

Karate: Not just an art, a way of life!

Bushin Kan Dojo Students:

Thank you for choosing Bushin Kan Dojo for your martial arts training. Classes for all levels (beginner, intermediate, or advanced) are offered morning & evening for adults and children.

Uniforms (gi) can be obtained through the front office. The Bushin Kan Dojo Training Manual and quarterly newsletters are provided to help answer any questions you may have.

Training in the martial arts is a way of life that encompasses tradition, self-discipline, physical fitness and a search for spiritual enlightenment. May you seek your own personal fulfillment at Bushin Kan Dojo!

With Much Spirit,

Keith Seal
Shihan, 6th Dan
Member Dai Nippon Butoku Kai

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BUSHIN KAN DOJO

OBJECTIVES
&
INFORMATION

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DAI NIPPON BUTOKU KAI
SHORIN CHISHIN RYU HEIHO
BUSHIN KAN DOJO

Code of Etiquette

1. Bow in to Dojo
Note: Bow first to the Dojo (express the desire to train).
Bow second to the head instructor (do so whether the instructor is present or not). Execute a loud Kiai.
2. Bow to the highest ranking Yudansha in the Dojo at that time.
3. All non-black belts bow to any Yudansha when they enter and leave the Dojo. If no black belts are in the Dojo, the senior student will announce the word "*Kikotsuke*". When you hear this command, all students are to be at an attention stance (feet together/hands to sides) and then bow to his/her presence.
4. Osu to members before asking questions or saying anything, and Osu after conversation is over.
5. Foul language, emotional outbursts or any kind of disrespectful attitudes will not be tolerated.
6. Fighting outside the Dojo is forbidden except in life or death situations.
7. Attitude and respect are not to be forgotten inside or outside the Dojo.

RULES FOR TRAINING IN BUSHIN KAN DOJO

While training at Bushin Kan Dojo:

- I. You are expected to abide by all rules and regulations of the school and parent organizations.

- II. You are never to dishonor this school, association, fellow students or instructors by unbecoming behavior.
 1. **NO SMOKING IN THE DOJO OR ON PREMISES.
THIS APPLIES TO ANYONE ON THE PROPERTY.**
 2. Students are to remain on their feet at all times unless directed to sit by instructor and keep conversation to a minimum.
 3. Finger and toe nails are to be kept trimmed short
 4. Karate gi's must be worn for training and kept clean. (Beginner students may wear clothes that are comfortable, such as sweat pants). While training, be certain that your gi are neat and presentable. Your belt (obi) should also be tied correctly and center the knot. Ask advanced students, if necessary, for assistance.
 5. No shoes in the training area.
 6. No gum, food or drink are to be brought into or consumed in the dojo. This applies to everyone.
 7. While in the dojo, Keith Seal will be addressed as "Shihan" which means Master Instructor.
 8. Karate students will refrain from any activity that will bring discredit to the Dojo, its members or instructors.
 9. During training sessions, learn by observing advanced students attitudes and techniques.
 10. Advanced students are to assist beginners whenever possible.
 11. No metal or other hard objects are to be worn on the body during training (rings, watches, neck chains, piercing, etc.)
 12. If you are ill, please be considerate and not infect you fellow Dojo students.

Testing Schedule

- I. There will be three main tests a year. These events will be held in the months of January, May, and September. The exact date will be posted well in advance. The requirements are clearly stated in this manual and on the wall inside the dojo.
- II. We are also going to be conducting intermediate tests throughout the year using the black stripe system. These stripes represent the Kyu level of a student within the particular belt color. (i.e.) A green belt with one black stripe will indicate the 6th Kyu level of knowledge.
- III. Special clinics held yearly by the headquarters dojo will also be used as an excellent form of testing. These sessions are, by far, a very good experience for all who participate. You will have the opportunity to exchange energy with people from all over the United States. Most of all you will have the opportunity to receive unforgettable instruction from Sensei Hamada.
- IV. Every individual will be pre-approved for testing prior to the actual event. The testing fee will be applicable to all levels below 3rd Kyu brown. This fee is due in the front office two weeks in advance of test date. Please be prompt. All of the information will be posted on month in advance. Those who are not pre-approved will not be allowed to test. All dojo members, family and friends are encouraged to attend the event.

