



Welcome

Started in 2009 after Empire Martial Arts closed its doors, Matsunami Karate is dedicated to providing quality martial arts training to people of all ages. With over 60 years of Karate experience, Matsunami Karate is Rochester's Premier Shotokan Karate School.

Matsunami Karate is under the Shotokan Karate-do of Japan Federation (SKJF)

Reishiki

Dojo Etiquette

- No shoes on the dojo floor.
- Bow when entering and exiting the dojo floor.
- Please no climbing on the mats or punching bags.
- The weapons and equipment are not toys please do not touch them unless instructed to by an instructor.
- No running in sitting area.
- When classes are in session please keep conversations quiet in sitting area.
- During class you shouldn't lean against the walls or sit on the floor unless instructed too.



Equipment



Gi (uniform)

- A Gi Required for all students. They are available from Matsunami Karate or through many online retailers. Ask a Sensei (Teacher) for details
 - White Long Sleeve
 - When purchased through Matsunami Karate a Matsunami Karate Patch is included. If purchased elsewhere patches are available for purchase but not required.
- In the summer time students may wear approved Matsunami Karate T-Shirts in place of Gi top.

Protective Gear

- Headgear, Mouthguard and Hand pads are required for sparring.
- These are available through Matsunami Karate and many online retailers.
- There is a limited supply on hand for students to use.

Weapons

- Weapons are not required to be purchased.
 - Most students will start with Bo (wooden staff), which are available for use in the dojo.
 - Students can choose between two weapons: Bo (Wooden Staff) or Kama (Hand Sickles). While there are plenty of Bo's to be used in the dojo, there are no spare Kama for students to use and would have to be purchased.



About Shotokan

Shotokan (松濤館) is a style of karate, developed from various martial arts by Gichin Funakoshi (1868–1957) and his son Gigo (Yoshitaka) Funakoshi (1906–1945). Gichin was born in Okinawa and is widely credited with popularizing "karate do" through a series of public demonstrations, and by promoting the development of university karate clubs, including those at Keio, Waseda, Hitotsubashi (Shodai), Takushoku, Chuo, Gakushuin, and Hosei.

As the most widely practiced style, Shotokan is considered a traditional and influential form of karate do.

Characteristics

Shotokan training is usually divided into three parts: kihon (basics), kata (forms or patterns of moves), and kumite (sparring). Techniques in kihon and kata are characterized by deep, long stances that provide stability, enable powerful movements, and strengthen the legs. Shotokan is regarded as a dynamic martial art as it develops anaerobic, powerful techniques as well as developing speed. Initially strength and power are demonstrated instead of slower, more flowing motions. Those who progress to brown and black belt level develop a much more fluid style that incorporates grappling, throwing and some aikido-like

techniques, which can be found even in basic kata. Kumite (fighting) techniques are practiced in the kihon and kata and developed from basic to advanced levels with an opponent.

20 Precepts

Gichin Funakoshi laid out the Twenty Precepts of Karate, (or Nijū kun) which form the foundations of the art. Within these twenty principles, based heavily on Bushido and Zen, lies the philosophy of Shotokan. The principles allude to notions of humility, respect, compassion, patience, and both an inward and outward calmness. It was Funakoshi's belief that through karate practice and observation of these 20 principles, the karateka would improve their person.

1. Karate-do begins and ends with bowing. 一、空手道は礼に始まり礼に終る事を忘るな
2. There is no first strike in karate. 一、空手に先手なし
3. Karate stands on the side of justice. 一、空手は義の補け
4. First know yourself, then know others. 一、先づ自己を知れ而して他を知れ
5. Mentality over technique. 一、技術より心術
6. The heart must be set free. 一、心は放たん事を要す
7. Calamity springs from carelessness. 一、禍は懈怠に生ず
8. Karate goes beyond the dojo. 一、道場のみの空手と思ふな
9. Karate is a lifelong pursuit. 一、空手の修業は一生である
10. Apply the way of karate to all things. Therein lies its beauty. 一、凡ゆるものを空手化せよ其処に妙味あり
11. Karate is like boiling water; without heat, it returns to its tepid state. 一、空手は湯の如し絶えず熱度を与えざれば元の水に還る
12. Do not think of winning. Think, rather, of not losing. 一、勝つ考は持つな負けぬ考は必要
13. Make adjustments according to your opponent. 一、敵に因って轉化せよ
14. The outcome of a battle depends on how one handles emptiness and fullness (weakness and strength). 一、戦は虚実の操縦如何に在り
15. Think of hands and feet as swords. 一、人の手足を剣と思へ

