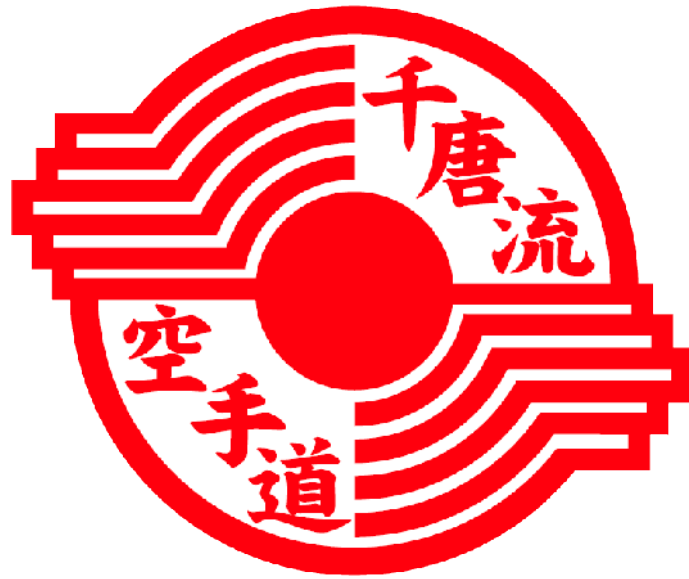


Beginner Booklet



**International Chito-Ryu
Karate Federation of Australia**

国際千唐流空手道連盟
オーストラリア千唐会

Beginner Booklet

International Chito-Ryu Karate Federation of Australia

Table of Contents

A Brief History of Chito-Ryu.....	3
Chito-Ryu in Australia.....	3
Chito-Ryu Crest.....	3
Seiza (Correct Sitting) and Seated Bow.....	4
Standing Bow.....	4
Conduct In and Out of the Dojo.....	5
Wearing Apparel.....	5
The Spirit of Karate-do.....	5
Basic Stances.....	6
Basic Blocking Technique.....	7
Basic Punching and Kicking.....	8
Basic Kicking (continued).....	9
Words to Consider.....	9
Showa.....	10
Dojo Protocol.....	10
How to Tie Your Belt.....	11
International Chito-Ryu Karate Federation Grading Requirements.....	12
Kihon Dosa Ichi.....	13
Kihon Dosa Ni.....	15
Kihon Dosa San.....	17
Seiken No Migi Hidarai.....	21
Kihon Kata Ichi.....	23
Basic Japanese Terminology.....	26



4th Edition – 25th November 2007

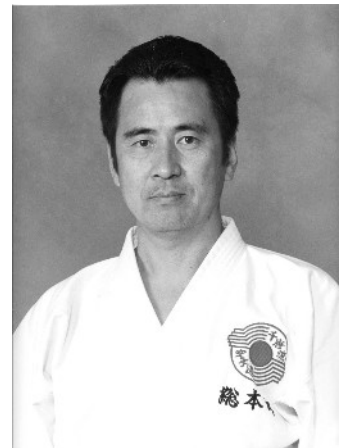
Compiled by – Martin & Sandra Phillips

A Brief History of Chito-Ryu

Chito-Ryu was developed by O'Sensei (Dr Tsuyoshi Chitose) the 6th master of To-De (Chinese hand) [pictured right]. By combining the strengths of two Okinawan martial arts, Shuri no te and Naha no te, along with his medical knowledge, O'Sensei developed Chito-Ryu. At the passing of his father Chitose Sensei became the second generation Soke and is now the supreme instructor of the International Chito-Ryu Karate Federation.



*Dr Tsuyoshi Chitose
1st Generation Soke*



*Yasuhiro Chitose
2nd Generation Soke*

Chito-Ryu in Australia

Chito-Ryu was introduced to Australia by Sensei Vance Prince then 4th Dan (and student of Higashi Sensei, the current honbucho in Canada) in the 1960's. He came to Australia via the SOHONBU where he spent some time training under O'Sensei. Prince Sensei was later graded to 5th Dan, Renshi before his involvement in the evolution of Australian Chito-Ryu ended.

In the late 1970's Sensei Bill Ker was appointed President and Honbucho (Chief Instructor) of Chito-Ryu in Australia. He later gained the rank of Yondan. In early 1991 he retired from active involvement in the style.

On the retirement of Ker Sensei, Sensei Brian Hayes was appointed President and Honbucho by Soke Chitose.

In November 2004, Sensei Michael Noonan was appointed to represent Soke Sensei and the ICKF in Australia as Honbucho. Noonan Sensei currently teaches at the "Tasseikan" dojo in Oatley, Sydney and regularly travels to Japan to further his study of Chito-Ryu under the guidance of Soke Sensei and other senior Chito-Ryu Karateka.

Chito-Ryu Crest

The centre circle represents the sun. The outer circle represents the universe. The five lines on the left and right are hands. The crest as a whole means: by studying Chito-Ryu Karate-Do the people of the world are making a pledge of peace to come together hand in hand.

O Sensei was told by Arigaki Sensei that Karate-do originated approximately one thousand years ago in China. Based on this, O Sensei named his style 'Chito-Ryu', according to the origins of Karate-do.



'**CHI**' means 'one thousand'.

'**TO**' refers to China's Tang dynasty (618-907), which is where To-de (which later became known as Karate-do) is commonly thought have sprung from.

