



JKAA Student Information

This page is intended for people who are not familiar with Karate and would like to learn a little more about JKA Karate and our organization, the JKAA.

This guide will answer some of your questions but feel free to contact your closest representative if you have specific questions.

Above all, we hope that karate is an enjoyable experience and adds to your quality of life.

Karate benefits the practitioner in many ways, both physical and mental. It increases stamina and flexibility, as well as providing an outlet for stress.

These changes take time so be patient; over time you will see positive changes to your physical condition as well as an improved state of mind.

In order to improve at karate or for that matter any physical activity, practice is required. It is recommended that you try to attend training at least twice a week if possible. As with any activity, the greater the effort put in, the better the result achieved. We would like you to remember that not everyone is in the same shape or has the same ability so it is important to start slowly and increase your effort as your condition improves and knowledge grows.

New members often feel awkward, shy, stiff and confused however this is very normal as Karate takes time to learn. Even very good athletes find it difficult at first. However we follow the system laid out by the Japan Karate Association (JKA) HQ in Tokyo which is a very systematic, scientific approach to learning karate. Rest assured that you can and will progress with time and commitment then you will see positive results.

Above all, enjoy your training!

What is Karate?

Karate means 'Empty hand' and is a traditional Japanese system of self-defence that employs blocks, punches, kicks, strikes, body evasion and occasional throws. It is an effective means of protecting oneself, but it also offers many other benefits such as:

- Aerobic conditioning
- Strengthens the body
- Increases flexibility



- Provides an outlet for stress
- Teaches children respect and discipline

JKA Karate training can be broken into 3 areas of practice as follows:

1. Kihon – Basic or fundamental training in all movements
2. Kata – Pre-determined patterns of moves
3. Kumite – Sparring

What is Shotokan?

Shotokan is the name of the style or system of karate practiced by JKAA, it literally means 'House of Shoto' which was our founder, Funakoshi Gichin Shihan's calligraphy pen name and became the name of the first official dojo in Tokyo in 1939.

Who are the JKA?

The Japan Karate Association (JKA) are the World's foremost authority on Karate. With a vast membership in over 100 countries, the JKA is the world's largest and most prestigious karate organisation. JKA Australia is a member of this global organisation led by Nishimura Takaatsu Sensei 7th Dan.

Our Philosophy

It is our belief that although Karate has a sporting aspect it is a traditional Japanese martial art and should be practiced as such. If required it is an effective form of self-defence and that it should instill in its practitioners discipline, control and confidence. Karate training must incorporate more than just the physical aspects; it must be firmly rooted in etiquette and respect.

Our adult students tell us that karate improves sleep and increases energy. It offers a unique challenge not found in gyms. It is not just getting fit, but each level presents opportunities to learn and develop new skills.

Parents tell us their children gain confidence and perform better in school.



DOJO KUN – Members Aims

(Hitotsu) Jinkaku kansei ni tsutomuru koto

Seek Perfection of Character

(Hitotsu) Makoto no michi o mamoru koto

Be Sincere

(Hitotsu) Doryoku no seishin o yashinau koto

Put maximum effort into everything you do

(Hitotsu) Reigi o omonzuru koto

Respect Others

(Hitotsu) Kekki no yuu o imashimuru koto

Develop Self Control

Dojo Etiquette

Looking after your belt

Be mindful of your belt and treat it austerely. Remember a belt is part of your uniform. One's belt should never be draped around the neck or cast unthinkingly aside. It is either tied correctly around your waist or placed neatly in your training bag.

Bowing (Rei)

The regular Bowing in a traditional Karate class is seen as a form of austere acknowledgement. It is a practice that almost all traditional Japanese martial arts follow.

