and practice between promotions.

# Dojo Etiquette

**Listed below are behaviors to be followed by all Karate students (both youth and adult). Adherence will make training together safer and will ensure proper dojo conduct.**

1. Always bow when entering and leaving the training area.
2. Do not wear metal jewelry and watches in class.
3. Do not chew gum or eat in class.
4. Keep your fingernails and toenails clipped.
5. Keep your gi and body clean.
6. Dress and warm up before the start of class.
7. Remove shoes before entering the training area.
8. Always address the instructor as “SENSEI” and senior students (Black and Brown belts) as “SEMPAI.”
9. Bow to Sensei and any other black belts as a greeting and to show respect as they enter the training area.
10. At the start of class:
  - a. Line up by rank quickly and quietly (senior students to the left side).
  - b. At the command “SEIZA” sit down together, keeping the line straight. Seiza is accomplished by kneeling down in the formal Japanese way of “sitting.” Posture is straight, chin is tucked and the hands rest on the thighs.
  - c. At the command “MOKUSO” meditate with eyes closed.
  - d. At the command “MOKUSO YAME” stop meditating and open your eyes.
  - e. At the command “SHOMEN NI REI” bow to the Shomen showing respect.
  - f. At the command “SENSEI NI REI” bow to the instructor showing respect.
  - g. Stand up AFTER your seniors. The most senior student will stand first.
11. Do not talk when the instructor is speaking to the class.
12. Respond to instructions with the word “OSSU.”
13. Ask permission from the instructor to leave class early.
14. When you are late for class:
  - a. If the class is meditating, wait quietly outside the doorway until meditation is over.
  - b. Warm up outside the training area.
  - c. Do self-meditation at the back of the training area and then stand and wait at the front of the room for the instructor to signal you to join the class.