



Shorin-ryu Shorinkan Karate

Handbook

小林館小林流空手道手冊





Claude M H Johnson 7th Degree Black Belt

Kyoshi Johnson began his Karate training in 1965. He has two children. Joanne In the UK and Steven who is the 2005 world Shorin Ryu Shorinkan Kata champion. In 1994 realising the need for a more meaningful and international style of Karate, he traveled to America and Okinawa Japan and returned to South Africa as the founder member of Shorin Ryu Shorinkan SA.

In 2006 Kyoshi Johnson was promoted to Nanadan, 7th degree black belt by grandmaster Shugoro Nakazato in Okinawa Japan.

Kyoshi Johnson has represented South Africa on numerous occasions Internationally as a fighter, referee and judge, Kyoshi Johnson is the Chief Instructor and president of Shorin Ryu Shorin Kan in South Africa.

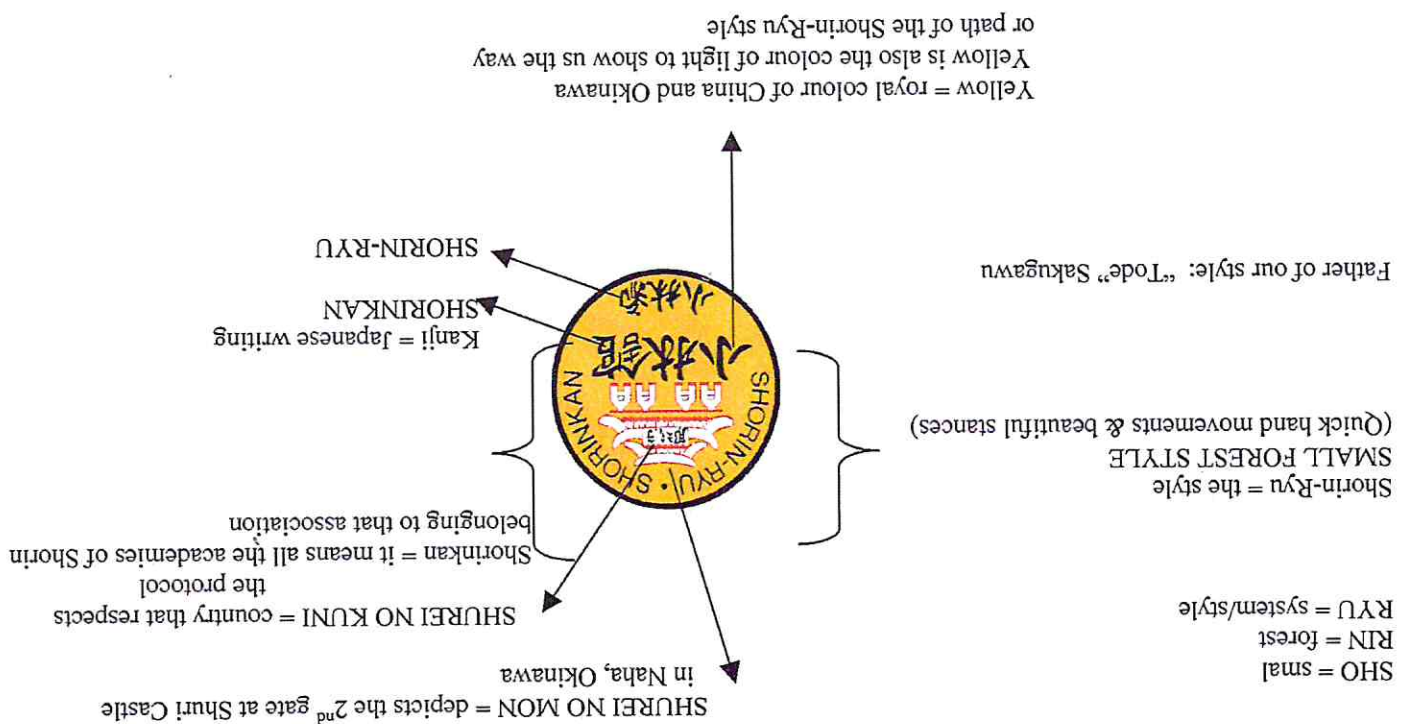
Kyoshi Johnson is noted for his integrity, professionalism and unconditional commitment to excellence in his field. His enthusiasm, drive and ability to motivate has afforded his students the opportunity to bring out the best in themselves.