Times when you bow include:

Entering/leaving the dojo - silent bow

3 bows at the beginning/end of each class

1. *Shomen ni rei – silent bow to the front*

2. *Sensei ni rei – bow to teacher(s) accompanied with the word 'Osu'*

3. *Otaga ni rei – bow to everyone accompanied with the word 'Osu'*

At the beginning/end of each kata - silent bow

Before Yoi (Ready) and after Yame (Stop) commands – silent bow



When beginning/ending a partner exercise or kumite bout accompanied with the word 'Osu'

When addressed by a Sensei or Sempai accompanied with the word 'Osu'

Kneeling bow if late for a class accompanied with the word 'Osu'

Late arrival for a class

If you arrive late for a class the following procedure should be followed:

Take a position at the Dojo entrance and kneel in the Seiza position

Be sure that it is possible for the instructor to be aware of your presence

When the instructor acknowledges your presences usually by way of a quick bow and or the word Osu, you return the bow from the Seiza position and quickly join the class

This is a good opportunity to practice posture, etiquette and readiness.

Expressing Undue Emotion

If you are feeling discomfort from the arduousness of training then it is considered impolite to express this openly. There will be opportunities to catch your breath during class time but this does not mean you can drop your guard or demonstrate bad posture. Remain still and breathe deeply while still maintaining class format. It is important in the beginning to remember to train within your limits.

The one emotion which will not be tolerated is aggression; this must be controlled at all times in the dojo.

Cleanliness and maintenance of Dogi (Uniform)

Hands and feet must be clean and nails trimmed neatly. It is also considered bad manners to train in an unclean Dogi.

It is a simple matter of being aware that if your Dogi smells then there is a good chance that this will increase the discomfort of other students who are forced to train near you. Remember to air your Dogi after training

Through the course of your training it is common for a Dogi to become torn and/or discoloured; it is considered important that a Dogi is maintained correctly like any other uniform.



All Dogi should be white with only one badge worn which is the association badge and positioned at the left side of the chest. Ladies are permitted to wear a white t-shirt under their Dogi but men are not.

Wearing Jewellery

Karate training is a very austere and respectful art form. A major element in its practice is the homogeneous nature of everyone taking part. Karate is seen as a means of spiritual improvement and it can therefore stand to reason that items of Jewellery and even cosmetics are seen as a distraction from the spiritual goal of Karate. Wearing Jewellery can also be seen as discriminatory, by leading to a sense of segregation between rich and poor and it is for a similar reason why uniforms are worn at some schools and companies. Jewellery can also cause an injury to the wearer or other students so it must be removed or taped securely if removal is not an option.

Souji (Cleaning the Dojo)

It is general practice in the Dojo to clean the floor at the beginning and/or end of each training session. Often this is looked towards as an unfavourable chore however the underlying sentiment is that when you use something it should be maintained so that whoever uses the facility after you can experience the same sense of comfort as you experienced.

Excessive Contact (Kumite Training)

This is perhaps one of the hardest protocols of all to follow. When practicing Kumite a boundary of limitation" must be adhered to. What this means is that when striking your opponent, the right amount of force and contact must be applied. If your techniques are too soft neither you nor your opponent get the benefits of training. If you are too hard then the same can also be said to be true. It is all too easy to hit too hard and cause injury. Apply as much force as your opponent can comfortably handle. A common sense rule applies here when squaring off against different opponents of different sizes and strengths.

Bowing To Seniors

It is courteous for all junior grades (kohai) on entering the Dojo prior to training to bow to senior grade (Sempai) 1st Dan Black belts and higher. Japanese Karate operates in a similar manner to the military does with saluting. Kohai should bow to Sempai as a sign of respect.



