



School of Karate

STUDENT MANUAL

This Book Is The Property Of

Start Date: _____

TMSK STUDENT MANUAL

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CONSIDERATION FOR THE STUDENT

Once you become a member of this school you are expected to show a sincere commitment to the study of karate. You must demonstrate a genuine desire to learn and absorb the knowledge and information that is presented to you. You must also learn to accept your responsibilities as a member of this school to uphold the standards in technique and in character. In particular developing humility and good manners.

The study of karate requires an enormous amount of your time. It is a way of life that requires perseverance and commitment. It is also a discipline, in this school, that encourages proper human relationships and challenges the individual to search for the truth. From time to time, you will find the training demanding some sacrifices on other areas of your life. This does not mean that karate should be your first in priority. Karate should never come before God, neither should it come before your family nor education. But it does mean determination from you and every effort to make available to yourself all the opportunities to promote your understanding of karate and your growth as an individual.

You must study diligently and study with humility. To master the techniques you must practice endlessly and with greater endeavor. The road to perfection is long and tedious. There is no other means but patience and super-human effort. Do not be overcome by discouragement as this only defeats the mind. Understand the course of your training will be charted by many ups and downs, and it will be a continuous challenge throughout your life as long as you continue to train. It will test your mental fortitude and it will stretch and mold the fabric of your whole character. The knowledge is limitless and perfection is a life-long pursuit. I hope you will take on this challenge seriously and honestly. Develop your body, your mind, and most important of all seek the true spiritual development that will set you free.

The Meaning Of A 1st Degree Black Belt

Very often I hear people say ‘I will stop when I get my Black Belt’. This made me realize that many people have the wrong idea about a 1st degree black belt. Reaching the level of Shodan or 1st degree black belt is indeed a tremendous achievement and it is a goal that one should be very proud of. But the truth is the first level black belt represents only the beginning, it is not the end of a journey. A comparison to this is when a person receives his/her driver’s license it does not make him/her an expert driver. It only means he/she has the basic knowledge about how to operate a vehicle safely on the roads. In karate the 1st degree black belt means the individual has reached a good level of competence and has a good understanding of the ways of karate. There is still much ahead to learn and perfection is a long, long ways away. Karate is a way of life. It is not a seasonal sport or a recreation. How you view karate will determine the kind of commitment you put towards it and the kind of priority it has in your life. For those who love it and make it a part of their lives, they have received and continue to reap the many benefits of regular and consistent training. To me, there is nothing better and nothing like it.

ETIQUETTE, ATTITUDE & RESPONSIBILITIES

ETIQUETTE – *The observance and exercise of proper etiquette is an integral part of your karate training. Do this along with the practice of good manners. Create an environment that is respectable and enjoyable for all concerned.*

1. Always address the chief instructor as ‘Sensei’ or ‘Sensei Mah’, in or out of dojo.
2. Other black belts are to be called ‘Sempai’ or ‘Sempai + name’, in or out of dojo.
3. Greet Sensei, other instructors, and classmates with a bow on your arrival at the dojo.
4. Greet Sensei when he enters the dojo.
5. Acknowledge or respond to an instruction with the word ‘Hai’ (yes).
6. Bow to each other before commencing and at the finish of a partner routine.
7. Junior rank and young members should take the initiative in sweeping/mopping the floor at the end of each class.

ATTITUDE – *Do to others as you would have them do unto you!!!*

1. Be humble, gracious, courteous, and respectful
2. Be helpful, caring, supportive, and encouraging
3. Be committed to and consistent with your training
4. Believe in what you do and do it with a passion

RESPONSIBILITIES – *Accepting responsibilities helps to promote a healthy relationship between you and your fellow karatekas.*

1. Live honestly, righteously, with dignity and integrity.
2. Control your temper. Be gracious and forgiving towards each other.
3. Avoid abusive use of drugs and alcohol.
4. Do not partake in illegal substances.
5. Use your skills wisely and responsibly.
6. Strive to be on time for class.
7. Avoid the use of abusive or offensive language.
8. Maintain personal cleanliness at all time and keep short nails.
9. Do not chew gum or eat during training
10. Jewelry, watches, metallic objects, etc are not to be worn during training
11. Only approved karategis with authorized markings may be worn during class.
12. Avoid the use of perfume or cologne during training as it may cause allergic reaction in some people.
13. Help to maintain a clean floor for everyone to enjoy. Sweep/mop floor before class ends in preparation for the class after.