Table of Contents

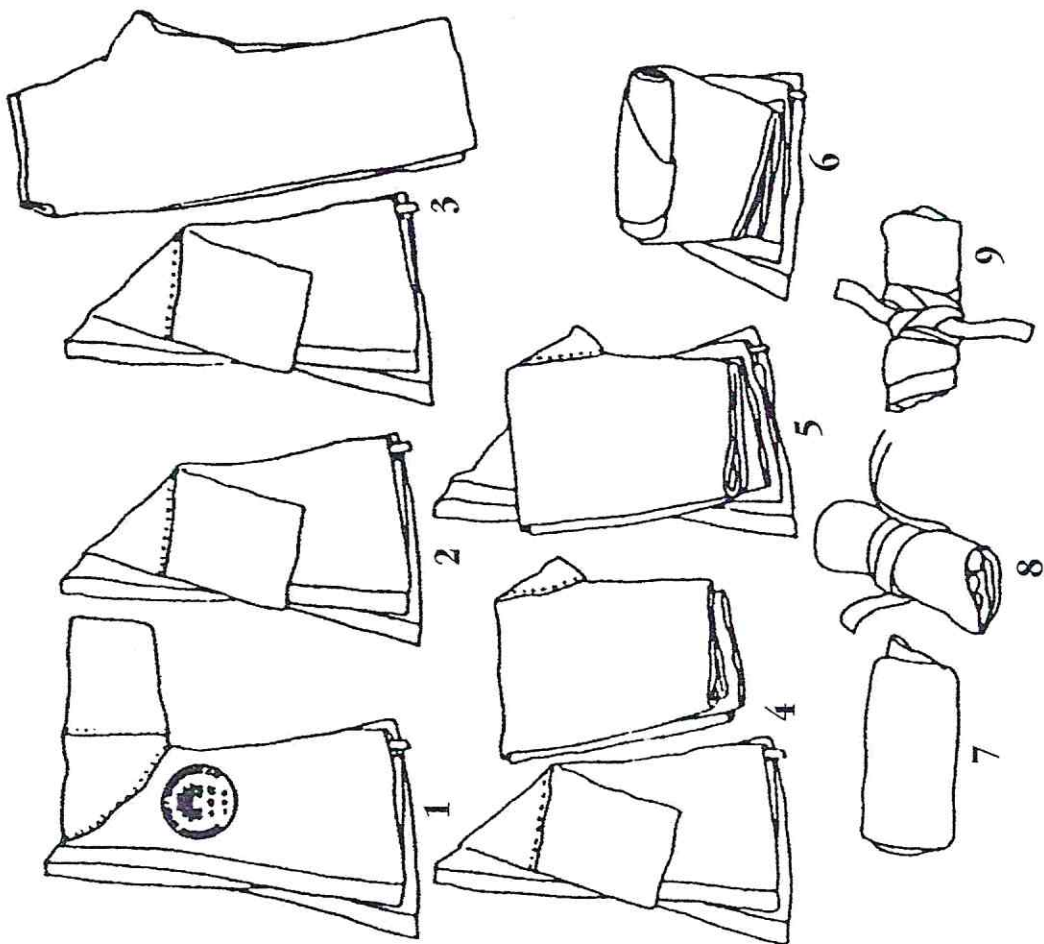
Claude M H Johnson	Inside cover
Badge Meaning	1
Introduction	2
A Brief History of Shorin-ryu Karate	3
The Okinawan Karate Dojo	3
Dojo Kun - Five Maxims of Karate	4
Training Rules	5
Order of Belts	7
Kata Outline	8
Kata	9
Kumite	10
Basic Outline -body, stances, kicks	11
Stances Drill	12
Basic Outline -hand, blocks, punches	14
Weapons of the Hands	15
Dojo Commands	17
Numbers	17
Colours	18
Greetings	18
Kobudo-Traditional Weapons	19
Kobudo Kata	20
How to Tie an Obi	21
How to fold a Gi	22

