



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' it 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 practised 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

We believe that although Karate has a sporting aspect it is a traditional Japanese martial art and should be practised as such. If required it is an effective form of self-defence and that should instil in the practitioner's disciple, 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 the instructor is aware of your presence
- When the instructor acknowledges your presence 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 on 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 practising 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 gets 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 similarly to what 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, 2022

Kyu / Dan Grading Guideline

10th Kyu 【

KIHON】 In place basics in **HACHIJIDACHI**

1. CHUUDAN CHOKUZUKI
 2. JOUDAN AGEUKE
 3. CHUUDAN SOTOUKE
 4. MAEGERI (HEISOKU DACHI · GEDAN KAKIWAKE)
- * "GOREI" command (From right side in turn for each Waza)

9th Kyu

KIHON】 In place basics in SHIZEN TAI to ZENKUTSU DACHI and back to SHIZEN TAI

1. CHUUDAN JUNZUKI
 2. JOUDAN AGEUKE
 3. CHUUDAN SOTOUKE,
 4. KOKUTSU SHUTOU UKE
 5. MAEGERI (**HEISOKUDACHI**, GEDAN KAKIWAKE)
- * "GOREI" command (From right side two action in turn for each WAZA)

8th Kyu

KIHON】 IDOU KIHON Moving basics

1. CHUUDAN JUNZUKI (step in)
2. JOUDAN AGEUKE (step in)
3. CHUUDAN SOTOUKE (step in)
4. GEDAN BARAI (step in)
5. KOKUTSU SHUTOU UKE (step in)
6. MAEGERI (GEDAN KAKIWAKE) (step in)

【KATA】 TAIKYOKU SHODAN

【KUMITE】 GOHON KUMITE (JOUDAN JUNZUKI, CHUUDAN JUNZUKI)



7th Kyu

【KIHON】 IDOU KIHON Moving basics

1. CHUUDAN JUNZUKI (step in)
2. JOUDAN AGEUKE (step back)
3. CHUUDAN SOTOUKE (step in)
4. CHUUDAN UCHIUKE (step back)
5. KOUKUTSU SHUTOU UKE (step in)
6. MAEGERI (GEDAN KAKIWAKE) (step in)
7. YOKOGERI KEAGE (in HEISOKU DACHI, right and left alternating)
8. YOKOGERI KEKOMI (in HEISOKU DACHI, right and left alternating)

【KATA】 HEIAN SHODAN

【KUMITE】 GOHON KUMITE (JOUDAN JUNZUKI, CHUUDAN JUNZUKI)

6th Kyu

【KIHON】 IDO KIHON Moving basics

1. CHUUDAN JUNZUKI (step in)
2. JOUDAN AGEUKE (step back)
3. CHUUDAN SOTOUKE (step in)
4. CHUUDAN UCHIUKE (step back)
5. KOUKUTSU SHUTOU UKE (step in)
6. MAEGERI (GEDAN KAKIWAKE) (step in)
7. YOKOGERI KEAGE (in KIBADACHI, right and left) (step in)
8. YOKOGERI KEKOMI (in KIBADACHI, right and left) (step in)

【KATA】 HEIAN NIDAN

【KUMITE】 KIHON IPPON KUMITE

(JOUDAN JUNZUKI – right and left, CHUUDAN JUNZUKI – right and left)



5th Kyu

【KIHON】 IDO KIHON Moving basics

1. CHUUDAN JUNZUKI (step in)
2. JOUDAN AGEUKE, GYAKUZUKI (step back)
3. CHUUDAN SOTOUKE, GYAKUZUKI (step in)
4. CHUUDAN UCHIUKE, GYAKUZUKI (step back)
5. KOUKUTSU SHUTOUKE (step in)
6. MAEGERI (GEDAN KAKIWAKE) (step in)
7. YOKOGERI KEAGE (in KIBADACHI, right and left) (step in)
8. YOKOGERI KEKOMI (in KIBADACHI, right and left) (step in)

【KATA】 HEIAN SANDAN

【KUMITE】 KIHON IPPON KUMITE

(JOUDAN JUNZUKI – right and left, CHUUDAN JUNZUKI – right and left,
CHUUDAN MAEGERI GEDAN KAKIWAKE – right and left)

4th Kyu

【KIHON】 IDO KIHON Moving basics

1. CHUUDAN JUNZUKI (step in)
2. **SANBON RENZUKI** (step in)
3. JOUDAN AGEUKE, GYAKUZUKI (step back)
4. CHUUDAN SOTOUKE, GYAKUZUKI (step in)
5. CHUUDAN UCHIUKE, GYAKUZUKI (step back)
6. KOUKUTSU SHUTOUKE, ZENKUTSU NUKITE (step in)
7. MAEGERI (GEDAN KAKIWAKE) (step in)
8. YOKOGERI KEAGE (in KIBADACHI, right and left) (step in)
9. YOKOGERI KEKOMI (in **ZENKUTSUDACHI**) (step in)

【KATA】 HEIAN YONDAN

【KUMITE】 KIHON IPPON KUMITE

(JOUDAN JUNZUKI – right and left, CHUUDAN JUNZUKI – right and left,
CHUUDAN MAEGERI GEDAN KAKIWAKE – right and left,
CHUUDAN YOKOGERI KEKOMI – right and left)



