



Terms from Kihon (Basics): The Blocks

Age Uke /Ā-gā OO-kā/ *Upper/Rising Block*. (Protects the head.)

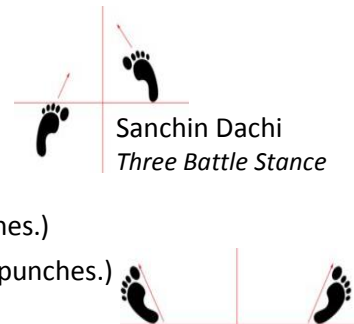
Yoko Uke /YŌ-kō OO-kā/ *Middle Block*. (Protects the midsection.)

Joge Uke /JŌ-gā OO-kā/ *Middle-Lower Block*. (Protects against grabs/pushes.)

Gedan Barai /GĀ-dān BĀ-rī/ *Downward Striking Block*. (Blocks kicks/low punches.)

Haraiotoshi Uke /hă-RĪ-ō-tō-shē OO-kā/ *Downward Sweeping Block*.

(Blocks kicks/low punches.) **Shiko Dachi**
Sumo Stance or Lower Horse Stance



Sanchin Dachi
Three Battle Stance

Sanchin

Sanchin means “Three Battles.”

The three battles are:

Body – Work hard to make your body stronger.

Mind – Have good focus and pay attention to details.

Spirit – Never give up and keep a positive attitude.

Karate is more than just punching and kicking – it is a way of life!

Belt Color Sequence

White
Purple
Yellow
Orange
Blue
Green
Brown
Black

Teaching Grades

Shidojin – Apprentice Instructor

Sempai – Assistant Instructor

Sensei – Instructor

Renshi – Senior Instructor

Shihan – Master Instructor

Kyoshi – Grand Master Instructor

Hanshi – Chief Grand Master Instructor

For each title, the prefix “Waka-“ may be added to denote a probationary appointment OR the suffix “Dai” may be added to denote the senior member of that level (i.e. – Sempai-Dai would be first among the Sempai-level instructors). For Renshi and Kyoshi levels, this suffix becomes “Kaidan.” A senior Hanshi would be referred to as “Hanshi-Sei.”

Useful Terms to Know

Dozo /DŌ-zō/ Please.

Domo Arigato /DŌ-mō āh-rē-GĀ-tō/ Thank you.

Doitashimashite /DŌ-ē-tă-shē-mă-shē-tā/ You’re welcome.



Hanshi-Sei Richard Bernard

August 6, 1948 – present

Founder of Shidokan International.

Teacher of Kyoshi Baker.

Respect

- When adjusting your gi or obi, always face the rear of the dojo (out of respect and modesty).
- Unless your modesty is at risk (i.e. – if your pants are falling down), never adjust your uniform in the middle of warm-ups or technique. Wait for the command to “shake it out”.
- Never bring money into the dojo. The office is for business. The dojo is for karate.



Dojo Creed

1. To Strive for the Perfection of Character.
 1. To Defend the Path of Truth.
 1. To Foster the Spirit of Effort.
1. To Honor the Principles of Etiquette.
 1. To Guard against Impetuous Courage.

Yellow Belt = Kukyu (9th Kyu)

Kyu = Ranks below Black Belt.