Shorin-ryu Shorinkan is headed by Grand Master Hanshi Nakazato Shugoro – 10th dan. He designed this badge

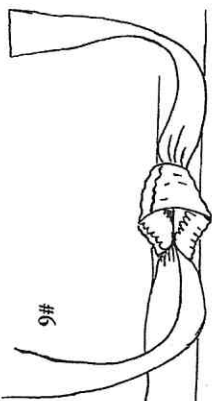
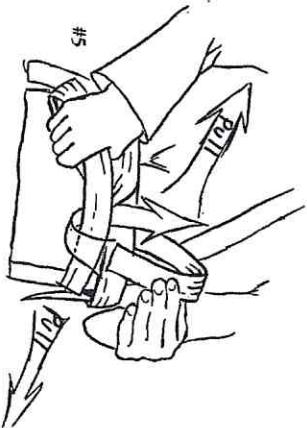
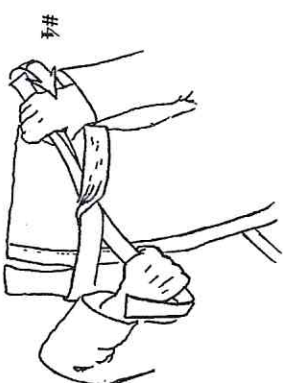
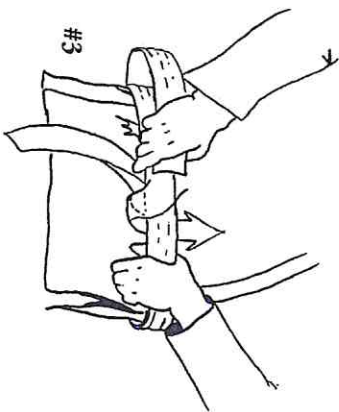
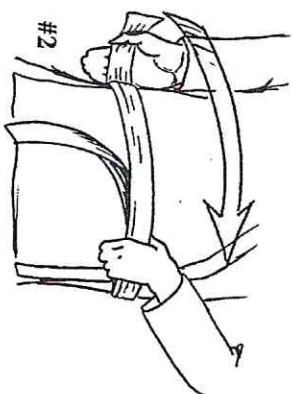
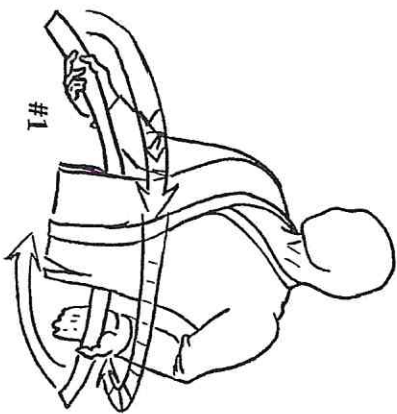
BADGE MEANING



How to fold a Gi



How to Tie an Obi



Introduction

We welcome you to the Okinawan Shorin-Ryu Karate-Do and Kobudo Dojo as a full member. It is a privilege for us to share our knowledge of Karate with you. We approach the study of karate with the greatest humility and deep respect for those who have gone before us in the "way". Karate is unique. It is the most powerful of all the martial arts. However, it is so only for the serious student who practices in the proper frame of mind....no winning or losing....no friend or foe, only training....for which there is no substitute!

Your training should start slowly. You will be using muscles that are rarely used. As you progress in skill and knowledge, you should demand more of yourself. Remember, there is no short cut to perfection in karate or in life. If you truly dedicate yourself to serious training, a vast wealth of knowledge, self-satisfaction and enlightenment await you. But it comes only through hard work and training; It comes only as a direct result of your total effort.

