

SHOTOKAN

Dojo kuhn

School Rules



Seek perfection of character



Be faithful



Endeavor to excel



Respect others



Refrain from violent behavior



Gichin

Gichin Funakoshi is widely considered the primary "father" of modern karate due to his efforts to introduce the Okinawan art to mainland Japan, from where it spread to the rest of the world. Born in 1868, he began to study karate at the age of 11, and was a student of the two greatest masters of the time, Azato and Itosu. He grew so proficient that he was initiated into all the major styles of karate in Okinawa at the time. For Master Funakoshi, the word karate eventually took on a deeper and broader meaning through the synthesis of these many methods, becoming karate-do, literally the "way of karate," or of the empty hand. Training in karate-do became an education for life itself.

Master Funakoshi was the first expert to introduce karate-do to mainland Japan. In 1916 he gave a



Master Gichin Funakoshi

demonstration to the Butokuden in Kyoto, Japan, which at that time was the official center of all martial arts. On March 6, 1921, the Crown Prince, who was later to become the Emperor of Japan, visited Okinawa and Master Funakoshi was asked to

Funakoshi

demonstrate karate. In the early spring of 1922 Master Funakoshi traveled to Tokyo to present his art at the First National Athletic Exhibition in Tokyo organized by the Ministry of Education. He was strongly urged by several eminent groups and individuals to remain in Japan, and indeed he never did return to Okinawa.

Master Funakoshi taught only one method, a total discipline, which represented a synthesis of Okinawan karate styles. This method became known as Shotokan, literally the clan or the house of Shoto, which was the Master's pen name for his poetry, denoting the sound of the wind blowing through pines.

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Kata

Peaceful Mind

Heian Shodan
Heian Nidan
Heian Sandan
Heian Yodan
Heian Godan

Horse-riding Stance

Tekki Shodan
Tekki Nidan
Tekki Sandan

Crescent Moon

Hangetsu

Ten Hands

Jutte

Flight of the Swallow

Empi

Crane on Rock

Gankaku

Look to the Sky

Kwanku

To Penetrate a Fortress

Bassai

Jion

*(name of a Buddhist monk
and monastery)*

Jion

Heija

(bo kata)

Heija



Belts

White

Yellow

Orange

Purple

Blue

Green

Brown

Black

Some common terms

Arigato	Thank you
Bunkai	Technique in a kata
Dojo	School, anywhere we train
Gi	A karate uniform
Kata	A "form" blending blending fighting techniques into a routine
Karateka	A karate practitioner
Kihon	Individual fighting techniques
Kumite	Structured sparring
Kyu belt	A belt between white and black
Sensei	Teacher, a title for a black belt

The Stages of a Martial Artist

Empty undisciplined mind
(symbolized by the white belt)

Instinct

Intellect

Intuition

Empty disciplined mind
(symbolized by the black belt)