



SHUSWAP DOJO

Cedar Heights Community Centre
Blind Bay, B.C.

HOME TRAINING GUIDE

Issue #5 / August 2020

**SHUSWAP DOJO
ADULT BLACK BELT INSTRUCTORS**

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As of 1 January 2020.

DOJO INFORMATION	
Location	Cedar Heights Community Centre 2316 Lakeview Drive Blind Bay, BC (250) 675-2012
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Website	www.shorei-kancanada.ca/shuswap-hombu-doj/

1 Shuswap Dojo Home Training Guide / Issue #5

The on-going purpose of these guides is to continue to provide help to students with training at home as a result of the temporary closure of the Shuswap Dojo, Hombu (Headquarters) Dojo, Shorei-Kai Canada.

While this separation creates difficulty in training of full techniques face-to-face with our partners, it does provide an opportunity for all of us to take a step back, confirm our basics and review all of the subjects that we have completed to this point. This guide is meant to help students with that review and to self-check those techniques that are the core of Shorei-Kan karate so we can improve going forward.

Each student should make a real attempt to do this training for a few reasons.

- to strive to make their techniques the best that they can be by correcting any errors that may have occurred to this point
- to maintain their skills at the best possible level for when our dojo resumes operating and our training continues

Please refer to the Shorei-Kai website for videos of kata/bunkai if you need examples. http://shoreikan-karate.com/en/kata_and_bunkai/

If you have any specific questions please contact Jack Shihan or one of the other instructors in the above table.

1.1 *How often should we train?*

The suggested training should be done 2-3 times per week and should be structured just as a normal class in dojo. KEEP WORKING HARD!!

1.2 *How should we train?*

Firstly, we should make a habit of training in our gi and obi and we should make sure that our gi is kept clean and either hanging or neatly folded between practices.

Secondly, if you haven't already, find an area at home that is big enough to allow you to perform your katas. If possible, for basic punches/blocks, try to practice in front of a mirror to self-check yourself.

In the warmer weather of July and August, train outside and include bo practice.

2 LET'S GET STARTED

2.1 Warm-up

When practicing at home, always perform a short warm-up just as we do it in dojo. We always want to start by warming up the extremities and work towards the heart. Start slowly.

- we begin at the floor and work our way up with flexing our feet, ankles, knees
- then we rotate our hips both in a circular motion and then rotating them as we turn our body, first left then right and swing our arms
- next, we move to our fingers as we first extend and then flex to create a fist doing this several times
- in basic stance, we perform the wrist stretches (left and right)
- in parallel stance, we 'shrug' our shoulders forward and back
- now step forward into long stances and, if you have enough room, swing your arms around (forward then back)
- feet together in musubi dachi and perform 'slow' neck movements side to side
- then *front and side* neck movements with inhaling and strong exhaling. Keep our hands on belt with elbows back. **Fingers and thumbs should be straight, facing forward.....DO NOT TUCK THUMBS INTO BELT!**
- push-ups and plank
- some light stretching to complete warm-up

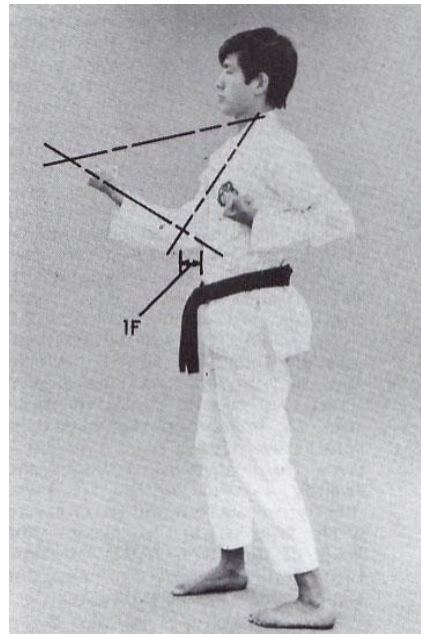
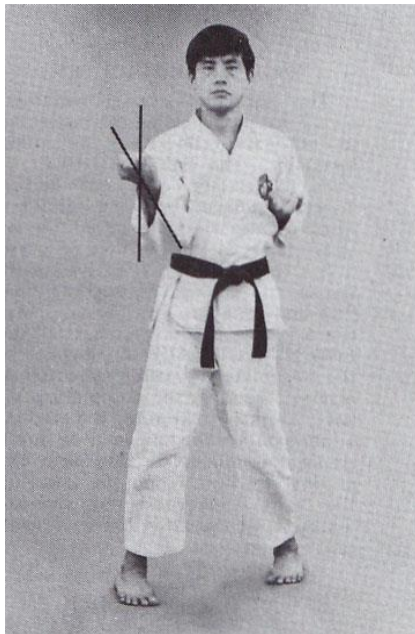
2.2 *Kihon*

