



SHUSWAP DOJO

Cedar Heights Community Centre
Blind Bay, B.C.

HOME TRAINING GUIDE

Issue #3 / June 2020

Originally this issue was planned to include some subjects and basic handling of the Bo. This wasn't possible at this time so we will look forward to continuing this training in class.

SHUSWAP DOJO ADULT BLACK BELT INSTRUCTORS

	NAME	POSITION	PHONE	E-MAIL
1	Vic Hargitt Shihan	President Shorei-Kai Canada	(250) 675-3155	goju1@shaw.ca
2	Jack Matches Shihan	Senior Technical Advisor	(250) 828-9505	jmatches@telus.net
3	Jean-Luc Desgroseilliers Sensei	Chief Instructor	(250) 833-2911	jl.desgroseilliers@shaw.ca
4	Maureen Miller Sensei	Assistant Chief Instructor	(250) 517-9917	maureen.grace.miller@gmail.com
5	Russ McLeod Sensei		(250) 675-5591	surumcleod@hotmail.com
6	Guy Villeneuve Sensei		(250) 675-3626	guyvill@live.com
7	Skip Wall Sensei		(250) 675-5216	walls030@hotmail.com

As of 1 January 2020.

DOJO INFORMATION	
Location	Cedar Heights Community Centre 2316 Lakeview Drive Blind Bay, BC (250) 675-2012
E-mail	shorei.kan.canada.shuswap.dojo@gmail.com
Website	www.shorei-kancanada.ca/shushap-hombu-dojo/

1 Shuswap Dojo Home Training Guide / Issue #3

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.

2 LET'S GET STARTED

2.1 Warm-up

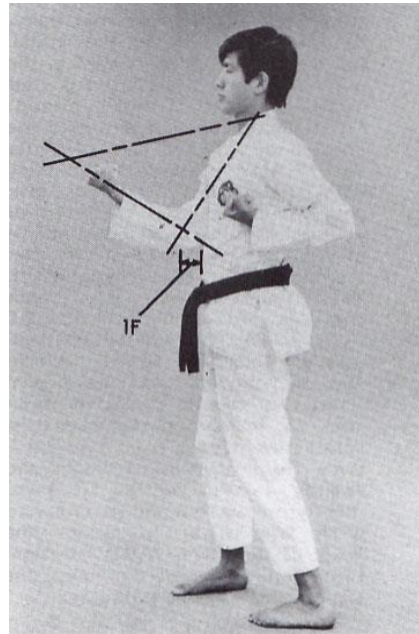
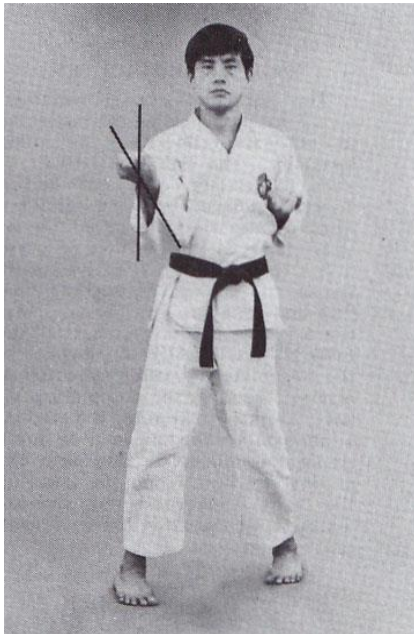
Try and perform your warm-up just as we do it in dojo. We always want to start by warming up the extremities and working towards the heart. Start slowly.

- 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 with inhaling and strong exhaling. Keep our hands on belt with elbows back
- push-ups and plank
- some light stretching to complete warm-up

2.2 *Kihon / Punches (Tsuki), Strikes (Uchi) and Blocks (Uke)*

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.

