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Karate-do Student Handbook for:

First name Last name Student ID

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Welcome

Welcome to Massdojo: The benefits of karate are many and will empower and enrich your or your child's life in so many ways. Training in the martial arts takes a great deal of dedication, perseverance, and character, but also strengthens these qualities over time. As you progress, you will find that the rewards go well beyond attaining different colored belts. Congratulations on taking the first, and most important, step of your journey.

New student handbook: This handbook will serve as a reference tool throughout your training. It contains helpful information such as dojo rules and regulations, terminology, kata, testing requirements, etc. All this information can be found on massdojo.com as well. Please visit the site for updates.

Clothing & Equipment: Uniforms, accessories and equipment are available for purchase at any time. Sparring equipment can be purchased at any time but is required upon completing the first karate promotional examination. No equipment, including uniforms purchased elsewhere, will be permitted for use in the dojo.

Questions: Feel free to call or preferably e-mail sensei at your convenience: sensei@massdojo.com. Please refrain from interrupting the instructor teaching staff during instruction and in between classes unless absolutely necessary. This will help out everyone keep classes running smoothly and on time.

Testing: Karate is unique in that there are promotional examinations where students are awarded belts for improving their skill and knowledge. Testing takes place every two months. As students reach higher belt levels there are waiting periods in between tests. This is so more complicated katas can be learned and skills can be improved. The tests are physically demanding but highly rewarding and one of the outstanding characteristics of massdojo. All testing is done with consideration of the student's abilities, age and circumstances.

Tournaments: Massdojo proudly hosts two tournaments a year. One of these tournaments is a qualifier for a national tournament. Tournaments are required once a student under the age of 30 reaches yellow belt. A lot of effort goes into running and conducting these highly entertaining, safe and exciting events. It is a positive skill building event. Volunteers are welcomed and encouraged as they will better understand how the competition works.

Shotokan Karate

Karate can be described as a martial art, or fighting method, involving a variety of techniques, including blocks, strikes, evasions, throws and joint manipulations. Karate practice is divided into three aspects: kihon (basics), kata (forms) and kumite (sparring).

The word karate is, a combination of two Japanese characters: kara, meaning empty, and te, meaning hand; thus, karate means “empty hand.” Adding the suffix “-do” (pronounced “doe”) meaning “way,” implies that karate is a total way of life that goes well beyond the self-defense applications. In traditional karate-do, we always keep in mind that the true opponent is oneself.

Gichin Funakoshi is considered the “father of modern karate-do”. Born in 1868 in Okinawa, he began his primary training with two Okinawan instructors: Yasutsune Azato and Yasutsune ‘Anko’ Itosu. It is widely speculated that Funakoshi combined Itosu’s style, Shorin-Ryu (a light, quick style) and Azato’s style, Shorei-Ryu (a hard, heavy style) to create his own system, which would later be called Shotokan.

The word Shotokan Means “House of Shoto” which was a pseudonym that Funakoshi used when he composed poetry. Shoto means “waving pines”, and image derived from his childhood home. Shotokan, therefore, directly translates as “house of waving pines”.

Funakoshi’s primary gift to karate is that it was he who truly campaigned for the development of karate-do, the art of karate. To him, karate was much more than a crude series of street fighting tactics, it was truly an art, one which refined the student both physically and mentally.

“To win one hundred victories in one hundred battles is not the highest skill. To subdue the enemy without fighting is the highest skill” -*Funakoshi*



