

SEIDO KARATE
WELLINGTON
BEGINNER'S GUIDE
JUNIOR STUDENTS



KAIZEN ACADEMY NZ LIMITED
223 THORNDON QUAY
ABOVE RESENE PAINTS

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Contacts

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Dojo: 223 Thorndon Quay
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WELCOME TO NEW MEMBERS

Welcome to Seido Karate. We hope that you enjoy your time with us.

Seido Karate has its headquarters in New York, United States of America, with branches worldwide. *Kaicho* Tadashi Nakamura is the founder and Chairman of *Seido Karate*.

WHAT TO WEAR

Wear comfortable clothes to train in so that you can kick and punch easily.. Clothes could be shorts, or track suit pants, and a tee-shirt, We do train in bare feet.

Please remember to take your jewellery and watches off before class.

If you decide you really like karate then you should buy a karate uniform called a *Gi*. New *Gi*'s are available through any Martial Arts shop, see inside the back cover of this guide for their addresses. Second hand *Gi*'s may sometimes be available from the Dojo. Please ask at reception.

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

THE SEIDO EMBLEM



The symbol we wear on our left sleeve of our *gi* is *Kaicho* Nakamura's family emblem of the plum blossom. The three circles enclosed by the petals stand for LOVE, RESPECT and OBEDIENCE. These are the three underlying principles of SEIDO karate.

TITLES USED IN SEIDO KARATE

<i>KAICHO</i>	Means 'Chairman' and is used for the head of the Seido Karate, Mr. Tadashi Nakamura.	<i>SHUSEKI</i> <i>SHHAN</i>	Means 'Head or Chief' of a Regional Area.
<i>SHIHAN</i>	Means 'Master' and is given to sixth degree black belts.	<i>KYOSHI</i>	Means 'Senior Teacher' and is given to fifth degree black belts.
<i>SENSEI</i>	Means 'Teacher' and is given to fourth degree black belts.	<i>SENPAI</i>	Means 'Senior' and is given to first, second and third degree black belts.

FORMALITIES IN SEIDO KARATE

Seido is a Japanese martial art that was brought to Japan from the islands of Okinawa in about 1920. Most commands are given in Japanese, and all counting is in Japanese.

In Seido Karate we show a lot of respect during our training.. At the start and end of a class we bow to the Shinzen to the front of the Dojo and to the founder and teachers of Seido Karate. This bowing shows respect and is like saluting an officer in the army.

IMPORTANT CONCEPTS

OSU The word **OSU** is a shortened form of the Japanese word *Oshi Shinobu* which means *Keep Patience*. This is very important for student to understand. To train can at times require a lot of patience as you learn new moves and techniques.

Within Seido Karate, **OSU** is used as a greeting and as a reply to commands from your teacher. When you see a senior student, particularly a black belt, greet them by saying OSU. This recognises their knowledge, ability, and dedication to Seido Karate. Saying it loud and clear also reaffirms your commitment to train hard and improve yourself.

KIAI A **KIAI** is a loud yell that we make when we do our basic techniques.

In karate, we **KIAI** to show the strength of our karate, to frighten an opponent and at the same time to build our own courage. A **KIAI** also at the right moment also helps to tense the whole body, thereby adding power to your technique.

RESPECT

What we do in the Dojo is based on respect. Respect for our teachers is very important. Greet them with the word OSU. When you enter the dojo, remove your shoes and bow saying OSU. Also bow and OSU when you step onto the Dojo floor. Remember to do the same when you leave the dojo floor and before you step out of the dojo. Always OSU when a black belt enters the dojo. This acknowledges their experience and dedication and that they pass on their knowledge to you.

You are not allowed to leave a training session any time you feel like it. Once the session starts, you must ask permission if you wish to leave for any reason.

You are responsible for keeping the dojo clean and tidy. After each class, you will clean the Dojo floor with the cloths provided.

BEING LATE TO CLASS

Always try 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. You should sit facing the sides of the Dojo and wait to be acknowledged to join the class by the instructor. When the instructor asks you to join the class, answer by saying "OSU senpai/sensei".

Sometimes, you may be asked to do a few press ups before you join the class. This is not a punishment but just a way of showing that you are here to train hard. When you join in, go to your normal place in the line.

LINING UP FOR CLASS

When going onto the Dojo floor, let your seniors go on before you and say OSU as you step on to the dojo floor. Always line up in order of grade, according to rank.

If someone is the same grade as you, line up in the order of date graded and then by age (oldest first). When lining up always ensure that your lines are straight.

When you kneel for the greet at the start and end of each class, always go down on the left knee first, then the right. You should kneel after the black belts.

ON THE DOJO FLOOR

Don't talk in class unless you are spoken to. It make it difficult to hear what your instructor is saying when lots of people are talking. Answer OSU when your instructor talks to you or gives you instructions. When moving around the Dojo floor always go around the outside of any lines, never through the middle.

If you wish to ask a question during class, wait for an appropriate moment and say OSU to attract attention. Before and after you train with a partner in class, bow to each other and say OSU.

