

# KARATE DO: HISTORY & TECHNIQUES

The Way of the Empty-Hand



Felix Blanco

Edmonton JKA Brown belt 1<sup>st</sup> Kyu

# Agenda

- ❖ What “Karate-do” means.
- ❖ Karate History
- ❖ Some Karate terms
- ❖ Karate styles: Goju-Ryu, Shito-Ryu & Shotokan.
- ❖ How a Karate-Do class looks like.
- ❖ Karate gears, uniform and belts.
- ❖ Karate techniques: Kihon, Kata & Kumite.
- ❖ Karate as self-defence.
- ❖ Karate for life.
- ❖ Karate in Olympic games 2020.
- ❖ A little about my own Karate-Do endeavour.

# A few Karate terms

- ❖ Dojo (道場): Place to learn the Way.
- ❖ Sensei (先生): Master.
- ❖ Karate-ka (空手家): Karate practitioner.
- ❖ Kata (型): Arrangements of blocking, punching, striking and kicking techniques in certain set sequence to simulate a combat with one or multiple opponents.
- ❖ Kumite (組手): Sparring.
- ❖ Waza (技): Technique.
- ❖ Kihon (基本): Basics.
- ❖ Senpai (先輩): Senior Student.
- ❖ Kiai (気合): Shout at the end of a technique.

# Karate Do

- ❖ The most important goal of karate are to strengthen people mentally and physically through strong, disciplined training, so that better harmony among people is realized. The ultimate goal is seeking perfection of character.

空 **Kara: Empty**  
手 **Te: Hand**  
道 **Do: Path/way**

Caption Futura Medium 8pt



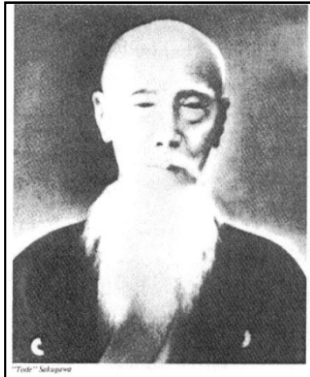
# Tote (唐手)

Circular (soft) Karate

# Karate (空手)

Linear (hard) Karate

“Tode” Sakugawa  
(1733–1815)



“Bushi” Matsumura  
Founder of Shuri-Te style  
(1798–1889)



Anko Itosu  
Grandfather of  
Modern Karate  
(1831–1915)



Gichin Funakoshi  
Father of Modern Karate  
Founder of Shotokan  
(1868-1957)



Okinawa

Japan

1700's



1800's

1900's



# Origins of Karate-Do: Okinawa island

**1372** Political & Trading relationships were established with the Ming dynasty of China.

**1429** King Shō Hashi completed the unification of the three kingdoms and founded one Ryūkyū Kingdom.

**1609** Weapons were banned.

**1879** Japan annexed the entire Ryukyu archipelago.



# Origins of Karate-Do: China

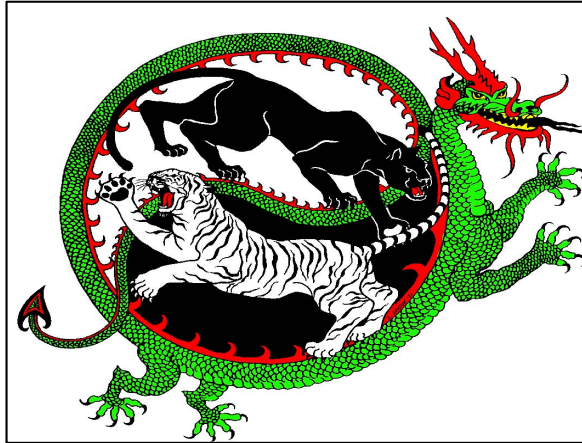


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# Okinawa-Te (To-Te): 唐手

拳法: Chinese Kenpo



白鶴拳: White Crane (Chuan fa)

