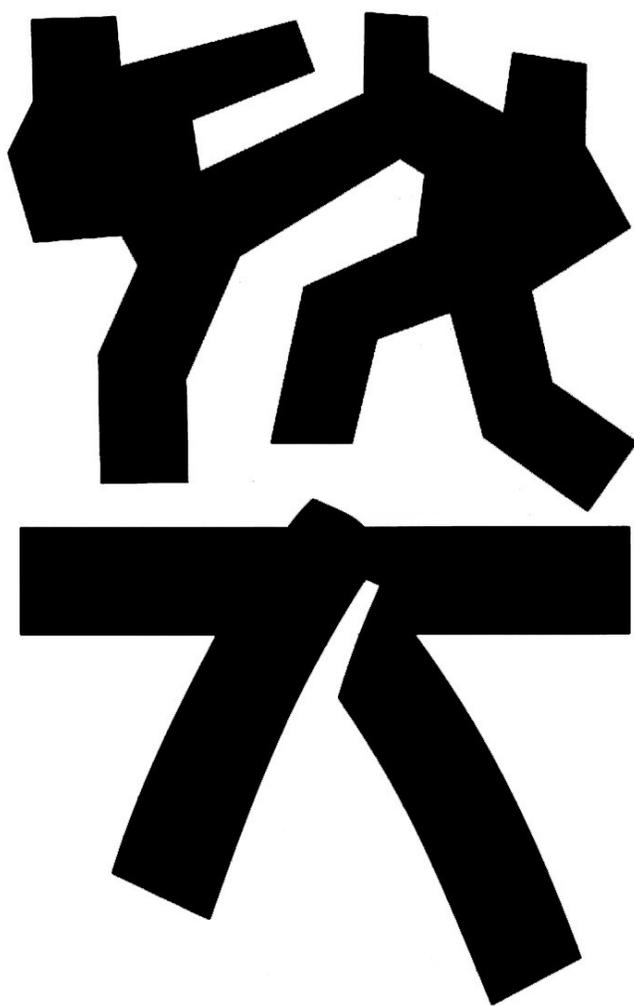


Traditional Shotokan



Karate

“The Ultimate aim of Karate Lies not in victory or defeat, but in the Perfection of its participants.”



**Bruce Lee (6th degree) Rokudan
Chief Instructor of Mundy Pond Shotokan**

Bruce has been studying Karate for 37 years. He has competed in 12 National and two international championships. He is a level 1 NCCP coach. Bruce has graded hundreds of Karate-ka to their Black belt level and higher. He has been provincial coach of the Newfoundland Karate Association for 8 years. Sense 1982 Bruce started 11 Karate Schools throughout the Island of Newfoundland. However he is now currently overseeing 4: Mundy Pond, Trinity, Marystown and Burin.

Karate-Do

Karate do is an art which is now known and practised in all corners of the world. It is indeed a true martial art that shares spiritually in the concepts of Nippon Budo expressing an earnest quest for peace through the controlled use of the fighting skills.

Karate-Do is a unique sport strictly governed by the codes and principles of courtesy, benevolence and spiritual understanding, and unlike other sports which depend on the concepts of winning and losing it is distinguished by being an art of justified self defense. Thus the matches are fought in the true spirit of Budo where the winner does not boast of his victory nor is the loser discouraged by his defeat.

Karate History

The origins of the martial arts go back well over a thousand years to the continent of Asia. A Buddhist monk named Bodhi Dharma developed a system of physical training based on Yoga breathing methods and a type of Chinese unarmed fighting named Kempo.

A vital link between Japan and mainland China was a small island off the south coast of Japan called Okinawa. It was on the island of Okinawa, the traditional point of contact between the Chinese and Japanese cultures, where the development of Karate as we know it began. In Okinawa during the period between 1609-1868 the use of weapons was prohibited by the ruling government of mainland Japan. This circumstance forced the people of Okinawa to become particularly proficient at fighting with only their bare hands. Over a period of some 300 years different forms of bare hand fighting evolved in various areas of the island.