-Shotokan Tiger

School Locations

MASSDOJO

502 Turnpike Road
Shrewsbury, MA 01545
(774) 239-1346

ONE STOP FUN

49 Powers Road
Westford, MA 01886
(978) 692-9907

TOUCHSTONE

54 Leland Street
Grafton, MA 01519
*for touchstone students only

Dojo Rules and Edict

- There is absolutely no talking on the dojo floor. It is strictly prohibited.
- Please respect mokuso (meditation) by being silent in the waiting areas when it is being conducted.
- Sensei, senpai and shidoin (instructors) should always be spoken to with respect and referred to only by their title. Never use their actual name. Sensei and senpai should be referred by their titles inside and outside the dojo.
- Do not enter the dojo late or leave early without permission. This is for safety and also a manner of respect. Never enter during mokuso.
- If late to class all students are expected to do twenty burpees. Only an instructor can waive this.
- All students are expected to bow each time they enter and leave the dojo floor (actual practicing area).
- Students are expected to sit upright or stand at attention while in class.
- Inappropriate conduct, such as the use of profanity, obscene gestures or actions, and unnecessary roughness towards fellow students is strictly prohibited and can result in expulsion.
- Ridicule of other students is strictly prohibited.
- No horseplay, running, tackling or dangerous play is permitted.
- Treat all teachers with equal respect.
- Shoes and bags are to be left in the appropriate area. Never obstruct the walkways and training areas.
- Do not conduct karate demonstrations, displays or “show and tells” without discussion and approval by Rossini sensei first.
- Nails must be trimmed short at all times. No Jewelry during class. No wrist bands or rubber bands are allowed either.
- Only white t-shirts, tank tops, sports bras, etc... may be worn under the uniforms.
- No one who is sick should attend class.
- Report all issues to the instructor. You may also e-mail Rossini-sensei confidentially.

Kata Forms

Kata Name	Translation	Tournament level
Taikyoku Shodan	First Cause	Beginner
Taikyoku Nidan	Second Cause	N/A
Taikyoku Sandan	Third Cause	N/A
Heian Shodan	Peaceful Mind #1	Beginner
Heian Nidan	Peaceful Mind #2	Beginner
Heian Sandan	Peaceful Mind #3	Novice
Heian Yodan	Peaceful Mind #4	Novice
Heian Godan	Peaceful Mind #5	Novice
Tekki Shodan	Horse Riding #1	N/A
Tekki Nidan	Horse Riding #2	N/A
Tekki Sandan	Horse Riding #3	N/A
Bassai Dai	To Penetrate a fortress (greater)	Intermediate
Bassai Sho	To Penetrate a fortress (lesser)	Intermediate
Enpi	Flying Swallow	Intermediate / Advanced
Jion	Buddhist Monk	Int. / Adv. (mandatory)
Gankaku	Crane on a rock	Advanced
Kanku Dai	To look at the sky (greater)	Advanced (mandatory)
Kanku Sho	To look at the sky (lesser)	Advanced
Hangetsu	Half moon	N/A
Chinte	Rare Hands	Advanced
Gojushiho Dai	54 Moves (greater)	Advanced
Gojushiho Sho	54 Moves (lesser)	Advanced
Jitte	Ten Hands	N/A
Jiin	Compassion	N/A
Meikyo	Look through a mirror	N/A
Nijushiho Sho	24 Moves	N/A
Sochin	Strength and calm	Advanced
Unsu	Hands in the clouds	Advanced
Wankan	Kings Crown	N/A

Please see massdojo.com for videos of all the katas.

Video taping of yourself and/or your child for review is highly recommended.

Rossini Sensei's 5 Golden rules of kata are:

- 1) Perfect Stances
- 2) Perfect Chambers
- 3) Focus
- 4) Snap your technique
- 5) Don't make technical mistakes

Kata Tips

- Practice previous katas as much as your current kata.
- Emphasize low, centered stances. Do not wiggle or adjust.
- Move with your hara, every technique involves your hips.
- Keep your foot in contact with the floor at all times. Use ball of foot mostly.
- Regular practice outside the dojo is essential. Practice in different settings.
- Understand the breathing points. This takes time to develop.
- Don't rush! Pause when it is required. Pacing is crucial for presentation.
- Gaze in the appropriate direction and height. Start intently.
- Finish with the same intensity you start with.
- For tournaments pick an appropriate level kata that you know well.
- Have two katas ready for your test. Three are needed for brown belt and above
- Take private lessons to improve your kata knowledge.

"Perform kata exactly; actual combat is another matter" – Funakoshi

Kumite Rules (USANKF)

- 1) Participants must keep their hair clean and pulled back or cut to a length so it does not obstruct vision.
- 2) Participants must have short finger nails and toenails and must not wear jewelry or any objects which may injure them or sparring partners.
- 3) Mouth guards, mitts, shin/instep protectors, women's chest guards and head gear are mandatory. Students may opt to wear face protection.
- 4) Sparring gear is required after the first test.
- 5) All equipment must be purchased through massdojo. There are no exceptions.
- 6) Anyone who enters a match without proper equipment may lose sparring privileges for an extended period of time.

All students and parents are highly recommended to review the current rules by going to www.usankf.org and downloading them.

