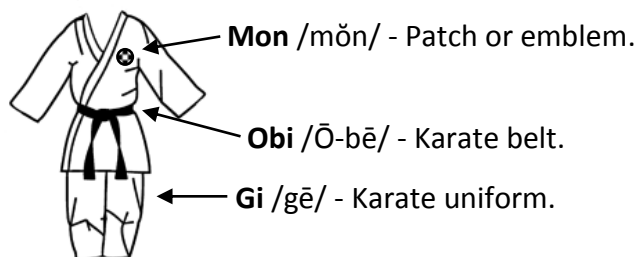




Rule #1: Karate is for defensive purposes only.

Rule #2: Students may not teach others what they have learned without the explicit approval and supervision of a member of the dojo teaching hierarchy.



When you receive your patch, your instructor will help you position it properly. If it becomes misaligned before you sew it in place, put on your gi jacket and obi. Position the patch on the left breast so that the emblem's feet are parallel to the floor.

Belt Color Sequence

White
Purple
Yellow
Orange
Blue
Green
Brown
Black

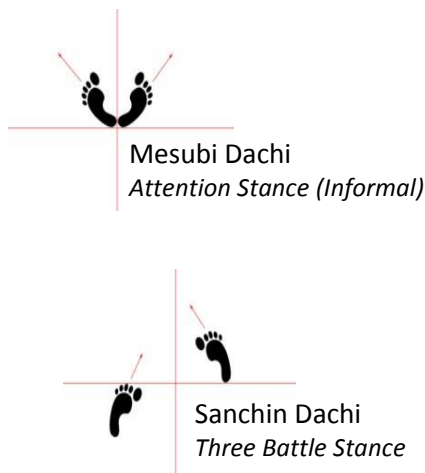
Respect

- When bowing to a higher rank, lower your eyes. When bowing to a lower rank, keep your eyes up. Exception: when sparring, always keep your eyes up!
- If you arrive late for class, open the door slightly and stand at attention. Wait patiently to be invited into the class. (Never interrupt bows/meditation.)



Kneeling in Seiza

Seiza is a formal meditation posture. To get to seiza, begin by going down on your left knee. Then put your right knee down. Big toes should be side-by-side, not crossed. Sit back on your feet, with your hands open on your thighs. Gentlemen have their knees apart, fingers pointing slightly inwards. Ladies have their knees together with their fingers pointing straight ahead.



O-Sensei Chojun Miyagi
April 25, 1888 – October 6, 1953
Founder of Goju Ryu Karate-do.

Terms from Kihon (Basics): The Kicks

- Kogen Geri** /KŌ-gĕn GĔ-rĕ/ *Instep kick.* (Strikes to groin with top of foot.)
- Mae Geri** /MĪ GĔ-rĕ/ *Front thrust kick.* (Strikes to groin/midsection with ball of foot.)
- Mawashi Geri** /mă-WĂ-shĕ GĔ-rĕ/ *Roundhouse kick.* (Strikes to ribs with ball of foot.)
- Kansetsu Geri** /kăn-SĔT-soo GĔ-rĕ/ *Knee-joint kick.* (Strikes to knee with blade of foot.)
- Sokuto Geri** /sō-KOO-tō GĔ-rĕ/ *Side kick.* (Strikes to ribs/midsection with blade of foot.)
- Ushiro Geri** /oo-SHĒ-rō GĔ-rĕ/ *Back kick.* (Strikes to midsection with heel of foot.)

