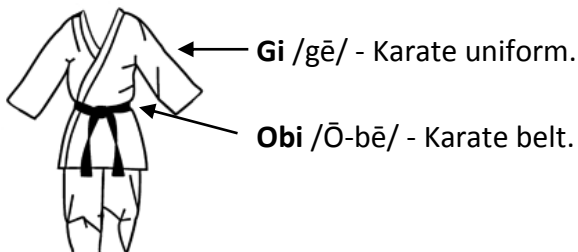




The art that we study is called **Goju Ryu Karate-do** /Gō-jū Rē-yū Kǎ-rǎ-tā Dō/.
It means “The Way of the Hard and Soft, Empty-Hand System.” **Karate** = Empty Hand



Gi /gē/ - Karate uniform.

Obi /ō-bē/ - Karate belt.

Wash your gi – NOT your obi!

In the old days, in Japan, dojo had dirt floors. Students were issued a white belt and wore it until it turned black. This symbolizes all of the hard work and “sweat equity” that you put into your training.

Respect

Bow when entering and leaving the dojo – always facing into the dojo.
Bow when addressing a Black Belt. Address them by their title and last name.
There are three bows at the beginning and ending of each class...

Shomen ni, Rei. (The bow to the founder of our style of karate.)

Kyoshi ni, Rei. (The bow to the instructor. Listen for the title used.)

At the beginning of class...

You say: *Kyoshi, Onegai shimasu.* /ō-nē-gī SHĒ-mās/
This means: Kyoshi, please teach me.

Kyoshi says: *Hai.* /Hī/
This means: Yes.

At the end of class...

You say: *Kyoshi, Domo arigato gozaimasu.* /Dō-mō ā-rē-gā-tō gō-zī-mās/
This means: Kyoshi, thank you for teaching me.

Kyoshi says: *Gokaru sama deshita.* /Gō-kǎ-rū sǎ-mǎ dē-shē-tǎ/
This means: Thank you for doing what is expected of you.

Otagi ni, Rei. (The bow to your fellow students.)



Belt Color Sequence

White
Purple
Yellow
Orange
Blue
Green
Brown
Black

If Sensei is leading class, “Kyoshi” will be replaced with “Sensei” on the 2nd bow.

Useful Terms to Know

Dojo /DŌ-jō/ Training hall.

Surretsu /sŭ-rēt-SŪ/ Line up.

Hai /Hī/ Yes.

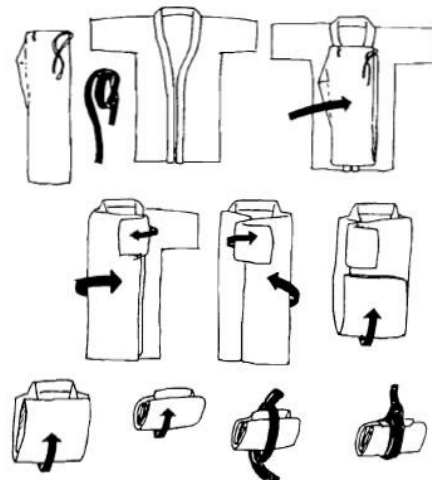
lie /Ē-ā/ No.

Japanese Number System

1 Ichi	6 Roku
2 Ni	7 Shichi
3 San	8 Hachi
4 Shi	9 Ku
5 Go	10 Ju

Folding Your Gi

There are different ways to fold your gi, and some people do it differently if they are placing it in a bag or just carrying it by itself. Here is one method that you can try. Your teacher may show you other ways. The important thing is that your gi is treated with care and respect.



White Belt = Nyumonsha (No Rank)