Karate is a fighting art. You must train with deep seriousness from the first day. Each punch, block or kick must be delivered with the power of your entire body in unison. No matter how much time you devote to training-months or years-if your training consists of no more than moving your arms and legs....you may as well be dancing, and you will never understand the true meaning of karate. When your instructor tells you to do something, do it exactly as you are taught without complaining. Only those students unwilling to face up to themselves resort to complaining. Cultivate a deep respect for courtesy, tradition, and discipline. These elements are not confined to the dojo. At home one is respectful and obedient to parents; at school to teachers; at work to superiors, and in the military to officers....so it is in true Karate-Do and life. Think of everyday life as karate training is applicable to each and every aspect of our daily lives. The indomitable spirit born of bearing down and gritting your teeth against the pain of a thousand kicks, or blinking sweat from your eyes from doing kata over and over will serve you well in everyday life. One whose spirit and mental strength have been forged by hard training will face any challenge with a "can do" attitude. One who has undergone long hours of hard physical training and mental agony to learn one technique can face any task....and carry it through to a successful conclusion. When you have done this, you can truly say that you have begun to understand the true "way"

"HEAR AND FORGET...SEE AND REMEMBER...DO AND UNDERSTAND"

A brief History of Shorin - ryu karate

There are many styles of karate in the world today, each with its own Grand Master. Our Grand Master is Shugoro Nakazato. He was born in August 14, 1920, in Naha City, Okinawa. In 1980, he was promoted to the rank of 10th degree Black Belt, Grand Master of Shorin-Ryu ShorinKan Karate. Shugoro Nakazato is president of Shorin-Ryu ShorinKan Karate-Do Kyokai. Shorin Ryu Karate is the original Karate system. Shorin means "shaolin", or small forest style. Shorin Ryu traces its lineage to Shaolin Temple in Fukien Province in China. It is from Shorin Ryu that all other styles originated.

The Okinawan Karate Dojo

In Okinawa the Karate Dojo is a highly respected place. It is where the art of self defense is raised to a way of life. The student of Karate is strengthened both physically and mentally while his character is polished through training in the art's moral principles. The Dojo is held in such high regard that even cleaning and maintenance tasks are handled exclusively by its members, On the following pages are principles and guidelines that have been handed down by Karate masters for the practitioner to train and live by. Read them carefully and think about them deeply.

Kobudo Kata

1.Bo

- A. Shushi No Kun
- B. Kubo No Kun
- C. Sakugawa No Kun Dai Ichi
- D. Sakugawa No Kun Dai Ni

2.Nunchaku

- A. Shorinkan No Nunchaku Dai Ichi
- B. Shorinkan No Nunchaku Dai Ni

3.Sai

- A. Sai Dai Ichi
- B. Sai Dai Ni
- C. Sai Dai San

4.Tonfa

- A. Shorinkan No Tonfa

5.Kama

- A. Shorinkan No Kama Dai Ichi
- B. Shorinkan No Kama Dai Ni

6.Eku

- A. Shorinkan No Eku

Kobudo Traditional Weapons

Kobudo is the art of traditional weapon training. The word kobudo is made up of the word “koryo” which means ancient, and “budo”, which means “martial art”. Kobudo is a separate art from Karate. All weapons must be considered as extensions of the practitioner’s arms only. Use the weapon as you would use your hands in normal Kata or Kumite!

Many Kobudo practitioners like the versatility of weapons training. Many like to compete in tournaments. Some train in Kobudo to broaden the martial arts experience. Most students who train in the art of Kobudo agree that it is unique and quite enjoyable! Students must reach the level of orange belt in Karate before requesting permission to train in Kobudo.

There are six farming and fishing tools which were used as weapons in Okinawa:

Bo is a long staff, originally used as a walking stick on the rocky terrain of Okinawa and also used as a pole for carrying buckets of water.

Nunchaku is made of two equal parts of wood which are connected by a short piece of silk cord or chain. Nunchaku were commonly used as plain agricultural grain flails or were fashioned from a horse’s bit. As a weapon, nunchaku were used in close combat, with fast figure-of-eight or zigzag whirling occurring during an attack.

