

SEIDO KARATE
WELLINGTON
BEGINNER'S GUIDE



KAIZEN ACADEMY NZ LIMITED
223 THORNDON QUAY
ABOVE RESENE PAINTS

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WELCOME TO NEW MEMBERS

Whatever reasons prompted you to join, (fitness or self-defence perhaps), please remember that you cannot achieve these overnight. Time and dedication will enable you to achieve your personal goals - so the more you put into your training, the more you will get out of it. Also, you will find that, as you train longer, your stress levels will decrease, you will be more coordinated, confident and more focused in whatever you do in your life.

For those who are looking for competition or challenge, they will find it but, as Master Funakoshi said *"The ultimate aim of the art of karate lies not in victory or defeat, but in the perfection of the character of its participants"*. So, as you train more with us, you will find that this will be the ultimate aim in starting and practising karate.

WHAT TO WEAR

You do not need expensive clothes or gear to train in. Wear comfortable clothes (shorts, track suit pants and tee-shirt) that will enable you to stretch, kick and punch. You will also train in bare feet.

However, if you decide to be more committed in your training (that is, train over a few years) then it is recommended that you buy a gi (karate uniform). The gi's are available from the Dojo or through any Martial Arts shop. (See inside back cover.)

The WORLD SEIDO KARATE ORGANISATION has its headquarters in New York, USA, with branches worldwide. *Kaicho* Tadashi Nakamura is the head of the organisation. In New Zealand, the branches are managed by two branch chiefs - *Shuseki Shihan* Renzie Hanham in Christchurch and *Shuseki Shihan* Andy Barber in Nelson.

WHAT DOES SEIDO MEAN?



SEI means truth, honesty and sincerity

DO means the way, road or path to follow

JUKU means special or unique place

A *SEIDO DOJO* is a special place where we go to learn the sincere way of KARATE. The word karate is made up of two characters; *kara* which means 'empty' and *te* which means 'hand'. KARATE-DO is the way of empty-hand combat. As you train with us, the philosophical meaning of the word karate will be more apparent and significant to your everyday life.

THE SEIDO EMBLEM



The flower petal that we wear on our left sleeve of our *gi* (training uniform) is *Kaicho* Nakamura's family emblem. The three circles enclosed by the petals stand for LOVE, RESPECT and OBEDIENCE. These are the three underlying principles of SEIDO karate, and as you train with us, you will find that we constantly strive to develop them

TITLES USED IN SEIDO KARATE

- KAICHO** Title used for the head of the Seido Style of Karate, Mr. Tadashi Nakamura who lives and runs the Honbu dojo in New York
- SHUSEKI SHHAN** Title means 'Head or Chief' of a Regional Area.
- SHIHAN** Title means 'Master' and is given to sixth degree black belts.
- KYOSHI** Title means 'Senior Teacher' and is given to fifth degree black belts.
- SENSEI** Title means 'Teacher' and is given to fourth degree black belts.
- SENPAI** Title means 'Senior' and is given to first, second and third degree black belts.

FORMALITIES IN SEIDO KARATE TRAINING

When you start training, you will be overwhelmed and probably uncomfortable by the Japanese customs influencing the dojo atmosphere. Most commands are given in Japanese, the counting is in Japanese and there is a lot of bowing to the *shinzen* (the focal point of the training hall or dojo) and to each other.

Because Seido Karate is a Japanese, and a disciplined art, the dojo formalities and etiquette are also based on Japanese customs. Bowing in the dojo is not an act of subservience and has no religious implications either. Karate is a disciplined art, so bowing is like saluting an officer in the army or navy in our western culture.

Bowing also has a deeper meaning. The adage "*You cannot respect others unless you respect yourself first*" implies that if you find it hard to respect others (for example, through bowing), then you must look at yourself first (through your beliefs, strengths and weaknesses) before you can acknowledge others for what or who they are.

Seido Karate is a martial art and not a sport or health club. Therefore, there are certain formalities and procedures that we ask all students to observe during their training. Some of you will be uncomfortable with some of these formalities but given time, you will get used to them as you train longer with us.

IMPORTANT CONCEPTS

OSU The word OSU is a shortened form of the Japanese word *Oshi Shinobu* which means *Keep Patience*. This concept is very important for martial artists to understand. Most people who study the martial arts give up very easily and quickly, and will find all kinds of reasons (excuses) why they should not train. This is not the way to study the martial arts, nor anything else that requires effort - and definitely not the way to study karate-do. You must have strong patience, for this is how you overcome difficulties, through a strong spirit and a strong OSU. Within the dojo, it can be used as a greeting or as a way to recognise that “*I am here. I try hard, I respect and I won't give up*”. When you see a senior student, particularly a black belt, acknowledge them by saying OSU. This is **not an act of subservience**, but a recognition of their knowledge, ability, and dedication to the particular martial art. Saying it loud and clear also reaffirms your commitment to train hard and improve yourself.