As stressed in Issues #1 & #2, spend some time in front of a mirror to practice with all techniques. This is very important practice because, if we **carefully** watch ourselves in the mirror, we can pick up errors that we may be making with the techniques. Frequent, **correct**, practice will create muscle memory and will make sure that the punches, strikes or blocks will be executed without thinking.

If you have room to do so, practice basic walking in sanchin dachi performing chudan uke on each sweeping step. Be very critical of your stance after stepping to make sure your **left** sanchin dachi is as good as your **right** sanchin dachi.

Note: The picture below is included in each Training Guide because of the ultimate importance of a strong basic stance (sanchin dachi) and good kamae position. Look closely and compare yourself to this position *often* making special note of the width of the basic stance (shoulder width) and the alignment of the left toe with the back of right heel.

Kamae te - as below (left pic) fist should be a little outside of the line of the shoulder and (right pic) the angle at the elbow should be the same as shown. The right elbow should be about '1 fist' away from the body.



Note the strong Seiken dachi (basic stance). Knees bent, feet at least shoulder width apart and right heel in line with toe of left foot.

2.3 Kihon / Punches (tsuki) or strikes (uchi)

In this issue we will continue to look at the few strikes as required to perform katas correctly. In real-life situations they are used to strike different parts of an opponents body.

1. Nukite Metsuki (finger thrust to eyes) - When performed in kata, make sure that the striking arm returns to hikiuke position as quickly as the thrust to the target. In practice, this strike could use one, two or more fingers.

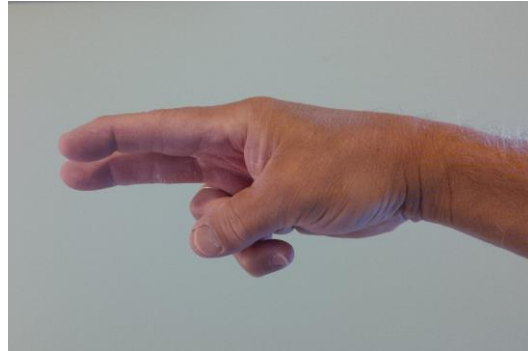


(as in Seisan, Kakuha)

Variations on nukite strikes



1. Ippon nukite (one finger)



2. Nihon nukite (two fingers)



3. Washide (Eagle hand)

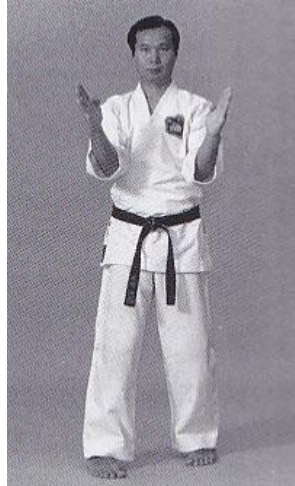


Washide as in Kumite Hachidan #1

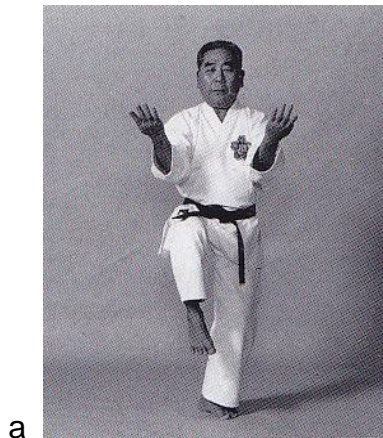
2.4 *Kihon / Blocks (uke)*

1. Kaishu chudanuke (open palm middle block) - there are two slightly different applications of this block as follows. Typically this block is seen as morote kaishu chudanuke.

a. Also still technically a block, we use the version pictured below as kamae for such kata as kakuha and shisochin. Note the hand positions.



b. Picture (a) below shows morote kaishu chudanuke used in Kakuha or Seisan but it also appears in Sanchin. Note the hand positions different from the above 'kamae'. Picture (b) shows the application of the block in Kakuha dai ichi bunkai.

