



ADULTS HANDBOOK

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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.

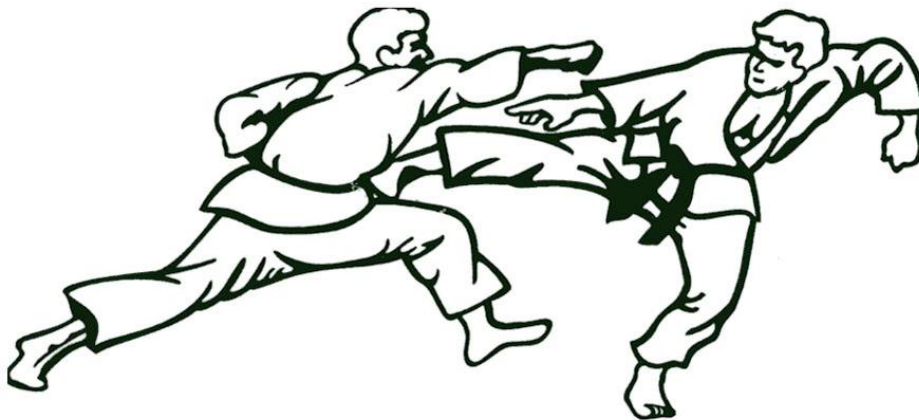
This book lists the **minimal** testing criteria for each belt level. Your sensei will decide when you are ready for testing, even if you have met the listed criteria. The rank criteria are simply a guide for the student. Practice is very important to prepare yourself for learning and advancement.

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, which are purchased through the dojo. If you purchase a gi elsewhere, you must check with your Sensei ahead of time to make sure it can be worn in the dojo.

The main objective of Isshin-Ryu is the perfection of oneself through both physical and mental development. Bozeman 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.



BOZEMAN KARATE POLICIES

1. All students must wear clean repaired uniforms at all times. A full gi is to be worn at all times. No t-shirts are acceptable.
2. No shoes are allowed on the dojo workout area. Shoes should be left on the shoe rack in the entry.
3. All students testing for blue stripe (7th kyu) and higher must be a current member of the UIKA.
4. Students must not wear any form of jewelry during class.
5. No one may wear any patches other than Mizu Gami, UIKA, or USA-NKF patch on their uniform.
6. Any student competing in tournament competition must wear a traditional white uniform with the appropriate patch (Mizu Gami or USANKF patch for open tournaments and USANKF patch for USA-NKF tournaments)
7. Please arrive at the dojo early enough to change into your uniform and be ready when the class or event is called to order.
8. At the point of entering or leaving the workout area, you must face into the workout area and bow.
9. Students must not chew gum or eat candy in the dojo during class.
10. During formal classes, please ask permission of an instructor to leave class.
11. Respect all senior ranks and address black belts as Sensei. You may address brown belt instructors as Sempai.
12. Students must be obedient and attentive to the instructors at all times. Students must not idly sit or lie on the floor.
13. Students must remain quiet and attentive in the dojo, even when not exercising or practicing. Students must not engage in idle chatter in the dojo, especially during class.
14. Students must always be helpful and courteous to lower ranks.
15. All sparring must be supervised by a black belt. No unsupervised sparring or horseplay. Sparring is mandatory beginning at 5th Kyu level.
16. Absolutely no profanity in the dojo.
17. Never ask a black belt to spar. Always wait to be asked by any higher rank.
18. Never ask when you will be tested for your next rank. Your Sensei will determine your readiness and will inform you of when you are to be tested.
19. No student should work out with or spar at any other karate or martial arts school without permission of your head Sensei. (This is for your own protection)
20. All students interested in tournament competition must obtain permission from their head Sensei to participate.
21. Any student who shows lack of respect for any Sensei from Bozeman Karate or any black belt at a tournament or elsewhere faces dismissal from Bozeman Karate.
22. Kids that are under 16 years and achieve the rank of black belt are considered "Junior Black Belts". They are expected to uphold a good attitude and be a good example to all students in and out of the dojo. If the Sensei feels they are not upholding these standards, the student will

be asked to wear a brown belt again. If a junior black belt is not active by the time he/she reaches age 16, he/she will not be recognized as a black belt by Bozeman Karate or any other Isshin-Ryu organization. If the junior black belt is active by the age of 16, they will be given a black belt certificate and THEN be recognized as a black belt. If a junior black belt quits Bozeman Karate then wishes to return, the Sensei has the right to have them wear a brown belt again and retest for black belt when the Sensei feels they are ready.

23. When adjusting your gi or belt during class, it is respectful to turn your back to the class and instructors when doing so.

24. No student is to teach or correct another student in the dojo or at home unless instructed to do so by the Sensei.

25. We strongly encourage students to participate in at least one of Bozeman Karate's fundraiser or charity event each year.

* All martial art students should and are expected to uphold a good moral character.

Remember, everything you do in the dojo or at an event (tournament), you represent Bozeman Karate and most importantly, *you represent yourself!*

WHY STUDY ISSHIN-RYU?

Isshin-Ryu is an Okinawan form of self-defense (karate). This style of Okinawan karate was developed by Master Tatsuo Shimabuku (1906-1975). He studied two of the major karate styles of Okinawa, Shorin-Ryu and Goju-Ryu, under famous Masters Chotoku Kyan (Shorin-Ryu) and Chojun Miyagi (Goju-Ryu). He also trained with Choki Motobu who was famous for his fighting abilities. Master Shimabuku studied weapons with Taira Shinken.

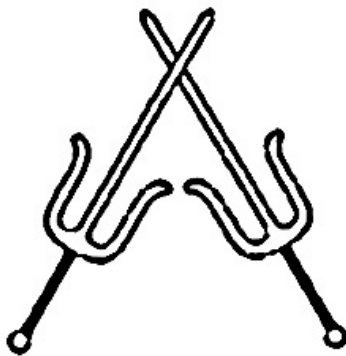
Isshin-Ryu epitomizes the powerful, lightning-fast techniques that, in ancient times, enabled the weaponless Okinawans to defeat the sword-wielding Samurai Warriors of Japan. The main objective of Isshin-Ryu is the perfection of oneself through both physical and mental development. As students learn the art of self-defense, they acquire selfconfidence, self-discipline, and the ability to concentrate. Isshin-Ryu Karate combines a well-rounded exercise program with some important advantages over other styles, including:

- **Isshin-Ryu** kicks and punches are thrown from natural stances, eliminating wasted motions.
- **Isshin-Ryu** stresses proficiency with both hand and foot techniques.
- **Isshin-Ryu** stresses "close-in" techniques necessary for "street fighting" where you do not have time for elaborate, time-consuming wind-ups.
- **Isshin-Ryu** was designed to follow natural body movements.
- **Isshin-Ryu** will help you physically with an aggressive exercise program that will improve your muscle tone, build strength and condition you aerobically. It improves your focus, concentration, and may help reduce your stress.