Kama is a hand sickle used for rice harvesting. It has a short blade at right angles to a hardwood handle.

Sai is sometimes known as a short sword, but is closely related to a trident. The blade is pointed, although blunt and smooth. There are two curved quillions at the base of the blade. Sai are made from solid iron. Often two or three sai were carried, one in each hand and the third in the waistband in reserve.

Tonfa is used as a handle to turn a hand-operated millstone when grinding rice. It is wooden. The PR24, commonly called a side handle baton and used by police officers, is fashioned after this traditional Okinawan weapon.

Eaku is just as it appears, a boat oar. It was used to disarm an attacker or to flip sand into the eyes of an attacker.

Dojo Kun-Five Maxims of Karate

A set of principles to guide the Karate student in Daily conduct.

- A. CHARACTER
- B. SINCERITY
- C. ETIQUETTE
- D. EFFORT
- E. SELF-CONTROL

Shorin Ryu is rich in etiquette and protocol as was the old Ryukyu kingdom. From the first day you put on a gi, you are taught respect for the dojo and your dojo mates. We learn to be humble and considerate of each other.

Shugoro Nakazato's Morality of Karate

The following set of principles is displayed in Hanshi Nakazato's Dojo in Okinawa:

- A. The ideal of karate is “to cultivate noble character and conduct, and the virtues of modesty and courtesy.”
- B. “No forestalling in Karate”. Karate is the military art for self-defense to protect and preserve your life, and never to attack others on your own initiative.
- C. “Perseverance is the root of all conduct.” True patience lies in bearing what is unbearable!
- D. Put back your hands when you are full of fight and retract your fight when your hands itch to deal a blow.
- E. “Softness is unity”. “Strength is unity”. The ultimate object of human beings should be coexistence and co-prosperity in “peace”.
- F. Avoid fights and quarrels even when dared.

Training Rules

- 1) When entering and leaving the training floor, all students will show proper respect by bowing.
- 2) Personal appearance is of the greatest concern in Karate-Do. All students are expected to be neat and clean at all times when training. Toenails and fingernails are to be properly trimmed and Karate gi neat and clean as well
- 3) .No eating of any description or chewing gum is allowed in class.
- 4) Before beginning class, the senior student will call the class to attention and bow . He will then direct the class to bow to the Instructor. The same gestures will apply at the end of the class.
- 5) Should the instructor ask a student a question, the student will answer in a respectful manner. Should a student wish to ask the Instructor a question, the student should bow and address the Instructor with the proper respect due him. The same courtesy is expected when a higher ranking belt is authorized to take over class.
- 6) There will be no talking in class at any time. All questions concerning specific techniques of personal interest or other matters of personal concern should be directed to the Instructor either before or after class. Only the Instructor, or one so designated by the Instructor to teach, is to talk during class.
- 7) As a matter of proper conduct, no student will ask a higher ranking student or Instructor to spar. There will be no sparring in the dojo without the permission of the Instructor.

Colours

Shiroi	white
Kiuroi	yellow
Orenji	orange
Murasaki	purple
Aoi	blue
Midori	green
Chairo	brown
Kuroi	black
Akai	red

Greetings

Ohayo gozaimasu	good morning
Konnichiwa	good day
Konban wa	good evening
Domo	thanks (informal)
Domo arigato gozaimasu	thank you very much (polite)
Dozo	please (informal)
Kudasai	please (polite)
Do itashimashite	you're welcome
Gomen nasai	excuse me
Sayonara	good bye (informal)
Oyasumi-nasai	good night
Suyimase	Sorry