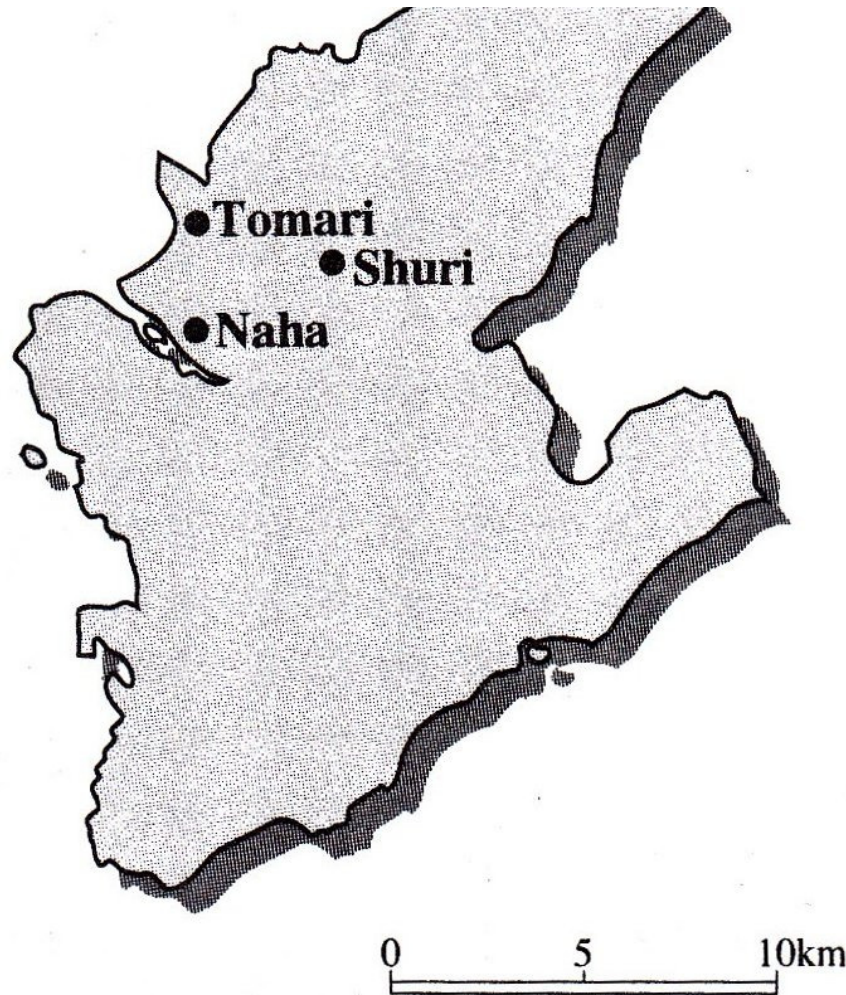


## 手: Te (Hand)

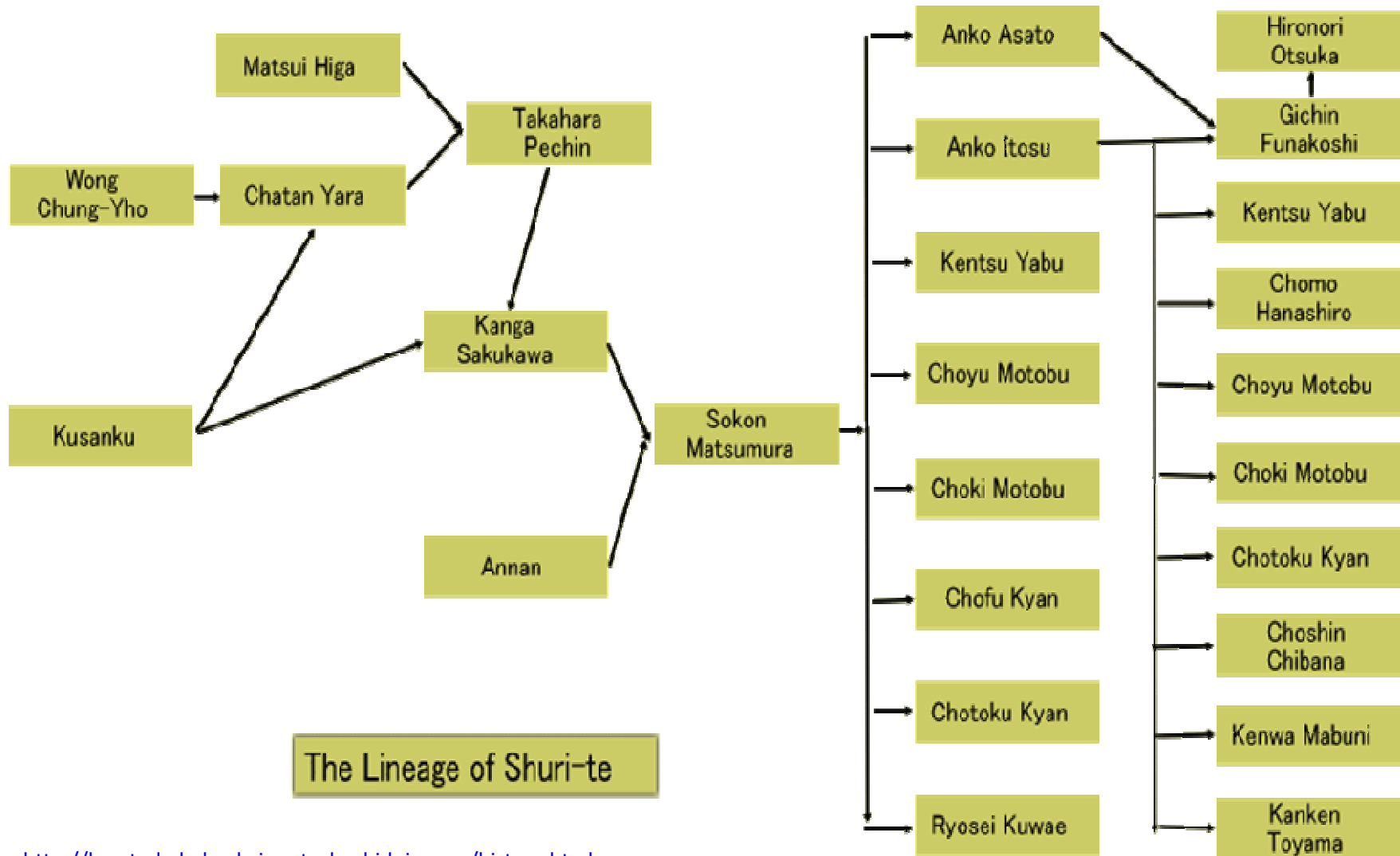
# Origins of karate: (唐手)To-Te.