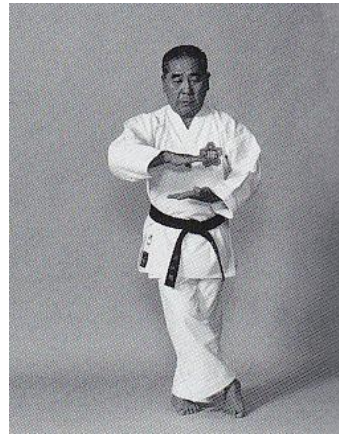


2.5 Kihon / Kicks

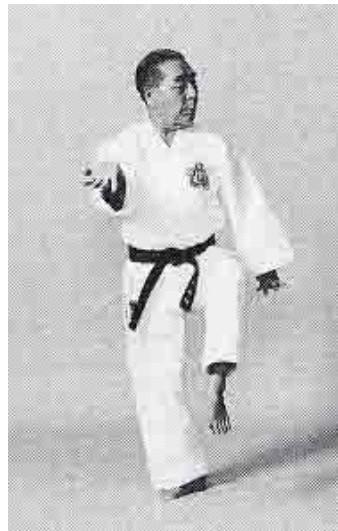
No kicks are included in this issue of the Training Guide.

2.6 Kihon / Stances

1. Kosa dachi (cross leg stance) - 2 examples of kosa dachi (shown below) are both from kata Seipai. It might be thought that when we make the turns in Sanchin we are moving through kosa dachi.



2. Sagiashi dachi (Heron or Crane foot stance) - sagiashi dachi is used in a number of kata including Kakuha, Seisan, Saifa (picture b) and Hakatsuru.



2.7 *Kata*

Refer to Issues #1 & #2 for notes on kata practice.

In addition to practicing our kata to try and execute it better each time, we should also think carefully about the application of each move of the kata if defending yourself from an attack. In a lot of cases, the application (**kaisai**) of the technique is obvious, such as a block of a punch. But in all katas there are other possible applications and these situations should be experimented with to discover what YOU may think the technique could be. As you progress this **kaisai** should be a regular part of your karate practice.

2.8 *Bunkai*

Refer to Issues #1 & #2 for notes on bunkai practice.

2.9 *Kumite*

Refer to Issues #1 & #2 for notes on kumite practice.

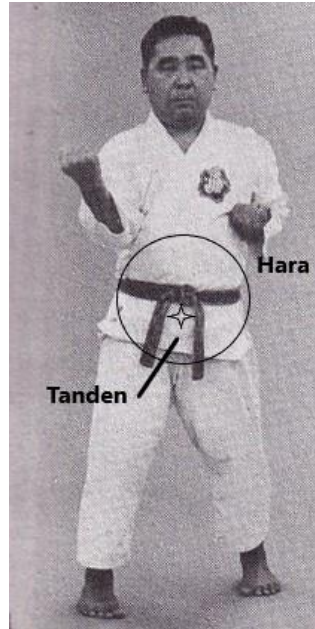
2.10 *What's the difference between Hara and Tanden?*

These two terms are quite common in many discussions regarding karate, actually all martial arts. Although there are some minor differences between different martial arts' concept of **hara**, in simple terms, it is simply the *abdomen*, the centre of gravity of the body. We often talk about the hips providing the power of body movement, punches and kicks but in reality it's the muscles of the abdomen that start those physical actions. That is why we focus so much attention in kihon on those muscles to develop them.

While the hara is a general area of the body the **tanden** is a specific point within the hara. The centre of balance and stability and the focus point of breathing. This centre is located approximately 3 cm below the belly button and about the same distance into the body.