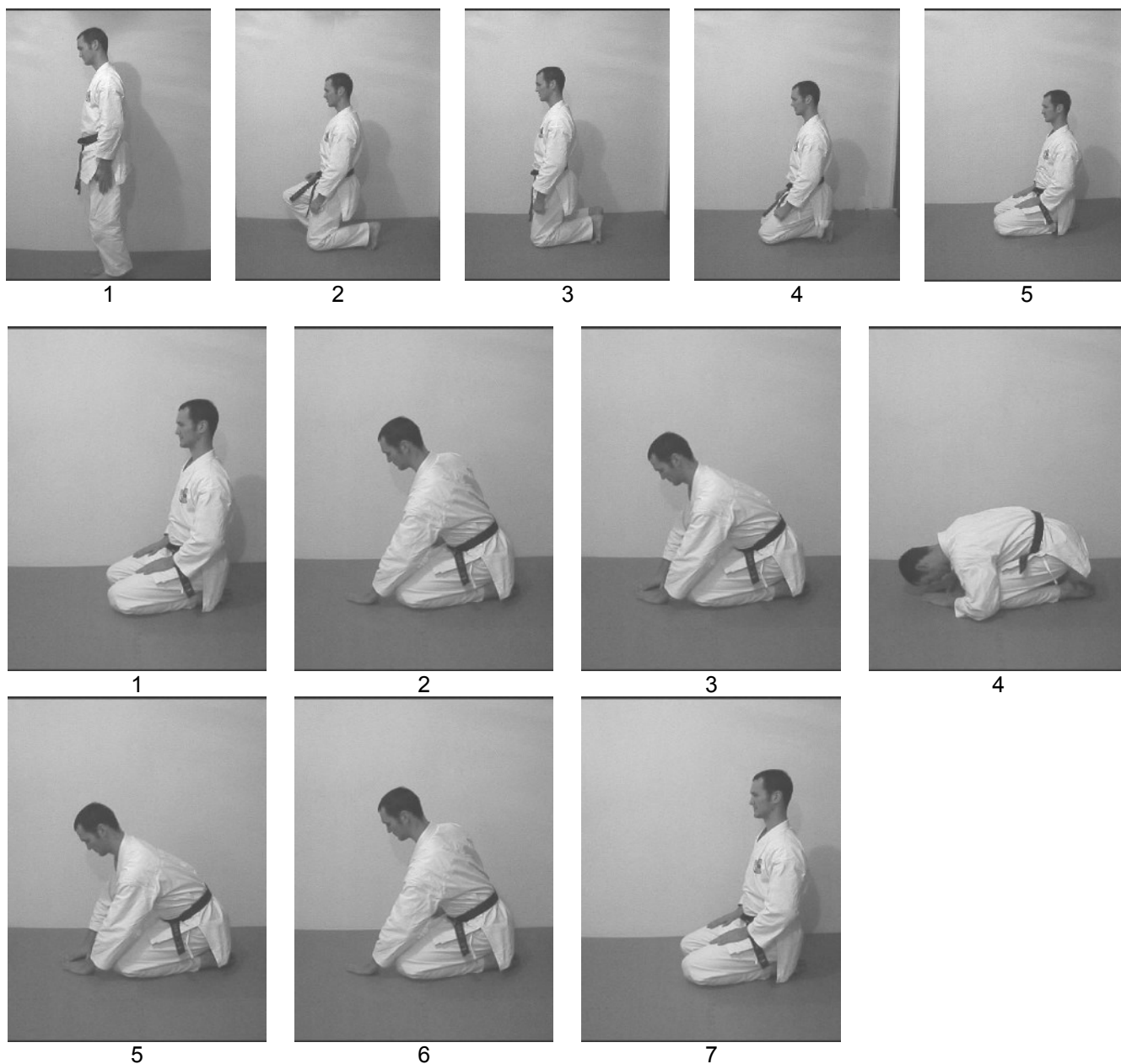
'**RYU**' is the Japanese word for style.

'**KARA**' means 'empty', '**TE**' means 'hand', '**DO**' means 'way'.

'**CHITO-RYU KARATE-DO**' means 'The thousand year old style of the empty handed way'.

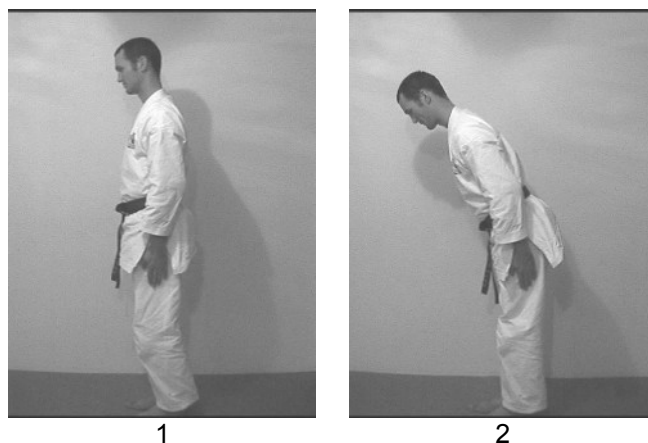
Seiza (Correct Sitting) and Seated Bow

Seiza is a formal sitting position and is used at the start and end of every class during meditation and reflection. Posture is very important not only whilst sitting, but also during the processes of sitting down and standing up from seiza.



Standing Bow

As Karate is a Japanese tradition we adopt a traditional approach to reigi saho or manners. Bowing is a sign of respect and as such is used often in Karate. You would use a standing bow every time you enter or leave the dojo, before and after partner work, whenever you do a demonstration and even as a greeting.



Conduct In and Out of the Dojo

1. Conduct yourself in a formal, respectful manner at all times when in the dojo. Always refer to instructors as Sensei (the black belt instructor) or sempai (assistant instructor). Students must also show respect each other, cultivating the virtues of modesty and humility.
2. Unnecessary roughness, crude language and displays of ill temper are strictly forbidden.
3. Students must always bow on entry or exit from the dojo and as directed by the sensei.
4. Prompt attendance is expected of all students. If you arrive late, proceed to the side of the class and sit in seiza until your presence is recognized by the teacher. When this occurs, the teacher will turn in your direction and you will stand up, bow to your teacher, and proceed to the back of the class.
5. If you need to leave class early, or stop training for any reason, wait until your instructor finishes the drill or exercise, then raise your hand to catch the instructors' attention. Your instructor may ask the reason then dismiss you with a bow.
6. You will make a healthy body through unyielding training and perseverance. "For we who study, the main purpose of karate training is to master technique, make a healthy body, have respect and manners, fortify an indomitable spirit, and to foster growth of these kinds of people." (Soke Chitose)
7. Orders must be followed without question or hesitation. Remember that Karate is a form of self discipline studied with a view to forming strong will, humility and good character.