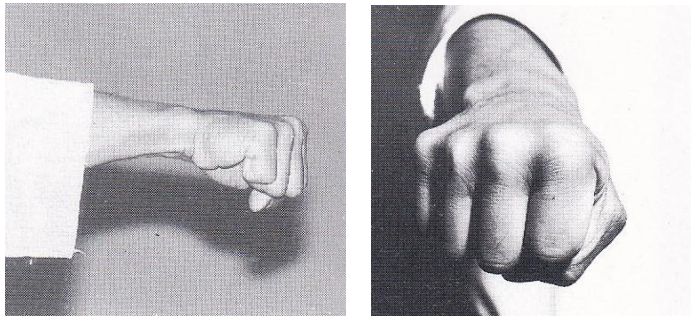
Kamae te - as below (left pic) fist should be a little outside of the line of the shoulder and (right pic) the angle at the elbow should be the same as shown. The right elbow should be about '1 fist' away from the body.



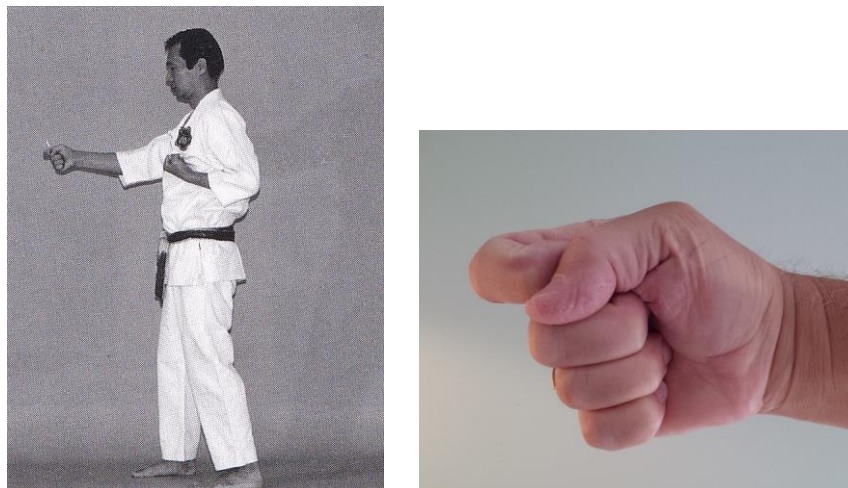
Kihon / Punches (tsuki) or strikes (uchi)

In this issue we will look at the various 'fists' or striking hands as required to perform katas correctly. In real-life situations they are used to strike different parts of an opponents body.

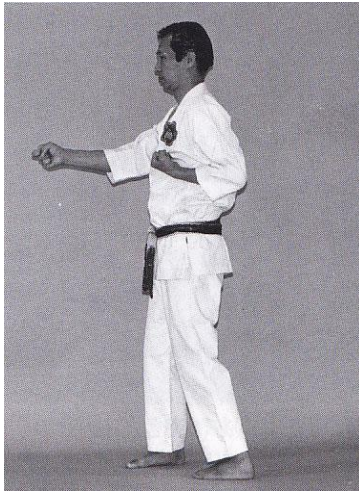
1. Seiken - always tight fist with straight wrist. Contact with the first 2 knuckles.



2. Keikoken - striking with the index finger and targetting small, soft areas of the body (as in Kakuha #1).



3. Chukoken - striking with the middle finger and also targetting soft, small areas of the body as with keikoken (as in Seipai).



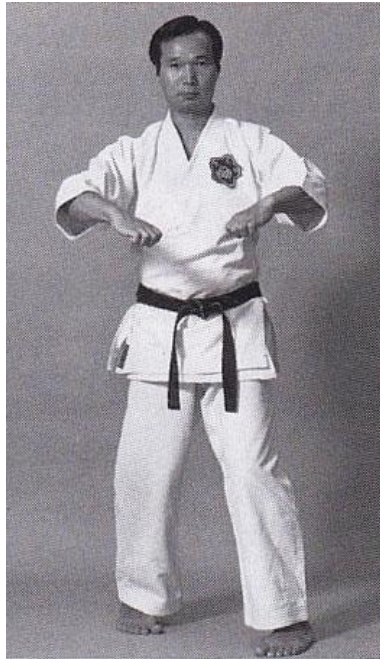
4. Hiraken - targets could include throat or lower body



The hiraken can be seen as morote hiraken tsuki (1. as in Saifa) and as morote kusabi tsuki (2. as in Kakuha #1 bunkai).



