



# The Complete Beginner's Guide to SHOTOKAN KARATE

## THE FOUNDER



**GICHIN FUNAKOSHI**



## COUNTRY OF ORIGIN



**JAPAN**



## BELT SYSTEM



9th Kyu White Belt



8th Kyu Yellow Belt



7th Kyu Orange Belt



6th Kyu Green Belt



5th Kyu Blue Belt



4th Kyu Purple Belt



3rd Kyu Brown Belt



2nd Kyu Brown Belt



1st Kyu Brown Belt



Shodan Black Belt

## ETIQUETTE



Bow when entering or exiting the dojo.



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



Wear a clean, white karate gi to class.

**OSU!**  
A common greeting, pronounced "Ossi".

**KIRI**  
A powerful yell when striking. "KI" means energy and "I" means to join.

## CURRICULUM SECTIONS



**Basics (Jihon)**  
Basic techniques such as punches, kicks, stances, and blocks.



**Forms (Kata)**  
A pre-arranged fight or choreographed training sequence integrating several techniques.



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



**Self-Defense Sets (Goshin Jutsu)**  
Specialized self defense techniques address chokes, holds, grabs, and weapon threats.

## BASIC TERMS

**Jodan**  
Head Level

**Chudan**  
Middle Level

**Gedan**  
Lower Level

**Hajime**  
Begin

**Mawate**  
Turn Around

**Rei**  
Bow

**Yame**  
Stop

**Yoi**  
Ready

**Mae**  
Front

# Beginners Guide To Shotokan Karate

**Minjie Lin**



## **Beginners Guide To Shotokan Karate:**

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