16. When you step beyond your own gate, you face a million enemies. 一、男子門を出づれば百万の敵あり
17. Formal stances are for beginners; later, one stands naturally. 一、構は初心者には自然体
18. Perform prescribed sets of techniques exactly; actual combat is another matter. 一、形は正しく実戦は別物
19. Do not forget the employment of withdrawal of power, the extension or contraction of the body, the swift or leisurely application of technique. 一、力の強弱体の伸縮技の緩急を忘るな
20. Be constantly mindful, diligent, and resourceful, in your pursuit of the Way. 一、常に思念工夫せよ

Dojo Kun

The Dojo kun lists five philosophical rules for training in the dojo;

- **seek perfection of character**
- **be faithful**
- **endeavor to excel**
- **respect others**
- **refrain from violent behavior**

The Dojo kun is generally recited at the end of class.

Grading

There are 10 kyu (basic) ranks and 10 dan (advanced) ranks in our system.

Kyu Ranks

Kyu means “basic rank”. They are represented by colored belts. In our school the rank scale is as follows:

White, Yellow, Orange, Green, Blue, Purple (White Tips), Purple II (Black Tips), Brown (White Tips), Brown II (Red Tips), Brown III (Black Tips)

Dan Ranks

Dan means “advanced rank” and is represented by a black belt. There is no visual indication of dan rank and all dan ranks simply wear a black belt.

What it means to receive a black belt

- You know and are proficient in the basics of karate.
- You embody the spirit of karate and have been found by your instructors to be an exemplary representative of the art of karate and Matsunami Karate.

*What it **doesn't** mean to receive a black belt*

- You are a master of karate
After you receive your black belt the truly hard part begins. Once you learn the basics you are ready to learn advanced techniques and theory which can take a lifetime to master.
- You will be teaching classes
While you may help the senior instructors on occasion, teaching karate requires more than a basic knowledge of the techniques. It also requires a deeper understanding of application and history of karate. Generally black belts don't start teaching on a regular basis till they achieve their 3rd Dan.

Tips

Tips are a visual representation of a student's progress towards their next kyu rank. Most tips you will receive will be black. The purple and brown belt ranks use different colored tips to differentiate between the kyu levels.

How we grade

Karate is very individualistic art and thus we grade it as such. We grade based on the individual's capabilities and potential. While people of the same rank should know all the same techniques, naturally some will be able to perform these techniques better than others. So a direct comparison between students is unfair. When you are testing keep in mind we are testing you compared to you, not you compared to the person standing next to you.

As you move up in rank you will be graded more strictly. Early on you may find that you move fast through the ranks and in some cases even skip some. As you move

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closer toward black belt though it becomes increasingly important that you know the basic techniques well and are graded as such.

Every technique is graded on a scale that is something like this.

Knowing ← **Performing Reasonably** → **Performing Well**

The baseline for “passing” a technique is at “Performing Reasonably”.

Testing for a tip

Your manual has the techniques that you should know at your level and the at the levels above you. While during the test you may not be asked to perform the specific techniques for your next rank, you should still know them and still be prepared to perform them, as well as all techniques at and below your level.

Testing results for tip

Single Tip

You performed most of your techniques at “Performing Reasonably” to “Performing Well” level.

Double Tip

On occasion you may receive more than one tip. While there are several reasons this may happen, in general it means that you performed your techniques above and beyond what it expected of you at your level.

No Tip

In some cases you may not receive any tip during testing. Not to worry we’ve all had bad days. See tips below.

Testing for a belt

Testing for a belt is similar to tip testing except you may find yourself on the floor performing techniques more than at a tip test. You are expected to know everything in your manual up to the rank you are testing for and may be called upon to perform it at anytime in any order.