Scoring

A score is awarded when a technique is performed according to the following criteria to a scoring area:

- Good form
- Sporting Attitude
- Vigorous Application
- Awareness (Zanshin)
- Good timing

· Correct Distance

Scoring continued

Scores are as follows:

- a) **Sanbon** – three points
 - Jodan (head) kicks
 - Any scoring technique delivered on a thrown or fallen opponent
- b) **Nihon** – two points
 - Chudan (mid level) kicks
- c) **Ippon** – one point
 - Chudan or jodan-zuki (punch)
 - Uchi (back fist)

Attacks are limited to: Head, face, neck, abdomen, chest, back and side.

Prohibited Behavior

Category 1 (referee will indicate by crossing hands at wrist forming a “X”)

1. Techniques that make excessive contact, having regard to the scoring area attacked.
2. Techniques that make contact with the throat.
3. Attack to the arms, legs, groin, joints or instep.
4. Attacks to the face with open hand techniques (teisho or nukite).
5. Dangerous or forbidden throwing techniques.

Category 2 (referee will indicate by pointing of finger)

1. Feigning or exaggerating injury.
2. Repeated exits (Jogai) from the competition area
3. Self-endangerment by indulging in behavior that exposes the contestant to injury by the opponent, or failing to take adequate measure for self-protection (mubobi)
4. Avoiding combat as a means of preventing the opponent having the opportunity to score.
5. Clinching, wrestling, pushing, seizing, or standing chest to chest without attempting a striking technique.
6. Techniques that by their nature cannot be controlled for the safety of the opponent, and dangerous and uncontrolled attacks, whether they land or not.
7. Simulated attacks with the head, knee or elbows
8. Talking to or goading the opponent. Failing to obey the orders of the referee, discourteous behavior towards the refereeing official, or other

breaches of etiquette.

Kumite Tips

- Use movement effectively. No wasted movement. No standing still.
- Use movement before attacking and defending.
- Use punches as first and last resort.
- Try to set up all your kicking techniques with hand techniques first.
- Go forward when using a defensive technique to cut opponent off.
- Never drop your front hand below chest level.
- Keep your rear hand close to your body and aim it towards opponent’s center.
- Always use fakes to keep opponent on defense.
- Control center of the ring by applying pressure with effective movement.
- Never stand with feet too far apart or too close together.
- Sweep one leg when opponent has wide stance. Two legs when they have short stance.
- Point both hands at your opponent at all times.
- Remember monkey see monkey do to draw techniques from your opponent.
- Develop your left and right side equally.
- Have a superb reverse punch
- Do not lean to side or far back while kicking
- Use pulling sweeps on close encounters
- Never show your best techniques on a lesser opponent unless you are practicing
- Try everything during practice. Don’t treat regular class like a competition.
- Don’t be afraid to throw when in close.
- Study opponents in earlier matches
- Keep your eyes wide open
- Never turn your head.

Terminology

General

Budo	The way of the warrior
Bunkai	Practical application
Dan	Black belt grade level
Dojo	Place of practice
Gi	Karate uniform
Karate	Empty hand
Karate-ka	Karate student
Karate-do	The way of the empty hand
Kata	Forms
Keagi	Snap
Kekomi	Thrust
Ki	Inner Energy
Kiai	Concentrated shout
Kime	Focus
Kihon	Basics

Colors

Aka	Red
Ao	Blue
Kiuro	Yellow
Kuro	Black
Midori	Green
Murasaki	Purple
Orenji	Orange

Directions

Hidari	Left
Mae	Front
Migi	Right
Naname	Diagonally
Sayu	Left & Right

Terminology continued...

Terminology continued...

Kumite	Sparring	Ushiro	Back
Kyu	Rank below black belt		
Makiwara	Punching board	Body Levels	
Obi	Belt	Chudan	Mid section
Ryu	School	Gedan	Lower body
Senpai	Senior student	Jodan	Upper body
Sensei	Teacher		
Shidojin	Instructor	Social	
Sun Dome	Halting an attack before making contact	Arigato	Thank you
		Gozaimas	
Tokui Kata	Favorite kata	Gommenasai	I'm sorry
Tori	Attacker	Onegaiishimasu	Please
Waza	Technique		