Grading Levels - Belts

White Belt	10th Kyu
Yellow - White Stripe	9th Kyu
Yellow Belt	8th Kyu
Orange Belt	7th Kyu
Green Belt	6th Kyu
Blue Belt	5th Kyu
Purple Belt	4th Kyu
Brown Belt	3rd Kyu
Brown Belt	2nd Kyu
Brown Belt	1st Kyu
Black Belt	1st Dan and above



JKA GRADING EXAMINATION GUIDELINE

Effective as of April 1, 2014

10th Kyu White Belt

Kihon - In place basics in Shizen Tai (Hachiji Dachi)

1. Chudan Choku Zuki
2. Jodan Age Uke
3. Chudan Soto Ude Uke
4. Gedan Barai
5. Heisoku Dachi, Gedan Kaki Wake: Mae Geri
* With count, 5 times each

9th Kyu Yellow – White Strip

Kihon - In place basics in Shizen Tai (Hachiji Dachi) **to Zenkutsu Dachi**

1. Chudan Jun Zuki
2. Step in Jodan Age Uke
3. Chudan Soto Ude Uke
4. Heisoku Dachi
5. Gedan Kaki Wake: Mae Geri (in place)
* With count, 5 times each



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8th Kyu Yellow Belt

Kihon - Moving basics

1. Chudan Jun Zuki (**step forward**)
2. Jodan Age Uke (**step forward**)
3. Chudan Soto Ude Uke (**step forward**)
4. Shuto Uke in Kokutsu Dachi (**step forward**)
5. Gedan Kaki Wake: Mae Geri (**step forward**)
6. **Yoko Geri Keage (in Heisoku Dachi, right and left)**

Kata – Taikyoku Shodan

Kumite – Gohon Kumite (Jodan Jun Zuki, Chudan Jun Zuki)

7th Kyu Orange Belt

Kihon - Moving basics

1. Chudan Jun Zuki (step forward)
2. Jodan Age Uke (**step back**)
3. Chudan Soto Ude Uke (step forward)
4. **Chudan Uchi Ude Uke(step back)**
5. Shuto Uke in Kokutsu Dachi (step forward)
6. Gedan Kaki Wake: Mae Geri (step forward)
7. Yoko Geri Keage (**in Kiba Dachi**, stepping forward, right and left)

Kata – Heian Shodan

Kumite – Gohon Kumite (Jodan Jun Zuki, Chudan Jun Zuki)



6th Kyu Green Belt

Kihon - Moving basics

1. Chudan Jun Zuki (step forward)
2. Jodan Age Uke (step back)
3. Chudan Soto Ude Uke (step forward)
4. Chudan Uchi Ude Uke (step back)
5. Shuto Uke in Kokutsu Dachi (step forward)
6. Gedan Kaki Wake: Mae Geri (step forward)
7. Yoko Geri Keage (in Kiba Dachi, stepping forward, right and left)
8. **Yoko Geri Kekomi (in Kiba Dachi, stepping forward, right and left)**

Kata – Heian Nidan

Kumite – Kihon Ippon Kumite (Jodan Jun Zuki – right and left, Chudan Jun Zuki – right and left)

** Attacking order to be right Jodan, right Chudan, then left Jodan, left Chudan*



5th Kyu Blue Belt

Kihon - Moving basics

1. Chudan Jun Zuki (step forward)
2. Jodan Age Uke, **Gyaku Zuki** (step back)
3. Chudan Soto Ude Uke, **Gyaku Zuki** (step forward)
4. Chudan Uchi Ude Uke, Gyaku Zuki (step back)
5. Shuto Uke in Kokutsu Dachi (step forward)
6. Gedan Kaki Wake: Mae Geri (step forward)
7. Yoko Geri Keage (in Kiba Dachi, stepping forward, right and left)
8. Yoko Geri Kekomi (in Kiba Dachi, stepping forward, right and left)

Kata – Heian Sandan

Kumite – Kihon Ippon Kumite (Jodan Jun Zuki - right and left, Chudan Jun Zuki - right and left, **Chudan Mae Geri** - right and left)