DOJO This is the name given to a training hall where karate (or any other martial art) is practised. It is a special place where we learn and grow through our training. The dojo has a shin-zen which is a little raised area at the end of the dojo. This is a symbolic centre of the training hall and when entering or leaving the dojo, face the shin-zen, bow and say OSU. This has no religious implication whatsoever, but only based on a Japanese custom of respect - respect to a place where people from all-walks-of-life, regardless of age, sex, capability or background come together to learn martial art.

KIAI This is the loud yell we produce when we shout as we do our basic techniques hard and fast. Perhaps, one of the most common questions a person asks when coming into contact with karate for the first time is "Why do they shout when they kick or punch?" The funny thing is that the same person would not ask the same question when a discuss thrower shouts as he/she throws the discuss or when a weight-lifter yells as he lifts his weight. A roar-like shout is utilized in many sports today.

In karate, we ‘kiai’ because, explosively exhaling from the lungs at the right moment helps to tense the whole body, thereby adding power to the technique. A powerful kiai can also have a shock-like effect on an opponent's brain with a result ranging from distracting to temporarily freezing the opponent's ability to react. The kiai can also have the effect

of frightening an opponent at the same time as building one's own courage, much the same as a battle-cry was used when charging the enemy. The Kiai and Kime go hand in hand and form the basis of the inner power utilised in karate.

KIME
(Focus) To obtain maximum power, one must focus all one's power at the moment of impact. This is done by first relaxing the body, then only the muscles required to perform the technique are brought into play, so that maximum acceleration can be obtained. If any other muscles are tensed, they will have a braking effect and the power in the technique will be reduced. At the moment of impact, one exhales, tenses the whole body and concentrates the mind so that they are one. The body is then immediately relaxed in preparation for the next technique.

DOJO ETIQUETTE

Dojo etiquette is based on respect. Respect to *Kaicho* (Head of Seido), a *Shihan* (Master), *Kyoshi* (Senior Teacher), *Sensei* (Teacher) or *Senpai* (Senior) is paramount. Acknowledge them with the word OSU. Before you enter the dojo, remove your shoes and overcoats and bow saying OSU as you enter. Bow and OSU when entering and exiting the dojo area and dojo floor. If higher graded people enter the dojo with you, you should let them go first as a sign of respect for their grade. This includes going in and out of the changing rooms. Always OSU when a black belt enters the dojo or walks past you as a sign of respect. This is an acknowledgement of their experience and dedication and, in most cases, for passing on their knowledge to you when they instruct the class.

If you wish to ask a question during class, wait for an appropriate moment and say OSU to attract attention. Before and after you indulge in an activity involving a partner in class, you mutually bow and say OSU as a mark of respect to each other.

Etiquette plays an important part in our training in Seido Karate. It makes us aware of what is going on around us as well as reminding us of our responsibility in being part of society. Etiquette is just common courtesy - a basic feature of life which is noticeably missing from society today.

Etiquette must not be seen or interpreted as an act of subservient. You cannot respect others unless you can respect yourself first. For those who have no difficulty in practising the dojo etiquette, you must respect other's discomfort in practising some (if not all) of the etiquette rules required in the dojo. Like acquiring karate techniques, let them progress at their own pace.

You are not permitted to leave a training session just any time you feel like it. Once the session starts, you must ask permission if you wish to leave for any reason. If you can only train for part of the session, inform the instructor at the beginning of the class so that he/she can tell you to leave at a convenient moment without disrupting the class.

No jewellery of any type is allowed to be worn during class. Remove all jewellery before joining class to avoid damaging them or causing any injury to anyone, especially when engaged in an activity with a partner.

Every student is responsible for keeping the dojo clean and tidy just as you would look after your home. After each class, each student must clean the floor, walls, changing rooms, et cetera, with the cloths provided. This attitude of personal responsibility and respect is as much part of our training as any physical exercise, so please don't rely on someone else to do your share. Quite simply, dojo etiquette is nothing more than just good manners.

BEING LATE TO CLASS

Always endeavour to be at class on time, it disrupts the class when someone is late. However, there are times when being late is unavoidable for genuine reasons, so being late to class is better than not being there at all.

If you are late, get changed and sit in seiza at the back of the dojo floor. Ensure that you are facing away from the shinzen but that your back is not facing towards the shinzen and wait to be acknowledged to join the class by the instructor. When the instructor acknowledges you to join the class, answer by saying "osu senpai/sensei".