Karate History (continued)

In 1902 a student of one of these bare hand masters was a man name of Guichin Funakoshi. What Funakoshi did that was different than other people at that time was develop a systemized and logical approach to learning the art of bare hand fighting. In 1917, Funakoshi was invited to give demonstrations on mainland Japan. The Japanese were so impressed that in the early 1920's Karate was introduced into the Japanese elementary school system. It was during this period it was given it's name of Karate, by one of Funakoshi's students. Funakoshi's particular style of Karate was called Shotokan. With rapid increase in popularity, many experts from Okinawa came to Japan to give instruction in other systems which, although different from each other, were based on common principles. At the end of the second world war the teaching of marital arts was outlawed by the occupying American forces in Japan, but the band was soon lifted following the establishment of peace. Due to the presence of many western servicemen in Japan during the 1950's, Karate quickly spread to the west. First to Europe then to the United States. By the 1970's Karate had spread extensively throughout the world. One of these Japanese instructors was Masami Tsuruoka, founding president of the National Karate Association of Canada. Another gentleman was Hidetada Nishiyama. Master Nishiyama founded the International Traditional Karate Federation. Both these Karate Masters have a long rich history with the Newfoundland Karate Association having mentored and graded the senior instructors of the NKA.

Traditional Karate (Definition)

Victory itself is not the ultimate goal in Traditional Karate. Traditional Karate is an art of self defense which uses only the human body itself in the most effective way. It uses mainly blocking, punching, striking and kicking techniques in combination with other related movements. While ranking levels may be reached by mere technical execution the seeking of Traditional Karate development has on Limits.

The human capacity to expand and the potential to achieve are frontiers that demand our continuous exploration.

Kata

Kata (or forms) consists of a series of prearranged defensive and offensive techniques which are performed against a number of imaginary opponents. Historically, katas were developed in order to practice for actual combat, hence, the effective execution of each block and attack is critical to the performance of a good kata. Kiai “shouts” are heard at key points during the kata sequence. These give the performer heightened energy and focused spirit.

Kumite

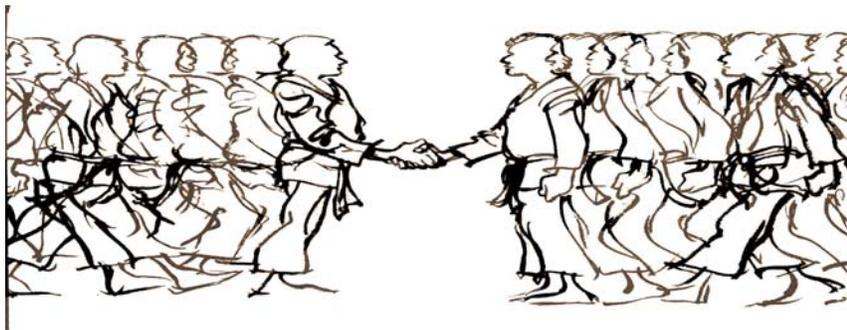
Kumite is combat between two opponents which involves applying the techniques learnt during formal training, thus give them concrete significance. The competition is to be performed with a serene mental attitude, loyalty and fair play, with full knowledge that one must respect the technical skills, personal dignity, personal integrity and physical welfare of the opponent. This objective is reached by exercising maximum mental and physical effort, maintaining perfect concentration and employing maximum strength and force when performing the techniques. All this expresses respect towards the opponents, a demonstration that he is not underrated and implies fair play insofar as no technique should be applied with the intention of causing harm. The power and strength as well as effort involved is just a way of reaching higher levels and at the same time helping others to obtain the same objective. Combat is divided into three classic forms: Fundamental, Semi-free and Free. Kumite can be performed by two or more opponents who apply various methods, in function to the techniques employed and the end results be achieved.

Traditional Shotokan karate



The Tradition Continues!

Traditional Shotokan karate is not a vicious form of fighting; rather it is an activity steeped with tradition, culture and discipline. It is best exemplified by a quotation from a famous Karate master; “The ultimate aim of Karate lies not in victory nor in defeat but in the perfection of the character of it's participants.” Traditional Shotokan karate is purely a martial (military) art and students should train with a proper attitude. Even though one self-defence objective of Karate is to inflict devastating damage on a opponent with a single blow, a stronger emphasis is placed on the spiritual side of the art rather than on the physical techniques. Proper training must apply to the body and spirit in conjunction. Standards which all students must follow include; Character, Sincerity, Effort, Etiquette and Self-Control. With the ever increasing number of students learning Karate the role of the instructor is to ensure that the student will embrace traditional Karate not only as a sport but as a way of life.