3rd Kyu

【KIHON】 IDO KIHON Moving basics

1. CHUUDAN JUNZUKI (step in)
2. **SANBON RENZUKI** (step in)
3. JOUDAN AGEUKE, GYAKU ZUKI (step in)
4. CHUUDAN SOTOUKE, GYAKUZUKI (step back)
5. CHUUDAN UCHIUKE, GYAKU ZUKI (as **KOUKUTSUDACHI is**) (step in)
6. KOUKUTSU SHUTOU UKE, ZENKUTSU NUKITE (step back)
7. MAEGERI (GEDAN KAKIWAKE) (step in)
8. YOKOGERI KEAGE (in KIBA DACHI, right and left) (step in)
9. YOKOGERI KEKOMI (in **ZENKUTSU DACHI**) (step in)

【KATA】 HEIAN GODAN

【KUMITE】 **JYUU IPPON KUMITE**

(JOUDAN JUNZUKI , CHUUDAN JUNZUKI , CHUDAN MAEGERI) – **right and left**

2nd Kyu

【KIHON】

1. **JOUDAN JUNZUKI , CHUUDAN GYAKUZUKI**(step in)
2. JOUDAN AGEUKE, GYAKUZUKI (step back)
3. CHUUDAN SOTOUKE ,GYAKUZUKI (step in)
4. CHUUDAN UCHIUKE, GYAKUZUKI (step back)
5. KOUKUTSU SHUTOU UKE, ZENKUTSU NUKITE (step in)
6. MAEGERI (GEDAN KAKIWAKE) (step in)
7. MAWASHIGERI (step in)
8. YOKOGERI KEAGE (in KIBADACHI, right and left) (step in)
9. YOKOGERI KEKOMI (in ZENKUTSUDATI) (step in)

【KATA】 TEKKI SHODAN

【KUMITE】 JYUU IPPON KUMITE

(JODAN JUNZUKI, CHUUDAN JUNZUKI, CHUUDAN MAEGERI,
CHUUDAN YOKOGERI KEKOMI ,**MAWASHIGERI**) – **right and left**

※Inform your choice of JOUDAN or CHUUDAN for MAWASHIGER



1st Kyu

【KIHON】 IDO KIHON Moving basics

1. JOUDAN JUNZUKI , CHUUDAN GYAKUZUKI(step in)
2. JOUDAN AGEUKE, GYAKUZUKI (step back)
3. CHUUDAN SOTOUKE, YOKOENPI
(ZENKUTSUDACHI changing stance to KIBADACHI) (step in)
4. CHUUDAN UCHIUKE, GYAKUZUKI (step back)
5. KOUKUTSU SHUTOU UKE, ZENKUTSU NUKITE (step in)
6. MAEGERI (On the spot) , MAEGERI(step in)
7. MAWASHIGERI (step in)
8. YOKOGERI KEAGE (in KIBADACHI, right and left) (step in)
9. YOKOGERI KEKOMI (ZENKUTSUDACHI) (step in)

【KATA】 BASSAI DAI

【KUMITE】 JIYU IPPON KUMITE

(JOUDAN JUNZUKI, CHUUDAN JUNZUKI, CHUUDAN MAEGERI,
CHUUDAN YOKOGERI KEKOMI, MAWASHIGERI) – right and left

※Inform your choice of JOUDAN or CHUUDAN for MAWASHIGERI



1st Dan

【KIHON】

1. SANBON RENZUKI (step in)
2. JOUDAN AGEUKE, GYAKUZUKI (step back)
3. CHUUDAN SOTOUKE, YOKOENPI, YOKOURAKEN UCHI, GYAKUZUKI
(ZENKUTSUDACHI changing stance to KIBADACHI changing stance to ZENKUTSU DACHI) (step in)
4. CHUUDAN UCHIUKE, KIZAMIZUKI, GYAKUZUKI
(KOUKUTSUDACHI to ZENKUTSUDACHI) (step back)
5. KOUKUTSU SHUTOU UKE, ZENKUTSU NUKITE (step in)
6. MAEGERI (On the spot) , MAE GERI (step in)
7. MAWASHIGERI (step in)
8. YOKOGERI KEAGE (in KIBA DACHI, right and left) (step in)
9. YOKOGERI KEKOMI (ZENKUTSUDACHI)

【KATA】 BASSAI DAI, KANKU DAI, ENPI or JION (your choice) 【

KUMITE】 JIYU IPPON KUMITE

(JOUDAN JUNZUKI, CHUUDAN JUNZUKI, CHUUDAN MAEGERI,
CHUUDAN YOKOGERI KEKOMI, JOUDAN MAWASHIGERI) – right and left

※Inform your choice of JOUDAN or CHUUDAN for MAWASHIGERI



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

zuki - punch

shihan – master

uchi - strike

sensei – teacher

dachi - stance

sempai - senior student

geri - kick

kohai - junior student

Tai sabaki – body shifting

dojo - training hall

yori ashi - foot shifting

obi - belt

seiza - kneel

mokuso- meditate

rei - bow

yoi - ready

hajime - begin

yame - stop

naote - relax

hidari – left

migi – right

jodan - upper



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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 handstrike



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



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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