Wearing Apparel

1. A complete uniform must be worn by all students who have completed the introductory program. The Chito-Ryu crest is to be worn over the left breast.
2. The belt must be worn in the proper fashion, in the colour representing your correct rank, and must be worn at all times.
3. If the belt becomes undone during practice, the student will face in the opposite direction from his opponent or class and secure the belt.
4. For the safety of yourself and your fellow students, all jewelery must be removed before training, and fingernails and toenails are to be trimmed short.
5. Shoes must not be worn in the dojo.
6. Complete protective gear must be worn during kumite practice at the direction of your sensei. Protective equipment includes: mouth guard, shin insteps, hand protectors, groin guard, etc.

The Spirit of Karate-do

"The ultimate aim of Karate lies not in victory or defeat, but in the perfection of the character of its participants."

Gichin Funakoshi
1869 – 1957

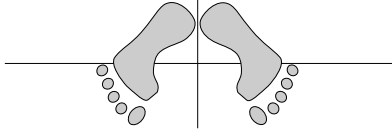
"Karate-do begins with courtesy and ends with courtesy. If superior to their teachers in skill, the disciples should never forget to respect their teachers. Karate is a life-time practice for a person. Karate training is comparable to the boiling of water over a fire; once the fire ceases to burn the water starts to get cold. Karate is not only for the strong, but particularly suitable for the weak and the handicapped; that through Karate they make up for their shortcomings. The physical strength alone is not true Karate. Sincerity of heart and determination of mind will give a person superiority in Karate."

Zenryo Shimadukuro
1909 - 1969

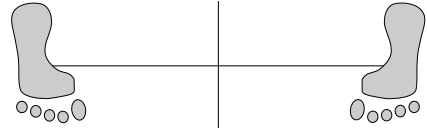
Basic Stances



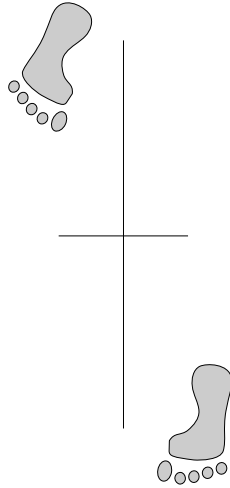
Musubi Dachi



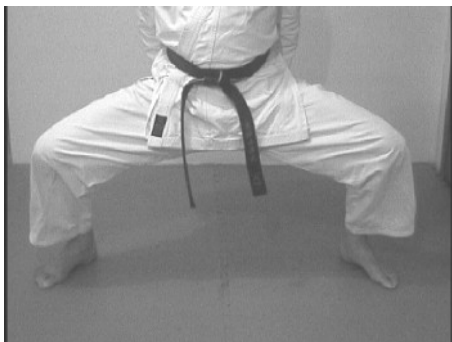
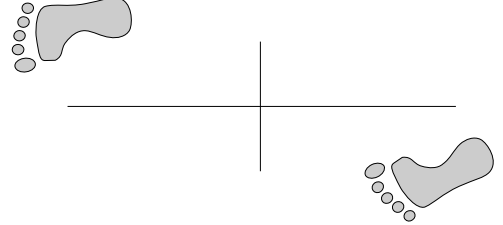
Uchi Hachi Ji Dachi



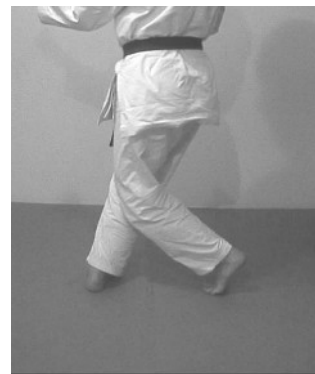
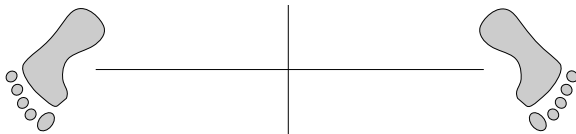
Seisan Dachi (front view)



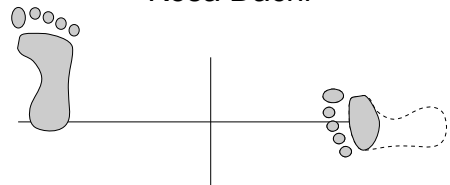
Seisan Dachi (side view)



Shiko Dachi



Kosa Dachi



Basic Blocking Technique

Jodan Uke (Upper Block)



1



2



3

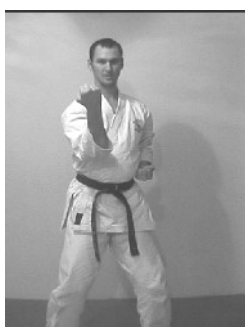


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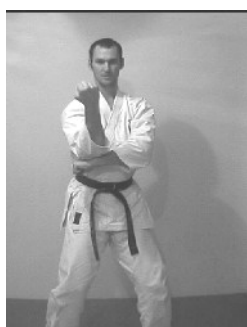


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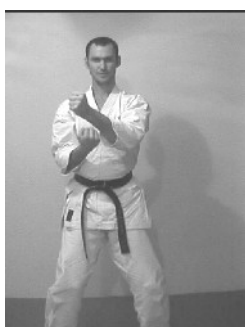
Soto Uke (Outside Block)



1



2



3



4

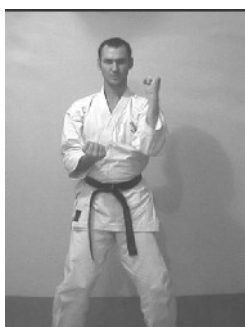
Uchi Uke (Inside Block)



1



2



3



4

Gedan Barai (Lower Block)



1



2



3



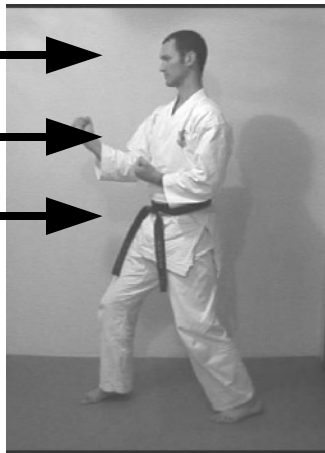
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Basic Punching and Kicking