Dojo Commands

Kyoshi	karate master/teacher of teachers	
Sensei	teacher	Sempai senior
Dojo	training hall	Gi uniform
Obi	belt	Kata prearranged forms
Kyosuke	attention	Rei bow
Hajime	begin	Otagai ni rei bow to each other
Yame	stop	Sensei ni rei bow to teacher
Matte	wait	Shomen ni rei bow to the Front
Hayaku	quickly	Yoi ready, prepared
Mawatte	turn	Wakarimasuka do you understand
Moichido	one more time	Wakarimasu I understand
Narande	line up	Osu/Hai yes
Hantai	change/other side	Kiai shout
Barai	sweeping	Zanshin focus
Mohkso	close eyes	Gyaku back/ reverse
Junan Owari-	end of warm up	Seiza sit in kneeling position
Mastah		
Kumite	fighting/sparring (coming together of hands)	
Yakusoku	pre-arranged/promise to hit	
Bunkai	application of kata	

Numbers

Ich	one
Ni	two
San	three
Shi	four
Go	five
Roku	six
Shichi	seven
Hachi	eight
Ku	nine
Ju	ten

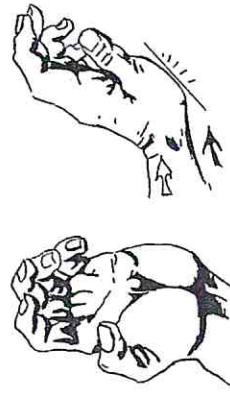
Training Rules

- 8) No student will excuse himself from class without first obtaining permission from the Instructor.
- 9) When entering the dojo you must enter with the intention of training. When you put on your gi you should put it on with the wish to train seriously..
- 10) The senior student should, if wearing a gi, ask the Instructor if he would like help in teaching the lower ranking students. This is a privilege and an obligation on the part of the senior students.

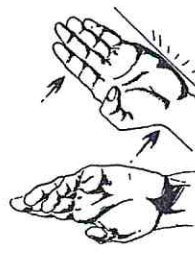
Order of Belts

Belt	Kyu	Dan
● White		Shodan
● Red stripe	8th	Nidan
● Yellow	7th	Sandan
● Orange	6th	Yondan
● Green	5th	Godan
● Blue	4th	Rokudan
● Purple 1	3rd	Nanadan
● Purple 2	2nd	Nanadan
● Brown 1	1st	Kudan
● Brown 2		Judan
● Black		
● Black Belt		
● First Dan		Renshi
● Second Dan		Renshi
● Third Dan		Kyoshi
● Fourth Dan		Kyoshi
● Fifth Dan		Hanshi
● Sixth Dan		Hanshi
● Seventh Dan		
● Eighth Dan		
● Ninth Dan		
● Tenth Dan		

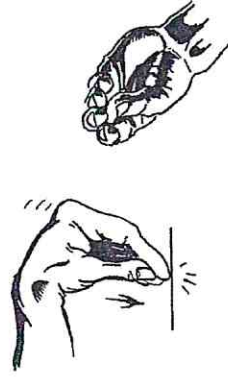
Weapons of the hands



Palm Thrust-chin, nose, head



Shuto-side of neck, throat, groin

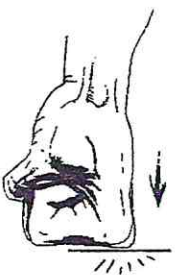


Reverse Swan-bladder, throat



Web-throat

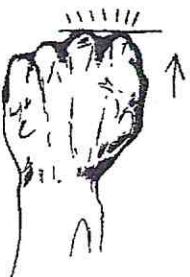
Weapons of the hands



Two knuckle Punch-face, body



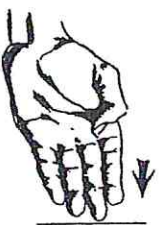
Vertical Punch-face, head



Back knuckle-nose



Spear Hand-solar plexus, throat



15

Kata Outline

A. Kihon Kata

1. Kihon Ippon
2. Kihon Nihon
3. Kihon Sanbon

B. Kata

1. Fukyu No Kata

C. Traditional kata

1. Naihanchi Shodan
2. Naihanchi Nidan
3. Naihanchi Sandan
4. Pinan Shodan
5. Pinan Nidan
6. Pinan Sandan
7. Pinan Yondan
8. Pinan Godan
9. Passai Sho
10. Passai Dai
11. Kusanku Sho
12. Kusanku Dai
13. Chinto
14. Goju Shiho
15. Gorin No Kata

8

Kata

Kata, a series of movements in uniform pattern, is the essence of all karate. Traditional Kata was first learned from Chinese masters who taught promising martial artists. Over several hundred years karate masters taught their students the same Kata. Within Kata movements are hidden the secrets of Karate.

