

The Complete Beginner's Guide to

SHOTOKAN KARATE

THE FOUNDER



ICHIN FUNAKOSHI



COUNTRY OF ORIGIN





ETIQUETTE



Bow when entering or exiting the dojo.



Refer to your teacher as Sensel or his/her proper title. Show great respect to all peers.

CURRICULUM SECTIONS



(Manager)

Basic techniques such as punches, kicks, stances, and blocks.



AND LABOUR STORY

Sparring practice that begins with controlled one-steps, and then gradually morphs into freestyle sparring.



(Mexical)

A pre-arranged fight or choreographed training sequence integrating several techniques.



COORDIN VOTED

Specialized self-defense techniques address chokes, holds, grabs, and weapon threats.



05U!

A common greating, pronounced "Oss!"

KIAI

A powerful yell when striking, "Ki" means. energy and "la" means to join.

BELT SYSTEM

9th Kyu White Belt

8th Kyu Yellow Belt.

7th Kyu Orange Belt

6th Kyu Green Belt

5th Kyu Blue Belt

4th Kyu Purole Belt

3rd Kyu Brown Belt

2nd Kyu Brown Belt

1st Kyu Brown Belt

Shodan Black Belt

BASIC TERMS

Jodan

Head Level

Chudan

Adjusted Leaved

Gedan

Lower Level

Hajime

Gle-grin

Mawate

Turn Anguered

FC con

BOW

Yame

5100

You

Ready

Mare

Front

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In a global inundated with displays and the cacophony of instantaneous communication, the profound power and emotional resonance of verbal beauty often disappear in to obscurity, eclipsed by the constant barrage of sound and distractions. Yet, situated within the musical pages of **Shotokan Karate Guide White Belt**, a interesting perform of literary splendor that impulses with fresh feelings, lies an wonderful journey waiting to be embarked upon. Penned by way of a virtuoso wordsmith, this mesmerizing opus courses readers on a psychological odyssey, gently revealing the latent possible and profound impact stuck within the intricate web of language. Within the heart-wrenching expanse of this evocative analysis, we can embark upon an introspective exploration of the book is key subjects, dissect their fascinating writing type, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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