DOJO OATH

- We will train our hearts and bodies for a firm, unshaken spirit.
- We will pursue the true meaning of the martial way so that in time our senses may be alert.
- With true vigor, we will seek to cultivate a spirit of self-denial.
- We will observe the rules of courtesy, respect our superiors, and refrain from violence.
- We will pay homage to our creator and never forget the true virtue of humility.
- We will look upwards to wisdom and strength, not seeking other desires.
- All our lives, through the disciplines of karate, we will seek to fulfill the true meaning of the way.

. . . Written by **Isshin-Ryu's** founder **Tatsuo Shimabuku**



STUDENT CREED

- I intend to develop myself in a positive manner and avoid anything that would reduce my mental growth or my physical health.
- I intend to develop self-discipline in order to bring out the best in myself and others.
- I intend to use what I learn in class constructively and defensively; to help myself and my fellow man and never to be abusive or offensive.



FORMALITIES FOR THE KARATE-KA

Bows are the traditional oriental way of displaying respect with humility. Informal bows, Tachi-Rei, are executed by standing with heels together, feet pointed on a 45-degree angle, hands at your sides, palms turned toward your thighs, and bowing from the waist, keeping your back and neck straight.

Tachi-Rei is used to begin and end an informal class and before and after each of the following:

- Addressing a sensei
- Entering or leaving the dojo
- At the beginning and end of class
- Kata
- Kumite

When in the dojo, all students should treat higher-ranking students and black belts with the respect attributed to their rank. When asking a question or wishing to talk to an instructor, execute a Tachi-Rei before and after.

All black belts must be addressed as "Sensei" at all times in the dojo, at tournaments and at seminars. There are no exceptions.

Never ask when you will be tested and never ask a Sensei to spar.

DOJO RULES

No Profanity

No Unsupervised Sparring

No Horseplay

Always Have a Serious Attitude

No Talking During Class Unless You Are Being Instructed

Never Wear Shoes On Workout Area

Always Bow When Entering Or Leaving Workout Area

**Always Bow To Black Belts and Wait Until They
Respond With A Bow Before Asking Questions**

**Always Treat Higher Ranks With The Respect
Due Their Rank**

Always Have A Clean Gi

TRAINING SAFETY TIPS

1. Always let the instructor know of any physical limitations or illness.
2. If there are any limitations, make sure your doctor knows and approves of you practicing karate.
3. It is good to drink a good bit of water (at least 12 oz.) before coming to class. This will help you to avoid dehydration.
4. Workouts can be physically challenging. Any time you feel over tired or ill or feel pain, please let the instructor know so that you can rest.
5. Do not try to stretch to your maximum at the beginning of a class. Take it slowly at first then go further as you feel warmed up.
6. When stretching, always breathe deep, in through your nose, out through your mouth and relax all of your muscles. Do not stretch until the point of pain. As soon as you feel tightness, hold at that point! Do not bounce as you stretch.
7. When doing sit-ups and crunches, always keep your knees bent. It takes strain off of your back.
8. Remember to breathe when exercising. Many people hold their breath because they are straining. Breathing properly will relax you and supply your body with more oxygen!
9. When kicking or punching, never throw the first few as fast or hard as you can. Always build up to your maximum power and speed.
10. Any time you are performing punches, kicks, blocks or even just standing in place, never lock out a joint.
11. Karate is physically challenging. Techniques that you are not comfortable with in the beginning will improve. Exercises that are hard for you will get better as you strengthen your muscles. Please ask an instructor for help if you do not understand something or if you are having trouble.

CODES OF KARATE

1. A person's heart is the same as Heaven and Earth
 2. The blood circulating is similar to the Moon and Sun
 3. A manner of inhaling and exhaling is either hard or soft
 4. A person's unbalance is the same as a weight.
 5. The body should be able to change direction at any time
 6. The time to strike is when opportunity presents itself
 7. The eye must see all sides
 8. The ear must listen in all directions
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KARATE CREED

I come to you with only Karate
"Empty Hands".
I have no weapons,
but should I be forced to defend myself,
my honor, or my principles;
should it be a matter of life or death,
or right or wrong,
then here are my weapons . . .
"My Empty Hands".

HISTORY OF ISSHIN-RYU

The founder of Isshin-Ryu Karate was an Okinawan, Tatsuo Shimabuku. Born in 1906, Tatsuo Shimabuku's given name at birth was Shinkichi. He 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 Tatsuo Shimabuku studied with 3 very famous Karate masters.

The first was Master Chotoku Kyan of Shorin-Ryu. Although it is not known how long he studied under Kyan, Kyan's karate had a great influence on Master Shimabuku's Isshin-ryu. Kyan was well known for his skills in the martial arts. It was said that he was the master of the jump front kick. He was a very small man but possessed great speed and power in his technique. Kyan taught many famous karate masters besides Master Shimabuku.

He also studied Goju-Ryu under Master Chojun Miyagi. Miyagi also was a very famous and respected Karate master of his time. As the founder of the Goju-Ryu style of Karate, Miyagi was a very sought after instructor. Miyagi was a large framed man and was known for his incredible strength. Miyagi trained many famous Karate masters.

Master Shimabuku studied under Master Choki Motobu. Motobu was a large man and was well known for his fighting abilities. He was probably most famous for defeating a professional boxer from Europe. Motobu was also instrumental in bringing Okinawan Karate to mainland Japan. Motobu was also a very sought after instructor and taught many famous Karate masters.

Master Shimabuku also studied Ryu Kyu Kobudo under Taira Shinken.