Requirements for Each Level of Testing

Children's Stripe System...techniques required for each stripe

(Black Stripes apply to everyone)

| | |
|-------------------------------|--|
| ORANGE STRIPE: | front kick, side kick, roundhouse kick, back kick |
| BLUE STRIPE: | lower block, middle block, high block, reverse punch |
| RED STRIPE: | 1 st half of beginner from (Kihon Shodan) |
| 1 st BLACK STRIPE: | execution of ten corner kicks |
| 2 nd BLACK STRIPE: | execution of Kihon Shodan, from start to finish |

Requirements for Yellow Belt

- ten corner kicks ... no mistakes
- Kihon Shodan ... no mistakes
- Pinnan Nidan ... start to finish

“Yellow Belt Stripe Requirements”

(Kata) Pinnan Shodan
1st Black Stripe 8th Kyu
2nd Black Stripe 7th Kyu
#1 Komonohai Dai It Kyu (partner drill)
#2 Komonohai Dai Ni Kyu

Requirements for Green Belt

(Kata) Pinnan Shodan
Pinnan Sandan
#1 Komonohai Dai Ikkyu (partner drill)
#2 Komonohai Dai Ni Kyu

“Green Belt Stripe Requirements”

(Kata) Pinnan Yondan
1st Black Stripe 6th Kyu
Pinnan Godan
2nd Black Stripe 5th Kyu

Requirements for Each Level of Testing (continued)

Requirements for Blue Belt

(Kata) Rohai
Komonohai Dai 1 - 3

“Blue Belt Stripe Requirements”

(Kata) Bassai sho
1st White Stripe
#4 Komonohai Dai Yon Kyu
2nd White Stripe

Requirements for Brown Belt

3rd Kyu: (Kata) Empi
Komonohai 1 – 4
(training form is Empi)

2nd Kyu: (Kata) Chinto
Komonohai 1 – 4
(training form is Cinto)

1st Kyu: (Kata) Shiho Kusanku
Komonohai 1 – 4
(training form is Shiho Kusanku)

Kari Shodon: (Provisional 1st Degree Black Belt

(Kata) Shiho Kusanku
Sei Pai
Komonohai 1 – 5

Karedo Training Strategy For Students and Instructors

Sensei Hiroyuki Tesshin Hamada, Hanshi

1. **Kihon Doosa: Fundamentals of Dynamics**
 - a. Blocking – upper, middle, lower, sweeping, multiple
 - b. Kicking – front, side, round, back, crescent, knee, spin
 - c. Striking – (fist, back fist, palm heel, open hand, elbow)
2. **Ooyo Doosa: Simulation and Application Drills**
 - a. Ready position (Kamaete) – defense and counter defensive dynamics
 - b. Combat position – Sen no Sen and Go no Sen Strategy
3. **Basic Formal Exercise**
 - a. Execution of Kata with group harmony
 - b. Execution of Kata with individual timing
4. **Impact Drills (Ippon, Nihon, Sanbon Kumite)**
 - a. Target precision and control
 - b. Three impact in one timing
 - c. Komonohai series and ten corner kicks
5. **Jiyu Kumite: Free Sparring**
 - a. Control and precision

Important Points:

All execution delivery must contain the following physio-mental derivatives:

Effectiveness and efficiency of defense tactics

1. iai – concentrated power of mind, body, and spirit
2. Focus to the target (smallest point in the moving line)
3. Speed (breathing and motion as one entity)
4. Instant Power (instantaneous readiness)
5. Reaction timing (breath, body, skill, mind as one)
6. Balance (incessant flow)
7. Full alertness (aware of all phenomena)
8. Calm resolution and control of all fear (trust in your destiny)
9. Total delivery (complete commitment and no second strike)
10. Remaining mind (control of all inner-outer energy and calm clarity in all phenomena, i.e., to be ready 1 to 10 in a speed of light)