PROCEDURE FOR OPENING AND CLOSING CLASS

*Shugo – line up. Lining up is done beginning with the black belts lined up according to seniority facing the Sensei starting from the right side of the dojo. The colored belts will line up, beginning with a new line from the right side, behind the black belts, starting from brown belts down to the white belts.

**Seiza – kneel down. Kneel down on both knees lowering first the left then the right and sit back on the heels. The feet should be together and pointed back so that the two big toes are side by side to each other. Keep a straight posture. The hands are placed on top of the thighs close to the waist with the hands opened and fingers are pointed towards each other and covering the inner thighs. The elbows are tucked in and kept to the sides of the body.

To rise up from the kneeling position first step up with the right foot into a left kneeling position with the left foot raised up on to the toes. Then step up with the left foot together with the right into a musubi – dachi (V stance) with the arms and hands straight down by the sides.

OPENING CLASS

The Sensei (Chief Instructor) gives the command ‘Shugo’* which means to line up. Once in position the student is to stand at attention with the arms and hands straight down by the sides and the feet in a V stance. The command ‘Seiza’** will follow meaning to go into a kneeling position. The highest colored belt, after everyone has settled into the kneeling position, then gives more commands in the following sequence:

1. MOKUSO - ‘Meditate’ - meaning to close your eyes and concentrate on slow and controlled breathing with a straight posture that will help you relax and prepare for the training ahead. Practice deep breathing into the abdominal area. Do this for about 1½ minutes.
2. MOKUSO YAMAE – open the eyes.
3. SENSEI NI, REI – Turn to face Sensei, bow. At the same time say the words “Onegai Shimasu – which loosely translates to ‘Please Teach Me!’
4. Rise up in order - after Sensei, then from black to white belts.

CLOSING CLASS (Procedure same as opening of class. Commands are different)

1. SHUGO
2. SEIZA
3. HANSEI (relax and prepare for finish)
4. HANSEI YAMAE
5. SENSEI NI, REI (Phrase: Arigato Gozai Mashita – Thank you!
6. Rise up in order – after Sensei, then from black to white belts.

PROCEDURE FOR EXAMINATION

Prior to submitting your application for an examination please complete the procedures listed below:

1. Complete and pass the written exam (applicable only to 13 yrs+). This may be done anytime during your current level. The exam is to be written during class time and is approximately 30 – 45 minutes. A passing grade is 90%. You may make request for the written exam from an authorized black belt instructor or from the office.
2. Complete the minimum attendance requirement
3. Complete the checklist for level requirements
4. Complete the Exam Application*
5. Attach the correct examination fee to the Exam Application
6. Remove the completed Exam Application from your Student Manual, attach your fee to the form and submit them along with your Student Manual to an authorized Black Belt instructor. **Do not give directly to Sensei Mah.**
7. Names of examinees and date of testing will be posted no later than the 20th of each month.
8. Promotions will be announced and given out during class time within the first week of the next month.
9. Where retesting is necessary, it will be rescheduled to the testing date of the following month.

*Please note: Application submitted by the 15th of each month will have a testing date later the same month or within the third Sunday after the 15th. After the 15th testing will be scheduled the following month.

TMSK Student Name: _____

YELLOW BELT REQUIREMENT CHECKLIST

Be sure to check off each item as you become comfortable and confident of each requirement. *Recommendation for testing from an authorized instructor is encouraged. Please note that recommendation is not promotion guaranteed.