Karate students of today still practice Kata in order to learn basic blocks, kicks, punches and stances. It is important to strive for perfection with the repetition of each Kata.

When Karate students demonstrate advanced levels in Kata, applications are then explained and demonstrated. This is called "bunkai." It is the students responsibility to always practice and improve Kata so that applications can be understood.

Bunkai: Kata Bunkai is the application of individual movement of a Kata. For each movement there can be many Bunkai. Karate-Ka are taught basic Bunkai to the movement of their Kata. The black belt is expected to develop his/her own unique bunkai for the senior katas with guidelines from their Sensei. This will teach him/her to think and learn the Kata and lead to a better overall comprehension of Kata.

Kata should be practiced with the following in mind:

Form: move should be done exactly as taught with correct body positioning.

Speed: Each move should be executed quickly.

Eyes: The eyes should look straight in the direction of each technique.

Kiai: Every Kata has two kiai, each in a prescribed place. The Kiai should be executed forcefully from the abdomen.

Concentration: The mind should stay focused on each move of the kata from the beginning.

Breathing: Breathing should be natural with an exhalation where strength is applied (i.e., a punch).

Basic outline-Hand, Blocks, Punches

A. Hand (Te)

1. Yoi position
2. Spear hand
3. Back Fist
4. Back Knuckle
5. Knife Hand

Negiri Gyaku
Nukite
Uriken
Uraken
Shuto

B. Blocks (Uke)

1. Downward Block
2. Inside Block
3. Up (rising) Block
4. Outside Forearm Block
5. Knife hand Block
6. Double Block

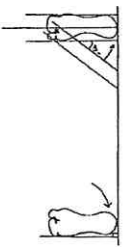
Gedan Barai
Chudan Uke (Uchi)
Jodan-Age Uke
Soto Uke
Shuto Uke
Morote Uke

C. Punches (Zuki)

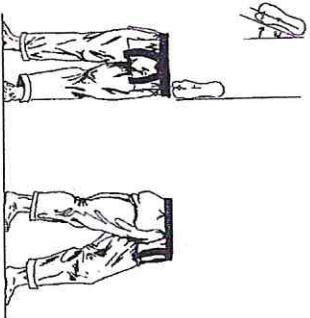
1. Reverse Punch
2. Front Punch
3. Lunge Punch

Gyaku Zuki
Kizami Zuki
Oyi Zuki

Stances Drill

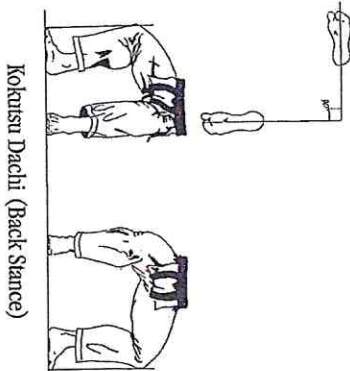


Kiba Dachi (Straddled Horse Stance)



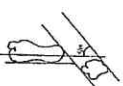
Shizen tai Dachi (Natural Stance)

Literal Translation: Natural Body Stance



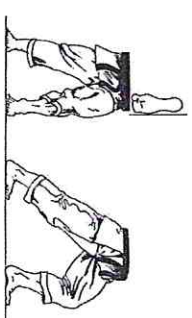
Nekoashi Dachi (Cat Stance)

Literal Translation: Cat Leg Stance



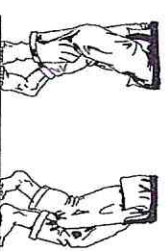
Kokutsu Dachi (Back Stance)

Literal Translation: Rear Breaking Stance



Zenkutsu Dachi (Forward Stance)

Literal Translation: Forward Breaking Stance



Kosa Dachi (Cross-Legged Stance)

Dojo Manual 2007

Kata

Expansion and contraction: The body should be relaxed (expanded) during movement to gain speed and should contract at the end of a movement to apply strength.