Realistic Self Defense

Mundy Pond Shotokan Children's Karate



Chief Instructor: Bruce A. Lee 6th Degree Black Belt

Dear Parents,

Karate for Children has very little to do with your child learning to fight others, but more about taking on themselves and their innermost fears. Conquer them, and your child unleashes within a powerful force. A force that gives them the strength to face their own self doubts.

In other words, when your child uses the discipline they learn from the Karate Program to conquer their fears, they have the power to transfer that discipline to all other areas of their lives. More than any other sport, karate gives your child the chance to explore their innate powers. Your child will marvel (as you will) as they increase strength, flexibility, endurance, balance, and harmony.

Our children's karate program is designed to help students learn to be positive role models and to become the future leaders in our community.

We teach them the importance of **self-confidence**; believing in ones self will allow the child the chance to obtain goals that they set for themselves, giving them "the yes I can attitude". This is very important aspect of the child's growth, which, in turn, is a very useful ally against bullying. We teach them about **fitness**, improving their cardiovascular and strength training, and helping them understand the benefits of being healthy. Our instructors will help the children learn the power of **focus**. Giving them good listening skills. We stress the importance of listening with their ears and watching with their eyes this will help them comprehend and to improve on their skills. **Respecting others and ones self** is a valuable trait that we teach in every class (treat people as you want to be treated.) **Discipline**, and **self-discipline** are two essential behaviors that we teach our students. Making sure they understand that we all must follow rules and that we all are accountable of our own actions. "Every action creates a reaction". Our students learn valuable street-smart evasion tactics with strong and quick **self-defense** techniques. We teach them how to identify a bad situation and how to get away with minimal violence and control.





Shotokan Karate Mundy Pond

Getting Started

Getting your child started in karate is easy. All you need is to bring your child in prior to class and sign some paper work. For the first few classes the child can wear a loose fitting t-shirt and shorts. If your child wishes to continue you will need to purchase a uniform (karate gi) This plain white Gi can be purchased through various locations around town. Cost may vary but usually \$50.00 will cover it.

If you wish to see a class first you are welcome to come in anytime to watch the class in progress. Also please remember the first class is complimentary.

Kids Competing in Karate Tournaments

Children wishing to compete in karate have opportunities throughout the year. Some parents maybe concerned with the safety associated with competition. Tournament rules promote only good sportsmanship and controlled techniques. Children competing gain valuable lifeskills that will help in future competitions for jobs, other sports and will ultimately help their self confidence.

Training Fees

Our Dojo is a place where an art is practiced. We do not believe in locking individuals into long term contracts.

Class times are **Monday 6:00 to 7:00** Please come in 10 min early and leave 10 min after

Yearly Newfoundland Karate Association fees \$ **25.00** (Included in this fee is an Insurance policy)

September 19th to December 12th \$90.00

January 9th to April 2th \$80.00

April 16th to June 4th \$30

Grading Fee \$25.00 Tentive date for Grading June 4th

All our instructors are NCCP Level 1 coaches and have many years of teaching experience. We sincerely hope you will consider our Kids Karate Program.

Chief Instructor: Bruce A. Lee

Phone 368 9826

[email>brucelee@nl.rogers.com<](mailto:brucelee@nl.rogers.com)

Web site >mundypondshotokan.com <

Mundy Pond Shotokan

Japanese Terminology

In Shotokan Dojo's across the world, Japanese is frequently used in naming techniques, katas and perhaps counting. However, no knowledge of Japanese is needed prior to starting Karate, Brecon Karate Club's Instructors don't teach all in Japanese, terms will be introduced slowly and always followed by English and perhaps a demonstration for clarification.

This page is full of pretty much all the Japanese terms you will ever need at Aisatsu. Don't worry about learning them all that will come in time. On this page the Japanese Kanji is also displayed where possible, in brackets next to the term. (Please note Kanji will only be displayed if installed on your computer).