** Attacking order to be right Jodan, right Chudan, right Mae Geri, then left Jodan, left Chudan and left Mae Geri*



4th Kyu Purple Belt

Kihon - Moving basics

1. Chudan Jun Zuki (step forward)
2. Jodan Age Uke, Gyaku Zuki (step back)
3. Chudan Soto Ude Uke, Gyaku Zuki (step forward)
4. Chudan Uchi Ude Uke, Gyaku Zuki (step back)
5. Shuto Uke in Kokutsu Dachi, **Nukite in Zenkutsu Dachi** (step forward)
6. Gedan Kaki Wake: Mae Geri (step forward)
7. Yoko Geri Keage (in Kiba Dachi, stepping forward, right and left)
8. Yoko Geri Kekomi (in Kiba Dachi, stepping forward, right and left)

Kata – Heian Yondan

Kumite – Kihon Ippon Kumite (Jodan Jun Zuki - right and left, Chudan Jun Zuki - right and left, Chudan Mae Geri - right and left, **Yoko Geri Kekomi** – right and left)

** Attacking order to be right Jodan, right Chudan, right Mae Geri, right Yoko Geri Kekomi then left Jodan, left Chudan, left Mae Geri and left Yoko Geri Kekomi.*



3rd Kyu Brown Belt

KIHON - Moving basics

1. Chudan Jun Zuki (step forward)
2. Jodan Age Uke, Gyaku Zuki (step back)
3. Chudan Soto Ude Uke, in Zenkutsu Dachi, changing stance to Kiba Dachi, **Yoko Empi Uchi** (step forward)
4. Chudan Uchi Ude Uke, Gyaku Zuki (step back)
5. Shuto Uke in Kokutsu Dachi, Nukite in Zenkutsu Dachi (step forward)
6. Gedan Kaki Wake: Mae Geri (step forward)
- 7. Mae Ren Geri (Chudan, Jodan) (step forward)**
8. Yoko Geri Keage (in Kiba Dachi, stepping forward, right and left)
9. Yoko Geri Kekomi (in Kiba Dachi, stepping forward, right and left)
- 10. Mawashi Geri (step forward)**

Kata – Heian Godan

Kumite – Kihon Ippon Kumite (Kiri Kaeshi)

1. Attacking side: Jodan Jun Zuki (step forward), Jodan Age Uke, Gyaku Zuki (step back), right and left.

Blocking side: Jodan Age Uke (step back), Jodan Jun Zuki (step forward), right and left.

2. Attacking side: Chudan Jun Zuki (step forward), Chudan Soto Ude Uke, Gyaku Zuki (step back), right and left.

Blocking side: Chudan Soto Ude Uke (step back) Chudan Jun Zuki (step forward), right and left.

** Attacking order to be right Jodan, right Chudan, then left Jodan, left Chudan.
No Tai Sabaki.*



2nd Kyu Brown Belt

Kihon - Moving basics

1. Chudan Jun Zuki (step forward)
2. Jodan Age Uke, Gyaku Zuki (step back)
3. Chudan Soto Ude Uke, in Zenkutsu Dachi, changing stance to Kiba Dachi, Yoko Empi Uchi, **Yoko Uraken Uchi** (step forward)
4. Chudan Uchi Ude Uke, Gyaku Zuki (step back)
5. Shuto Uke in Kokutsu Dachi, Nukite in Zenkutsu Dachi (step forward)
6. Gedan Kaki Wake: Mae Geri (step forward)
7. Mae Ren Geri (Chudan, Jodan) (step forward)
8. Yoko Geri Keage (in Kiba Dachi, stepping forward, right and left)
9. Yoko Geri Kekomi (in Kiba Dachi, stepping forward, right and left)
10. Mawashi Geri (step forward)

Kata – Tekki Shodan

Kumite – Kihon Ippon Kumite (Kiri Kaeshi)

1. *Attacking side: Jodan Jun Zuki (step forward), Jodan Age Uke, Gyaku Zuki (step back), right and left*

Blocking side: Jodan Age Uke (step back), Jodan Jun Zuki (step forward), right and left