Like many things that break with tradition, Isshin-Ryu was not well received at first, but Master Shimabuku won great recognition for his kata at a large Martial Arts festival. 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 when World War II reached Okinawa. In order to avoid being forced into military service by the Japanese soldiers, Shimabuku hid in the mountains. Shimabuku continued to farm and practiced karate in private for his own spiritual and physical benefit. When the war was over and the Americans were rebuilding Okinawa, Master Shimabuku, like many other Karate masters, made their living teaching American service men.

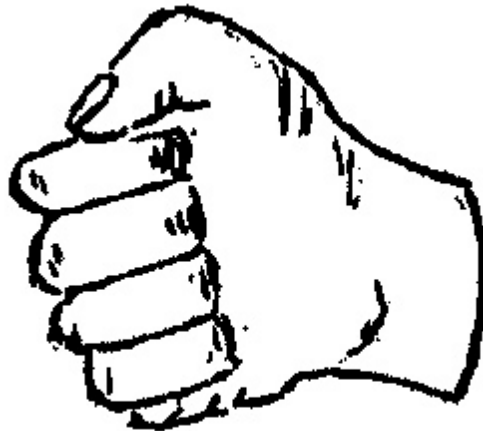
Master Shimabuku included what he felt were the "best" elements from each style into a new system, which he called Isshin-Ryu, meaning "one heart style". The official birth date of Isshin-Ryu is January 15, 1956. Isshin-Ryu epitomizes the speed and mobility of Shorin-Ryu and the strength of Goju-Ryu.

In developing Isshin-Ryu, 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 Isshin-Ryu, Shimabuku used what he felt were the best kata from Shorin-Ryu and Goju-Ryu. These kata are common to most styles of Okinawan karate. These kata were modified by Shimabuku to fit the mold that he designed for Isshin-Ryu. The only kata Master Shimabuku created himself is Sunsū, meaning “strong man”, Shimabuku’s nickname. Sunsū embodies techniques from both Shorin-Ryu and Goju-Ryu Karate.

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 Isshin-Ryu the world over.



HISTORY OF KARATE

Karate translated means “empty hand”. It is a term describing the oriental art of weaponless self-defense. Karate was founded on the principle of a mind-and-body unity. A karate program includes precise, sustained mental and physical conditioning to develop keen reflexes, excellent coordination and simultaneous command of the mind and body.

Karate is more than physical training. Its main objective is the perfection of oneself. Karate is an endless journey to self-mastery with many rewards along the way. Karate-Do means “empty hand way”.

Karate’s origin has been obscured by myths and legends. However, near the time karate was developing, it is known that many scoundrels would rob and kill travelers, not caring if the travelers were beggars or monks. Monks were not considered clergymen, nor were they allowed to carry weapons. In the monasteries, the monks were taught various forms of self-defense along with their Buddhist religion.

One legend has it that a monk named Bodhidharma, (Daruma Taishi, 500 A.D. to the Japanese) studied Buddhism in India before immigrating to China. He taught the Chinese people Buddhism at the temple of Shorin-Ji. Bodhidharma found it very difficult to teach the Indian form of Buddhism to the Chinese, so he taught Zen Buddhism, which he thought was easier to understand. Still finding difficulties in getting his students to comprehend, Bodhidharma added physical training to his teachings to keep his students’ minds from wandering. This included many self-defense techniques, which later became the basis for a style of karate known as Chinese Kempo, or Shorin-Ji Kempo.

The defensive art taught at the temple of Shorin-Ji was the finest in China for many years. There are many stories of the karate-kas that were produced there. Shorin-Ji Kempo eventually found its way to Okinawa and became an important factor in the development of Okinawan karate.

Legend tells of a shipwrecked Chinese sailor named Chinto, who hid in an Okinawan cave and stole food at night. The villagers complained, and Matsumura, the best Samurai, was sent to capture the sailor. When confronted Chinto successfully blocked or eluded each of Matsumura’s offensive techniques and then he ran away. Matsumura eventually found him hiding in a cemetery and befriended him. Chinto taught Matsumura his “form”. This form, that was thought to be from Shorin-Ji Kempo, was brought to Okinawa.

For approximately 400 years, Japan controlled the island of Okinawa with an iron fist. They confiscated everything that even resembled a weapon and blacksmiths were forbidden to manufacture any edged weapons. Karate, however, was taught in secret for hundreds of years, hidden and underground. Through the centuries, Japanese invaders were discovered dead. Rumors spread about the way they died, but nothing was documented. Few facts were known about karate in the outside world, except for the number of Japanese invaders who fell victim to its practitioners.

Karate remained underground in Okinawa until 1901 when a Master named Itosu opened the first karate school there.



ISSHIN-RYU PATCH

The Isshin-Ryu patch represents a vision that Master Shimabuku had while creating Isshin-Ryu. Shimabuku felt that this vision depicted the “mold” from which he wanted to fashion Isshin-Ryu. The patch symbolizes many aspects of Isshin-Ryu. Below is an explanation of each.

Mizu Gami – the female goddess who is half woman, half sea serpent. Master Shimabuku named her.

Mizu Gami is sitting calmly in troubled water, representing the quietness that a karateka should display in the midst of trouble.

Her left hand is held in a sign of peace, her right hand is clenched in a fist representing strength, if she had to protect herself.

The small dragon ascending in the dark toward three stars in the heaven represents a sign of good luck in Oriental legend. This may have meant that Isshin-Ryu would prosper and grow as a major style of karate. Also, Master Shimabuku’s first name, Tatsuo, means “Dragon Boy”.

The grey background and stars represent calm and quiet nights, signifying that karate is to be used as a defense only.

The three stars stand for the three aspects of karate: mental, physical and spiritual.

Some say that the three stars also stand for Shimabuku's instructors: Kyan, Miyagi, and Motobu.

The fourth star was added in 2002 by Master Harold Mitchum to represent Master Tatsuo Shimabuku.

ISSHIN-RYU PIONEERS IN THE U.S.

Master Shimabuku taught Isshin-Ryu Karate to many U.S. servicemen. There were four primary servicemen who brought Isshin-Ryu back to the states and spread it nationally.

Harold Mitchum – studied longer than any other American directly under Master Tatsuo Shimabuku. After returning to the United States, it is said the Master Harold Mitchum visited Master Shimabuku throughout approximately 17 years until Master Shimabuku's death in 1975.