Additional materials

This manual covers the base requirements for your rank. Not all techniques covered in class are present in this manual. You may be called upon to perform techniques that were taught during class that are not in this manual.

Grading

Helpful tips for testing

Relax

A high ranking instructor once said “Think of testing as just special training.” Being tight and nervous makes bad technique.

Don't look around during the test

Keep your focus on the testing instructor and on on what you are doing. Remember if you are trying to follow someone who is doing the wrong technique, you are now also doing the wrong technique.

Start strong, end strong

We've all had memory lapses from time to time. If you find you've forgotten a technique or realized you are doing the wrong technique, don't show it. Finish strong with what you are currently doing or perform a strong technique of what you think is correct. Getting frustrated and showing a physical sign distress is the worst thing you can do. A big part of karate is pushing through adversity and properly dealing with stressful situations.

Display proper etiquette

Testing is a formal situation and should be treated as such. Even if you are currently not doing anything on the floor, the testing instructors are still watching you. You are expected to stand quietly and watch what is happening on the floor.

Know your stuff

Unlike traditional school testing you can't cram for a karate test the night before. To be proficient in karate takes lots of practice. A lot of karate is muscle memory, which means practice, practice, practice. One of the best parts of karate is that it is extremely portable, you can simply do it wherever you happen to be.

Ask an instructor

Because of the limited amount of time and the large amount of material to cover, we may not always cover in-depth everything you need to know for a test. Feel free to ask an instructor about anything in your manual before or after class.

If you don't receive a tip or belt at your test

Like was stated before, we've all had bad days. Most karate students will not achieve a new rank a few times in their karate careers. Don't get discouraged when this happens. Use this opportunity to train harder and work on the techniques that you did not perform strongly on during the test. A testing instructor will always be available after the test to explain how to improve your technique.

Keep a notebook

Karate is vast and can be complicated at times. Recording what you learned after every class is a good way to go back and reference what was covered during the month.

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Have Fun

Having a positive mental attitude during testing will reflect in your technique.

Our Testing Pledge

We pledge to provide you with the best assessment of your karate skills that we can. We do not believe in promoting students just because they “show up” or “put the time in”. We take great pride in our karate and believe you should too. We believe it would be a disservice to inappropriately grade a student beyond their ability. Remember, **you** make the karateka not the color of your belt.

White to 3 rd Tip	White to Yellow
Basics:	Basics:
<p>Front stance (zenkutsu dachi) Lunge punch (oui zuki) Rising block (age uke) Outside block (soto uke) Down block (gedan barai) Front snap kick (mae geri keage)</p>	<p>Lunge punch (oui zuki) Rising Block/Reverse Punch (Age-uke/Gyaku-zuki) Outside Block/Reverse Punch (Soto-uke/Gyaku-zuki) Inside Block/Reverse Punch (Uchi-uke/Gyaku-zuki) Down Block/Reverse Punch (Gedan-barai/Gyaku-zuki) Rear Stance/Knife hand Block (Kokutsu dachi/Shuto-uke)</p> <p><u>Fighting Stance (Kumite-dachi)</u> Front Snap Kick (Mae-geri-keage) Front Thrust Kick (Mae-geri-kekome) Roundhouse Kick (Mawashi-geri)</p> <p><u>Horse Stance (Kiba-dachi)</u> Side Snap Kick (Yoko-geri-keage) Side Thrust Kick (Yoko-geri-kekome)</p>
Kata	Kata
Taikyoku Shodan	Taikyoku Shodan & Heian Shodan
Kumite	Kumite
3 Step Sparring (jodan/chudan)	<u>Three Step Sparring (Sanbon-kumite)</u> Upper Level Punch (Jodan-oui-zuki) Middle Level Punch (Chudan-oui-zuki) Front Snap Kick (Mae-geri-keage)
Self-Defense	Self-Defense/Waza
Pressure Points	1 & 2 Hand Wrist Releases Ukemi (falls) Waza 1 (right side)