# Shuri – Naha - Tomari

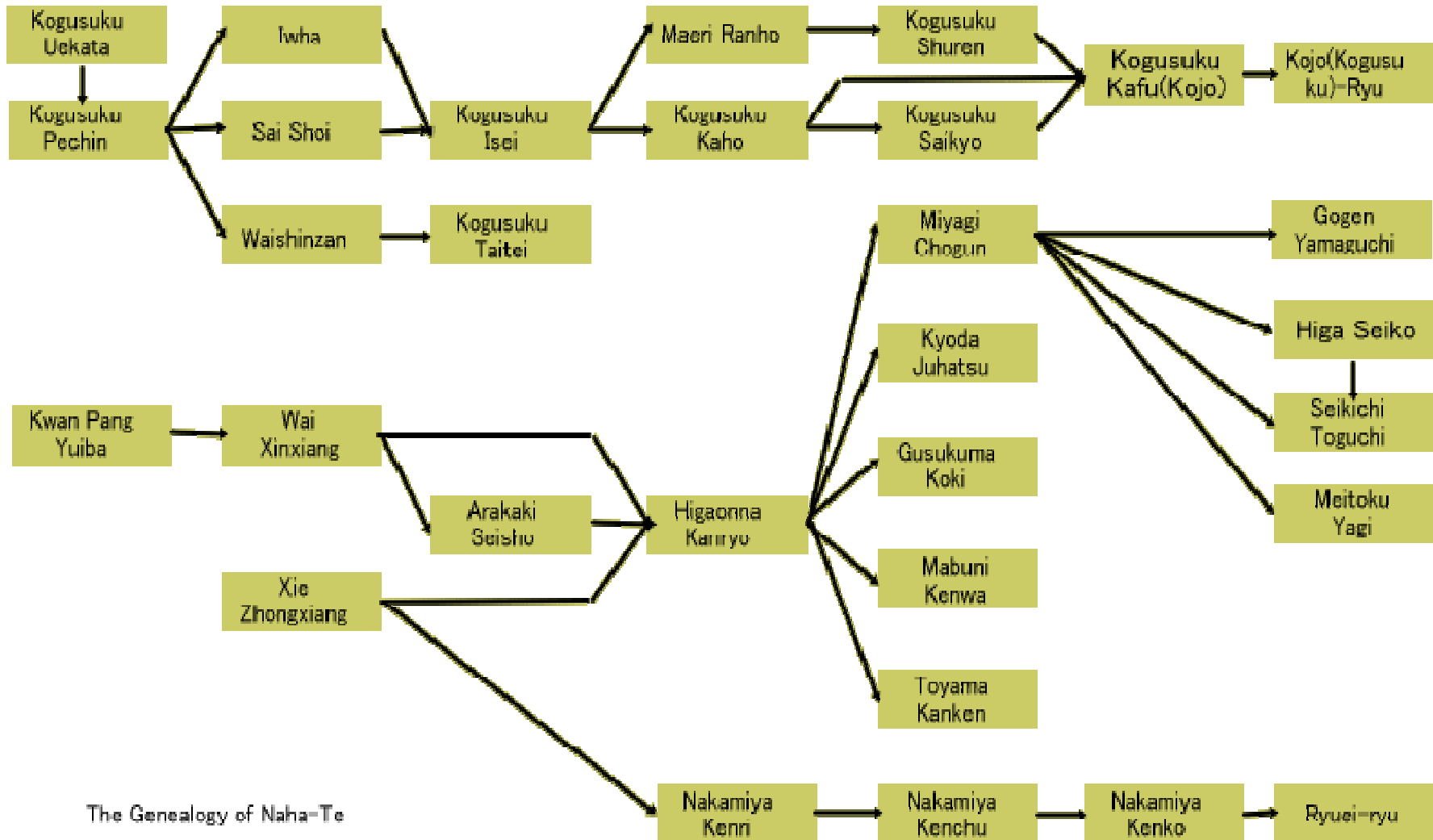


# Shuri-Te Genealogy



<http://karatedo.hakuakai-matsubushidojo.com/history.html>

# Naha-Te Genealogy

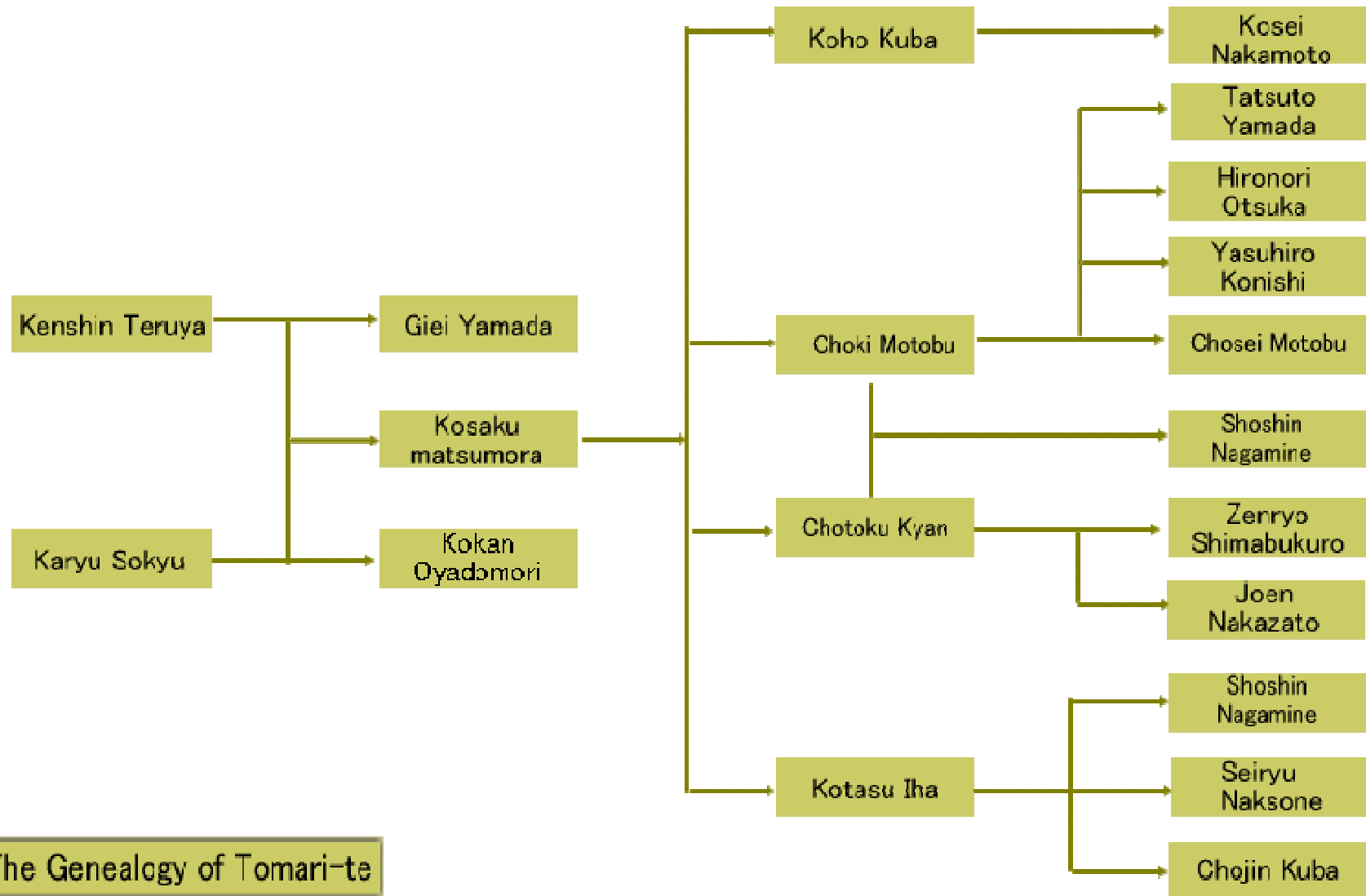


The Genealogy of Naha-Te

<http://karatedo.hakuakai-matsubushidojo.com/history.html>



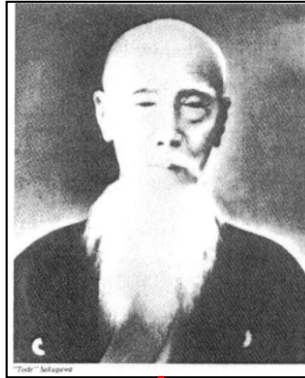
# Tomari-Te Genealogy



The Genealogy of Tomari-te

# To-Te Masters

“Tode” Sakukawa  
(1782–1838)



“Bushi” Matsumura  
Founder of Shuri-Te style (later Shōrin-ryū)  
(1809–1899)



Kanryo Higaonna  
Naha-Te style (later Shōrei-ryū)  
(1853 - 1915)

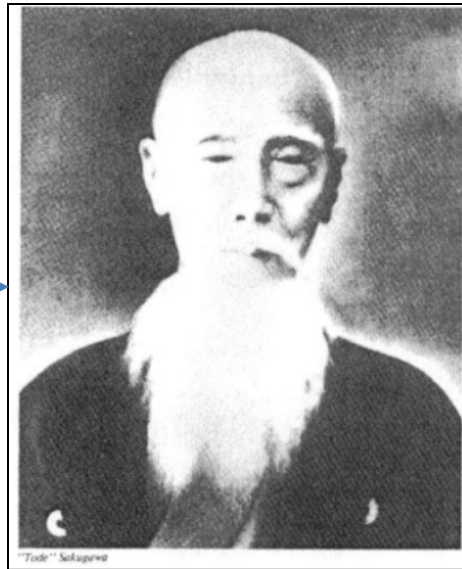


Choki Motobu  
Tomari-Te style  
(1870-1944)

# Kanga “Tode” Sakugawa

**Takahara Pēchin**  
(高原 親雲上)

**Kong Su Kung**  
(公相君)



“Tode” Sakugawa  
(1733–1815)

- Invented Dojo training system.
- Developed “Kusanku” kata.