1

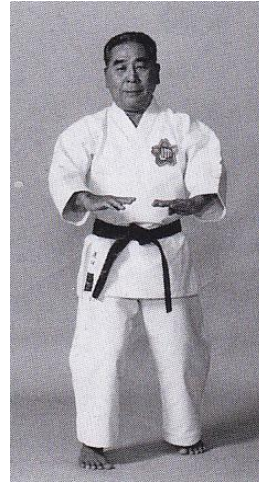


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5. Nukite - open hand with tense, tight fingers, striking with finger tips.



Nukite (cont'd) - Targets could be the eyes, nukite metsuki (as in Kakuha #1 & #2) or lower body strikes, kusabi tsuki (as in Seisan).

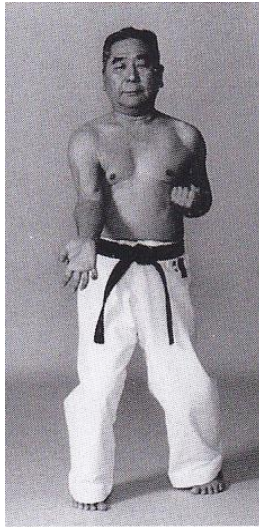


kusabi tsuki

5. Shotei (shotei tsuki) - open hand strike with the striking surface being the 'heel' of the hand. Targets could be an upward thrust to an attacker's chin or to solar plexus.

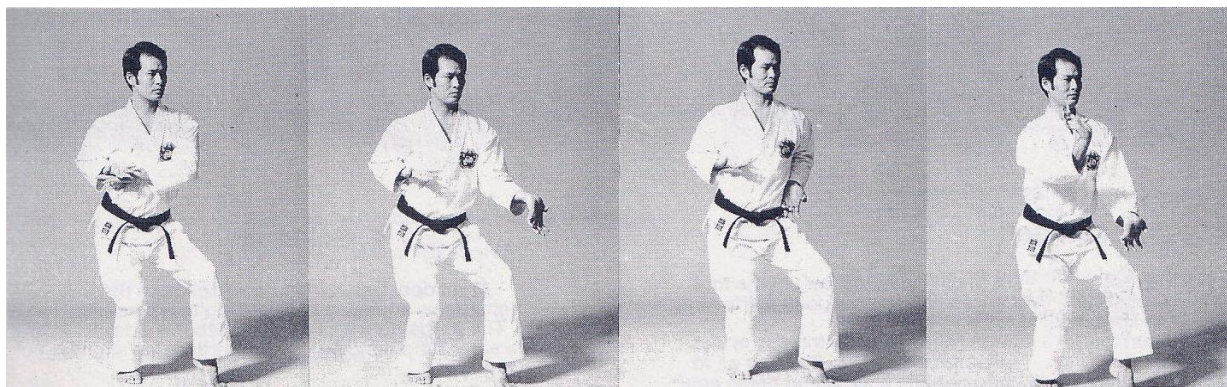


Another example of shotei tsuki would be in Tensho with the hand rotated.



Kihon / Blocks (uke)

1. Tomoeuke (to-mo-ay-oo-kay) - tomoeuke is seen in a number of kata (often as a finishing technique) and combines a block (urauke) and a strike or push (shotei).