SPARRING

STUDENTS PARTICIPATING IN ANY FORM OF SPARRING ARE REQUIRED TO WEAR PROTECTIVE GEAR. THIS SHALL INCLUDE HEAD GEAR, MOUTHPIECE, HAND AND FOOT PADS, GROIN PROTECTORS FOR MALES, CHEST PROTECTORS FOR FEMALES. EACH STUDENT SHALL BE RESPONSIBLE FOR HIS OR HER **OWN** GEAR, CARE OF THE GEAR, AND TRANSPORTING THE GEAR TO **AND** FROM THE DOJO FOR SCHEDULED SPARRING CLASSES.

WEAPONS **(KOBUDO)**

ALL WEAPONS ARE TO BE TREATED WITH UTMOST CARE AND RESPECT AT ALL TIMES. WEAPONS USED IN PRACTICE OUTSIDE THE DOJO SHALL BE TREATED WITH THE SAME CARE AND RESPECT AS SHOWN INSIDE THE DOJO. STUDENTS SHALL BE RESPONSIBLE FOR TRANSPORTING THEIR **OWN** WEAPONS TO **AND** FROM THE DOJO FOR SCHEDULED KOBUDO CLASSES

1. STUDENTS OF **8TH & 7TH KYU YELLOW BELT** LEVEL ARE EXPECTED TO HAVE A **BO** TO PARTICIPATE IN KOBUDO
2. STUDENTS OF **6TH & 5TH KYU GREEN BELT** AND **4TH KYU BLUE BELT** LEVEL ARE EXPECTED TO HAVE A **BO** & **SAI** TO PARTICIPATE IN KOBUDO
3. STUDENTS OF **3RD KYU BROWN BELT** LEVEL ARE EXPECTED TO HAVE **BO, SAI, & KAMA** TO PARTICIPATE IN KOBUDO
4. STUDENTS OF **2ND KYU BROWN BELT** LEVEL ARE EXPECTED TO HAVE **BO, SAI, KAMA, & BUKTO** TO PARTICIPATE IN KOBUDO
5. STUDENTS OF **1ST KYU BROWN BELT** LEVEL ARE EXPECTED TO HAVE **BO, SAI, KAMA, & BUKTO** TO PARTICIPATE IN KOBUDO

DAI NIPPON BUTOKU KAI SHORIN KEN CHISHIN RYU HEIHO BUSHIN KAN DOJO

HISTORY

1. JAPANESE KARATE

Karate means, literally, the art of the open (or empty) hand. It probably originated in India, as did other martial arts, and was carried to China by practitioners of Zen Buddhism around A.D. 500. Karate was introduced in Japan by Okinawans during the 1800's. It became popular in the United States after the Korean War.

2. DAI NIPPON BUTOKU KAI ASSOCIATION (Oldest Martial Arts Association in Japan) HISTORY AND OBJECTIVES

Historically, Dai Nippon Butoku Kai was established in the imperial year of Meiji 28th (1895) with strong support and deep understanding of the Meiji Emperor and ardent support of the people of Japan. Where, upon all Japanese martial arts schools were organized under the leadership and philosophies of the martial virtues of our association. That is to emphasize the way of courtesy and respect, while cultivating the mind, forging the body, and polishing the skills through the spiritual disciplines of the way.

Since the time of inception, with the efforts of many dedicated and disciplined instructors and leaders of our association, we have contributed to the betterment of society by educating and developing good citizenry. However, the association was voluntarily resolved by the order of General Douglas MacArthur, SCAP (Supreme Commander of Allied Powers) and the end of the Pacific War defeat.