Jodan

Chudan

Gedan

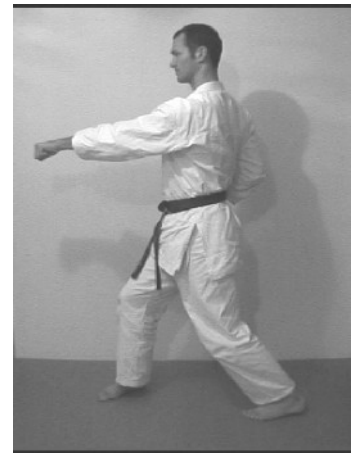


Ta

Targets for basic attacks

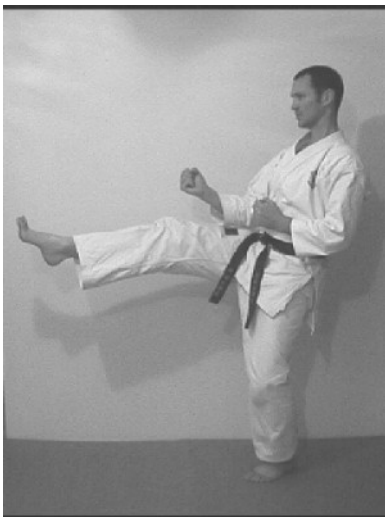


Oi Zuki (Leading Hand Punch)

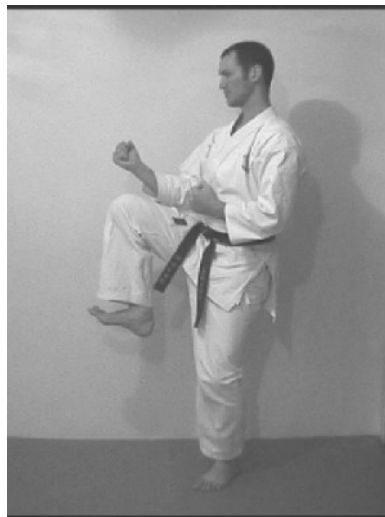


Gyaku Zuki (Reverse Punch)

Mae Geri (Front Kick)



3

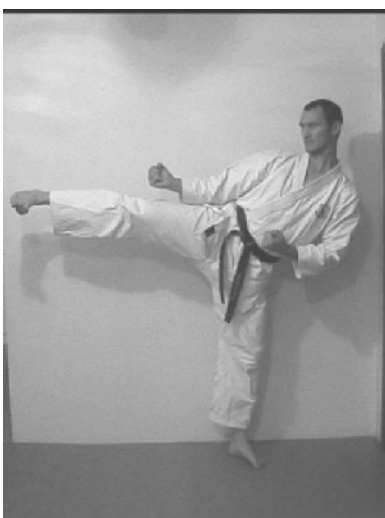


2



1

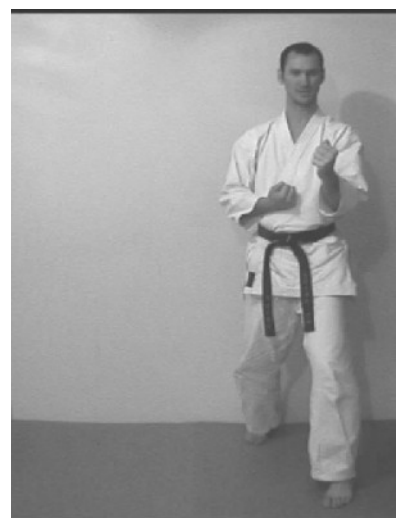
Yoko Geri (Side Kick)



3



2



1

Basic Kicking (continued)

Mawashi Geri (Roundhouse Kick)



3

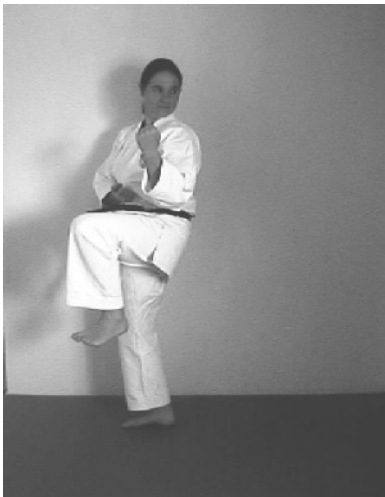


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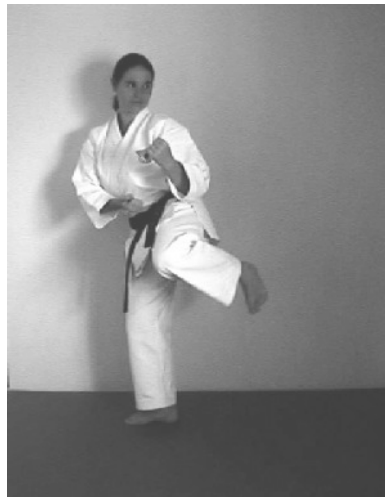


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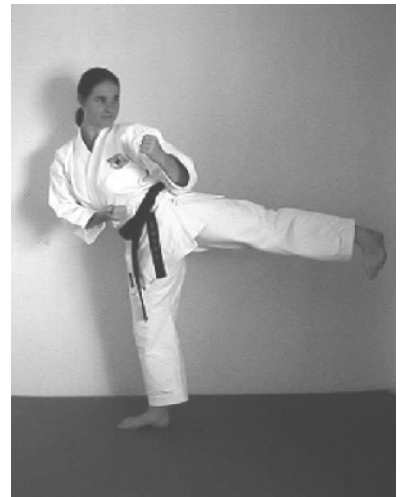
Ushiro Geri (Back Kick)



1



2



3

Words to Consider

Leadership is about helping others discover, believe in, and take action to improve what they know.

Don't sit back and wait for something exciting to happen. Black belts will admit that the biggest step was the first step into the martial arts dojo. To accomplish your dreams, you must take action. Even if you don't know how you are going to accomplish what you want, action is the first step that will lead you in the right direction.

