

Shito-Ryu Karate

(A traditional Japanese martial art)

Sensei John M. Iguchi, 5th degree black belt

This style of karate uses many physical exercises during the training. Many of the movements will appear familiar but all have carefully planned intentions leading to greater self-awareness and deeper understanding of the martial arts. We hold no exhibitions or tournaments. The trophies that our students receive are in the form of sore muscles and enhanced development in character. With this age group, punching and kicking will not be taught. This is not a typical “Americanized” style class.

Samples of Class Philosophy

- “Ask, Doubt and Challenge”
- I can. I will find my limits and break through them.
- Compete against yourself, not against others – be better today than you were yesterday
- There are 275,000 things to learn and each of those items has 275,000 things to learn
- Giving up is not an option
- You are here to “Learn to Learn”
- If you are a blackbelt, you are a blackbelt inside, not because you wear a black belt.

This class is open to any child ages 6 to 14.

An orientation/registration class will be held on Saturday, September 19th at the Kinnikinnick School from 10 am – 11:30 am. Parents and prospective students are required to attend. Prospective students will need to wear appropriate work out clothes.

The class session will begin on Saturday October 3rd. Two classes will be offered: 10 am – 11:30 am and 12 pm – 1:30 pm, which will be selected at registration.

Cost: \$30.00 per month with a one-time \$25.00 registration fee

If you have, any questions please contact Kim Rosenbloom (815) 623-9120.

Introduction to Junior Karate Class

Prepared by Parent Committee

Welcome to the Seishin Kaikan Karate-Do
Dojo.

This booklet is designed to introduce prospective students and their parents to the Junior Karate Class.

Instructor: John M Iguchi, - Shito Ryu Karate

May 23, 2009

Introduction

Karate was introduced into the United States after World War II. Karate has become popular world wide for basic self-defense, as well as a competitive sport. There are many styles of karate; our class teaches the Shito Ryu style. The techniques taught in karate involve forceful blocks, punches, and kicks, which can cause injury or even death.

Because there are more important matters to be taught for the junior martial artist, students will not be taught how to punch and kick at the junior level. Students must be able to control their body movements, emotions and mental discipline before being trained to deliver a potentially deadly blow from a punch or kick.

This is not a typical “American style” class. There are no exhibitions or tournaments. All students wear white belts although they are at different levels of development. The trophies that they receive are in the form of sore muscles on the following day from a strong workout and enhanced development in character.

This is a traditional Japanese martial arts class. It builds self-confidence, self-esteem, independence, self-worth and self-defense skills through discipline and control of the students’ bodies, minds and attitudes. Japanese-born Sensei; John M. Iguchi, instructs the class. Mr. Iguchi’s special blend of discipline and humor makes each child feel valued as he/she, “learns to learn”. He pushes each student to his/her physical and emotional limits. This allows each student to experience his/her individual limitations and hidden/unnoticed abilities. This also teaches them the importance of working on improving/overcoming their limitations.

Requirements

Junior Karate is open to any child ages 6 to 13. All children must be able to follow verbal instruction; with the mental attention to listen, hear, understand and act on what they are told to do. Children must distinguish between the left and right side of the body, (hands, arms, feet, legs), as this ability is an essential building block for training.

A parent or guardian is required to attend each class with his/her child. This enables the parent to reinforce at home what the child has learned during the class. It is the parents’ responsibility to help students to learn how to listen and follow instruction. Prospective students and their parents should observe the class before joining. Observation and discussion allow both the parent and child to determine in advance if they are willing to be committed for the long term to the class. The students’ dedication allows Sensei to concentrate his time and efforts on those who will take their training seriously.

Class begins promptly, and tardiness will not be tolerated. It is part of the shared responsibility of the parent and the student to be ready to begin, in the Karate room before class, not just in the building. Otherwise, if the door is closed or class has started when you arrive late admission to class will be denied. Please do not try to enter. If you know you will be late, you may still attend if you call ahead and leave a message for Sensei. It is not necessary to give a reason why

you will be late. Absence from class should also be acknowledged by leaving a message in advance of the class start time.

All students will wear a white karate-gi. The gi consists of a top, pants and a white belt. The ties for the top and pants are to be tucked-in, out of sight, and the belt must be tied correctly. Ask any student to learn how to tie the belt. It is the child's responsibility to learn how to tie their belt themselves.

Proper Behavior in the Dojo

The room where formal karate training takes place is called the dojo. To show respect for the dojo, shoes and socks are removed before entering the room.

When entering the dojo, the student should stand properly and bow inward at the doorway while saying "Oss". This shows respect for your training, and that you are ready to learn. Parents sit on the floor along the wall and may talk freely until class begins. Before Sensei arrives, students are free to play freeze tag or other games that warm up the body. Parents are responsible for monitoring the safety of the children during this time. When Sensei arrives, the students stand and face the doorway and bow as Sensei enters the dojo. Students and parents needing to speak to Sensei may do so briefly at this time, or after class. During class, conversation should be minimal to avoid distracting the students, or parents, who want to listen to Sensei.

What to Expect During Class

At Sensei's command, students quickly line up side by side in a straight line. Advanced students (sempai) stand at the far right, newest students (kohai) stand at the far left. Everyone else stands between them, allowing about 12 inches between people. The feet are placed shoulder width apart with the feet facing forward. The hands are made into a fist and the arms are held slightly bent and in front of the waist. It is the ranking Sempai's responsibility to make sure the line is straight. It is each student's responsibility to see that his/her toes are lined up with the other's at their right.