3. CHRONOLOGICAL HISTORY

- 818 A.D.** - May 5th, by the order of Emperor Saga, an archery ceremony on horseback was conducted in the Martial Arts Hall situated in the Heian Shrine. This Martial Arts Hall was designated as Butoku-Den (Martial Arts Hall).
- 1895 A.D.** - April. Dai Nippon Butoku-Kai, the greater Japan Martial Virtue Society was founded in conjunction with the 1200th year memorial of the Heian Shrine.
- 1896-1898-** Prince Komatsu no Miya became the chairman of the society and later Emperor Meiji expanded the dedicated operation of all levels of martial arts activities with official funding.

- 1930-** According to National Government records, there were two million one hundred ninety thousand (2,190,000) ordinary membership holders (Black Belt holders) and there were two hundred fifteen thousand (215,000) expert extra-ordinary members. All representatives of Martial Arts disciplines were instituted under this society's jurisdiction. Ranking and standardized formal requirements were officially established.
- 1946-** By the order of G.H.Q. of Supreme Commander of Allied Powers, the society voluntarily dissolved the entire institution.
- 1953-** August. Present Dai Nippon Butoku-Kai was re-established under the new by-laws and new leadership. Hanshi Kumao Ono was appointed as Vice-Chairman of the society. Jigo Higashi Fushimi, brother to Empress Nagako Hirohito, became Chairman of the society.

4. OBJECTIVES OF THE SOCIETY OF DAI NIPPON BUTOKU-KAI

The Society of Dai Nippon Butoku Kai has the objective to restore the classical Japanese Martial Arts in such a way that systematization of classical art forms, knowledge and philosophical components will be preserved as the cultural and traditional heritage of Japan. The society intends to contribute to the overall effort of developing a sound educational base through research and publication of classical martial arts. The society intends to make major efforts to foster international peace and understanding through educational and cultural exchanges in Martial Arts.

5. SENSEI HIROYUKI TESSHIN HAMADA

Sensei Hiroyuki Teshshin Hamada of Norfolk, Virginia is the Chairman for the Virginia U.S.A. Dai Nippon Butoku Kai Association. He also is the Director-General of the international Division of Dai Nippon Butoku Kai, Honbu, Kyoto, Japan. Listed below are his credentials:

Hanshi, Kyu-Dan 9th Degree Black Belt
Aiki Budo – Iai-DO – Kubudo Shihan – Judo – Jujitsu
Kyoshi Shihan Karate-Do So-Shihan
Greater Japan Martial Virtue Society

Sensei Hiroyuki Teshshin Hamada has been training in the martial arts for 53 years and is a 24th generation Samurai from Osaka, Japan. He also teaches a psychology course in addition to martial arts courses at Old Dominion University, Norfolk, Virginia.

6. BUSHIN KAN DOJO HISTORY

The Bushin Kan Dojo was founded in August, 1989 by Keith Seal. Keith began his martial arts training in 1983 as a freshman at Old Dominion University. Now a sixth-degree black belt and Master Instructor, Keith still studies with Sensei Hiroyuki Teshshin Hamada. Keith is a member of Dai Nippon Butoku Kai Association and has made several training tours through Japan and

Okinawa. The Japanese Martial Arts style you are studying is called “Chishin Ryu Heiho”. While training under the auspices of the Bushin Kan Dojo Karate Club, you are to abide by its rules and regulations in all matters pertaining to the practice of karate.

7. BUSHIN KAN DOJO EMBLEM AND ITS MEANING

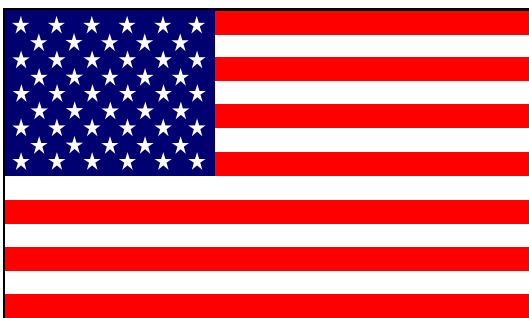
The Bushin Kan Dojo emblem and its meaning is as follows:

The Bushin Kan Dojo emblem concept was derived while I was on tour in Okinawa, Japan. The dunes represent Jockey’s Ridge with sun rising or setting. The Kanji is Budo (which means martial arts or martial virtues). The animals are a snake (Habu) and a mongoose.



