

ASH'S OKINAWAN KARATE

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Karate is an individual endeavor. Each person is taught and advanced according to his/her own ability. Initially, you will learn a basic foundation of karate techniques on which to build. Fundamentals of actual street and sport karate are later incorporated into your training as well as the Isshinryu kata. All classes include stretching and calisthenics. To be effective in karate, you must be in optimum shape.

This book lists the **minimal** testing criteria for each belt level. Your sensei will decide when you are ready for testing, even if you have met the listed criteria. The rank criteria are simply a guide for the student. Practice is very important to prepare yourself for learning and advancement.

To be a true black belt, you must not rush through the kyu ranks. Take advantage of that time to practice and improve all techniques and kata. We can never stop learning or improving ourselves. The secret of martial arts success is practice.

Like uniforms are required during class representing tradition and equality in students.

The main objective of Isshinryu is the perfection of oneself through both physical and mental development. Ash's Karate combines teaching Isshinryu karate with a well-rounded exercise program.

MISSION STATEMENT: To instill confidence, courtesy, and respect while building mental and physical strength, self discipline, balance, focus, endurance and perseverance in students so that they may empower themselves to overcome physical and mental obstacles, build character and unify mind, body and spirit.

Dojo Rules

Always bow when entering or leaving
the workout area

Once class starts, no horseplay
Have a serious attitude

When lining up, no talking, feet together,
hands at your sides

No talking during class
Please raise your hand if you have a question

No gum or candy in class

Turn your back to the Sensei and class
when fixing your gi or belt

No shoes or socks allowed in dojo

Lil' Dragons

How can my child benefit from Karate?

We understand the problems unique to youngsters, and the concerns parents naturally have. The well organized, professionally planned Lil' Dragons' program is designed to be valuable for parents in the task of building a child's self confidence, positive outlook and self esteem. They learn to take pride in themselves and their accomplishments, soon come out of their shells, begin to participate, and learn to make friends easier. Attention spans increase as do motor skills and performance at sports and other activities.

Also, learning how to deal with "strangers" or unusual situations is very important in today's society and we teach kids stranger safety issues.

In this class, the children will be able to advance in rank up to Orange belt. When it is time for him/her to test for a belt, one of our instructors will tell you in advance.

Our main goals are to have your child benefit from individual and group physical activities, encourage discipline and respect, learn stranger safety, improve listening skills, follow directions and have fun! Advancing in belt levels is not our first priority in the Lil' Dragons' program.

Job Lists

We currently have a "Job List" in effect which helps students and parents evaluate all aspects of a student's life including home, school and behavior. Every week that the job list is completed, signed and approved by a sensei, the student will receive a "Karate Dollar" that can be used towards the purchase of "Karate Dollar" items.

Lil' Dragons' Codes

1. Never talk to strangers
2. Never punch or kick other people (family, friends, classmates)
3. Always do your very best
4. Always follow directions
5. Always be respectful

HISTORY OF ISSHINRYU

Born in 1906, Tatsuo Shimabuku began training in Karate at the age of eight. His first instructor was his uncle, who taught Shuri-te Karate 12 miles away in the town of Shuri. Each day, Shimabuku would walk to Shuri and perform certain chores in exchange for his Karate training.

Later, Shimabuku studied Master Chotoku Kyan's style of Shorin-Ryu. He also studied Goju-Ryu under Master Chojun Miyagi. Master Shimabuku studied under Master Choki Motobu, who at this time was a legend on the island of Okinawa for his fighting ability.

Tatsuo Shimabuku won great recognition for his kata at a large Martial Arts festival. He began to study Kobudo (Okinawan weapons) under Okinawan weapons' Master Taira Shinken. By this time, Shimabuku had developed an outstanding reputation throughout the island of Okinawa.

At the beginning of World War II, Shimabuku was a karate instructor and owned a small manufacturing plant. The plant was destroyed in the early part of the war. In order to avoid being forced into military service by the Japanese soldiers, Shimabuku hid in the mountains. The Japanese soldiers found him. They agreed to keep his hiding place a secret if he would teach them karate. Shimabuku continued to farm and practiced karate in private for his own spiritual and physical benefit.