Sometimes, you are asked to do a few press ups before you join the class. This is not a punishment but is a way of saying to the rest of the class *"I'm sorry I'm late, but I'm here now to train hard with you"*. When joining in, go to your normal place in the line up order.

LINING UP FOR CLASS

When going onto the dojo floor, let your senior go on before you and say "osu" as you enter the dojo floor. Always line up in order of grade, according to rank. If someone is in the same grade as you, then line up in the order of date graded and then by age (eldest first). When lining up always ensure that your lines are straight, that is, you are not standing ahead of your seniors.

When kneeling for the greet always go down onto the left knee first, then the right. Kyu grades should kneel after the black belts.

CLASS ETIQUETTE

No talking in class unless asked. It is a sign of respect that you listen to the instructor taking the class. Remember to respond with OSU to any commands or instructions from your instructor. When moving to your place during the class always go around the class, never move through the middle of a line.

When told to partner up always partner your senior grade first. If they have a partner, that is, their senior grade, then your partner will be your nearest junior grade.

When in partners, the junior partner should always be the one to collect and return equipment, for example, punching bags. When joining or leaving your partner always greet and shake hands as a way of thanking him/her for the opportunity in working out together.

When told to sit down in class, sit in seiza unless told to sit relaxed.

When addressed in class personally (this includes being corrected) acknowledge that you have heard by answering “osu senpai/sensei”. This is also a way of appreciating the fact that your instructor has taken interest in seeing that you do the techniques properly. There is nothing worse than being ignored in class, especially when you have been doing the techniques incorrectly.

When told to line up do so quickly and in order of grade. Always ensure that lines are straight in class.

TIDYING UP YOUR GI

Tidy your Gi when told to do so by your instructor. If you find it necessary to tidy your Gi during a class, raise your hand and when acknowledged ask permission to tidy up.

When tidying up your Gi go down onto your left knee and ensure that you are facing away from the shinzen, but that your back is not facing towards the shinzen.

KEEPING THE DOJO CLEAN AND TIDY

Dojo comes from a word meaning “place of enlightenment”. We respect this place by keeping it clean and tidy. All equipment and gear should be removed from the dojo floor after the class and put away.

The dojo includes the changing rooms, toilets and the warm-up and social areas. These should be kept clean and tidy at all times.

The dojo floor is wiped with rags after every class. It is the responsibility of the senior kyu grade in the class to start the cleaning of the floor.

If you see a senior doing any cleaning, offer to help them, or do the work for them.

PERSONAL ETIQUETTE

Always keep your Gi clean and tidy. Repair any rips or tears. No jewellery is to be worn during class as it may injure you or another person. Fingernails and toe-nails should always be kept short.

SPARRING ETIQUETTE

Sparring gear consists of a minimum of:

- Gloves, must enclose the fingers,
- Mouth Guard,
- Footpads (toes must be covered).

The following additional protective items are recommended:

- Chest protection (a must for women),
- Groin Guard (a must for men),
- Head protection (compulsory for children).

When putting your sparring gear on, do so as quickly and quietly as possible then return to the dojo floor, lining up in one straight line in order of grade. You should have on all the correct sparring gear before walking on to the dojo floor.

If you do not have on all the correct sparring gear then you should try to borrow some, failing that you must advise the instructor who has the discretion to excuse you from the session or allocate an alternative form of training.

In a sparring situation the senior grade or more experienced grade must adjust their level of sparring to suit their partner. Dojo sparring is not about who is the best. Instead it is an opportunity to exchange techniques so that everyone can learn and develop.

Should you be tagged with an effective technique it is courtesy to acknowledge your partner and likewise if you are the one to make the tag, you must also show courtesy.

Another important aspect of sparring etiquette is that you should participate in the class prior to sparring class rather than just turning up just for the sparring class. If this is not possible you should ask permission from the instructor to join in.

SOCIAL ETIQUETTE

Just as etiquette plays an important part of our training, it is equally important outside the dojo. The principles and values of Seido Karate such as love, respect, obedience, patience and courtesy are all completely transferable.

Seido Karate is a strict traditional Japanese style and that is why we practise these traditions today.

An example of this is when offering or receiving any object. This could be a weapon or, in a more social environment, a glass. It is Japanese tradition to offer or accept using two hands, which demonstrates trust and openness.

When addressing a Black Belt outside the dojo you should call them Senpai/Sensei/Shihan, unless otherwise told by that person to refer to them on a first name basis.

If you notice one of the seniors waiting in a queue behind you, offer to get their order.