# Sokon “Bushi” Matsumura

“Tode” Sakugawa



- Improved “linear” fighting techniques.
- Founder of Shuri-Te style.
- Developed “Patsai” kata.
- Brought back from China Naihanchi (Tekkie), Seisan (Hangetsu), etc.
- Developed “Chinto” (Gankaku) kata.

“Bushi” Matsumura  
(1798–1889)

# Anko Itosu

Grandfather of Modern Karate  
(1831–1915)

**“Bushi” Matsumura**

- Introduced karate in schools in 1905.
- Responsible for spreading karate to the general public in Okinawa.
- He created and introduced the “Pinan” (Heian) katas.
- Broke “Naihanchi” into Shodan, Nidan, and Sandan katas.
- He wrote the “Ten Precepts of Karate”.

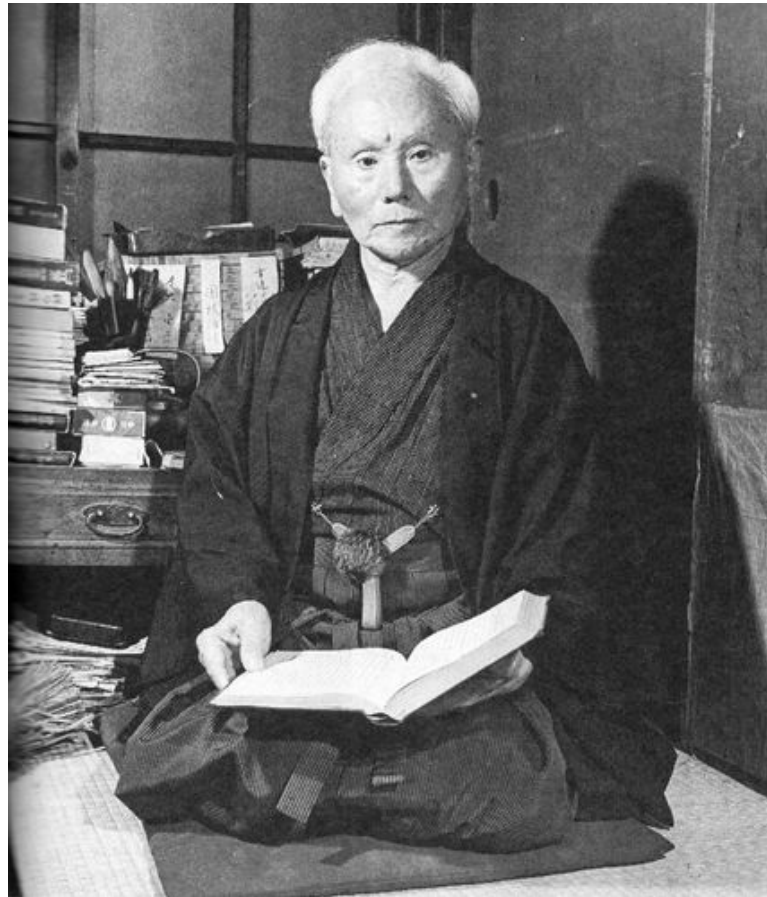


Karate training with Shinpan Gusukuma Sensei to students of Shuri Dai Ichi Elementary school at Shuri Castle 1938

## “Ten Precepts of Karate”.

- Tode did not develop from the way of Buddhism or Confucianism. In the recent past Shorin-ryu and Shorei-ryu were brought over from China. They both have similar strong points, so, before there are too many changes, I should like to write these down.
- 1. Tode is primarily for the benefit of health. In order to protect one's parents or one's master, it is proper to attack a foe regardless of one's own life. Never attack a lone adversary. If one meets a villain or a ruffian one should not use tode but simply parry and step aside.
- 2. The purpose of tode is to make the body hard like stones and iron; hands and feet should be used like the points of arrows, hearts should be strong and brave. If children were to practice tode from their elementary-school days, they would be well prepared for military service. When Wellington and Napoleon met they discussed the point that tomorrow's victory will come from today's playground'.
- 3. Tode cannot be learned quickly. Like a slow moving bull, that eventually walks a thousand miles, if one studies seriously every day, in three or four years one will understand what tode is about. The very shape of one's bones will change.
- Those who study as follows will discover the essence of tode:
- 4. In tode the hands and feet are important so they should be trained thoroughly on the makiwara. In so doing drop your shoulders, open your lungs, take hold of your strength, grip the floor with your feet and sink your intrinsic energy to your lower abdomen. Practice with each arm one or two hundred times.
- 5. When practicing tode stances make sure your back is straight, drop your shoulders, take your strength and put it in your legs, stand firmly and put the intrinsic energy in your lower abdomen, the top and bottom of which must be held together tightly.
- 6. The external techniques of tode should be practiced, one by one, many times. Because these techniques are passed on by word of mouth, take the trouble to learn the explanations and decide when and in what context it would be possible to use them. Go in, counter, release; is the rule of torite.
- 7. You must decide whether tode is for cultivating a healthy body or for enhancing your duty.
- 8. During practice you should imagine you are on the battle field. When blocking and striking make the eyes glare, drop the shoulders and harden the body. Now block the enemy's punch and strike! Always practice with this spirit so that, when on the real battlefield, you will naturally be prepared.
- 9. Do not overexert yourself during practice because the intrinsic energy will rise up, your face and eyes will turn red and your body will be harmed. Be careful.
- 10. In the past many of those who have mastered tode have lived to an old age. This is because tode aids the development of the bones and sinews, it helps the digestive organs and is good for the circulation of the blood. Therefore, from now on, tode should become the foundation of all sports lessons from elementary schools onward. If this is put into practice there will, I think, be many men who can win against ten aggressors.
- The reason for stating all this is that it is my opinion that all students at the Okinawa Prefectural Teachers' Training College should practice tode, so that when they graduate from here they can teach the children in the schools exactly as I have taught them. Within ten years tode will spread all over Okinawa and to the Japanese mainland. This will be a great asset to our militaristic society. I hope you will carefully study the words I have written here.
- Anko Itosu. Meiji 41, Year of the Monkey (October 1908).