Balance: Before and after executing the movement the body should be firmly and correctly balanced in the appropriate stance.

Commitment: Each movement should be executed as if it were real.

Kumite

Kumi – coming together. **Te** – hands.

Is a very important part of Karate training. Kumite utilizes the skills developed in Kata and allows the student to use them spontaneously. By practicing Kumite, timing and speed are increased. It is imperative that students practice using light contact with extreme self-control. Kata training readies the student for contact kumite. Kumite sharpens punching, kicking and blocking skills, while developing control, timing, speed and efficiency of movement. Kumite teaches how to use fighting distance, called “ma-ai”, effectively in attacking and defending. Kata and kumite are both critical in karate. If the student fails to develop Kata, He/She does not learn the necessary basic skills and understanding of karate. Without Kumite, the student cannot learn combative skills.

Basic outline-Body, Stances, Kicks

The basics of karate cannot be overemphasized. The repetition of blocks, punches and kicks are critical to the development of karate. There are many exercises to use while learning and perfecting the basics. When you reach the rank of black belt, it means you have mastered the basics. Then you really begin to learn the meaning and applications of Karate.

A. Body Areas (Tai)

1. Upper Area
Jodan
2. Middle Area
Chudan
3. Lower Area
Gedan

B. Stances (Dachi)

1. Attention Stance
2. Open-toed Stance
3. Ready Stance
4. Natural short stance
5. Iron Horse Stance
6. Sumo (straddle)
7. Forward Stance
8. Cat stance
9. Back Stance
10. Cross-Legged Stance
11. Diagonal forward stance-
Railway tracks

- Heisoku Dachi
Musubi Dachi
Hachiji Dachi
Shizentai
Naihanchi Dachi
Shiko Dachi
Zenkutsu Dachi
Neko-ashi Dachi
Kokutsu Dachi
Kosa Dachi
Naname Zenkutsu Dachi

C. Kicks (Geri)

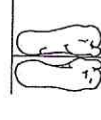
1. Snap Kick
2. Thrust Kick
3. Front Kick
4. Roundhouse Kick
5. Back kick
6. Side Kick
7. Foot Sweep
8. Jumping Front Kick

- Kaage
Kekomi
Mae Geri
Mawashi Geri
Ushiro Geri
Yoko Geri
Ashi Barai
Mae Tobi geri

Target

- Groin, Bladder
Solar Plexus, Face, Rib Cage
Face, Body, Legs
Chest, Head, Thigh, Back
Torso
Rib Cage, Head, Legs
below the knee
Torso

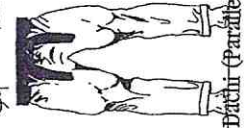
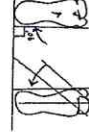
Stances Drill



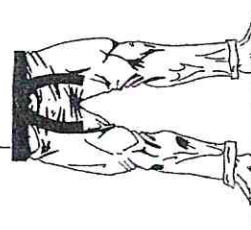
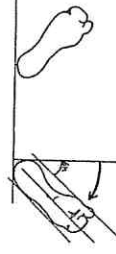
Heisoku Dachi (Attention Stance)



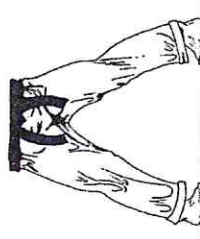
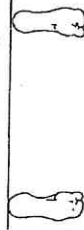
Musubi Dachi (Open-toed Stance)
Literal Translation: Open End Stance



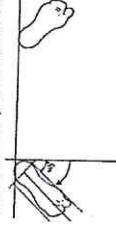
Heiko Dachi (Parallel Stance)



Hachiji Dachi (Ready Stance)
Literal Translation: Character Eight Stance



Naihanchi Dachi (Iron Horse Stance)



Shiko Dachi (Sumo Stance)