1

2

3

4

Kihon / Kicks

1. Kakato geri - stomping kick to an attacker's foot, knee or, if the attacker is on the ground, the groin. (as in kumite godan and kumite rokudan)

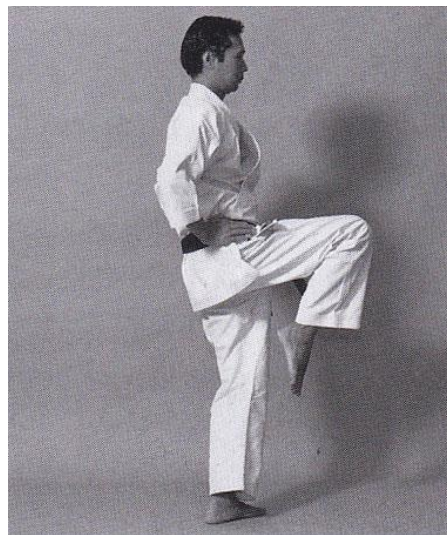


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2. Hiza geri - rising knee kick usually targetting the groin of an attacker.



Raise the knee striking with the circled area.

Kihon / Stances

1. Shozenkutsu dachi (shortened long stance) - a slightly shorter version of zenkutsu dachi first seen in the Gekiha katas when slide-stepping (suriashi) forward to deliver the finishing morote tsuki (double punch).



2.3 Kata

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

2.4 Bunkai

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

2.5 Kumite

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

2.6 *Ippon Kumite / Simulated One-step Sparring*

This is a continuation of Ippon Kumite (one-step sparring) which we started in Issue #2 of the Study Guide. If you are practicing alone you will be imagining an attacker but if you are able to practice with a brother or sister you can take turns attacking and defending.

Basically, we'll have an attacker step in long stance and attack while YOU will avoid this attack and respond with a punch, strike or kick. Start out by trying to do the exercises slowly and then add speed to your finishing punches.

Each exercise will start with you standing normally with hands at your side. Each exercise will also have **2 different 'finishing techniques'**....one to the left (outside) and one to the right (inside) of the attack.

We covered attacks #1 & #2 in the last Study Guide so we will continue with #3 and #4 here.

#3

Attacker: steps in **right** long stance (zenkutsu dachi) with a **right down punch** (gedan tsuki).

Defender (1st finish): makes a small sidestep to the **left** to avoid and at the same time does a right down block (gedan uke or gedan barai) and finishes with a left middle punch (chudan tsuki) or a left head punch (jodan tsuki) to the attacker.....full power/loud kiai.

Defender (2nd finish): makes a small sidestep to the **right** to avoid and at the same time does a left down block (gedan uke or gedan barai) and finishes with a right middle punch (chudan tsuki) to the attacker.....full power/loud kiai.

#4

Attacker: steps in **right** long stance (zenkutsu dachi) with a **right middle punch** (chudan tsuki).

Defender (1st finish): makes a small sidestep to the **left** (into cat stance) while at the same time doing a right hikiuke. Then does a **right** front kick (mae geri) to the attackers body or knee.....full power/loud kiai.

Defender (2nd finish): makes a small sidestep to the **right** (into cat stance) while at the same time doing a left hikiuke. Then finishes with a **left** front kick (mae geri) to the attacker's knee or groin.....full power/loud kiai.

Important points to remember with Ippon Kumite are;

1. if you're working with another person, the attacker **MUST** make sure the attacking punches are targeted correctly
2. the sidestep that the defender makes to avoid the punch should be small because you want to be close enough to the attacker to execute the finishing punch properly with full power
3. start slowly to get the sequence correctly then practice many times so that the movements are smooth

When we are back in dojo we will go over ippon kumite so make sure you practice correctly!

2.7 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

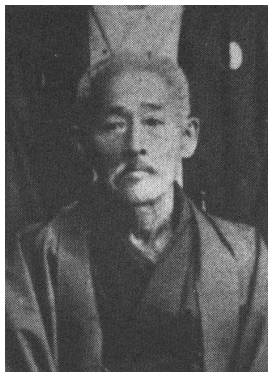
Kata

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
YASUME	Relaxed position

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 long 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
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
KICKS	
MAI GERI	Front kick
KIN GERI	Snap kick
SOKUTO GERI	Side kick to the knee
YOKO GERI	Side kick to the waist
HIZA GERI	Knee strike





Kanryo Higashina (1853-1915)



Chojun Miyagi (1888-1953)



Seiko Higa (1898-1966)



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