# Gichin Funakoshi (1868-1957)





# Shuri-Te lineage

“Bushi” Matsumura  
Founder of Shuri-Te style  
(1809–1899)



Ankō Itosu  
Grandfather of Modern Karate  
(1831–1915)



Ankō Azato  
(1835-1906)



Hironori Otsuka  
Founder of Wado-ryu  
(1892-1982)



Kenwa Mabuni  
founder of Shito-Ryu  
(1889-1952)



Gichin Funakosi  
Father of Modern Karate  
Founder of Shotokan  
(1868-1957)

<http://karatedo.hakuakai-matsubushidojo.com/history.html>

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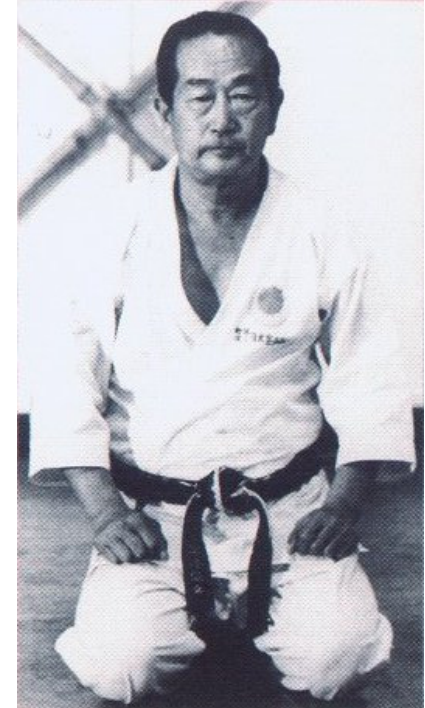
# Karate's name evolution

KANJI	ON	KUN	Korean	Meaning
唐 手	TO	KARA	TANG	Chinese
	SHU	TE	SU	Hand
空 手		KARA		Empty
		TE		Hand

# Shotokan origins

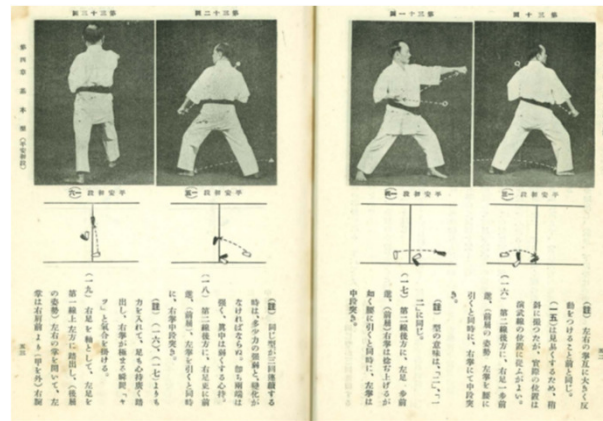


Shoto's house: First Funakoshi's Dojo (1936).



Masatoshi Nakayama (1913-1987)

Karate-Do Kyohan (1935)



Karate-Do: History & Techniques.

1949



JKA 日本空手協会  
JAPAN KARATE ASSOCIATION

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# Origins of Modern Karate-Do: Japan



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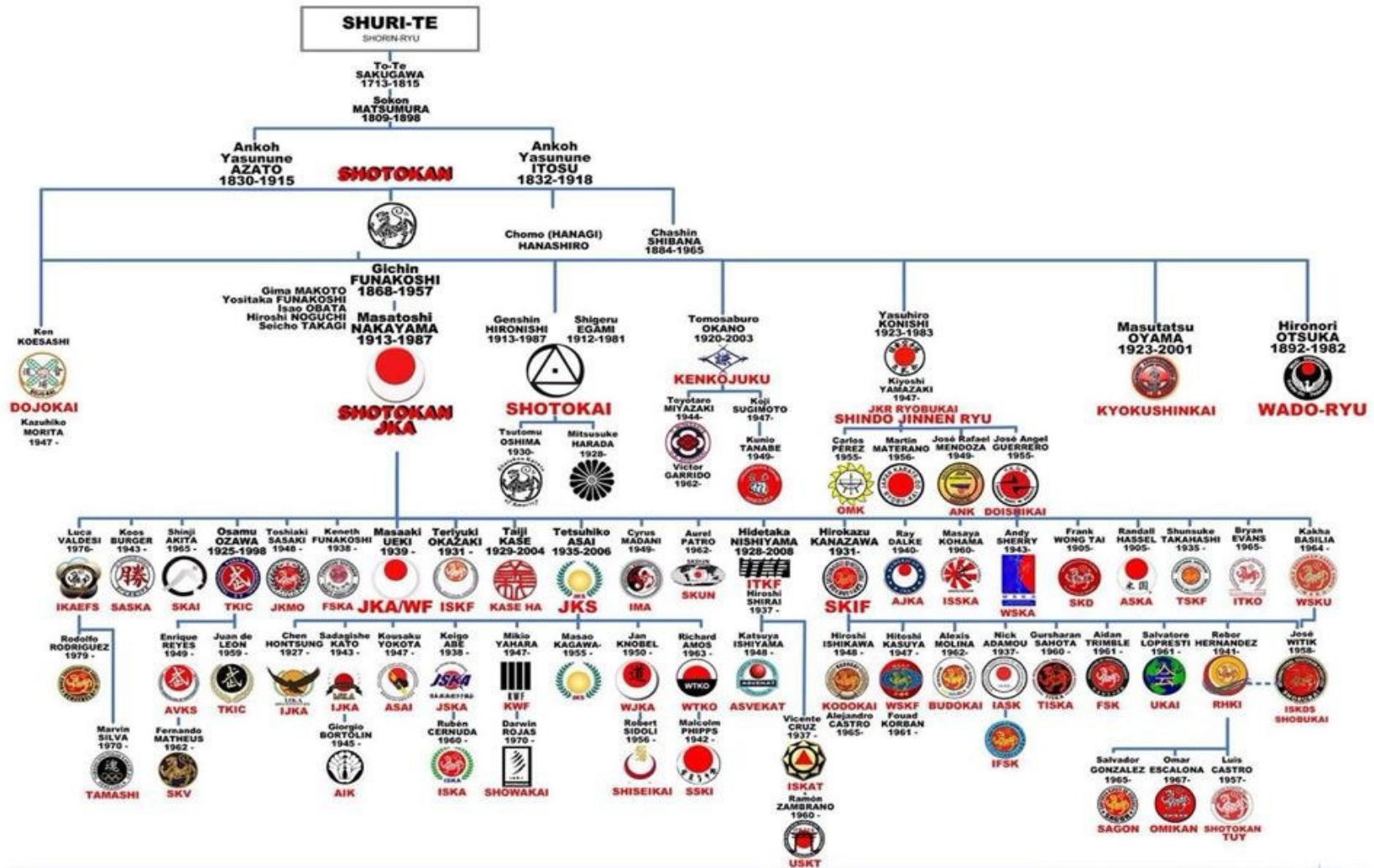
# Shotokan Lineage