Common Terms

Japanese Terms	English Terms	Japanese Terms	English Terms
Ichi	One	Osu/Oss	Acknowledgement
Ni	Two	Rei	Bow
San	Three	Yoi	Ready position
Shi	Four	Hajime	Start.
Go	Five	Yame	Finish
Roku	Six	Matte	Stop immediately!
Shichi	Seven	Mawatte	Turn
Hachi	Eight	Chūdan	Stomach level
Kyu	Nine	Jōdan	Head level
Ju	Ten	Gedan	Groin level
		Kamaete	Take stance
Kihon	fundamentals or basics	Kamae	Stance lit. posture
Kata	form or pattern	Seiza	Kneeling position
Kumite	sparing/fighting	Otagi ni Rei	Bow to each other
		Sensei ni Rei	Bow to the Sensei
		Mokuso	Meditation
		Hidari	Left
		Migi	Right

Blocks**Attacks**

Gedan Barai	Downward block	Tsuki	Punch
Age Uke	Rising block.	Oi Tsuki	Stepping punch
Uchi Uke	Middle inside block	Gyaku Tsuki	Reverse punch
Soto Uke	Middle outside clock	Kizami Tsuki	Front hand snap punch
Shuto Uke	Knifehand block	Sanbon Tsuki	3 punches
Nagashi Uke	Sweeping block	Maewashi Tsuki	Roundhouse punch
Tate Shuto Uke	Straight armed knifehand block	Age Tsuki	Rising punch
Ju Ji Uke	X Block	Yama Tsuki	double fist punch
Morote Uke	Support hand block	-	-

Ashi Waza	Leg techniques	Age Empi	Rising elbow strike
Ashi Barai	Sweep	Maewashi Empi	Roundhouse elbow strike
Yori Ashi	Sliding motion, feet do not cross	Uraken	Back hand strike
Nami Ashi	Block using the leg, as in Tekki Shodan	Nukite	Spear hand strike
		Taesho	Palm heel strike.
Zenkutsu Dachi	Front stance	Kime	Focus
Kokutsu Dachi	Back stance	Hikate	position of the opposite hand to a punch
Kiba Dachi	Horse Riding stance	Kiai	release of energy
Ushiro Geri	Back kick	-	-
Fumikomi	Stamp	Geri	Kick
Mikazuki Geri	Crescent kick	Mae Geri	Front kick
Ren Geri	Combination kicks	Yoko Geri	Side kick
Kakato Geri	Axe kick	Yoko Geri Keikomi	Side thrust kick
Ushiro Maewashi Geri	Reverse Roundhouse	Yoko Geri Keage	Side snap kick
Tobi Geri	Flying kick	Maewashi Geri	Roundhouse kick
Hiza Geri	Knee Kick		
Shiko Dachi	Horse Riding stance with feet pointed outward	Sochin Dachi	Hour Glass stance
Neikoashi Dachi	Cat stance	Kirkikaeshi	Switch legs on the spot.
Fudo Dachi	Rooted stance	Musubi Dachi	Informal stance
Hangetsu Dachi	Half moon stance	Tsuru Ashi Dachi	Crane Stance -

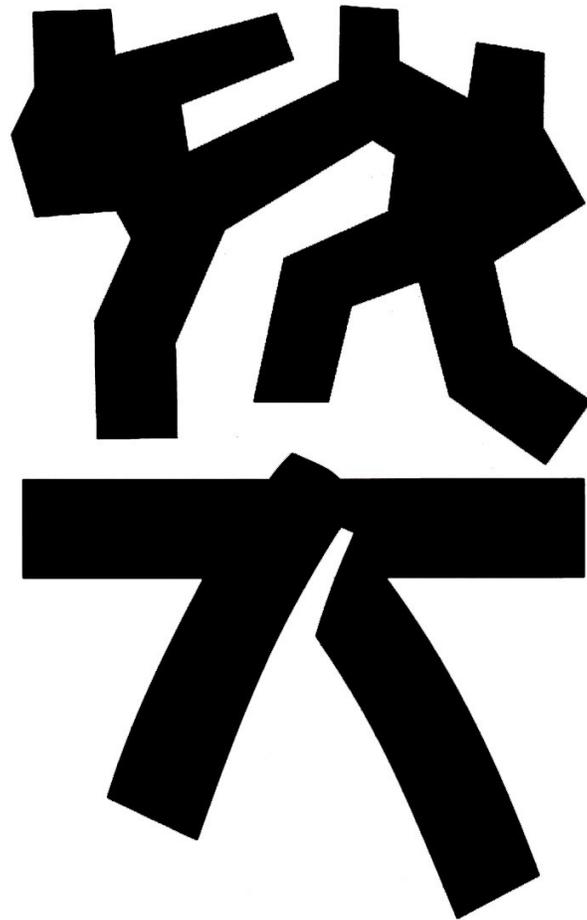
Traditional Shotokan

空手道

KARA
Empty

TE
Hand

DO
Way



Karate