When you are young, one of the hardest things to accept is that you failed. To be a champion, you must know that failing doesn't mean that you aren't good enough. It just means that you have to work a little harder. That is how a black belt perseveres through their training everyday. Train hard, work hard and grow stronger overcoming your obstacles as you get closer to achieving your goals.

There is nothing more important than believing that you can do something. That is the definition of confidence. It is the key to all of your dreams and goals. Without the key, you cannot start the car which will take you down the path to your success.

Showa

The showa is a poem written by O'Sensei which depicts the ethics and training attitude we should all aim to follow as students of Chito-Ryu Karate-Do. The showa is recited at the end of training in Chito-Ryu dojos throughout the world.

English

We who study Karate-do,
Must never forget the spirit of the samurai,
With peace, perseverance and hard work,
We are sure to reach our goals.



Japanese

Ware ware karate do o shugyo suru mono wa
Tsuneni bushido seishin o wasurezu
Wa to nin o motte nashi
Soshite tsutomereba kanaruzu tassu

Dojo Protocol

OPENING OF THE CLASS

Instructor commands	Shugo	Assemble (Line up)
Senior Student commands	Ki o tsuke	Stand at attention
	Seiza	Sit in a kneeling position
	Mokuso	Breathing (meditation) eyes closed
	Mokuso Yame	End of meditation eyes open
	Shomeni	Face the front
	Rei	Bow
	Sensei ni	Face towards teacher
	Rei	Bow ('Onegaishimasu' please)

CLOSING OF THE CLASS

Instructor commands	Shugo	Assemble (Line up)
Senior Student commands	Ki o tsuke	Stand at attention
	Seiza	Sit in a kneeling position
	Mokuso	Meditation
	Showa	The whole class recites the showa
	Hansei	Reflection (meditation) eyes closed
	Hansei Yame	End of reflection eyes open
	Shomeni	Face the front
	Rei	Bow
	Sensei ni	Face towards teacher
	Rei	Bow ('Arigato gozaimashita' thank you)
	Yudansha ni	Face towards black belts
	Rei	Bow ('Arigato gozaimashita' thank you)
	Otagai ni	Face your partner
	Rei	Bow ('Arigato gozaimashita' thank you)
	Shomeni	Face the front

How to Tie Your Belt

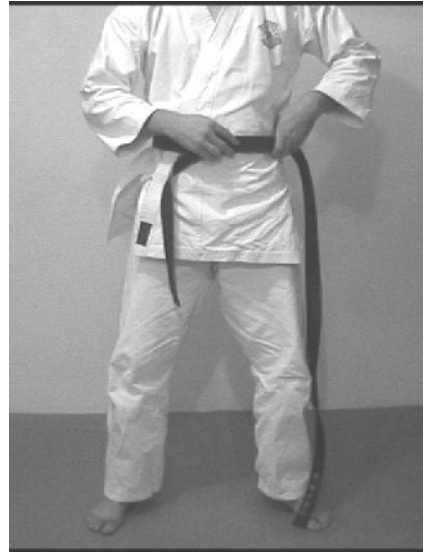
Ensure that there are no twists wrap your belt around twice directly over the top of itself, finishing with both ends the same length.



1



2



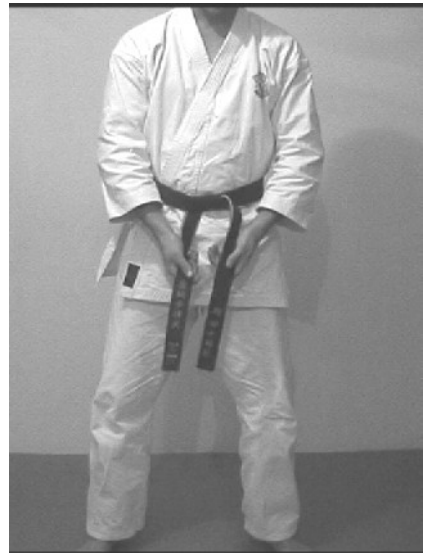
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4



5



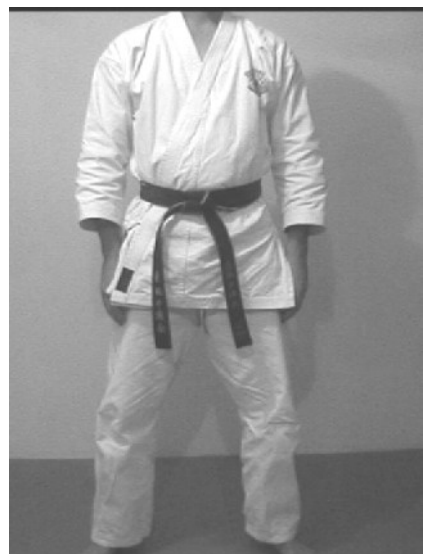
6



7



8



9

International Chito-Ryu Karate Federation Grading Requirements

Rank	Kata	Kumite	Karate-do Concepts	General Skill Acquisition
10 th Kyu	Basics - punches, blocks, kicks			Etiquette
9 th Kyu	Basic movements punches, blocks, kicks			Etiquette
8 th Kyu	Kihon dosa ichi	Jiyu kumite	Written test	Etiquette
7 th Kyu	Kihon dosa ni	Jiyu kumite	Written test	Etiquette
6 th Kyu	Seiken no migi hidari Kihon kata ichi Kihon dosa san	Jiyu kumite	Written test	Etiquette
5 th Kyu	Zenshin kotai Kihon kata ni Kihon dosa yon	Jiyu kumite	Written test	
4 th Kyu	Shiho wari Kihon kata san Shiho hai	Jiyu kumite	Written test	
3 rd Kyu	Seisan	Jiyu kumite	Written test	
2 nd Kyu	Niseishi	Jiyu kumite	Written test	Niseishi bunkai
1 st Kyu	Bassai	Jiyu kumite	Written test	
Jr. Shodan	Chinto	Shiai	Written test	Henshuho 1-10
Shodan	Chinto Plus one kata of your choice	Shiai	Written test	Henshuho 1-10 Officiating
Nidan	Sochin Plus one kata of your choice	Shiai	Written test	Henshuho 11-20 Officiating
Sandan	Rohai sho/dai Tenshin	Shiai	Written test	Henshuho 21-28 Officiating
Yondan	Sanshiru Plus one kata of your choice	Shiai	Written test	Nage no kata Officiating
Godan	Ryushan Plus one kata of your choice		Thesis	
Rokudan	Kusanku Plus one kata of your choice		Thesis	
Nanadan	One kata of your choice		Thesis	
Hachidan	One kata of your choice		Thesis	
Kyudan	One kata of your choice		Thesis	

Important Notes

Juniors (U/16yrs) start grading at 10th kyu. Adults (16yrs+) start grading at 6th kyu. Minimum time from beginner to black belt (Jr Shodan or Shodan) is 3 years. Actual time will vary from student to student, depending upon ability and commitment. There are minimum age requirements for ranks of Shodan and above.