国際松濤館空手道尚武会  
INTERNATIONAL SHOTOKAN KARATE-DO SHOBUKAI  
ARBOL GENEALOGICO DEL KARATE-DO SHOTOKAN



miercoles, 09 de julio de 2014



# Main modern Karate-Do styles



Wado-Ryu



Shito-Ryu



Shotokan



Itosu-Kai



Shorin-Ryu



Goju-Ryu

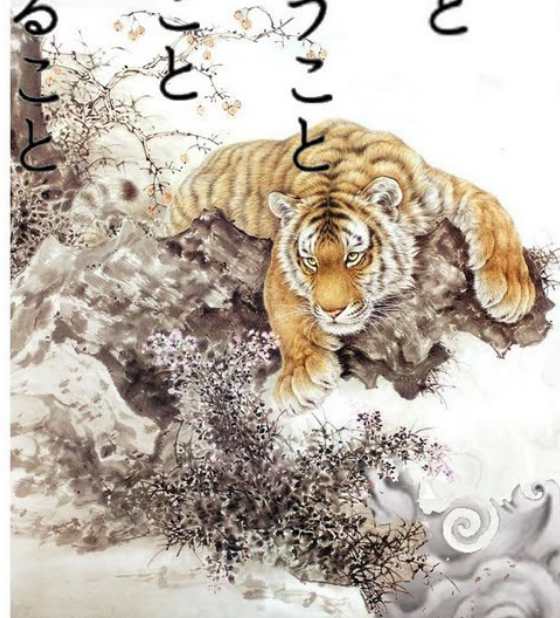


Uechi-Ryu



# 道場訓

- 一、 人格完成につとむること
- 一、 誠の道を守ることに
- 一、 努力の精神を養うこと
- 一、 礼儀を重んずること
- 一、 血氣の勇を戒むること



## **DOJO KUN** Principios del Dojo. Dojo's principles.

**Hitotsu! Jinkaku kansei ni tsutomuro koto.**  
Perfeccionar el Carácter.  
Seek perfection of character.

**Hitotsu! Makoto no michi o mamuro koto.**  
Ser Correcto, Leal y Puntual.  
Be faithful.

**Hitotsu! Doryoku no seishin o yashinau koto.**  
Superarse.  
Endeavor to excel.

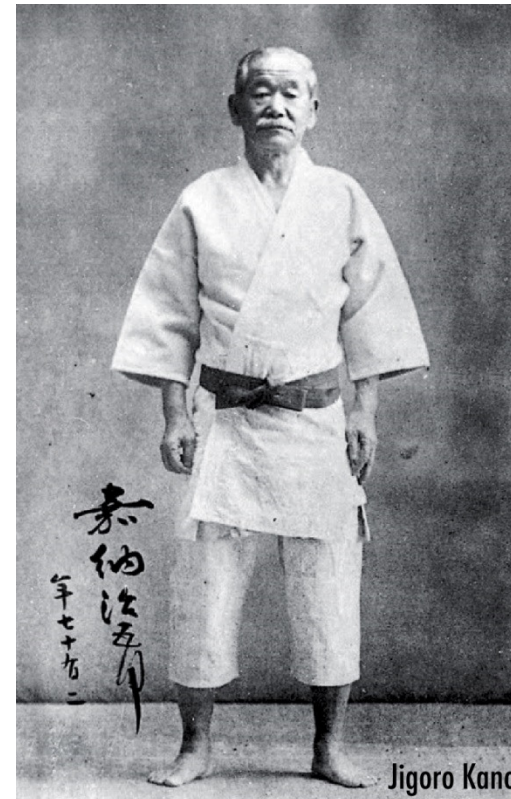
**Hitotsu! Reigi o omonsuru koto.**  
Respetar a los demás.  
Respect others.

**Hitotsu! Kekki no yu o imashimuru koto.**  
Abstenerse de proceder violentos.  
Refrain from violent behavior.





# Karate uniform: karate-Gi



Jigoro Kano founder of Judo

# Karate ranks: Kyu & Dan





# Karate kumite gears



# Dojo

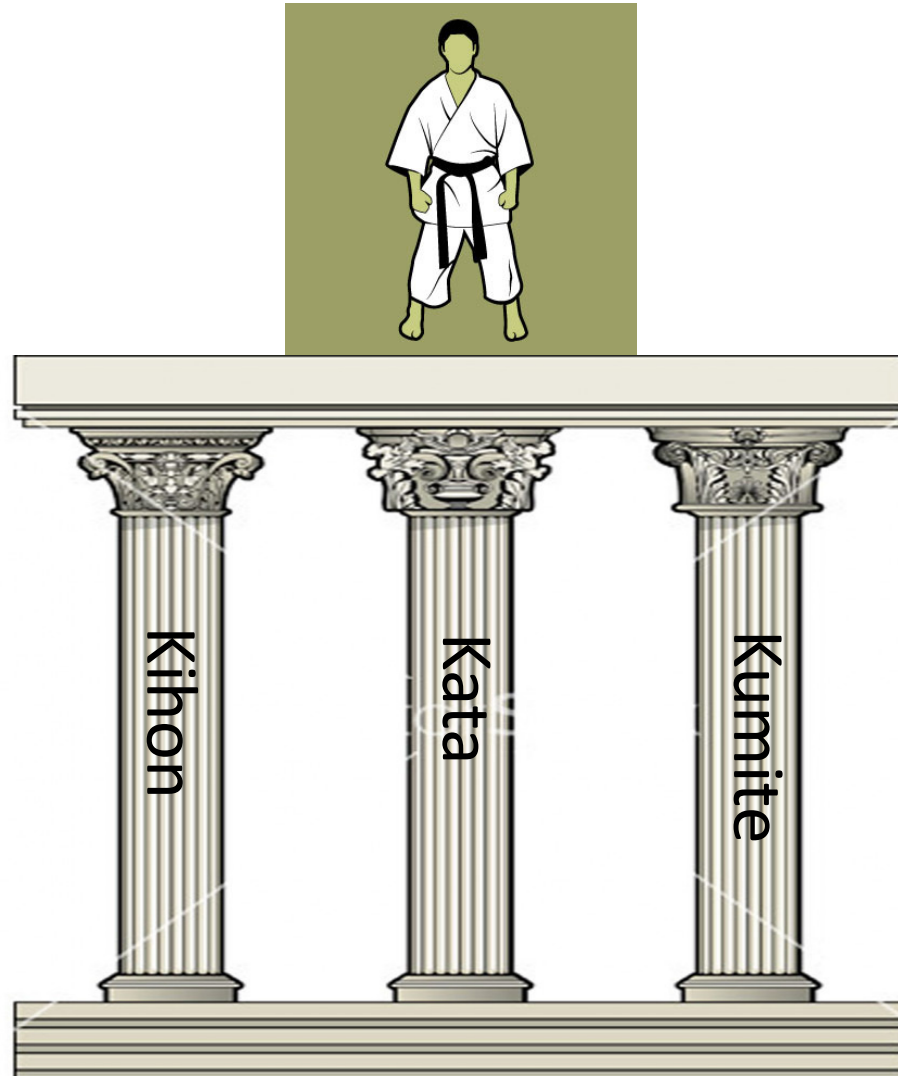


Shomen

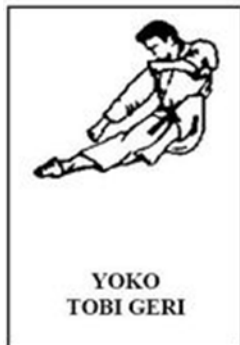
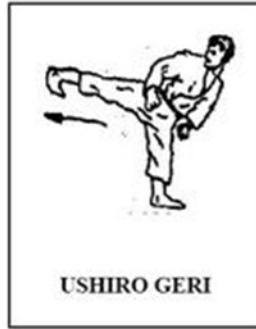
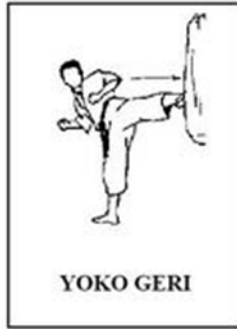