In 1959, Master Shimabuku opened a second dojo. Master Mitchum taught Isshin-Ryu in the second dojo. He was the only American to teach Isshin-Ryu on Okinawa and the only one to teach Americans and Okinawans alike. Master Mitchum taught Isshin-Ryu in the southern United States. He is the founder and director of the UIKA (United Isshin-Ryu Karate Association). Master Mitchum is a 10th degree black belt.

Harold Long – began his teachings of Isshin-Ryu in California and later settled in his native state of Tennessee.

Steve Armstrong – established a dojo in Tacoma, Washington. Mr. Armstrong wrote many martial arts books.

Don Nagle – returned to the states to teach Isshin-Ryu to U.S. Marines at Camp Le Jeune in North Carolina. Upon discharge from the Marines, he moved to New Jersey and opened a dojo.



Sensei Mitchum May, 2009



Sensei Mitchum May, 2009

SENSEI JOHN & SENSEI CINDY INGRAM

Sensei John began studying Isshin-Ryu in 1974. Sensei Cindy began in 1977. They originally studied under Sensei Jim Canter from Florida. Sensei John first met Master Harold Mitchum when he traveled to Georgia with Jim Canter. Sensei Canter retired from teaching Isshin-Ryu shortly after Sensei John met Master Mitchum.

In 1986, Sensei John attended a U.I.K.A. seminar led by Master Harold Mitchum. Since that time, both Sensei John and Sensei Cindy have been training with Master Mitchum. They strive to perform kata and application of kata as Master Tatsuo Shimabuku did.

Both Sensei John and Sensei Cindy instructed Sensei Brian, Sensei Lisa and Sensei Kaitlyn. Sensei Brian began instruction with them in 1985, Sensei Lisa in 1990, and Sensei Kaitlyn in 1993 until moving to Montana in 1996. Senseis Brian, Lisa & Kaitlyn continue to train with the Ingrams and Master Mitchum as well as participate annually in the UIKA Symposium.

Sensei John is currently a Hachi Dan (8th degree) and President of the United Isshinryu Karate Association. He has had many noteworthy accomplishments throughout his karate career. Sensei John was inducted into the Isshin-Ryu Hall of Fame in 2007

Sensei Cindy is currently a Shichi Dan (7th degree) and Secretary/Treasurer of the United Isshinryu Karate Association. She also has had many accomplishments in karate competition. Sensei Cindy was inducted into the Isshin-Ryu Karate Hall of Fame in 2012.

Both Senseis John & Cindy received the UIKA "Lifetime Achievement Award". They currently have a dojo in New Port Richey, Florida, with over 200 students. They have a successful competition team that trains using international rules for traditional karate and participate in AAU (Amateur Athletic Union) tournaments.

Sensei Dan Holloway, Hachi Dan, is the Vice President of the UIKA. He was also inducted into the Isshinryu Hall of Fame in 2008.

For more information on them, visit their website at: www.ingramskarate.com



SENSEI BRIAN & SENSEI LISA ASH

Brian Sensei began training in the martial arts in 1981 in Toledo, Ohio. He joined a Chinese Kempo school with hopes of a kickboxing career. In 1985, Brian Sensei began training at the Ingram's Isshin-Ryu dojo in Palm Harbor, Florida. While training and teaching, he was able to win a Florida amateur kickboxing title.

Through the Ingrams, Brian Sensei was able to train with world kickboxing champions Jerry Clarke, Richard Hill and Jim Graden. Later, he competed around the state in kata and kumite.

Lisa Sensei began her training in Isshinryu Karate in 1990 at Ingram's Professional Karate Center. While training with the Ingrams, Lisa Sensei was the 1992 Florida State Champion in both Kata and Kumite.

After moving to the Northwest, Brian Sensei and Lisa Sensei competed in state, regional and national tournaments. In 2001, Brian Sensei won a Bronze medal in the Okinawan Rengokai World Championships held in Atlanta, Georgia. Brian Sensei went on to win two national titles in the AAU Karate National Championships in 2003 and 2004. In 2001, Lisa Sensei won a Silver medal in Kata and a Bronze medal in Kumite in the Okinawan Rengokai World Championships held in Atlanta, Georgia. Lisa Sensei went on to win a Gold medal in Kumite in the AAU Karate National Championships in 2004.

Brian Sensei retired from competition in 2005 and has focused on the traditional aspects of Karate and Kobudo. He coaches his students to become national champions themselves.

Brian Sensei founded Ash's Okinawan Karate in 1997 in Bozeman, Montana. He spent the next 20+ years building his very successful dojo with his wife and co-founder, Lisa Sensei.

Brian and Lisa retired from teaching full time in 2017. Ash's Okinawan Karate was renamed Bozeman Karate is now operated by their student, Aaron Boyd.

SENSEI AARON BOYD

Aaron Sensei began martial arts training in 1986 after joining a dojo in Herdersonville, Tennessee studying Wado Ryu. He trained there for the next three years and competed successfully in several tournaments around Tennessee until moving to Texas. He continued to train on his own over the next several years as well as with several sparring partners, but could not find a traditional karate dojo that was a good fit.

Aaron Sensei and his wife, Erin, moved to Fairbanks, Alaska in 1997 where he studied Aikido from 1998 – 1999.

In 2005, Aaron Sensei settled in Manhattan, Montana with his wife to raise their five children. Aaron Sensei and his oldest 2 children, Hannah and Isaac, began training in Isshinryu after discovering Ash's Okinawan Karate School in 2009. Aaron assisted in coaching Ash's competition team in 2012, 2013, 2015 and 2017. He has also successfully competed in many tournaments across the Pacific Northwest over the past 7 years, including winning a Silver medal in Kobudo at the US Open in 2015.

Aaron Sensei took on the task of continuing the legacy of Brian Sensei and Lisa Sensei after their retirement in 2017. Ash's Okinawan Karate continues under Aaron Sensei as Bozeman Karate. He continues to train regularly with Brian Sensei and Lisa Sensei in both Karate and Kobudo.