Kihon Dosa Ichi

Four steps forward, four steps back.

Kiai every fourth punch.

Punch correctly with power, block with a slow breath out.



“Ki o tsuke”
Musubi dachi



“Yoi”
Uchi hachi ji dachi



Step forward
Migi jodan oi zuki



Step forward
Hidari jodan oi zuki



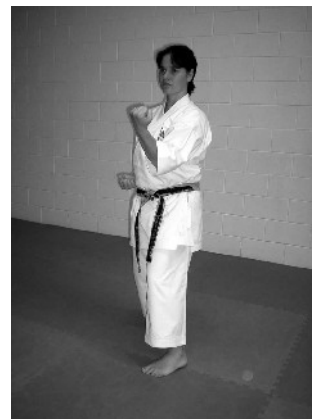
Step forward
Migi jodan oi zuki



Step forward
Hidari jodan oi zuki – Kiai



Step backward
Migi soto uke (slowly)



Step backward
Hidari soto uke (slowly)



Step backward
Migi soto uke (slowly)



Step backward
Hidari soto uke (slowly)



Step forward
Migi chudan oi zuki



Step forward
Hidari chudan oi zuki



Step forward
Migi chudan oi zuki



Step forward
Hidari chudan oi zuki – Kiai



Step backward
Migi soto uke (slowly)



Step backward
Hidari soto uke (slowly)



Step backward
Migi soto uke (slowly)



Step backward
Hidari soto uke (slowly)



Step forward
Migi shiko zuki



Step forward
Hidari shiko zuki



Step forward
Migi shiko zuki



Step forward
Hidari shiko zuki – Kiai



Step backward shiko dachi
Migi soto uke (slowly)



Step backward shiko dachi
Hidari soto uke (slowly)



Step backward shiko dachi
Migi soto uke (slowly)



Step backward shiko dachi
Hidari soto uke (slowly)



Right leg steps forward
Yame (musubi dachi)



Kihon Dosa Ni

Four steps forward, four steps back.

Kiai every fourth punch.

All punches and blocks with power.



“Ki o tsuke”
Musubi dachi



“Yoi”
Uchi hachi ji dachi



Step forward
Migi jodan oi zuki



Step forward
Hidari jodan oi zuki



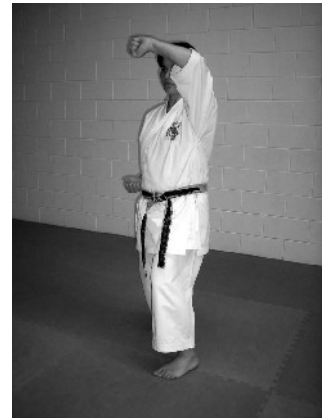
Step forward
Migi jodan oi zuki



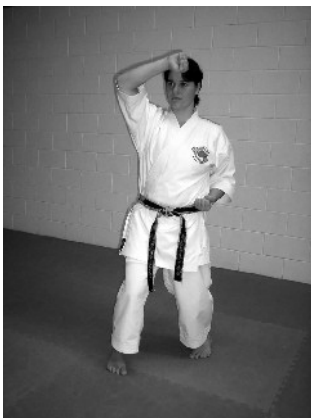
Step forward
Hidari jodan oi zuki – Kiai



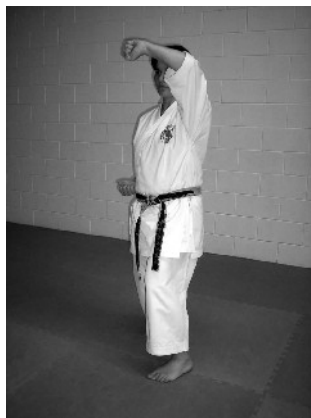
Step backward
Migi jodan uke



Step backward
Hidari hidari uke



Step backward
Migi jodan uke



Step backward
Hidari hidari uke



Step forward
Migi chudan oi zuki



Step forward
Hidari chudan oi zuki



Step forward
Migi chudan oi zuki



Step forward
Hidari chudan oi zuki – Kiai



Step backward
Migi uchi uke



Step backward
Hidari uchi uke



Step backward
Migi uchi uke



Step backward
Hidari uchi uke



Step forward
Migi shiko zuki



Step forward
Hidari shiko zuki



Step forward
Migi shiko zuki



Step forward
Hidari shiko zuki – Kiai



Step backward shiko dachi
Migi gedan barai



Step backward shiko dachi
Hidari gedan barai



Step backward shiko dachi
Migi gedan barai



Step backward shiko dachi
Hidari gedan barai



Right leg steps forward
Yame (musubi dachi)



Kihon Dosa San

Four steps forward, four steps back.

Kiai every fourth step forward and back.

Correctly block and then punch gyaku zuki with kime.