When sitting for a meal or having drinks, it is common courtesy to wait until Kaicho, Shihan or your head instructor (whoever is present at the time, has started first).

ABSENCE FROM THE DOJO

If you are unable to train for a period of time you should let the instructor know so that he/she is not left wondering if there is a problem. Senior students should make an effort to have your apologies passed on if unable to make your regular class. It is customary to maintain paying your fees while you are not training.

If you stop training for three months or more, it is a requirement and a sign of courtesy to wear a white belt upon your return. You will still maintain your position in the line up. By wearing your white belt you acknowledge your absence from the dojo and at the same time demonstrate your respect to your fellow karateka who have continued to train during your absence. Shihan, Kyoshi or a Sensei will inform you at the appropriate time when to begin wearing your coloured belt again.

Learning and practising etiquette inside and outside the dojo is as important as the syllabus you learn, therefore it should be reviewed on a regular basis.

HOW OFTEN SHOULD YOU TRAIN

When starting karate, you will be concentrating on learning basic techniques, getting fitter and more co-ordinated, so training once or twice a week is adequate

during beginner and intermediate grades (10th - 5th kyu). However, as you get to senior levels (4th kyu and above), you will be learning more advanced techniques which require more time. Training at least three times a week is highly recommended at higher grades. This is not only to maintain your fitness and technical skills, but also to learn and practise new skills required for each senior level.

At senior levels, training twice a week is known as maintenance training while training at least three times a week is progressive training. However, having said all that, it is also important that you maintain the balance of your quality time for other commitments in your life (family, friends, or work). You know such balance - your karate instructors don't.

ADMINISTRATIVE ISSUES

RECORDING YOUR CLASSES

When you decide to join Seido Karate, you will be allocated a membership number. For your reference, you can find your number in the white folder on the counter. A computer is situated on the counter to record your classes. Use the following procedure to sign yourself into a class:

- Type in your number, then press ENTER.
- Read any sign-in messages, then press ENTER.
- Type in the number of your class(es) you will be doing, then press ENTER

EXTENDED PERIOD ABSENCE

If you are not going to be training for more than three months please ask reception to change your membership status to being “on leave”.

PAYMENT OF FEES

Training fees are paid on a calendar month basis. If you only train for a portion of a month you still pay for the whole month, as expenses still have to be paid, for example, building rent, power and phone. You can also pay quarterly and yearly.

Seido Karate accepts the following methods for payment of fees: Automatic Payments, Cash, Cheque, Eft-Pos and Credit Card. If you wish to pay by Automatic Payment please see reception for an Automatic Payment form.

THE GRADING SYSTEM IN SEIDO KARATE

The grading system in Seido Karate is based on a ten-kyu system whereby there are ten grades of belts that one must attain before going for black belt. The ten kyu grades used are:

KYU GRADE	BELT COLOR	COMMON TERM
10th Kyu	White Belt	White Belt
9th Kyu	White Belt + Black Tab	Advanced White Belt
8th Kyu	Blue Belt	Blue Belt
7th Kyu	Blue Belt + Black Tab	Advanced Blue Belt
6th Kyu	Yellow Belt	Yellow Belt
5th Kyu	Yellow Belt + Black Tab	Advanced Yellow Belt
4th Kyu	Green Belt	Green Belt
3rd Kyu	Green Belt + Black Tab	Advanced Green Belt
2nd Kyu	Brown Belt	Brown Belt
1st Kyu	Brown Belt + Black Tab	Advanced Brown Belt

COMMONLY USED TERMS

Gi	Karate Uniform	Kiai	Yell	Ibuki	Exhaling strongly
Obi	Belt	Kata	Form	Kumite	Sparring
Uke	Block	Tsuki	Strike	Geri	Kick
Gyaku	Reverse	Dachi	Stance		
Mae	Front	Ushiro	Back	Uchi	Inside
Soto	Outside	Hidari	Left	Migi	Right

COUNTING

Ichi	One	Ju-Ichi	Eleven	Ju	Ten
Ni	Two	Ju-Ni	Twelve	Ni-ju	Twenty
San	Three	Ju-San	Thirteen	San-ju	Thirty
Shi	Four	Ju-Shi	Fourteen	Yon-ju	Forty
Go	Five	Ju-Go	Fifteen	Go-ju	Fifty
Roku	Six	Ju-Roku	Sixteen	Roku-ju	Sixty
Shichi	Seven	Ju-Shichi	Seventeen	Nanna-ju	Seventy
Hachi	Eight	Ju-Hachi	Eighteen	Hachi-ju	Eighty
Ku	Nine	Ju-Ku	Nineteen	Ku-ju	Ninety
Ju	Ten	Ni-ju	Twenty	Hiaku	One hundred