The Habu, a “highly” poisonous snake, and the mongoose were pitted against each other. Unfortunately for the Habu, 99% of the time the mongoose wins. The mongoose’s strategy is very simple; it exhibits no hesitation and no fear when given the opportunity to confront the Habu.

From a spiritual standpoint no matter whether the sun is setting or rising, there is always a task to be confronted and dealt with in this matter. Through training one can develop clarity of their purpose and move forward with confidence.



Waza (Techniques)

TEWAZA (HAND TECHNIQUES):

| | |
|----------------------|-----------------|
| Regular Fist | Seiken |
| Spear Hand | Nukite |
| Sword Hand | Shuto |
| Elbow | Empi |
| Single Point Fist | Ippon-Ken |
| Back Fist | Uraken |
| Palm Heel | Shotei |
| Hammer Fist | Tettsui |
| Ridge Hand | Haito |
| Wrist | Koken |
| Front Punch | Oi-zuki |
| Reverse Punch | Gyaku-zuki |
| Lower Block | Gedan bari |
| Outside Middle Block | Chudan soto uke |
| Inside Forearm Block | Chudan nake uke |
| Double Forearm Block | Morote-uke |
| Rising Block | Jodon age uke |

VARIOUS APPLICATIONS:

| | |
|--------|--------|
| High | Jodon |
| Middle | Chudan |
| Low | Gedan |
| Strike | Uchi |
| Block | Uke |

ASHIWAZA (FOOT TECHNIQUES):

| | |
|-----------------------|---------------|
| Front Kick | Mai-geri |
| Side Kick | Yoko-geri |
| Sword Foot (old form) | Sukoto |
| Back Kick | Ushiro-geri |
| Roundhouse Kick | Mawashi-geri |
| Crescent Kick | Mikazuki-geri |
| Double Kick | Nidan-geri |

VARIOUS APPLICATIONS:

| | |
|-------------------------|---------|
| Snap form of any kick | Ke-age |
| Thrust form of any kick | Ke-komi |
| Jump form of any kick | Tobi |

Waza (Techniques)

(continued)

DACHI (STANCES):

| | |
|--------------------|---|
| Feet Together | Heisoku-dachi |
| Natural | Hachiji-dachi |
| Front | Zenkutsu-dachi |
| Back | Kokutsu-dachi |
| Cat | Nekoachi-dachi |
| Horse | Kiba-dachi |
| Hour Glass | Sanchin-dachi (Sanchin means 3 conflicts) |
| Half-Facing Stance | Hanmi-dachi |

CLOSING EXERCISES

NOTE: Many of these formal expressions/commands are used at Sensei Hiroyuki Tesshin Hamada's camps and one-day clinics.

| | |
|---|------------------------------|
| Attention! Face the National flag! | Kikotsuke! Kokki ni mukate! |
| Face the elders and senior students Gata implies plural | Yudansha (gata) ni mukate! |
| Face the assistant instructors! (These are honorary titles) gata ni mukate! | Shidoinsho, Shioindai |
| Face the assistant master instructor! (Shihan dai means assistant master instructor) | Shihan dai (gata) ni mukate! |
| Face the audience or face front! | Shomen ni mukate! |
| Elders and Senior Students | Sempai |
| Instructor/Sensei Iron-Hearted Instructor | Tesshin Sensei |
| Person of high attainment | Renshi |

KATA NAMES AND THEIR MEANINGS

NAME:

Kihon Shodan
Kihon Nidan
Kihon Sandan
Pinan Shodan
Pinan Nidan
Pinan Sandan
Pinan Yondan
Pinan Godan
Teisho Shodan
Teisho Nidan
Teisho Sandan
Teisho Yondan
Teisho Godan
Naihoshin Sho
Naihoshin Dai
Bassai Sho
Bassai Dai