Tatami

# Karate-Do fundamentals



# Karate Techniques: Kicks (Keri-waza)



Source: [www.tumblr.com](http://www.tumblr.com)



# Karate Techniques: Blocks (Uke-waza)



# Karate Techniques: Stances (Dachi-waza)

結び立ち  
MUSUBI-DACHI



閉足立ち  
HEISOKU-DACHI



平行立ち  
HEIKO-DACHI



八字立ち  
HACHIZI-DACHI



騎馬立ち  
KIBA-DACHI



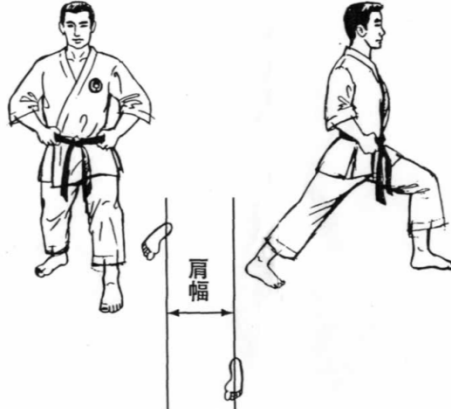
四股立ち  
SHIKO-DACHI



猫足立ち  
NEKOASHI-DACHI



前屈立ち  
ZENKUTU-DACHI



レの字立ち  
RENOZI-DACHI

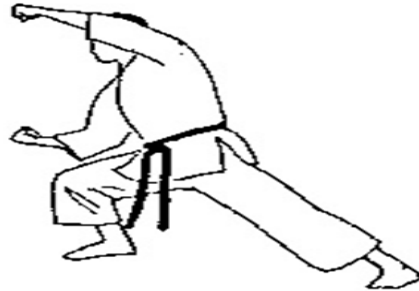


三戦立ち  
SANCHIN-DACHI



Source: [www.tumblr.com](http://www.tumblr.com)

# Karate techniques: Punches (Tzuki waza)

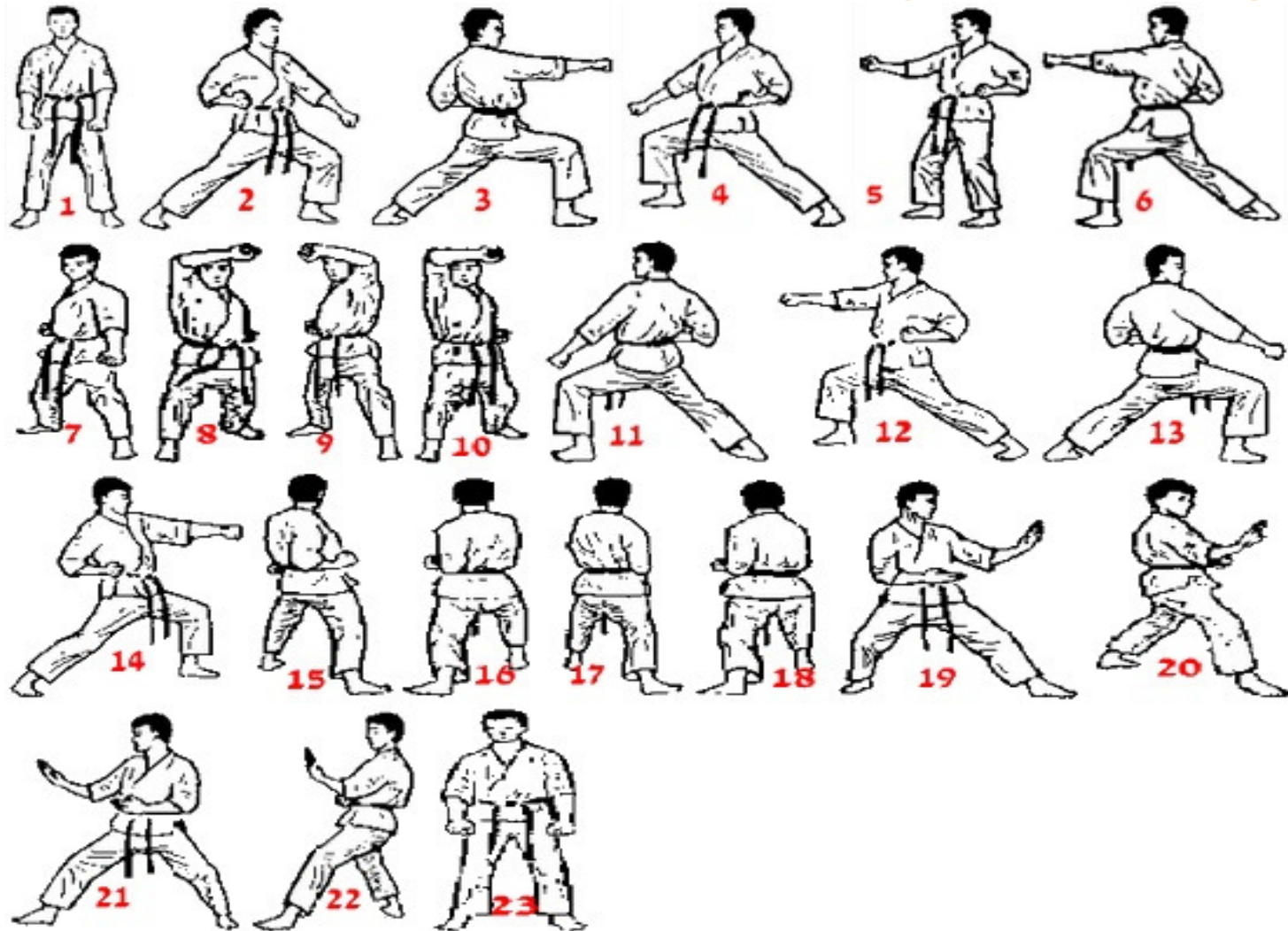


Source: [www.tumblr.com](http://www.tumblr.com)