PARTS OF THE BODY

Ago	Jaw	Ken	Fist
Ganmen	Face	Koken	Wrist
Atama	Head	Hiji	Elbow
Ashi	Leg	Goshi	Hip
Hisa	Knee	Uraken	Inverted Fist
Kin	Groin	Tai	Body
Jodan	Head Level	Chudan	Abdomen Level
Gedan	Groin Level	Chusoku	Ball of Foot
Haisoku	Instep	Kaka	Heel
Sokuto	Foot Edge	Teisoku	Arch of Foot
Seiken	Forefist	Tettsui	Edge of fist
Shuto	Knifehand	Haito	Inner Knifehand
Shotei	Palm Heel		

BASIC COMMANDS

Mokuso	Close eyes	Hajime	Begin
Mokuso yame	Open eyes	Rei	Standing Bow
Shin-zen ni rei	Bow to the shin-zen	Kiai-te	Do techniques with a shout
Kaicho ni rei	Bow to Head of Seido Style (Grandmaster)	Mawatte	Turn around
Shihan ni rei	Bow to the Master	Naore	Return to ready position
Kyoshi ni rei	Bow to Senior Teacher	Seiza	Kneel
Sensei ni rei	Bow to the Teacher	Yame	Return to relaxed position
Senpai ni rei	Bow to the Senior	Yoi	Ready to begin
Otogai ni rei	Bow to each other		

BASIC STANCES

Heisoku dachi	Normal Stance	Musubi dachi	Open-toes Stance
Heiko dachi	Parallel Open Stance	Fudo dachi	Ready Stance
Shiko dachi	Sumo Stance	Kiba dachi	Straddle Stance
Zenkutsu dachi	Forward Leaning Stance	Kokutsu dachi	Back Leaning Stance
Tsuruashi dachi	Crane Stance	Sanchin dachi	Pidgeon-toe Stance
Nekoashi dachi	Cat Stance	Kake dachi	Hooked Stance

BASIC STRIKES AND PUNCHES

Seiken chudan tsuki	Forefist Middle Thrust	Uraken shomen uchi	Inverted Fist Strike
Seiken Jodan tsuki	Forefist Upper Thrust	Uraken sayu uchi	Inverted Fist Side Strike
Seiken ago uchi	Forefist Jaw Strike	Uraken hizo uchi	Inverted Fist Spleen Strike
Seiken mawashi uchi	Forefist Roundhouse Strike	Uraken shita tsuki	Inverted Fist Low Strike
Gyaku tsuki	Reverse Punch	Uraken mawashi uchi	Inverted Fist Roundhouse Strike
Shuto ganmen uchi	Knife Hand Temple Strike	Hiji jodan ate	Upper Elbow Strike
Shuto sakotsu uchi	Knife Hand Collarbone Strike	Hiji chudan ate	Middle Elbow Strike
Shuto sakotsu uchi komi	Knife Hand Driving Strike	Hiji age uchi	Rising Elbow Strike
Shuto hizo uchi	Knife Hand Spleen Strike	Hiji oroshi uchi	Descending Elbow Strike

BASIC BLOCKS

Uchi Uke	Inside Block	Soto Uke	Outside Block
Jodan Uke	Upper Block	Gedan Barai	Groin Block

BASIC KICKS

Mae geri	Front snap kick	Mawashi geri	Roundhouse kick
Hiza geri	Knee kick	Kin geri	Groin kick
Kensetsu geri	Side thrust kick to the knee	Yoko geri	Side thrust kick above the waist
Ushiro geri	Back kick	Kake geri	Hook Kick
Mae keage	Front Straight-leg kick	Yoko keage	Side Straight-leg kick

Martial Arts Shops

Martial Arts Supplies

1st Floor, 45 Courtenay Place
Wellington
Phone: (04) 384 7832

Fuji Mae

12 Colorado Grove
Brooklyn
Wellington
Phone: (04) 934 8302

Made in Nippon

Kent Terrace, Above Dominos Pizza
Wellington
Phone: (04) 801 8027

Other Contacts

Seido Karate is brought to you in Wellington by the **Kaizen Academy NZ Ltd.**

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Administration / Questions

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World Seido Karate Organisation

www.seido.com

Beginners Classes

Kids Beginner's Classes

Mondays 4:00 pm – 4:45 pm

Tuesdays 5:00 pm – 5:45 pm

Thursdays 4:00 pm – 4:45 pm

Adult Beginner's Classes

Tuesdays 6:00 pm – 7:00 pm

Thursdays 6:00 pm – 7:00 pm

Saturdays 3:00 pm – 4:00 pm