Following Sensei's cue, the students place their fists on their hips, and kneel (left knee first), opening the fists and placing their flat palms at the upper thighs. The left knee should be placed where the left toe was, lined up with the right toe in order to keep the line straight. The right knee is placed where the right toe was to maintain a straight line. While kneeling, with the thighs and waist straight, the ankles are adjusted from heels-up to the top of the foot flat on the floor. Sitting back onto the feet is a smooth controlled motion that is done without bending forward at the waist. The back is held straight at all times. Hands should never touch the floor when kneeling down. When properly seated, the big toes should touch, but not overlap, and there should be about three fists lengths between the knees. Hands are placed across the upper thighs with thumb and fingers together. The back is straight with the shoulders back but relaxed and down. Sensei again check for proper alignment. This way of sitting is called "seiza".

When all students are sitting properly, without moving around, Sensei gives the command "Sensei ni rei" (bow to Sensei). The students will bow in the proper manner, with all movements

taking place in unison. The left hand is brought forward in a circular motion and placed on the floor in front of the student. The right hand follows in a circular motion. The hands are placed in front of the knees pointing in a “V”, with palms flat on the floor, index and middle fingers touching. The students bow, touching the head to the hands. All students say “Oss” in unison. After a short pause, their head is raised. The right hand returns in a straight line to the thigh, with the left hand still on the floor. As the left is brought straight back to the thigh, they sit up straight. New students are allowed 2 weeks to remember this process; otherwise, he/she will be regarded as “not ready for this class”.

At the command, “mokuso”, students remain perfectly still, close their eyes and picture a single boat on a body of water in their minds, nothing else. This is not meditation or tuning everything else out, but training that is developing the ability to remain focused. The students may be asked to describe their boat. There is no set size, type or shape for the boat.

At Sensei’s command “mokuso yame”, students open their eyes. Sensei will ask if the students have any questions. Questions about karate are preferred, but questions about Japan may also be asked. Students are encouraged to think, and not blindly accept what they are told.

For the remainder of the class, the students participate in various physical exercises. These training tools teach the students to push themselves mentally and physically, to strengthen certain muscle groups, and to react quickly to changing situations. Shito Ryu karate uses physical training to enforce and enhance mental training.

This is not the normal “Fun Time” class. Every student cries at one time or another, or wants to quit. This is normal, as each student will reach his or her personal physical and mental limits. By continuing to push themselves, students and parents learn that they are capable of doing more than they thought they could. No one is made fun of for crying or finding his or her limits.

Students should treat Sensei with respect. They should not talk and joke around during class; it distracts the students who are trying to learn. Sensei talks to the students about what being a martial artist means as well as respecting and helping their parents. He also talks to them about drugs, homework, and how to handle situations with other children.

At the end of the class, students again line up, making sure their spacing and alignment is correct. They will kneel, then sit and think about what they have learned in class. Following Sensei’s command, they bow to Sensei, then stand and bow again before being dismissed. When leaving the dojo, students turn to face the inside of the dojo, bow in the doorway and say, “Oss” as they bow.

During the week, students are expected to train at home for at least two minutes/day. This daily activity is a reminder that they are martial artists every day and all day, not just in class for 1 ½ hours. There are not tournaments or trophies. Their trophy is their sore muscle. They train for their growth, not for ranking, so they will not receive colored belts.

Japanese Terminology

(Sensei does not teach this in writing. Detailed explanation and background of the words will be explained in the class)

- oss: expression showing readiness to learn, appreciation and understanding
- dojo: any place where formal training takes place
- karate-gi: white uniform worn for training. It consists of loose-fitting pants, a jacket, and a belt. The belt and the dirt and sweat on it, represent what you have learned, the work that has been done and what is yet to be learned. The belt must never be washed.
- mokuso: “quiet thinking” – visualize the boat or review what has been taught in class.
- sempai: more advanced student
- kohai: less advanced student
- seiza: proper way of sitting
- sensei-ni-rei: bow to sensei (appreciate sensei)

Counting in Japanese

- 1 ichi (ichy)
- 2 ni (knee)
- 3 san (sun)
- 4 shi (she)
- 5 go (go)
- 6 roku (row-coo)
- 7 shichi (she-chee)
- 8 hachi (ha-chee)
- 9 ku (coo)
- 10 ju (jew)

Samples of Class Philosophy

- * “Ask, Doubt and Challenge” is our creed.
- * You are a martial artist on your first day of class.
- * You are here to “Learn to Learn”
- * There are 275,000 things to learn.
- * Compete against yourself, not against others – be better than you were yesterday.
- * When the training gets tough, the devil shows up and wants you to quit. Fight the devil inside and discover your strengths and weaknesses. Work on your weaknesses to become stronger. Learn how to push yourself without being told.
- * The parents are also learning in the class so that practice that is more meaningful can be provided at home. Parents are encouraged to talk to Sensei or more experienced parents for class matters or topics of concern.
- * The self-confidence, self-esteem, or discipline, etc. can become a part of the child’s mind only by going through training mentally and cannot be developed overnight. Parents need to be patient, and supportive.
- * If you are a blackbelt, you are blackbelt inside, not because you wear a black belt.