Yellow to Orange	Orange to Green
<p>Basics:</p> <p><u>Front Stance (Zenkutsu-dachi)</u> Lunge Punch (Oui-zuki) Rising Block/Reverse Punch (Age-uke/Gyaku-zuki) Outside Block/Reverse Punch (Soto-uke/Gyaku-zuki) Inside Block/Reverse Punch (Uchi-uke/Gyaku-zuki) Down Block/Reverse Punch (Gedan-barai/Gyaku-zuki)</p> <p><u>Rear Stance (Kokutsu-dachi)</u> Knifehand Block (Shuto-uke)</p> <p><u>Fighting Stance (Kumite-dachi)</u> Front Snap Kick (Mae-geri-keage) Front Thrust Kick (Mae-geri-kekome) Roundhouse Kick (Mawashi-geri)</p> <p><u>Horse Stance (Kiba-dachi)</u> Side Snap Kick (Yoko-geri-keage) Side Thrust Kick (Yoko-geri-kekomi)</p>	<p>Basics:</p> <p><u>Front Stance (Zenkutsu-dachi)</u> Double Punch (Nidan-zuki) Rising Block/Double Punch (Age-uke/Nidan-zuki) Outside Block/Double Punch (Soto-uke/Nidan-zuki) Inside Block/Double Punch (Uchi-uke/Nidan-zuki) Down Block/Double Punch (Gedan-barai/Nidan-zuki)</p> <p><u>Rear Stance then Front Stance (Kokutsu-dachi/Zenkutsu-dachi)</u> Knifehand Block/Spearhand with Pressing Block - (Shuto-uke/Nukite/Osea-uke)</p> <p><u>Fighting Stance (Kumite-dachi)</u> Front Snap Kick (Mae-geri-keage) Front Thrust Kick (Mae-geri-kekome) Roundhouse Kick (Mawashi-geri) Back Kick (Ushiro-geri)</p> <p><u>Horse Stance (Kiba-dachi)</u> Side Snap Kick (Yoko-geri-keage) Side Thrust Kick (Yoko-geri-kekomi)</p>
Kata	Kata
Heian Shodan & Heian Nidan	Heian Nidan & Heian Sandan
Kumite	Kumite
<p><u>Three Step Sparring (Sanbon-kumite)</u> Upper Level Punch (Jodan-oui-zuki) Middle Level Punch (Chudan-oui-zuki) Front Snap Kick (Mae-geri-keage)</p>	<p><u>Three Step Sparring (Sanbon-kumite)</u> Upper Level Punch (Jodan-oui-zuki) Middle Level Punch (Chudan-oui-zuki) Front Snap Kick (Mae-geri-keage) Side Thrust Kick (Yoko-geri-kekomi) Roundhouse Kick (Mawashi-geri) Spinning Back Kick (Ushiro-geri)</p>
Self-Defense	Self-Defense/Waza (all of Orange Belt plus)
Lapel Grabs Overhead Club Waza 1 & 2 (right Side)	Swinging Club Choke Defenses Wazas 1-2-3 (right side)

Green to Blue

Basics:

Front Stance (Zenkutsu-dachi)

Double Punch (Nidan-zuki)
Rising Block/Double Punch (Age-uke/Nidan-zuki)
Outside Block/Double Punch (Soto-uke/Nidan-zuki)
Inside Block/Double Punch (Uchi-uke/Nidan-zuki)
Down Block/Double Punch (Gedan-barai/Nidan-zuki)

Rear Stance (Kokutsu-dachi)

Knifehand Block/Spearhand with Pressing Block - (Shuto-uke/Nukite/Osea-uke)

Fighting Stance (Kumite-dachi)

Front Snap Kick (Mae-geri-keage)
Front Thrust Kick (Mae-geri-kekome)
Roundhouse Kick (Mawashi-geri)
Back Kick (Ushiro-geri)

Horse Stance (Kiba-dachi)

Side Snap Kick (Yoko-geri-keage)
Side Thrust Kick (Yoko-geri-kekomi)

Kata

Heian Sandan & Heian Yondan

Kumite

Three Step Sparring (Sanbon-kumite)

Upper Level Punch (Jodan-oui-zuki)
Middle Level Punch (Chudan-oui-zuki)
Front Snap Kick (Mae-geri-keage)
Side Thrust Kick (Yoko-geri-kekomi)
Roundhouse Kick (Mawashi-geri)
Spinning Back Kick (Ushiro-geri)