Written Exam - approximately 30 minutes and done during class time

- Etiquette, Attitude, and Responsibilities of the student
- All terminologies listed in the "Kihon" section below, plus
- Sensei (teacher)
- Sempai (senior student)
- Hai (yes)
- Rei (bow)
- Shugo (line up)
- Kiyotsuke (attention - as stand at)
- Jodan (Upper); chudan (middle); gedan (lower)

Practical Exam - Must be demonstrated with speed and power

1. Kihon (Basics) - Right and left side 10 times each

- Uke (Blocks): Age uke (rising block); Soto uke (outside block);
Uchi uke (inside block); Gedan uke (down block)
- Tsuki (Punch): Choku tsuki (straight punch in neutral stance)
Migi/hidari Gyaku tsuki (right/left reverse punch)
Oi tsuki (lunge punch); Shiko tsuki (square stance punch)
- Dachi (Stance): Uchi hachiji dachi (inner figure 8 stance)
Seisan dachi (50/50 forward stance); Shiko dachi (square stance)

2. Kihon Dosa (Basic exercises)

- Kihon Dosa 1, 2, & 3
- Kihon Kata 1
- Sen Shin Kotai

3. Kata (Formal Exercises)

- Pinan Nidan

4. Kumite (Sparring)

- Kihon Ippon (Basic 1-point sparring)

*Recommended for examination by: _____

EXAM FEE & ATTENDANCE REQUIREMENT

Examination Fee (Includes certificate and belt)

Yellow - \$50 (retest fee - \$30)
Orange - \$60 (retest fee - \$35)
Green - \$70 (retest fee - \$40)
Blue - \$80 (retest fee - \$45)
Brown - \$90 (retest fee - \$50)
Shodan (1st degree black) - \$280 (retest fee - \$75)
Nidan and higher – check with Sensei Mah

Minimum Attendance Requirement For Examination

Dragonflies (ages 4 - 6 yrs): no examinations for this age group

Children 7 – 12 yrs: Children in this age group must acquire 3 stripes prior to testing for the next color belt level. Stripes are given out once the minimum attendance requirement is met (as listed below). No examination required. Examination is applicable only for color level change.
Example: white3 stripes to yellow.

White1; white2; white3 stripes; & yellow – 20 classes minimum
Yellow1; yellow2; yellow3 stripes; & orange – 25 classes minimum
Orange1; orange2; orange3 stripes; & green – 28 classes minimum
Green1; green2; green3 stripes & blue – 28 classes minimum
Blue1; blue2; blue3 stripes; & brown – 35 classes minimum

Children reaching the green and blue level are recommended to join the adult classes.

Juniors and Adults 13 yrs up

White to Yellow – 65 hours minimum
Yellow to Orange – 85 hours minimum
Orange to Green – 90 hours minimum
Green to Blue – 105 hours minimum
Blue to Brown – 143 hours minimum
Brown to Jr. Shodan – 170 hours classes minimum (minimum age 14 yrs)
Brown to Shodan – 165 hours minimum (minimum age 16 yrs)
Shodan to Nidan – minimum 3 yrs of consistent training
Sandank and higher – upon recommendation by a senior black belt or Sensei Mah

PROMOTION RECORD

Print from 'promorecord' file

GLOSSARY

Age uke – Rising block

Age tsuki – Rising punch

Ashi – Leg or foot

Ashi waza – Leg or feet technique

Ate – To hit or smash

Ayumi ashi – Stepping

Bo – 6' wooden staff

Bunkai – Analysis

Chakugan – The focus of attention

Chikama – The distance that is too close for a particular technique

Choku tsuki – A straight punch in a neutral stance such as Soto or Uchi hachiji dachi

Choun no kamae – Ready position where both fists are pulled back to the hips

Chudan – Middle

Dachi – Stance

Deashi barai – Foot sweep

Dojo – Training hall

Domo – Thanks

Domo arigato – Thank you

Domo arigato gozaimashita – a very polite ‘Thank you very much’

Dosa – training

Dozo – Please (used when offering something to someone)

Empi – Elbow

Empi uchi – Elbow strike

Enbusen – Performance line of kata

Fumi komi – Stamping kick

Fukushin – Judge (as an official)