2. *Attacking side: Chudan Jun Zuki (step forward), Chudan Soto Ude Uke, Gyaku Zuki (step back), right and left*

Blocking side: Chudan Soto Ude Uke (step back) Chudan Jun Zuki (step forward), right and left

3. **Attacking side: Chudan Mae Geri (step forward), Gedan Barai, Gyaku Zuki (step back), right and left**

Blocking side: Gedan Barai (step back), Chudan Mae Geri (step forward), right and left

* *Attacking order to be right Jodan, right Chudan, **right Mae Geri**, then left Jodan, left Chudan. **left Mae Geri** No Tai Sabaki.*



1st Kyu Brown Belt

Kihon - Moving basics

1. Chudan Jun Zuki (step forward)
2. **Sanbon Ren Zuki** (step forward)
3. Jodan Age Uke, Gyaku Zuki (step back)
4. Chudan Soto Ude Uke, in Zenkutsu Dachi, changing stance to Kiba Dachi, Yoko Empi Uchi, Yoko Uraken Uchi (step forward)
5. Chudan Uchi Ude Uke, **Kizami Zuki**, Gyaku Zuki (step back)
6. **Gedan Barai, Gyaku Zuki (step forward)**
7. Shuto Uke in Kokutsu Dachi, Nukite in Zenkutsu Dachi (step back)
8. Gedan Kaki Wake: Mae Geri (step forward)
9. Mae Ren Geri (Chudan, Jodan) (step forward)
10. Yoko Geri Keage (in Kiba Dachi, stepping forward, right and left)
11. Yoko Geri Kekomi (in Kiba Dachi, stepping forward, right and left)
12. Mawashi Geri (step forward)

Kata – Bassai Dai or Kanku Dai (student choice)

Kumite – Jiyu Ippon Kumite

Attacking side: Right Jodan Jun Zuki, right Chudan Jun Zuki, right Chudan Mae Geri, right Chudan Yoko Geri Kekomi, right Chudan Mawashi Geri - one side only.



1st DAN or SHODAN Black Belt

Kihon - Moving basics

1. Sanbon Ren Zuki (step forward)
- 2. Jodan Age Uke, Chudan Mae Geri, Gyaku Zuki (step back)**
3. Chudan Soto Ude Uke, in Zenkutsu Dachi, changing stance to Kiba Dachi, Yoko Empi Uchi, Yoko Uraken Uchi (step forward)
4. Chudan Uchi Ude Uke, Kizami Zuki, Gyaku Zuki (step back)
5. Shuto Uke in Kokutsu Dachi, Nukite in Zenkutsu Dachi (step back)
6. Mae Geri (step forward)
7. Mae Ren Geri (Chudan, Jodan) (step forward)
8. Yoko Geri Keage (in Kiba Dachi, stepping forward, right and left)
9. Yoko Geri Kekomi (in Kiba Dachi, stepping forward, right and left)
10. Mawashi Geri (step forward)

Kata – Bassai Dai, Kanku Dai, **Empi, Jion** (student choice)

Kumite – Jiyu Ippon Kumite

Attacking side: Right Jodan Jun Zuki, right Chudan Jun Zuki, right Chudan Mae Geri, right Chudan Yoko Geri Kekomi, right Chudan Mawashi Geri - one side only.



Appendix:

SHOTOKAN TERMINOLOGY

Counting in Japanese

The numbers from one to ten are pronounced as follows:

one	ichi
two	ni
three	san
four	san
five	go
six	roku
seven	shichi
eight	hachi
nine	kyu
ten	ju