Classroom

Hai	Yes	1	Ichi
Hajime	Start	2	Ni
Mawatte	Turn around	3	San
Mokuso	Meditate	4	Shi
Mokuso Yame	Stop Meditating	5	Go
Naore	Return to start	6	Roku
Shomen ni rei	Bow to the front	7	Sichi
Sensei ni rei	Bow to sensei	8	Hachi
Otagai ni rei	Bow to each other	9	Kyu
Seiza	Kneeling position	10	Ju
Yame	Stop	11	Ju Ichi
Yasume	Rest, at ease	12	Ju Ni
Yoi	Ready	13	Ju San

Sparring

Aiuchi	Simultaneous score	15	Ju Go
Ateni Yoni	Warning	16	Ju Roku
Go No Sen	Taking initiative to counter	17	Ju Sichi
Jogai	Out of bounds	18	Ju Hachi
Jiyu Kumite	Free sparring	19	Ju Kyu
Ma-ai	Distance between opponents	20	Ni Ju
No Kachi	Winner	30	San Ju
Sabaki	Body shifting	40	Yon Ju
Sen no sen	Initiative in attack	50	Go Ju
Shiai	Competition	60	Roku Ju
Torimasen	Unacceptable scoring technique	70	Sichi Ju
Tsuukete	Carry on	80	Hachi Ju
		90	Kyu Ju

Stances – Tachi kata

Fudo Dach	Diagonal straddle stance
Heiko Dach	Parallel leg stance
Kiba Dach	Horse stance
Kokutsu Dach	Back stance
Kosa Dach	Cross leg stance
Musubi Dach	Informal attention stance
Nekko Ashi Dach	Cat stance
Shiko Dach	Square stance
Zen Kutsu Dach	Front stance

Blocks – Uke Waza

Jodan Age Uke	Rising block
Gedan Barai	Downward block
Juji Uke	X Block
Morote Uke	Augmented forearm block
Shuto Uke	Sword hand block
Soto Ude Uke	Inward forearm block
Uchi Ude Uke	Outward forearm block

Striking Technique – Uchi Waza

Empi Uchi	Elbow strike
Gyaku Tsuki	Reverse punch
Haito Uchi	Ridgehand strike
Oi Tsuki	Lunge punch
Shuto Uchi	Swordhand strike
Taisho Uchi	Palm heel strike
Tettsui	Hammer fist
Uraken Uchi	Backfist strike

Kicking Techniques – Geri Waza

Mae Geri	Front kick	Tobi Geri	Jumping kick
Mawashi Geri	Roundhouse kick	Yoko Geri	Side kick
Mikazuki Geri	Crescent kick	Ushiro Geri	Back kick



Testing

· Testing usually occurs at the end of each session. Sensei emails the test list 2 – 4 weeks before the test to students ready to test for their next belt. Testing fees are due one week before the test. Students will be invited to the test.

· Testing schedules: All students who are testing for belts up to Blue Major, are eligible to test at the end of each 2 month session. Green and Purple belts will skip a test cycle to test every 4 months. Brown and black require a 6 month waiting period, minimum.

· Minor belts are given to children under 13. Children under 16 do not break boards

· Tests are usually several hours long and are physically demanding. Plan to arrive well rested and hydrated. Please eat a couple hours before the test. Tests may go over the scheduled end time significantly. Please be prepared for this.

· A test is not a graduation. Promotion to the next belt will occur for students who demonstrate good focus, proper attitude, improvement since the previous test and proficiency in techniques utilized in kata and kumite.

· This handbook contains tables that serve as guides to what is expected for each rank regarding kata, board breaks, tournaments and line drills.

· This handbook contains a table for recording your test scores. Give your sensei your handbook with your payment for the test fee one week prior to the test. Scores will be recorded in the handbook and returned to you at the end of test.

· Scores will be from 0 – 10. 5 is considered the average. 3 below average. 7 above average.

· The testing board will review the test scores at the end of the test and determined who has passed.

· Bumps are given at the sole discretion of the sensei, senpai and testing board. NEVER ask about bumping as it is considered extremely rude and will hinder your chances drastically of being bumped.

· When children reach the adult class age 12 or 13 they will follow the adult belt test schedule.