Master Shimabuku included what he felt were the "best" elements from each style into a new system, which he called Isshinryu, which means "one heart style". The official birth date of Isshinryu is January 15, 1956. Isshinryu epitomizes the powerful, lightning-fast techniques that, in ancient time, enable the weaponless Okinawans to defeat the sword-wielding Samurai Warrior of Japan.

In developing Isshinryu, Master Shimabuku utilized the sage oriental philosophy of the "hard" and the "soft", which emphasizes strength through speed and accuracy. Muscles are relaxed until the point of contact. He used a vertical punch with the thumb placed on top of the fist, which strengthened the wrist. This style of punch could be easily forced, produced increasing speed, was easily retracted and avoided positions in which the elbow could be injured. This way of punching also fit into the solar plexus better.

For Isshinryu, Shimabuku used what he felt were the best katas from Shorin-Ryu and Goju-Ryu. These katas are common to most styles of Okinawan karate. These katas were modified by Shimabuku to fit the mold that he designed for Isshinryu. The only kata Master Shimabuku created himself is Sunsu, meaning "strong man", Shimabuku's nickname. Sunsu embodies techniques from other katas. Shimabuku's given name at birth was Shinkichi.

On May 30, 1975, Grandmaster Shimabuku died. His dream continues to live on. Thousands of men, women, and children keep his dream alive by studying Isshinryu the world over.

LIL' DRAGON TESTING CRITERIA

RANK REQUIREMENTS FOR JUNIOR YELLOW BELT:

*Lil' Dragons' testing is not based on number of classes attended, but on his/her ability to perform the required techniques, basic stances and self-defense as well as behavior in class. Each child advances at his/her own pace. Abilities vary with each child.

PUNCHES:

Straight punch (Seiken Oit Tsuki)

Upper cut punch (Jodan Oit Tsuki)

Opposite straight punch (Seiken Gyaku Tsuki)

Opposite upper cut punch (Jodan Gyaku Tsuki)

KICKS:

Straight front kick (Mae Geri)

Forward angle kick with blade of foot (Sokoto Geri)

Side kick

SELF DEFENSE:

Wrist grab

Hook punch

Know and be able to verbally list the five Lil' Dragon codes.

Listening skills and being able to consistently follow directions in class are an important factor.

RANK REQUIREMENTS FOR 9TH KYU (YELLOW BELT):

* Must be able to perform all previous techniques from Junior Yellow belt as well as those listed below

PUNCH/BLOCK COMBINATIONS:

Upper area block, straight punch with opposite arm (Jodan Uke/Seiken tsuki)

Middle area block, straight punch with opposite arm (Chudan Uke/ Seiken tsuki)

Lower area block, straight punch with opposite arm

KICKS:

Cross thrust kick (Shoba Konate)

Kick out to side with blade of foot (Yoko Geri)

Turn to side in cat stance, front kick (Shoba Geri)

SELF-DEFENSE:

Front choke

Lapel grab

Must be able to verbally list the Lil' Dragon codes

Listening skills and being able to consistently follow directions in class is an important factor.

Must know how to address a black belt instructor: "Sensei"

Must know how to address a brown belt instructor: "Sempai"

Must know the name of the style of karate he/she is learning: "Isshinryu"

Must know the name of the master of Isshinryu: "Master Shimabuku"

RANK REQUIREMENTS FOR JUNIOR ORANGE BELT:

- Must be able to perform all previous techniques from Junior Yellow and Yellow belt as well as those listed below

BLOCK/PUNCH COMBINATIONS:

Open hand upper block, upper cut (Jodan Tegata Uke, Jodan Tsuki)

Open hand middle block, spear hand (Tegata Barai, Nukite)

Back fist to nose, opposite arm straight punch (Ura Uchi, Seiken Tsuki)

KICKS:

Step right, kick left (Otoshi Geri)

SELF-DEFENSE:

Hair grab

*Must be able to verbally list the five Lil' Dragon codes

Listening skills and being able to consistently follow directions in class is an important factor.