“Ki o tsuke”
Musubi dachi



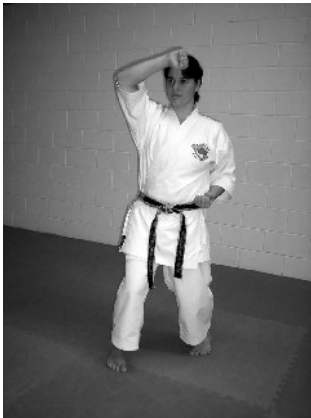
“Yoi”
Uchi hachi ji dachi



Step forward left leg
Hidari jodan uke



Migi gyaku zuki



Step forward right leg
Migi jodan uke



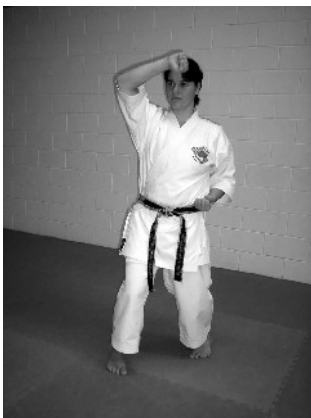
Hidari gyaku zuki



Step forward left leg
Hidari jodan uke



Migi gyaku zuki



Step forward right leg
Migi jodan uke



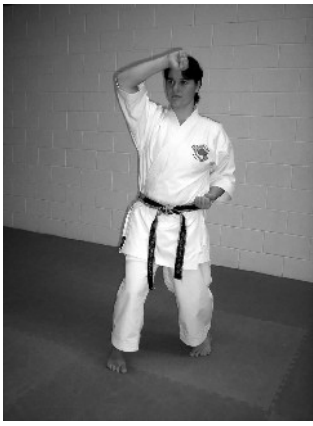
Hidari gyaku zuki – Kiai



Step backward
Hidari jodan uke



Migi gyaku zuki



Step backward
Migi jodan uke



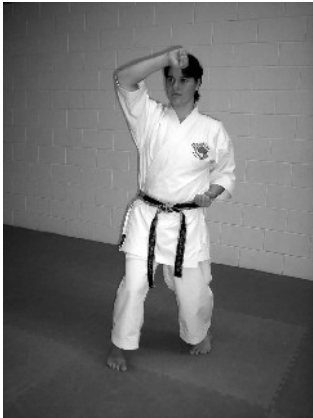
Hidari gyaku zuki



Step backward
Hidari jodan uke



Migi gyaku zuki



Step backward
Migi jodan uke



Hidari gyaku zuki – Kiai



Step forward
Hidari soto uke



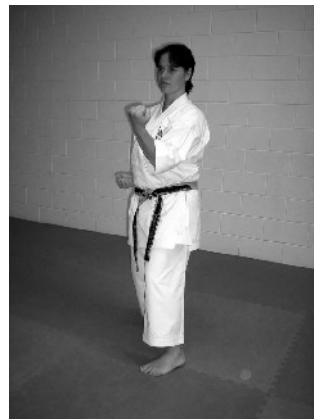
Migi gyaku zuki



Step forward
Migi soto uke



Hidari gyaku zuki



Step forward
Hidari soto uke



Migi gyaku zuki



Step forward
Migi soto uke



Hidari gyaku zuki – kiai



Step backward
Hidari soto uke



Migi gyaku zuki



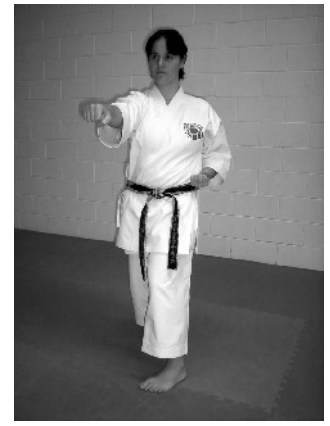
Step backward
Migi soto uke



Hidari gyaku zuki



Step backward
Hidari soto uke



Migi gyaku zuki



Step backward
Migi soto uke



Hidari gyaku zuki - Kiai



Step forward
Hidari uchi uke



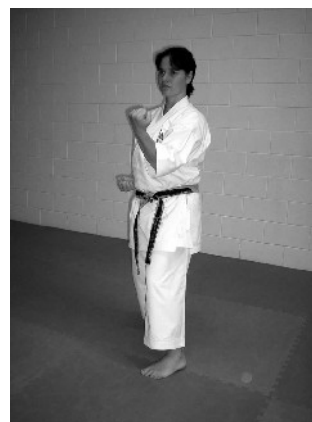
Migi gyaku zuki



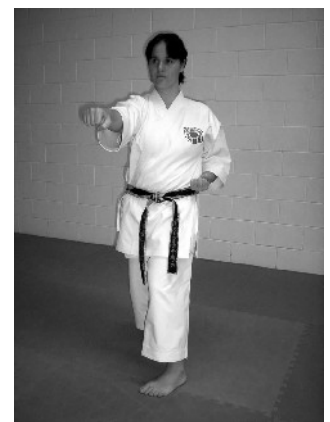
Step forward
Migi uchi uke



Hidari gyaku zuki



Step forward
Hidari uchi uke



Migi gyaku zuki



Step forward
Migi uchi uke



Hidari gyaku zuki - Kiai



Step backward
Hidari uchi uke



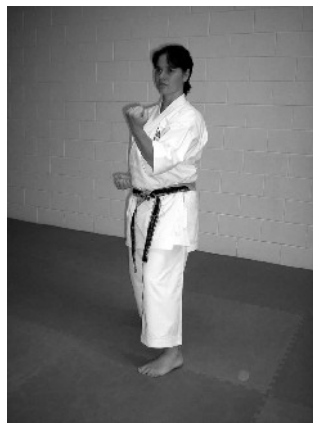
Migi gyaku zuki



Step backward
Migi uchi uke



Hidari gyaku zuki



Step backward
Hidari uchi uke



Migi gyaku zuki



Step backward
Migi uchi uke



Hidari gyaku zuki - Kiai



Step forward
Hidari gedan barai



Migi gyaku zuki



Step forward
Migi gedan barai



Hidari gyaku zuki



Step forward
Hidari gedan barai



Migi gyaku zuki



Step forward
Migi gedan barai



Hidari gyaku zuki – Kiai



Step backward
Hidari gedan barai



Migi gyaku zuki



Step backward
Migi gedan barai



Hidari gyaku zuki



Step backward
Hidari gedan barai



Migi gyaku zuki



Step backward
Migi gedan barai



Hidari gyaku zuki – Kiai



Left leg steps forward
Yame (musubi dachi)



Seiken No Migi Hidarai

Taisabaki (body evasion) to the right and left with ni ren zuki (double punch).