KATA

Katas are sequentially designed, pre-determined defense, attack, and counter-attack exercises used against multiple opponents. In addition to giving students practice in “street techniques”, katas develop speed, breath control, rapid techniques, rhythm and coordination. Until this century, katas were considered the “ideal” method of training. You will learn your katas in the following order:

Empty Hand Kata

- **Fukyu Kata Ichi** – Shorin-Ryu
- **Fukyu Kata Ni** – Shorin-Ryu
- **Pinan Sho Dan** – Shorin-Ryu
- **Pinan Ni Dan** – Shorin-Ryu
- **Pinan San Dan** – Shorin-Ryu
- **Pinan Yon Dan** – Shorin-Ryu
- **Pinan Go Dan** – Shorin-Ryu
- **Seisan** – From Shorin-Ryu
- **Sanchin** – From Goju-Ryu
- **Naihanchi** – From Shorin-Ryu
- **Wansu** – From Shorin-Ryu
- **Chinto** – From Shorin-Ryu
- **Kusanku** – From Shorin-Ryu
- **Sunsu** – From Isshin-Ryu

Rank Requirements - Adults

Rank requirements for 9th Kyu (Yellow Belt)

- A minimum training time of 6 weeks and at least 12 classes as 10th Kyu (white belt)
- The ability to perform basic kicks and basic punches

Kicks:

1. Mae Geri – Straight forward kick with ball of foot
2. Sokuto Geri – forward angle kick with blade of foot
3. Shoba Konate – cross thrust kick with heel of foot
4. Yoko Geri – side snap kick with blade of foot
5. Shoba Geri – Turn to cat stance, front kick

Punches:

1. Seiken Tsuki – Step right, right hand punch to solar plexus
2. Jodan Tsuki – Step right, right hand uppercut
3. Seiken Gyaku Tsuki – Step right, left hand punch to solar plexus
4. Jodan Gyaku Tsuki – Step right, left hand uppercut
5. Jodan Uke, Seiken Tsuki – Step back right, upper block left, right hand punch to solar plexus
6. Chudan Uke, Seiken Tsuki – Step back right, middle block left, right hand punch to solar plexus
7. Gedan Barai, Seiken Tsuki – Step back right, lower block left, right hand punch to solar plexus

Self Defense:

1. Wrist Grab
2. Lapel Grab
3. Front Choke
4. Hook punch

Oral exam on origins of Isshinryu Karate

Rank requirements for 8th Kyu (Orange Belt)

- A minimum training time of 8 weeks and at least 16 classes as 9th Kyu (yellow belt)
- The ability to perform all of the basic kicks and basic punches
- Oral Exam on Isshinryu patch

Kicks: Previous kicks in addition to the following.

6. O Toshi Geri – Step right, round kick with ball of foot, step left, repeat
7. Mae Konate – heel thrust kick
8. Hiza Geri – Knee thrust
9. Crescent Kick
10. Jump double front kick out of a cat stance, both sides

Punches: Previous punches in addition to the following

8. Jodan Tegata Uke, Jodan Tsuki – Step right, right upper area open hand block, left uppercut
9. Tegata Barai Nukite – step right, right middle area open hand block, left spear hand strike
10. Ura Uchi, Seiken Tsuki – step right, right back fist, left straight punch to solar plexus
11. Jodan Uke, Go Den Zoku Tsuki – Step right, right upper area block, 5 rapid punches.
12. Chudan Uke, Go Den Zoku Tsuki – Step right, right middle area block, 5 rapid punches.
13. Gedan Barai, Go Den Zoku Tsuki – Step right, right lower area block, 5 rapid punches.
14. Shuto Uchi – Step right, right middle inside cross block, right shuto strike to middle area, left shuto strike to neck.
15. Ouchi – right step forward 45 degrees into shiko dachi, right middle area inside cross block, double punches.
16. Hije No Ato Tsuki – right foot back, cat stance, right rear elbow strike, repeat left
17. Elbow technique #1 – step right, push down block left, vertical elbow right.
18. Elbow Technique #2 – step right into shiko dachi, inside push block right, open hand block left and catch, using left arm – pull into horizontal right elbow.

Self Defense: Previous techniques, in addition to the following:

1. Head-lock
2. Choke from behind
3. Hair grab

Rank requirements for 7th Kyu (Orange Belt with Stripe)

- A minimum training time of 3 months and at least 24 classes as 8th Kyu (Orange belt)
- The ability to perform all of the basic kicks and basic punches
- Answer questions regarding Isshinryu history and the Isshinryu Patch

Self Defense: Previous techniques, in addition to the following:

1. 2nd Lapel Grab
2. 2nd Hook Punch
3. 2nd Head Lock

Kata:

1. Fukyu Kata Ichi
2. Fukyu Kata Ni

Sparring Drills:

1. Step Reverse
2. Step Jab, Reverse
3. Slide up Jab, Reverse

Rank requirements for 6th Kyu (Blue Belt)

- A minimum training time of 3 months and at least 24 classes as 7th Kyu (Orange belt with Stripe)
- The ability to perform all of the basic kicks and basic punches
- Answer questions regarding Isshinryu history, the Isshinryu Patch and basic history of karate in general.

Self Defense: Previous techniques, in addition to the following:

1. Full Nelson
2. One-arm choke
3. 2 bear hugs

Kata: All Previous kata, in addition to the following:

1. Pinan Shodan
2. Pinan Nidan

Sparring Drills:

1. Slide up jab, revers, lead leg round kick
2. Slide up jab reverse, slide back, side step left at 45 degrees, step forward reverse
3. Slide up jab reverse, side step left, back leg round kick

Rank requirements for 5th Kyu (Green Belt)

- A minimum training time of 3 months and at least 24 classes as 6th Kyu (Blue Belt)
- The ability to perform all of the basic kicks and basic punches
- Answer questions regarding Isshinryu history, the Isshinryu Patch and basic history of karate in general, information regarding Master Mitchum, Sensei's John & Cindy Ingram, the UIKA, etc.
- Previous sparring drills

Self Defense: Previous techniques, in addition to the following:

4. Jab
5. Straight Knife stab
6. Over head club

Kata: All Previous kata, in addition to the following:

1. Seisan

Rank requirements for 4th Kyu (Green Belt brown Stripe)

- A minimum training time of 3 months and at least 24 classes as 5th Kyu (Green Belt)
- The ability to perform all of the basic kicks and basic punches
- 8 Codes of Karate
- Must attend a minimum of 4 sparring classes
- Various sparring drills

Self Defense: Previous techniques, in addition to the following:

7. Upward knife stab
8. Second Straight Knife stab
9. Second Overhead club

Kata: All Previous kata, in addition to the following:

1. Pinan Sandan
2. Naihanchi

Rank requirements for 3rd Kyu (Brown Belt)

- A minimum training time of 4 months and at least 36 classes as 4th Kyu (Green Belt Brown Stripe)
- The ability to perform all of the basic kicks and basic punches and name them in order
- Answer questions regarding Isshinryu history, the Isshinryu Patch and basic history of karate in general, information regarding Master Mitchum, Sensei's John & Cindy Ingram, the UIKA, Masters of Karate.
- Must attend a minimum of 4 sparring classes

Self Defense: Previous techniques, in addition to the following:

10. Takedown against front kick
11. Takedown against round kick
12. Takedown against side kick
13. Takedown against hook kick

Kata: All Previous kata, in addition to the following:

1. Sanchin

Rank requirements for 2nd Kyu (Brown Belt First Stripe)

- A minimum training time of 4 months and at least 36 classes as 3rd Kyu (Brown Belt)
- The ability to perform all of the basic kicks and basic punches with proficiency and name them in order
- Answer questions regarding Isshinryu history, the Isshinryu Patch and basic history of karate in general, information regarding Master Mitchum, Sensei's John & Cindy Ingram, the UIKA, Masters of Karate.
- Must attend a minimum of 4 sparring classes

Self Defense: All previous techniques

Kata: All Previous kata, in addition to the following:

1. Wansu

Rank requirements for 1st Kyu (Brown Belt Second Stripe)

- A minimum training time of 4 months and at least 36 classes as 2nd Kyu (Brown Belt First Stripe)
- The ability to perform all of the basic kicks and basic punches with proficiency and name them in order
- Answer questions regarding Isshinryu history, the Isshinryu Patch and basic history of karate in general, information regarding Master Mitchum, Sensei's John & Cindy Ingram, the UIKA, Masters of Karate.
- Must attend a minimum of 4 sparring classes

Self Defense: All previous techniques

Kata: All Previous kata, in addition to the following:

1. Chinto

Rank requirements for Shodan (Black Belt, 1st degree)

- A minimum training time of 3 years
- The ability to perform all of the basic kicks and basic punches with proficiency and name them in order
- Proficiency in all self-defense techniques learned to date
- Perform various sparring drills
- Perform various partner drills
- Perform to the best of your ability in several sparring matches
- Answer in depth questions, have extensive knowledge of Isshinryu, Karate and Karate history
- Complete a 3-mile run in 30 minutes or less
- Be able to perform 25 military pushups
- Complete 50 sit-ups in 1 ½ minutes
- Any reduced physical requirements will be at the discretion of Aaron Sensei

Kata:

1. Fukyu Kata Ichi
2. Fukyu Kata Ni
3. Pinan Shodan
4. Pinan Nidan
5. Pinan Sandan
6. Seisan
7. Sanchin
8. Naihanchi
9. Wansu
10. Chinto

AND:

11. Pinan Yondan
12. Pinan Godan

Rank requirements for Nidan (Black Belt, 2nd degree)

- A minimum training time of 2 years at Shodan.
- All requirements for Shodan
- Any reduced physical requirements will be at the discretion of Aaron Sensei

Kata: All Previous kata, in addition to the following:

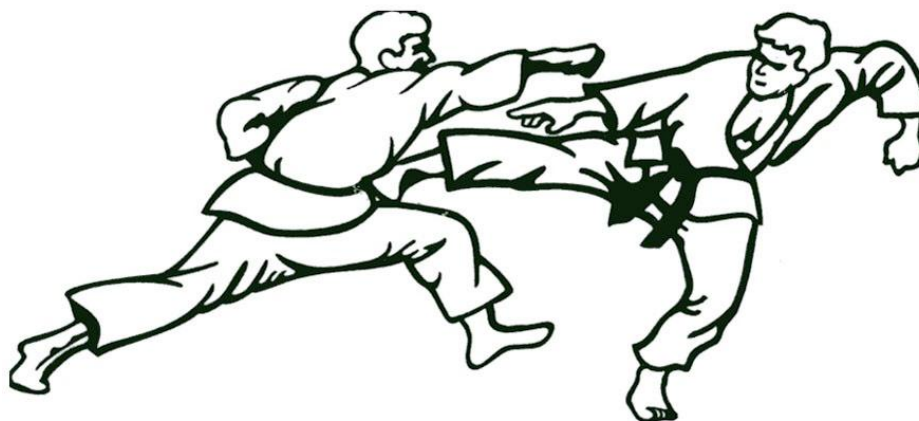
1. Sunsu
2. Kusanku

Kyu	Punches	Kicks	Self Defense	Kata	Sparring Drills
9th	Seiken Tsuki	Mae Geri	Wrist Grab		
	Jodan Tsuki	Sokuto Geri	Lapel Grab		
	Seiken Gyaku Tsuki	Shoba Konate	Front Choke		
	Jodan Gyaku Tsuki	Yoko Geri	Hook punch		
	Jodan Uke Seiken Tsuki	Shoba Geri			
	Chudan Uke Seiken Tsuki				
	Gedan Barai Seiken Tsuki				
	Jodan Tegata Uke Jodan Tsuki				
8th	Tegata Barai Nukite	O Toshi Geri	Head Lock		
	Ura Uchi Seiken Tsuki	Mae Konate	Choke from Behind		
	Jodan Uke Goden Joku Tsuki	Hiza Geri	Hair Grab		
	Chudan Uke Goden Joku Tsuki	Crescent Kick			
	Gedan Barai Goden Joku Tsuki	Jump double front kick			
	Shuto Uchi				
	Ouchi				
	Hije No Ato Tsuki				
	Elbow #1				
	Elbow #2				
7th			2 nd Lapel Grab	Fukyu Kata Ichi	Step Reverse
			2 nd Hook Punch	Fukyu Kata Ni	Step Jab, Reverse
			2 nd Headlock		Slide up Jab, Reverse
6th			Full Nelson	Pinan Shodan	Slide up jab, reverse, lead leg round kick
			One Arm Choke	Pinan Nidan	Slide up jab reverse, slide back, side step left at 45 degrees, step forward reverse
			2 Bear Hugs		Slide up jab reverse, side step left, back leg round kick
5th			Jab	Seisan	
			Straight Knife		
			Overhead club		

4th			Upward Knife	Pinan Sandan	
			Second Straight Knife	Naihanchi	
			Second Overhead Club		
3rd			Takedown Front kick	Sanchin	
			Takedown Round kick		
			Takedown side kick		
			Takedown hook kick		
2nd				Wansu	
1st				Chinto	
Sho Dan				Pinan Yondan	
				Pinan Godan	
Ni Dan				Kusanku	
				Sunsu	

Knowledge of the following is required before the student tests for yellow belt (9th KYU). This is a sample of questions that may be asked on the test.