Must know how to address a black belt instructor: "Sensei"

Must know how to address a brown belt instructor: "Sempai"

Must know the name of the style of karate he/she is learning: "Isshinryu"

Must know the name of the master of Isshinryu: "Master Shimabuku"

RANK REQUIREMENTS FOR 8TH KYU (ORANGE BELT):

*Must be able to perform all techniques to date as well as those listed below.

BLOCK/PUNCH COMBINATIONS:

Upper area block, 5 rapid punches (Jodan Uke, go den Joku Tsuki)

Middle area block, 5 rapid punches (Chudan Uke, go den Joku Tsuki)

Lower area block, 5 rapid punches (Gedan Barai, go den Joku Tsuki)

KICKS:

Straight forward heel thrust kick (Mae Konate)

Knee strike (Hiza Geri)

SELF-DEFENSE:

Two-handed choke from behind

Head lock

*Must be able to verbally list the five Lil' Dragon codes

Listening skills and being able to consistently follow directions in class is an important factor.

* Must know the answers to the Isshinryu history questions listed on page 9.

Knowledge of the following is required before the student tests for yellow belt (8th KYU). This is a sample of questions that may be asked on the test.

1. "What style of karate do you take?" Isshinryu
2. "What does Isshinryu mean?" One heart style
3. "Who made up Isshinryu karate?" Master Tatsuo Shimabuku
4. "When was Master Shimabuku born?" 1906
5. "When did Master Shimabuku make up Isshinryu?" January 15, 1956
6. "When did Master Shimabuku die?" May 30, 1975
7. "What does KARATE mean?" Empty hand
8. "What country does Isshinryu come from?" Okinawa
9. "Why do we punch with the thumb on top of the fist?" To make the wrist stronger
10. "Why do we keep bent knees in the stances?" For better balance, to protect the knees from injury
11. "Why do we step in a semicircle when stepping?" To feel the ground, to protect the pelvis from kicks
12. "Why do we punch vertical rather than horizontal?" To protect the elbow from injury, the punch is also less likely to get jammed, the punch will be faster, and it fits into the solar plexus better
13. "What is a karate school called?" Dojo
14. "What is a uniform called?" Gi
15. "What is the belt called?" Obi
16. "What two styles make up Isshinryu?" Shorin Ryu and Goju Ryu
17. "Where is a person's center of balance?" Two inches below the belly button

KARATE TERMS (basic punches & kicks) – PRONUNCIATION

Mae Geri - my gary

Sokuto Geri - so ku toe gary

Shoba Konate - sho ba ko nah tay

Yoko Geri - yo ko gary

Shoba Geri - sho ba gary

O Toshi Geri - o tosha gary

Mae Konate - my ko nah tay

Hiza Geri - heeza gary

Seiken Oitsuki - say ken oyt soo kee

Jodan Oitsuki - joe don oyt soo kee

Seiken Gyaku Tsuki - say ken gee ack soo kee

Jodan Gyaku Tsuki - joe don gee ack soo kee

Jodan Uke Seiken Tsuki - joe don ookee say ken soo kee

Chudan Uke Seiken Tsuki - chew don ookee say ken soo kee

Gedan Barai Seiken Tsuki - gay don bah rye say ken soo kee

Jodan Tegata Uke Jodan Tsuki - joe don teh gahta ookee joe don soo kee

Tegata Barai Nukite - teh gahta ba rye noo kitay

Ura Uchi Seiken Tsuki - oora oochi say ken soo kee

Jodan Uke Go Den Joku Tsuki - joe don ookee go den joe koo soo kee

Chudan Uke Go Den Joku Tsuki - chew don ookee go den joe koo soo kee

Gedan Barai Go Den Joku Tsuki - gay don bah rye go den joe koo soo kee