# Karate Techniques: Forms (Kata waza)

## Shotokan kata #1: Heian-Shodan (Pinan Nidan)

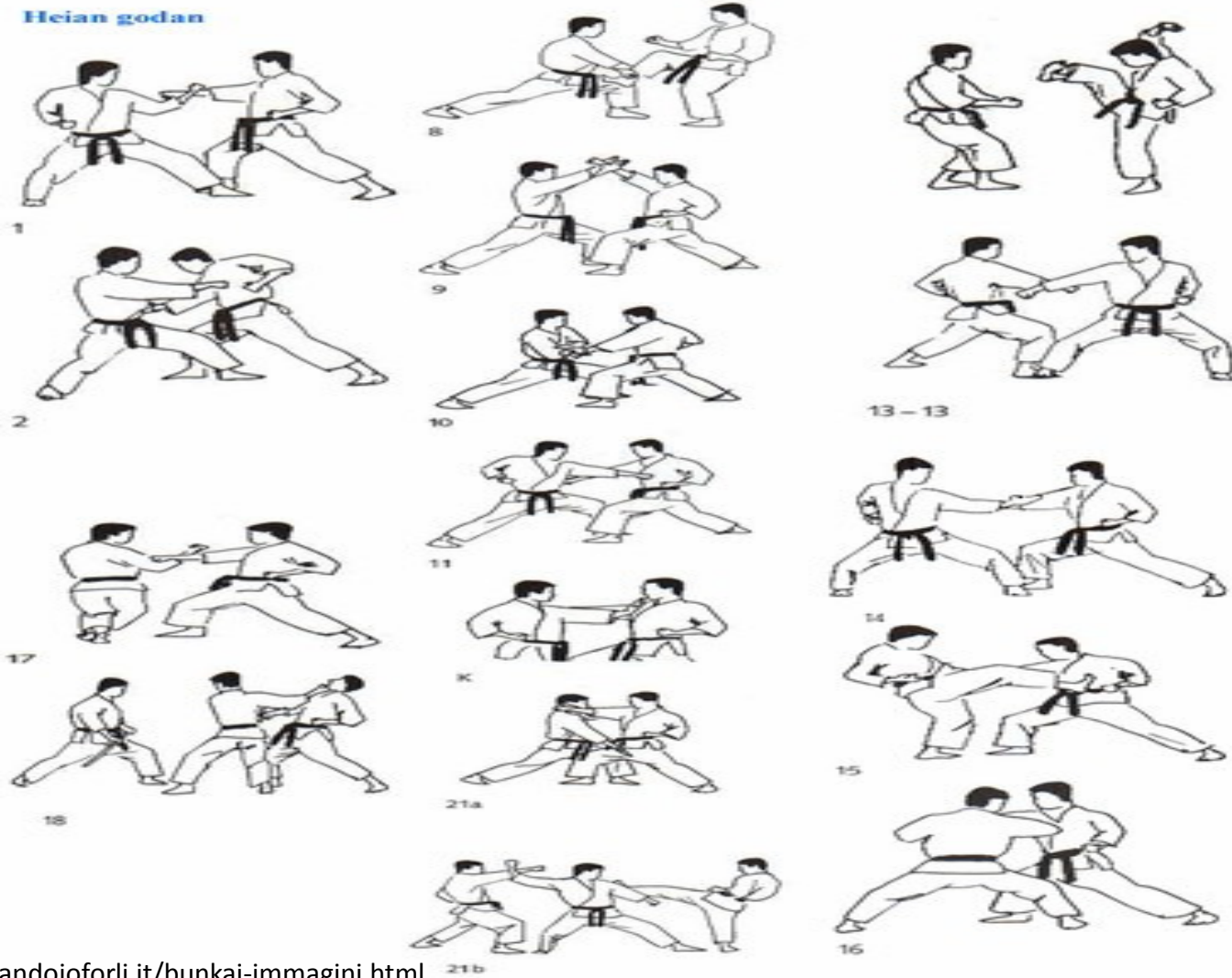




# List of basic katas

<u>Kata name</u>	<u>Japanese (kanji)</u>	<u>English</u>
Pinan Nidan (Heian Shodan)	平安二段	Second Peace Form *Heian is mainland Japanese pronunciation. Pinan is Okinawan
Pinan Shodan (Heian Nidan)	平安初段	First Peace Form
Pinan Sandan (Heian Sandan)	平安三段	Third Peace Form
Pinan Yondan (Heian Yondan)	平安四段	Fourth Peace Form
Pinan Godan (Heian Godan)	平安五段	Fifth Peace Form
Niahanchi Shodan Tekki Shodan	内歩進初段 鉄騎初段	First Inner-stepping Form
Niahanchi Nidan (Tekki Nidan)	内歩進二段 鉄騎二段	Second Inner-stepping Form
Niahanchi Sandan (Tekki Sandan)	内歩進三段 鉄騎三段	Third Inner-stepping Form

# Bunkai: Breaking down a technique.



<http://www.budokandojoforli.it/bunkai-immagini.html>

# Karate top 10 benefits

- ❖ Total body workout.
- ❖ Healthy lifestyle.
- ❖ Self confidence.
- ❖ Improved cardiovascular health.
- ❖ Weight loss.
- ❖ Improved reflexes.
- ❖ Focus and stillness.
- ❖ Teaches great morals and values.
- ❖ Muscle tone.
- ❖ Better mood.

<http://www.healthfitnessrevolution.com/top-10-health-benefits-martial-arts/>

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# Significant dates in the History of Karate

- ❖ 1905: Karate is included in Okinawa's physical education programs at the intermediate level.
- ❖ 1917: Funakoshi gives the first public demonstration of karate-do.
- ❖ 1922: Funakoshi is invited by Dr. Jigoro Kano to give a demonstration at the Kodokan Dojo, bringing karate-do to Japan.
- ❖ 1924: The first university karate club is established in Japan, at Keio University.
- ❖ 1930s: Karate makes its way to Canada.
- ❖ 1936: Okinawan masters meet to discuss karate in Okinawa.
- ❖ 1939: Japan opens Shotokan, its first formal training school.
- ❖ 1945: The first Dojo is opened in the United States.
- ❖ 1949: The Japan Karate Association (JKA) is formed.
- ❖ 1950s: Karate is introduced in the United Kingdom.
- ❖ 1957: JKA officially recognized by Japanese government; becomes legal entity.
- ❖ 1959: Supreme Master Funakoshi passes away (age 89).
- ❖ 1960s: Karate makes its way to the Soviet Union and is banned and unbanned several times over the next three decades.
- ❖ 1964: France Shotokan Karate is created in France.
- ❖ 1989: Karate is legalized once again in the Soviet Union.

<http://www.athleticscholarships.net/history-of-karate.htm>

# Karate as self defense





# Karate for life



# Karate in the 2020 Tokyo Olympics games



# Edmonton JKA





# Sensei Sean Carter Black Belt 5<sup>th</sup> degree (Godan)



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# 7-5-3 code



7-5-3 Code

7 Virtues of a Warrior

- Rectitude
- Courage
- Benevolence
- Politeness/Propriety
- Honesty/Sincerity
- Honor
- Loyalty

5 Keys to Health

- Rational Nutrition
- Sensible Exercise
- Efficient Rest
- Proper Hygiene
- Positive Attitude

3 States of Mind

- Zanshin- Alertness, Awareness
- Mushin- Clear Mind
- Fudoshin- Emotional Balance



Q & A