1. "What style of karate do you take?" Isshin-Ryu
2. "What does Isshin-Ryu mean?" One heart style
3. "Who made up Isshin-Ryu karate?" Master Tatsuo Shimabuku
4. "When was Master Shimabuku born?" 1906
5. "When did Master Shimabuku make up Isshin-Ryu?" January 15, 1956
6. "When did Master Shimabuku die?" May 30, 1975
7. "What does KARATE mean?" Empty hand
8. "What country does Isshin-Ryu 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 semi-circle when stepping?" To feel the ground, to protect the pelvis from kicks
12. "Why do we punch vertically rather than horizontally?" 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 Isshin-Ryu?" Shorin-Ryu and Goju-Ryu
17. "Where is a person's center of balance?" Two inches below the belly button



KUMITE (SPARRING)

In the Kumite phase of karate training, one student throws techniques, while another attempts to block or counter-attack. For students who are proficient in the fundamentals of karate, this method provides an opportunity to sharpen reflexes, practice street techniques and get practical experience in kata techniques.

Jiyu Kumite (sparring) is an advanced stage of karate training. Students engage in “free fighting” with other karate-ka (students). Kumite permits students to apply all the techniques they have practiced, to be original in executing techniques and to determine which techniques most easily fit their body style.

The main objective of Jiyu Kumite is to find an opening in the opponent’s defense and place a technique within that opened defense. Techniques must be under control at all times. There is never any intent to injure an opponent and all techniques are delivered with minimum contact. Techniques delivered to the joints, eyes, spine, throat, or groin, which are considered good “street techniques”, are not allowed in the dojo. These techniques are considered to be too dangerous to be used in the dojo.

Kumite gives the karate students an opportunity to perfect his or her offensive and defensive techniques in a situation similar to real combat. Students practicing Jiyu Kumite develop self-confidence, speed, rapid technique, breath control and limited “self defense” experience.

While participating in this “sport” aspect of karate, the student must always be respectful to fellow students and instructors. A student must never ask a higher-ranking student or a Sensei to spar. The student must wait to be asked.

Sparring techniques are practiced in formal class and experienced first hand during sparring class. Attendance in sparring classes is a requirement for testing beginning at the 5th kyu level.

BOZEMAN KARATE SPARRING RULES

1. All students engaging in sparring activity will wear the following mandatory protective gear: headgear, gloves, shin/instep pads, and mouthpiece. All males are to wear a protective groin cup.
2. Students will be assigned sparring partners by a Sensei and will be supervised by a Sensei. At no time is any student to spar unsupervised.
3. Sparring rounds will generally last no more than two minutes.
4. Legal target areas are the sides of head, sides of the neck, chest and abdominal area, and kidneys. Legal scoring techniques are executed with the hands and feet only.
5. Techniques that are not allowed are the following; groin strikes, head butt, strikes to the spine, techniques to the joints of the body, techniques to the throat, all blind techniques, knee strikes, shin strikes, forearm strikes, elbow strikes, kicks to the legs, or any excessive contact.
6. A round commences when the Sensei designates so and ceases at the sound of the timer or when the Sensei stops the round verbally.
7. Light head contact and light to moderate body contact is allowed.
8. A knockout is not allowed.
9. A student will spar only with permission of the head Sensei. (Usually after Orange belt level)
10. Any student displaying disregard for one's own safety or that of an opponent, will be asked to leave the sparring session.

Knowledge of the following is required before the student tests for Orange belt (8th KYU). This is a sample of questions that may be asked on the test. The student will also be expected to know the questions asked of them on their yellow belt test.

1. "Who is the lady on the patch?" **Mizu Gami**
2. "Where does Mizu Gami come from?" **A dream Master Shimabuku had**
3. "What is Mizu Gami?" **Half lady, half sea serpent**
4. "What do Mizu Gami's hands symbolize?" **Her open hand means peace, the closed first means she will fight if she needs to defend herself**
5. "What does the dragon stand for?" **Good luck in legends and Master Shimabuku's first name, Tatsuo, which means "dragon boy"**
6. "What do the four stars stand for?" **Three of them may stand for the three instructors of Master Shimabuku or the three aspects of karate (mental, physical, and spiritual). The 4th star was added to the patch in 2002 by Master Mitchum to represent Master Shimabuku**
7. "What is the writing (kanji) on the patch?" **It translates to "One heart style, empty hand way" (Isshinryu karate-do)**
8. "What is the meaning of the patch?" **Stay calm in times of danger or challenges**

HISTORY OF KARATE - REQUIRED FOR 3RD KYU

PEOPLE TO REMEMBER:

Bodhidharma

He was a member of the Indian “warrior class”. This would establish his exposure to a weaponless form of fighting before he arrived in China. It is traditionally accepted that he taught the monks of China self-defense techniques. In order to condition them for the mental and physical rigors of religious training (Buddhism), Bodhidharma used exercises. These exercises are known as the beginning of the Shaolin style of Chinese Kempo.

Master Itosu

In 1901, he opened the first karate school on the island of Okinawa. A very famous karate master known for his incredible strength and his martial arts abilities.

Gichin Funakoshi

Trained under Master Itosu. In 1922, he went to Japan to do karate demonstrations. The demonstrations were so successful that he stayed there and taught karate, which was named “Shotokan”. It is the largest style of martial arts in Japan.

Chotoku Kyan

One of Master Shimabuku’s instructors. Born into nobility, he taught a form of Shorin-Ryu. Kyan was known for his jump front kick. Chinto and Kusanku kata were his favorites. Master Kyan died in 1945 from malnutrition as a result of the war.