Ge – Low

Gedan – Lower section

Gedan uke – Low or down block

Geri (keri) – Kick

Gi (karategi) – Karate uniform

Go – 5 (Five)

Gohon kumite – Prearranged five attack sparring

Go no sen – Retaking the initiative

Gyaku – Reverse or opposite of something

Gyaku waza – Counter technique

Gyaku tsuki – Reverse punch

Hachi – 8 (Eight)

Hachiji dachi – Figure 8 stance

Hai – Yes

Haishu uke – Back of hand block

Haito uchi – Ridge hand strike

Hanmi – Half turned facing front

Hanten – Half turned

Hara – Lower abdomen

Hari – Proper tension of the body that permits responsiveness

Heiko dachi – Parallel stance

Heiko tsuki – Parallel punch

Heisoku dachi – Parallel stance with the feet touching

Hidari – Left

Hiki – Draw back

Hiki ashi – Pull back the foot

Hikite – Pulling hand

Hiraken uchi – Flat fist strike where the fingers are bent at the first knuckles and these knuckles are used for striking

Hiraki ashi – Sideway foot movement

Hittsui (Hiza keru) – Knee kick

Hiza keru – Knee kick

Hyaku – One hundred

Iaigoshi dachi – Single knee kneeling stance

Ichi – 1 (One)

Iki ashi – Live foot as in kneeling position where the foot remains on the ball of the foot

Ippon – One point

Ippon dachi – One legged stance

Ippon ken tsuki – One knuckle punch

Ippon kumite – Prearranged one point sparring

Isshin – One mind

Jitsu – Hard; balanced; strong as related to position

Jyu kumite – Free sparring

Jodan – Upper

Jodan Uke – Upper block

Jo Ha Kyu – Slow to fast motion as in punching from a resting position

Ju – 10 (Ten)

Juji uke – Open hand cross block

Kagi tsuki – Hooked punch

Kakato – Heel of foot

Kake ashi dachi – Hooked stance

Kakuto uchi – Bent wrist strike

Kamae – Ready position

Kata – Form (Formal exercise) - a prearranged sequence of defensive and offensive movements

Keage – Snap

Kekomi – Thrust

Kensei – Awareness of opponent

Keri – Kick

Keri waza – Kicking techniques

Ki – Life energy

Kiai – A cry or shout that gives power to a technique

Kiba dachi – Horse riding stance

Kihon – Basic, fundamental

Kihon dosa – Basic movements

Kime – The focus of energy into one instant. It is the result of the combination of the physical action with the mind and the spirit focused into one moment in time.

Kiyotsuke – Attention

Kizame tsuki – Jab

Koho kaiten – Backward roll

Koken – Wrist

Kosa dachi – Crossed stance

Kosa uke – A closed fist cross block

Koshi – Ball of foot

Kote – Forearm

Ku – 9 (Nine)

Kumite – Sparring

Kuzushi – Breaking balance

Kyo – Soft, unbalanced, weak as in position

Kyu – A suffix meaning level as in Go-kyu (5th level)

Maai – Engagement distance

Mae – Front

Mae ashi keru – Front foot kick

Mae kerī – Front kick
Mae te tsuki – Front hand punch – referring to the hand that is that same side as the leg that is forward
Mae tobi kerī – Front jumping kick
Mawari – Turn
Mawari ushiro kerī – Spinning back kick
Mawashi empi – Roundhouse elbow
Mawashi kerī – Roundhouse kick
Mawashi tobi kerī – Roundhouse jump kick
Me – Eyes
Metsuke – The place where the eyes are focused
Migi – Right
Mikazuki kerī – Crescent kick
Mokuso – Meditate
Morote Kentsui – Double hammer fist (as in Bassai)
Morote uke – Augmented block
Moto dachi – Forward natural stance
Musubi dachi – V stance with heels touching

Nage – Throw
Nage waza – Throwing techniques
Naiwan uke – Block with inner side of forearm
Neko ashi dachi – Cat stance
Ni – **2 (Two)**, also means ‘in the direction of’
Nidan – Second level
Nidan kerī – Two level kick
Nukite – Spear hand