The Chinese/Japanese characters for 'centre' actually translate as "red rice field". As rice is the dominant food source for life in that part of the world, it is also the symbol for 'life energy' or **ki**. Therefore, the tanden is considered the centre or source of the body's life energy or ki. The origin of the word '**kiai**' is ki.

Hara and Tanden



2.11 Keep Reviewing!

One of the most important things that we must do on a regular basis is to review all of our **previous** subjects; kata, bunkai and kumite. This should be a regular part of our practice but with the dojo closed temporarily, it is a great opportunity to do this practice and even more critical to not lose these skills. As you progress not only will you be tested on previous subjects but you will have to teach them....correctly....to junior students. Please do this regularly as you progress.

Refer to the Home Training Guide #1 / Annex A for **Belt Rankings and Grading Subject lists** for your class and belt level.

Refer to the Shuswap Dojo Student Handbook or Home Training Guide #1 for "**How to Tie Your Obi**".

Refer to the Shuswap Dojo Student Handbook or Home Training Guide #1 for "**How to Fold Your Dogi**".

TERMINOLOGY

General

- KATA: Pre-arranged forms
- KUMITE: Sparring
- KIAI: Shout of spirit
- KAN: House
- KAI: Association
- DOJO: Training Hall
- SHOREI-KAN: ``The House of Politeness and Respect``
- GOJU RYU: Hard soft style
- KARATE-DO: The way of the empty hand

Counting

ICHI	ONE
NI	TWO
SAN	THREE
SHI/YON	FOUR
GO	FIVE
ROKU	SIX
SEICHI/NANA	SEVEN
HACHI	EIGHT
KU	NINE
JU	TEN

Kata

BEGINNING	
KIOTSUKE	Attention
REI	Bow
YOI	Hands in front of groin
KAMAE	Ready position
KAMAE TE	On guard position
HAJIME	Begin
END	
NAOREI	Finish
SEITOM	Return to original position
REI	Bow

Stances, blocks, punches/strikes and kicks

STANCES	
MUSUBI DACHI	Attention stance
KIHON DACHI / SANCHIN DACHI	Basic stance
ZENKUTSU DACHI	Front/Long stance
SHIKO DACHI	Horse stance
NEKO ASHI DACHI	Cat stance
SANCHIN DACHI	Hourglass stance
NENSHIN DACHI / TAIHINIRI	Rotated stance
SHOZENKUTSU DACHI	Half (short) long stance
RENOJI DACHI	L-shaped stance
BLOCKS	
JODAN UKE	Head block
CHUDAN UKE	Chest block
GEDAN UKE	Down block
KO UKE	Open hand head block
HIKI UKE	Open hand chest block
HARAI UKE	Open hand down block
URA UKE	Open, backhand chest block
OSAEUKE	Open, pressing block
STRIKES	
JODAN TSUKI	Head punch
CHUDAN TSUKI	Chest punch
GEDAN TSUKI	Down punch
SHUTO	Chop
URAKEN UCHI	Back fist strike
TETSUI UCHI	Hammer strike
AGE TSUKI	Uppercut
ATEMI TSUKI	Level punch but with Seiken fist turned over (thumb up)
HIJI UCHI or EMPI	Elbow strike
MOROTE TSUKI	Double punch
NUKITE TSUKI	Finger strike
KOKEN UCHI	Open hand, wrist strike
KAGI TSUKI	Hook or square punch

KICKS	
MAI GERI	Front kick
KIN GERI	Snap kick
SOKUTO GERI	Side kick to the knee or foot
YOKO GERI	Side kick to the waist
HIZA GERI	Knee strike
KAKATO GERI	Heel strike

MISCELLANEOUS	
YAME	Stop
YASUME	Continue
MAI	Front
USHIRO	Back or behind
YOKO	Horizontal or lateral
AGE	Rising
OTOSHI	Down or dropping
MAWASHI	Circular or rotating
TATE	Rising



Kanryo Higaonna (1853-1915)



Chojun Mivagui (1888-1953)



Seiko Higa (1898-1966)



Seikichi Toguchi (1917-1998)
Founder of Shorei-kan

Okinawa Karate-Do Goju-Ryu Lineage Chart