When you are asked to sit down in class, always sit in seiza.

When your instructor talks to you answer by saying OSU KYOSHI / SENSEI / SENPAI.

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

ADMINISTRATIVE ISSUES

RECORDING YOUR CLASSES

When you decide to join Seido Karate, you will be allocated a membership number. You can always find your number in the white folder on the counter. Use the computer at reception to record your classes. Use the steps below to sign yourself in:

- 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 must still pay for the whole month. 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.

YOUR FIRST GRADING

Before you can grade you need to have gone to at least fifteen classes and to understand your punches, blocks, kicks and the first *Sanbon Tsuki* katas listed at the back of this guide. There are sheets that you can take away that list what you need to know. Please take them from the red folder at reception.

We also have copies of *Kaicho's* book *Karate Kyohon* which show you all you need to learn to get to Green belt. If you have any concerns please talk to the class instructors.

Your first grading will be very much like a normal class. You will bow in normally, and then warm up. You will be asked to show the punches, blocks and kicks that you have learnt in class and to demonstrate your fitness in relays.

Your grading will last for about an hour and a half. After it is finished the higher grades will continue with their grading and demonstrate their techniques and kata.

At the end of the grading everyone will come together on the Dojo floor to learn the results of the grading.

If you go up one grade you will be given an 'advanced' tab to add to your belt. If you go up more than one grade you will get a new belt and possibly an 'advanced' tab for the new belt.

Kids coloured belts should have a white stripe running the length of the belt showing that they gained their grade while being under sixteen year old.

THE GRADING SYSTEM IN SEIDO KARATE

There are ten coloured belt grades in Seido Karate covering beginners to black belts. These ten coloured, or kyu, grades 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 Uniform	Kiai Yell	Kumite Sparring
Obi Belt	Kata Form	
Uke Block	Tsuki Punch	Geri Kick
Gyaku Reverse	Dachi Stance	
Mae Front	Soto Outside	Hidari Left
Ushiro Back	Uchi Inside	Migi Right

COUNTING

Ichi One	Ni Two	San Three
Shi Four	Go Five	Roku Six
Shichi Seven	Hachi Eight	Ku Nine
Ju Ten		

PARTS OF THE BODY

Jodan Head Level	Chudan Abdomen Level
Gedan Groin Level	Seiken Fist
Hisa Knee	Kin Groin

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 the Head of Seido Style	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

Fudo dachi	Ready Stance	Sanchin dachi	Pidgeon-toe Stance
Zenkutsu dachi	Forward Leaning Stance	Kokutsu dachi	Back Leaning Stance
Kiba dachi	Straddle Stance		

BASIC STRIKES AND PUNCHES

Chudan tsuki	Forefist Stomach Punch	Jodan tsuki	Forefist Head Punch
Gedan tsuki	Forefist Groin Punch		

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 kick to the knee	Yoko geri	Side kick above the waist

KATA

Sanbon Tsuki Sono Ichi

1. Step back with right foot into L/Zenkutsu Dachi (L/front leaning stance)
L/Gedan Barai (L/groin block)
2. Step forward into R/Zenkutsu Dachi (R/front leaning stance)
R/Gedan Tsuki, (R/groin punch)
3. Step forward into L/ Zenkutsu Dachi (L/front leaning stance)
L/Chudan Tsuki (L/chest punch)
4. Step forward into R/ Zenkutsu Dachi (R/front leaning stance)
R/Jodan Tsuki (R/upper punch) KIAI
5. Step back into L/Zenkutsu Dachi (L/front leaning stance)
Jodan Morete Tsuki (double hand upper punch)
6. Step back into R/Zenkutsu Dachi (R/front leaning stance)
Chudan Morete Tsuki (double hand chest punch)
7. Step back into L/Zenkutsu Dachi (L/front leaning stance)
Gedan Morete Tsuki; (double hand groin punch) KIAI

Sanbon Tsuki Sono Ni

1. Step back with right foot into L/Zenkutsu Dachi (L/front leaning stance)
L/Gedan Barai (L/groin block)
2. Step forward into R/Zenkutsu Dachi (R/front leaning stance)
R/Gedan Tsuki, (R/groin punch)
3. Step forward into L/ Zenkutsu Dachi (L/front leaning stance)
L/Chudan Tsuki (L/chest punch)
4. Step forward into R/ Zenkutsu Dachi (R/front leaning stance)
R/Jodan Tsuki (R/upper punch) KIAI
5. Step back into L/Zenkutsu Dachi (L/front leaning stance)
L/Uchi Uke (L/inside block)
6. Step back into R/Zenkutsu Dachi (R/front leaning stance)
R/Soto Uke (R/outside block)
7. Step back into L/Zenkutsu Dachi (L/front leaning stance)
L/Jodan Uke (L/upper block) KIAI

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.

Marketing / Business Development

Chris Stone
Phone: 021 804 494
marketing@seidokaratewellington.co.nz

Administration / Questions

Chris Stone
Phone: 021 804 494
admin@seidokaratewellington.co.nz

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