“Ki o tsuke”
Musubi dachi



“Yoi”
Uchi hachi ji dachi



Step behind with right leg
pass through kosa dachi



...into seisan dachi
Chudan oi zuki



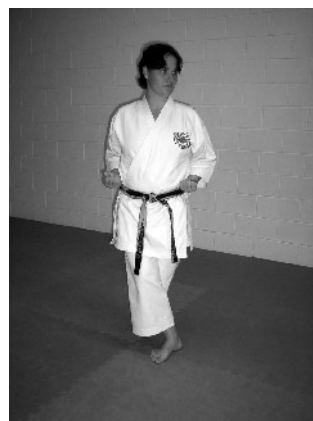
Ni ren zuki (double punch)
1 – Chudan gyaku zuki



2 – Chudan oi zuki – Kiai



Right leg steps
Uchi hachi ji dachi



Step behind with left leg
pass through kosa dachi



...into seisan dachi
Chudan oi zuki



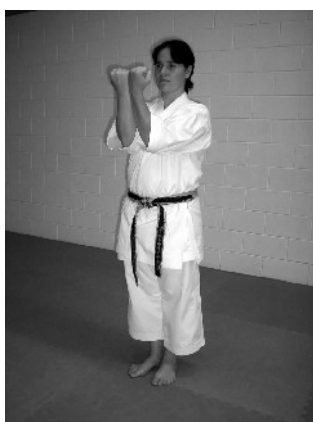
Ni ren zuki (double punch)
1 – Chudan gyaku zuki



2 – Chudan oi zuki – Kiai



Left leg steps
Uchi hachi ji dachi



Left leg steps in
Yame (musubi dachi)



Kihon Kata Ichi

In this kihon all movements should be done one at a time, correctly and with kime.



"Ki o tsuke"
Musubi dachi



"Yoi"
Uchi hachi ji dachi



Step forward
Migi jodan oi zuki



Step forward
Hidari chudan oi zuki



Step forward
Hidari chudan oi zuki



Step forward
Hidari shiko zuki – Kiai



Step backward
Migi soto uke (slowly)



Step backward
Hidari soto uke (slowly)



Step backward
Migi soto uke (slowly)



Step backward
Hidari soto uke (slowly)



Kamae (ready)



Migi mae geri
Stepping forward



Hidari mae geri
Stepping forward



Migi mae geri
Stepping forward



Hidari mae geri
Stepping forward



Kamae (ready)



Kamae to the right



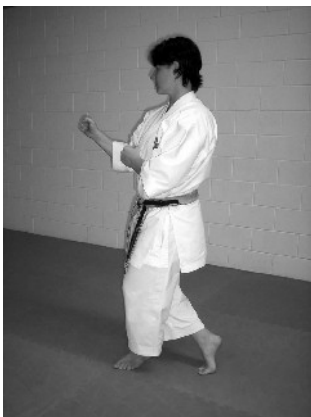
Step kosa dachi to the right



Migi chudan yoko geri



Kamae to the right



Step kosa dachi to the right



Migi chudan yoko geri



Kamae to the right
Zanshin



Kamae to the left



Step kosa dachi to the left



Hidari chudan yoko geri



Kamae to the left



Step kosa dachi to the left



Hidari chudan yoko geri



Kamae to the left
Zanshin



Step forward
Migi chudan oi zuki



Hidari chudan kaeshi zuki
(turn to the back and punch)



Step forward
Migi jodan oi zuki



Step forward
Hidari chudan oi zuki



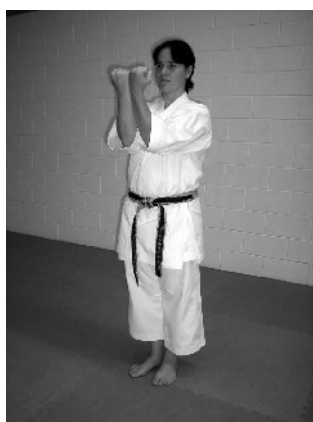
Step forward
Migi chudan oi zuki



Step forward
Hidari shiko zuki – Kiai



Migi shiko kaeshi zuki
(Turn and punch)



Left leg steps forward
Yame (musubi dachi)



Basic Japanese Terminology

Ichi.....	One	Sensei.....	Teacher
Ni.....	Two	Senpai.....	Senior
San.....	Three	Kohai.....	Junior
Shi.....	Four	Dojo.....	Training hall
Go.....	Five		<i>Literally "Way place"</i>
Roku.....	Six	Kihon.....	Basic
Shichi.....	Seven	Dosa.....	Movement
Hachi.....	Eight	Kata.....	Form/Pattern
Kyu.....	Nine	Bunkai.....	Part explanation
Juu.....	Ten	Kumite.....	Sparring
Kyu.....	Level	Dachi.....	Stance
Dan.....	Degree	Tsuki/Zuki.....	Punch
Mae.....	Front	Uke.....	Block
Yoko.....	Side	Keri/Geri.....	Kick
Ushiro.....	Back	Uchi.....	Strike
Jodan.....	Upper	Barai.....	Sweep
Chudan.....	Middle	Ukemi.....	Break falling
Gedan.....	Lower	Enpi.....	Elbow strike
Mo ichi do.....	One more time		
Hikite.....	Pull back (of hand)		
Hikiashi.....	Pull back (of leg)		
Metsuke.....	Eye focus		
Enzan no metsuke.....	Fixing the eyes on the distant mountain		
Shime.....	Lower body tension (grounding)		
Kime.....	Focus (of technique)		
Kiai.....	Spirit united (with technique)		
Seichusen.....	Correct centre line		
Kyo/Jitsu.....	Weakness/Strength		
Ma ai.....	Distance/timing		
Zanshin.....	Remaining spirit (after an attack)		
Tanden.....	The energy centre of your body (located at your centre of gravity)		
Heijoshin.....	Ordinary spirit, calm heart		
Mushin.....	"Void", the spirit of nothingness		
Take, kuzushi, tsukuri...	Receive, unbalance, finish (make)		