Child Testing Requirements

Ages 4.5 – 7

Belt Color	Kata	Time in Training
Orange / White	1 st half of Taikyoku Shodan	2 months
Orange	Taikyoku Shodan with group	4 months
Orange / Black	Taikyoku Shodan solo	6 months
Yellow / White	Heian Shodan	8 months
Yellow	Heian Nidan	10 months
Yellow / Black	Improved Heian Nidan	12 months
Blue / White	Heian Sandan	1 year 2 months
Blue	Improved Heian Sandan	1 year 4 months
Blue / Black	Heian Yodan	1 year 6 months
Green / White	Improved Heian Yodan	1 year 10 months
Green	Heian Godan	2 years 2 months
Green / Black	Improved Heian Godan	2 years 6 months
Purple / White	Tekki Shodan	2 years 10 months
Purple	Improved Tekki Shodan	3 years 2 months
Purple / Black	Basai Dai	3 years 6 months
Brown	Tekki Nidan	4 years
Brown Minor	Jion	4 years 6 months
Brown Major	Enpi	5 years
Black (shodan)	Gankaku and / or Kanku Dai	TBD (6 months or more)

Child Testing Requirements

Ages 8 – 12

Belt Color	Kata	Time in Training
Orange / White	Taikyoku Shodan with group	2 months
Orange	Taikyoku Shodan solo	4 months
Orange / Black	Heian Shodan	6 months
Yellow / White	Heian Nidan	8 months
Yellow	Improved Heian Nidan	10 months
Yellow / Black	Heian Sandan	12 months
Blue / White	Improved Heian Sandan	1 year 2 months
Blue	Heian Yodan	1 year 4 months
Blue / Black	Improved Heian Yodan	1 year 6 months
Green / White	Heian Godan	1 year 10 months
Green	Improved Heian Godan	2 years 2 months
Green / Black	Tekki Shodan	2 years 6 months
Purple / White	Improved Tekki Shodan	2 years 10 months
Purple	Basai Dai	3 years 2 months
Purple / Black	Tekki Nidan	3 years 6 months
Brown	Jion	4 years
Brown Minor	Enpi	4 years 6 months

Brown Major	Gankaku	5 years
Black (shodan)	Kanku Dai	TBD (6 months or more)

Teen and Adult Testing Requirements

Ages 13 - Adult

Belt Color	Kata	Time in Training
Orange	Taikyoku Shodan	2 months
Orange / Black	Heian Shodan	4 months
Yellow	Heian Nidan	6 months
Yellow / Black	Heian Sandan	8 months
Blue	Heian Yodan	10 months
Blue / Black	Heian Godan	12 months
Green	Tekki Shodan	1 year 4 months
Green / Black	Basai Dai	1 year 10 months
Purple	Tekki Nidan	2 years 2 months
Purple / Black	Jion	2 years 6 months
Brown	Enpi	3 years
Brown / Black	Gankaku	3 years 6 months
Black (shodan)	Kanku Dai	TBD (6 months or more)
Nidan	Gojushiho sho AND Sochin	2 full years as shodan
Sandan	Kanku sho, Jiin AND Unsu	3 full years as nidan

Board Breaks – Tamashiwara

Ages 16 - Adult

Belt color		
Orange	Hammer fist vertical	1 board
Orange / Black	Reverse punch and front kick	2 boards
Yellow	Jab punch and round house kick	2 boards
Yellow / Black	Horizontal shuto and side kick	2 boards
Blue	Hammer fist horizontal and crescent kick	2 boards
Blue / Black	Elbow strike and immediate front kick	2 boards
Green	Ridgehand and immediate roundhouse kick	2 boards
Green / Black	Double reverse punch and then immediate side kick	3 boards
Purple	Shuto strike vertical turn, roundhouse into sidekick	3 boards
Purple / Black	Short punch	1 board
Brown	Punch in seiza, jump up and do back kick	2 boards
Brown / Black	2 boards together any hand technique and 2 boards any kick	4 boards
Black (shodan)	3 boards together any hand technique and 3 boards any kick	6 boards
Nidan	Drop board break	1 board
Sandan	Floating board break	1 board

Testing Scores

Belt	Kihon	Kata 1	Kata 2	Kata 3	Kumite	Intials	Date
Orange / white							
Orange							
Orange / Black							
Yellow / White							
Yellow							
Yellow / Black							
Blue / White							
Blue							
Blue / Black							
Green / White							
Green							
Green / Black							
Purple / White							
Purple							
Purple / Black							
Brown							
Brown minor							
Brown Major							
Black							

Massdojo National Team

Massdojo competes every year at the USANKF National Championships in July. There is a team selection in December of every year. This is an exciting opportunity and a highly rewarding experience. All ages and levels are encouraged to try out. The training is demanding but superb. Please do not hesitate to ask Rossini Sensei about the team.