Chojun Miyagi

One of Master Shimabuku’s instructors. He was the founder of Goju-Ryu karate. Miyagi was known for his incredible strength. He traveled to China to study the martial arts for years.

Choki Motobu

One of Master Shimabuku’s instructors, Motobu was a descendant of nobility. He began karate instruction under Itosu. He taught a form of karate named Motobu Ryu and fighting techniques to Shimabuku. Choki Motobu is most well known for volunteering to fight a Russian boxer champion. Master Motobu knocked the boxer out with hand techniques. This fight brought him great fame in Japan.

Taira Shinken

He first began karate studies under Master Funakoshi. After several years, Shinken began the study of weapons under Master Yabiku Moden. Taira taught weapons to many men such as Tatsuo Shimabuku. Shinken founded a society to collect, preserve and promote Okinawa’s weapon legacy.

Chinto

He was a sailor from China who was shipwrecked on the island of Okinawa. During the day, he would hide and then at night he would steal food from the villagers. When the villagers complained of this, a skilled samurai was sent to find Chinto and kill him. When the samurai found Chinto, he could not defeat him because Chinto used angles and pivots (techniques that he was proficient at) to defend himself. Then he ran away. The samurai later found Chinto hiding in a graveyard. The samurai befriended him asking Chinto to teach him his fighting techniques. These angles and pivots can be found in the kata Chinto.

OTHER KARATE FACTS TO KNOW

- The three major cities in Okinawa were Shuri, Tomari, and Naha. Naha is the capital of Okinawa.
- In Okinawa, a long time ago, karate was called Okinawa-te (te means hand). The three major styles of Okinawa-te were Shuri-te, Tomari-te and Naha-te. These names were after the cities in which these styles were practiced.
- Okinawa-te later became known as Karate (meaning empty hands)
- Shuri-te later became known as Shorin-Ryu
- Tomari-te later became known as Shorin-Ryu
- Naha-te later became known as Goju-Ryu and Uechi-Ryu
- The following arts are studied in the following countries:
 - Karate – Okinawa
 - Tae Kwon Do – Korea
 - Kung Fu – China
 - Judo – Japan
 - Jiu Jitsu – Japan
 - Aikido – Japan
 - Hapkido – Korea
 - Savate – France
 - Kempo - China

FUNAKOSHI'S PRINCIPLES

1. Never forget that karate begins and ends with courtesy.
2. There is no first attack in karate.
3. Karate cultivates self-esteem.
4. First know yourself, before trying to understand others.
5. Spirit before technique.
6. Respond with an unfettered mind.
7. Do not dwell on misfortune.
8. Don't believe that karate training is restricted only to the *dojo*.
9. Karate is a lifelong pursuit.
10. When you learn how karate is related to everyday life, you will have discovered its essence.
11. Karate is like hot water, if its heat is removed, it becomes cold.
12. Rather than worrying about winning, think about not losing.
13. Change your tactics according to your opponent's movements.
14. The outcome of any fight depends on dominating both protected and unprotected areas.
15. Think of your hands and feet as swords.
16. When you go out it is best to act as if you had a million enemies waiting for you.
17. Fixed stances are important for beginners until natural postures become second nature.
18. In spite of actual fighting always being different, the principles of *kata* never change.
19. Don't forget about the strength and weakness of your power, how to stretch and contract your muscles, and the proper execution of technique.
20. Constantly think about improvement.

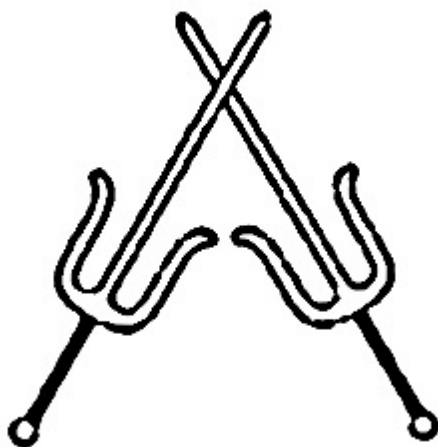
SPOKEN BY MASTER CHOTOKU KYAN

- Karate is 70% perspiration and 30% inspiration.
- Those who learn martial arts must always display a modest reserve attitude and behave correctly with a spirit of loyalty and dedication.
- A proverb says, "The punch stays like a treasure in the sleeve. It should not be used indiscriminately".
- The goals of karate are to contribute to physical education, train in the martial arts and enlighten your spirit.
- Any punch must be above all fast, when it is blocked and deflected from its target, it must continue its path and strike anywhere.
- Speed is necessary in all actions and movements. All movements must be made by placing force in your toes.
- When practicing a kata, it is necessary to know its meaning.
- When practicing a kata, you must practice with the same will and the same feelings as if you were facing an enemy.
- Karate teaches that the real enemy lies within. Get interested in the pursuit, not just the possession, the race not just the goal. Effort is everything.

WEAPONS INFORMATION FOR 1ST KYU

The following must be in complete report form and is to be turned in to the Sensei on the day of the test. (Be prepared to answer any of these questions on your test)

- Okinawans were under Japanese rule for a long time before the 1900's. The Japanese Samurai ruled over the island for many years. The Okinawan people were not allowed to have weapons during this time. Most Okinawans were farmers and/or fishermen. The Okinawans learned to use their farm and fishing tools as weapons.
- Master Shimabuku learned weapons from Taira Shinken who was a student of Yabiku Moden. He learned the bo and sai from him. Master Shimabuku learned the bo kata "Tokumine no Kun" from Master Kyan.
- Bo – a 6 foot hard wood tapered or straight staff
- Sai – a pointed dagger-shaped weapon with two curved prongs called *yoku* projecting from the handle
- Tuifa/tonfa – is a long shaft made of hardwood with a perpendicular handle to grip, thought to be originally developed from a millstone handle.
- Kama – similar to a sickle with a wooden handle and a sharp metal curved blade
- Oar – (also referred to as an "ekku") a boat oar was used as a weapon. A practical weapon with great power, can be used to block or strike. The blade tip and sides can be used effectively.
- Nunchaku – are two short pieces of wood with a short chain or rope connecting them. They may be rounded or octagonal. The hard handles may be used for blunt force, while the rope or chain may be used to disarm an opponent.





RECOMMENDED READING

The Weaponless Warriors by Richard Kim

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

