

KARATE

www.karinprinsloo.com



Karate is a martial art and system of self-defence that originated hundreds of years ago in Okinawa, but was greatly influenced by an even older tradition from China. Literally, "karate-do" means "the way of the empty hand," referring to the fact that its practitioners use no weapons to attack and defend, but only the hands, feet and body. Through constant practice, karate develops not only the body but also the mind and character.

"The ultimate aim of Karate lies not in victory or defeat, but in the perfection of the character of its participants" Gichin Funakoshi

5 MAXIMS OF KARATE

- 1) Seek perfection of CHARACTER
- 2) Be FAITHFUL
- 3) EFFORT
- 4) RESPECT others
- 5) REFRAIN from violent behaviour



JKA 公益社団法人
日本空手協会
Japan Karate Association
The Keeper of Karate's Highest Tradition



DOJO

The Dojo is the karate classroom.
"The place of the way"

Before you enter remove your shoes. It is required to bow on entering and exiting the dojo. This is to show respect to others and to thank instructors for their guidance.

WHO IS JKA?

Japan Karate Association - The JKA is the most authoritative, prestigious and by far the largest karate organisation in the world, the keeper of karate's highest tradition.

JKA head quarters is in Tokyo, Japan.

GRADING

Gradings are once a term or twice a year. Students will be eligible if they know their syllabus and have attended the required amount of lessons.

UNIFORM



KARATE GI



OSS

The standard response in class for
YES
THANK YOU
PLEASE
I UNDERSTAND



Karate mitts and gum guards are used in competitions to protect you and your opponent.

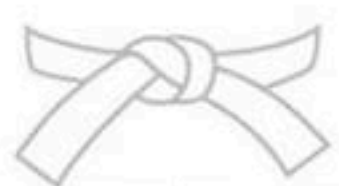


GENERAL INFORMATION

Sensei - Instructor
(3rd Dan and above)

Senpai - Someone of higher age or senior.

BELTS COUNTING



1 - ICHI



2 - NI



3 - SAN



4 - SHI



5 - GO



6 - ROKU



7 - SHICHI



8 - HACHI



9 - KU

10 - JU

WHAT IS SHODAN ?

Shodan (1st Dan) literally meaning "beginning degree" and is the lowest black belt rank in Japanese martial arts. Nidan (2nd dan) is higher than Shodan.

WHAT IS KATA?

Kata are small, structured practice routines or protocols. Every move it kata has an application. Kata is done individually or in teams "fighting an invisible opponent"



WHAT IS KUMITE?

Kumite is the part of karate in which a person trains against an adversary, using the techniques learned from the kihon and kata. (Fighting)



Karate is exhibition sport at the 2020 Tokyo Olympics



The World Karate Federation (WKF) is the largest all styles international governing body of sport karate with over 130 member countries. It is the only karate organization recognised by the International Olympic Committee and has more than ten million members.



STIRLING KARATE
日本空手協会

Japan Karate Association - SKC

DOJO RULES

- Clean hands and feet
- Short Fingernails
- No chewing gum
- No watches and jewellery
- Clean karate gi
- Tie up long hair
- 20 push-ups if you are late
- If you are late wait to be called onto the mat.
- Stand in grade order at the end of class.
- No shoes on the mat
- Parents to be quiet during classes
- Bow when you enter and leave the dojo