GENERAL TERMS

karate do - empty handed way

shihan – master

sensei – teacher

sempai - senior student

kohai - junior student

dojo - training hall

obi - belt

seiza - kneel

mokuso - meditate

rei - bow

yoi - ready

hajime - begin

yame - stop

naote - relax

hidari - left

migi - right

jodan - upper

chudan - middle

gedan - lower

uke - block

zuki - punch

uchi - strike

dachi - stance

geri - kick

tai sabaki - body shifting

yori ashi - foot shifting



STRIKES

kazama zuki - jab

choku zuki - straight punch

oi zuki - lunge punch

gyaku zuki - reverse punch

yama zuki - mountain punch

yoko zuki - side punch

shita zuki - inverted punch

ippon ken - one knuckle strike

uraken - back fist

tetsui - hammer fist

empi uchi - elbow strike

nukite-zuki - spear hand strike

shuto - knife hand

shuto-zuki - sword hand strike



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BLOCKS

jodan age uke - upper rising block

jodan tetsui zuki - upper hammer fist

gedan uke - lower block

kake wake uke - reverse wedge block

haishu-uke - back hand block

soto uke - inward middle block

uchi uke - outward middle block

morote uke - augmented block

teisho oshi uke - pressing palm heel block

shuto-uke - sword hand block

juji-uke - X block

STANCE

zenkutsu dachi - front stance

kokutsu dachi - back stance

kiba dachi - horse stance

fudo dachi - rooted stance

neko ashi dachi - cat stance

hangetsu dachi - hourglass stance



KICKS

hiza geri - knee strike

mae geri - front kick

yoko geri keage - side snap kick

yoko geri kekomi - side thrust kick

fumakomi - stomp kick

mika zuki geri - crescent kick

mawashi geri - round kick

tobi geri - jump kick

ni mae geri - double front kick

ushiro geri kekomi - back thrust kick



KATA TERMS

gedan-barai - down block

chudan oi zuki - middle lunge punch

chudan uchi uke - inside outward block

tetsui zuki - hammer fist strike

shuto uke - sword hand block

shuto zuki - sword hand strike

tai-sabaki - body shifting

jodan oi zuki - upper lunge punch

jodan age uke - upper rising block

yoko geri keage - side snapping kick

mae geri keage - front snapping kick

chudan uraken - middle back fist

chudan nukite zuki - middle spear hand strike

chudan gyaku zuki - middle reverse punch

morote chudan uchi uke - augmented middle inside outward block

jodan soto uke - upper forearm strike

morote gedan uchi uke - augmented lower inside outward block

morote shita zuki - augmented upper inverted punch

chudan teisho yoko uke - middle side palm heel block

chudan yoko zuki - middle side punch



ni jodan shita zuki - double inverted upper punch

chudan tsukami uke - middle grasping block

chudan osae uke - middle pressing block

chudan mae empi uchi - middle forward elbow strike

chudan keito uke - middle chicken head block

hitosashiyubi gedan nukite - lower index finger spear hand

shuto gedan barai - lower sword hand strike

washide jodan uchi - upper eagle strike

jodan mae geri keage - upper front snapping kick

chudan uraken - middle back fist

chudan hiza geri - middle knee strike

chudan mika zuki geri - middle crescent kick

chudan mawashi zuki - middle round house punch

jodan shuto juji uke - upper open hand X block

ni yoko chudan zuki - double middle side punch

chudan-tate-shuto-uchi-uke - middle level vertical inside outward sword hand block

chudan choku zuki - middle straight punch

ni jodan uke - double rising block

hidari ashi dachi - left legged stance

chudan uchi otoshi - middle falling block



jodan yoko uchi barai - upper side sweeping block

sho koko bo uke - tiger mouth block

chudan oi zuki maeude hineri - middle lunge punch with turning forearm

jodan tate mawashi uchi - upper vertical roundhouse strike

naname shita ni oshinobasu - double downward oblique push

gedan gassho uke - lower double palm heel block

sankaku tobi - triangle jump

chudan nakadaka ippon ken - middle one knuckle strike

jodan age nihon nukite-zuki - upper two finger spear hand strike

haishu uke - back hand block

jodan kensei - upper palm feint