Hangetsu

Jion

Fumyo Sho

Rohai

Shio Kusanku

Kusanku Sho

Kanku Dai

Empi

Chinto

Gojushiho

Sanchin

Seipai

Seinchin

Unsu

Niseishi

Shisochin

Gojushiho Dai

Supraunpei

Koshiki (Ancient Forms)

MEANING:

Kihon means beginner

Pinan means peaceful mind

Introductory lecture

Horse riding (from the most used stand in this kata)

To penetrate a fortress

Half moon

from the Jion-Ji Buddhist temple

Immovable (also Guardian of the Underworld)

Bird

Four directional looking to the sky

To look to the sky (from the first moves)

Kanku is also the name of a Chinese Military attaché

Flying swallow

Crane on a rock (also the name of a Chinese sailor)

54 steps

Posture of the mountain

18 steps

Marching forward quietly

Hands in the clouds

24 steps

4 wise men

54 steps (second series)

108 moves (from Goju Ryu)

Chinto, Kusanku Dai, Empi, Passai, Shiho Kusanku, Soonchin, Seipai, Yamato Kan Ku, Butoku no Enwa

GLOSSARY OF ENGLISH AND JAPANESE TERMS

NUMBERS:

| | |
|-------|--------|
| One | ichi |
| Two | ni |
| Three | san |
| Four | shi |
| Five | go |
| Six | roku |
| Seven | shichi |
| Eight | hachi |
| Nine | kyu |
| Ten | ju |

GENERAL:

| | |
|--|-----------------------|
| Greater Japan Martial Arts Society | Dai Nippon Butoku Kai |
| Headquarters Training Hall | Honbu |
| Teacher | Sensei |
| Master Instructor | Shihan (Keith Seal) |
| Japanese style you are studying | Chishin Ryu Heiho |
| Assistant Master Instructor | Shihan Dai |
| Training Hall | Dojo |
| One who practices Martial Arts | Budoka |
| Training Uniform | Dogi or Gi |
| Belt | Obi |
| Vocal Expulsion of Air | Kiai |
| Verbal Expression* | Os! Or Osu! |
| (*The expression of the willingness to train yourself with others) | |
| Mind | Kokoro |
| Technique | Waza |
| Spirit | Ki |
| Martial Arts Way | Budo |
| Belt Rank | Kyu |
| Black Belt Rank | Dan |
| Punching Board | Makiwara |
| Basic Training | Kihon |
| Attention | Kikotsuke |
| Assume Ready Stance | Kamaete |
| At Ease | Yasume |
| Ready | Yoi |
| Begin | Hajime |
| Bow | Rei |
| Stop | Yame |
| Formal Exercises/Forms | Kata |
| End of Kata | Norei |
| Sparring | Kumite |

ADDITIONAL JAPANESE WORDS

AMERICAN

Hot
Cold
Sick
Tired
Hungry?
Toilet
Thirsty?
Good/fine
Bad
Please
Thank you
Good morning
Good night
Good afternoon
Good bye
See you again
Have fun!
You're welcome
Excuse me
Pretty
Sorry
Hurt
Understand?
Tastes good!
Yes
No
Sightseeing
Expensive
Inexpensive
Post Office
Noisy
Quiet
Together

JAPANESE

Atsui
Samui
Kibunga Warui or Byoki
Tsukareta
Onaka Ga Suiteimasuka
Toilet or Oterari
Nodo ga kawaitemasuka
Iidesu
Warui
Dozo
Arigato or Domo Arigato Gozaimasu
Ohayo or Ohayo Gozaimasu
Oyasumi or Oyasumina Sai
Konnichiwa
Sayonara
Dewa mata aimasho
Tanohin de kitekudasai
Do itasimasite
Sumimasen
Kawaii
Gomennasai
Itai
Wakari Masu Ka?
Oishi des!
Hai
Iie
Kenbutsu
Takai
Yasui
Yuubin Kyoku
Urusai
Shizuka
Issho ni