Obi – Belt
Oi zuki – Lunge punch
Okutsu dachi – Deep, forward rotated stance with body facing the side
Osae uke – Pressing block
Oshi tsuki – Pushing punch
Octagai Ni – Face each other
Otoshi kerī – Axe kick

Rei – Bow
Ren tsuki – Continuous punching
Renzoku waza – Combination techniques
Rinten – Full turn
Roku – **6 (Six)**

San – **3 (Three)**
Sanbon kumite – Prearranged sparring where there are three attacks
Sanchin dachi – Hour glass stance
San ren tsuki – Triple punch
Sayonara – Goodbye
Sayu tsuki – Two handed 180 degree punch
Seiken – Fist
Seisan dachi – Forward stance with 50/50 weight distribution
Seiza – Formal kneeling position
Sempai – Senior student
Sen – Before; Previous; Ahead (first to initiate)
Sen no sen – An initiative taken against an initiative
Sensei – Born before, also means teacher

Shi – **4 (Four)**
Shiai – Contest
Shichi – **7 (Seven)**
Shihan – Master Instructor
Shiko ashi dachi – Square stance
Shiko tsuki – Punching in shiko dachi
Shime – Muscular contraction
Shin – Heart
Shin ashi – Dead feet
Shizen tai – Natural position with feet in outer figure 8 stance
Shomen – Front (as in front of dojo)
Shugo – Line up, assemble
Sokuto kerī – Knife foot kick
Soto hachiji dachi – Outer figure 8 stance
Sukui uke – Scooping block
Susuri ashi (tsugi ashi) – ½ stepping
Tai – Body
Tai no sen – Attacking same time as opponent
Tai sabaki – Body shifting/dodging
Tanden – A non-physical center point about 2 inches below the navel.
Tate – Vertical
Tate tsuki – Punch with the fist in a vertical position
Te – Hand
Teisho – Palm heel
Teisho uchi – Palm heel strike
Teisho uke – Palm heel block
Tettusi uchi – Hammer fist strike with the baby finger side of fist
Tobi kerī – Jump kick
Toma – The distance that is too far for a particular technique
Tomari – The stillness after a technique
Tsugi Ashi – ½ step
Tsukami uke – Grasping block
Tsuki – Punch
Tsukuri – Preparation for takedown
Uchi – Strike
Uchi hachiji dachi – Inner figure 8 stance
Uke – Block
Uraken uchi – Back fist strike
Ura mawashi kerī – hook kick
Ura tsuki – A short punch with the palm side of fist up
Ushiro – Back
Ushiro kerī – Back kick
Ushiro tobi kerī – Back jump kick
Waza – Technique
Yama tsuki – U shaped punch
Yame – Stop
Yoko – Side
Yoko kerī – Side kick
Yoko tobi kerī – Side jump kick
Yumi tsuki – Bow and arrow punch
Yuri ashi – Shifting of the feet
Zanshin – Remaining mind
Zenkutsu dachi – 60/40 forward stance
Zenpo kaiten – Forward roll

TOM MAH SCHOOL OF KARATE

Examination Application

I, _____, hereby make application for testing for the level of _____ (Rank). I have done diligence in my training of all items required for my practical examination and am confident of my ability to perform well at the testing. I have, as indicated by my personal training record, made use of outside personal times to practice the techniques, ideas, and forms taught in class. I have as well at times taken the initiative to request the assistance of other senior Black Belt instructors to observe and make corrections to my techniques. I understand the examination board will in particular be looking for these following points in my performance according to my level, my physical abilities and limitations, and other points which may contribute to or limit my performance:

- Good manners and respect for proper etiquette
- Humble but confident attitude
- Courage & determination
- Commitment
- Good form, proper speed & power
- Performance without hesitation
- Realistic demonstration

Attached is my cheque for the amount of \$_____.

I understand that I will be have no more than two opportunities to make the best of my performance. Pass or retest will be based solely on these performances.

Signature of applicant

Date of application

Signature of Senior Black Belt Instructor

Date application received

ATTENDANCE RECORD

Print from 'attendance' file