Self-Defense (all of previous plus)

Jodan/Chudan - block/sweep
Waza 4 - right side

Blue to Purple 1

Basics:

Front Stance (Zenkutsu-dachi)

Triple Punch (Sanban-zuki)

Rising Block/Double Punch-Mid Level (Age-uke/Nidan-zuki-chudan)

Outside Block/Double Punch-Mid Level (Soto-uke/Nidan-zuki-chudan)

Inside Block/Double Punch-Mid Level (Uchi-uke/Nidan-zuki-chudan)

Down Block/Double Punch (Gedan-barai/Nidan-zuki-chudan)

Rear Stance then Front Stance (Kokutsu-dachi/Zenkutsu-dachi)

Knifehand Block/Front Leg Snap Kick/Spearhand with Pressing Block - (Shuto-uke/Mae-geri-keage-kizami/Nukite/Osea-uke)

Rear Stance then Horse Stance (Kokutsu-dachi/Kiba-dachi)

Outside Block/Elbow Strike (Soto-uke/Empi-uchi)

Fighting Stance (Kumite-dachi)-Performed 2X each

Front Snap Kick/Front Thrust Kick (Mae-geri-keage/Mae-geri-kekomi)

Front Snap Kick/Roundhouse Kick (Mae-geri-keage/Mawashi-geri)

Front Snap Kick/Side Thrust Kick (Mae-geri-keage/Yoko-geri-kekomi)

Roundhouse Kick/Spinning Back Kick (Mawashi-geri/Ushiro-geri)

Side Thrust Kick/Spinning Back Kick (Yoko-geri-kekomi/Ushiro-geri)

Side Snap Kick/Side Thrust Kick (Yoko-geri-keage/Yoko-geri-kekomi)

Front Snap Kick/Roundhouse Kick/Side Thrust Kick/BackKick(Mae-geri-keage/Mawashi-geri/Yoko-geri-kekomi/Ushiro-geri)

Front Snap Kick/Lunge Punch (Mae-geri-keage/Oui-Zuki)

Reverse Punch/Front Snap Kick (Gyaku-zuki/Mae-geri-keage)

Stationary Kicks-Performed 2X each side -

Front Snap Kick/Side Snap Kick (Mae-geri-keage/Yoko-geri-keage)

Kata

Heian Yondan & Heian Godan

Kumite

Jiyu Ippon Semi-Free Sparring (6 attacks strong side)

Self-Defense (all of previous plus)

Jodan/Chudan - Club defenses

Waza 5 - right side

Purple 1 to Purple 2

Basics:

Front Stance (Zenkutsu-dachi)

Triple Punch (Sanban-zuki)

Rising Block/Double Punch-Mid Level (Age-uke/Nidan-zuki-chudan)

Outside Block/Double Punch-Mid Level (Soto-uke/Nidan-zuki-chudan)

Inside Block/Double Punch-Mid Level (Uchi-uke/Nidan-zuki-chudan)

Down Block/Double Punch (Gedan-barai/Nidan-zuki-chudan)

Rear Stance then Front Stance (Kokutsu-dachi/Zenkutsu-dachi)

Knifehand Block/Front Leg Snap Kick/Spearhand with Pressing Block - (Shuto-uke/Mae-geri-keage-kizami/Nukite/Osea-uke)

Rear Stance then Horse Stance (Kokutsu-dachi/Kiba-dachi)

Outside Block/Elbow Strike (Soto-uke/Empi-uchi)

Fighting Stance (Kumite-dachi)-Performed 2X each

Front Snap Kick/Front Thrust Kick (Mae-geri-keage/Mae-geri-kekomi)

Front Snap Kick/Roundhouse Kick (Mae-geri-keage/Mawashi-geri)

Front Snap Kick/Side Thrust Kick (Mae-geri-keage/Yoko-geri-kekomi)

Roundhouse Kick/Spinning Back Kick (Mawashi-geri/Ushiro-geri)

Side Thrust Kick/Spinning Back Kick (Yoko-geri-kekomi/Ushiro-geri)

Side Snap Kick/Side Thrust Kick (Yoko-geri-keage/Yoko-geri-kekomi)

Front Snap Kick/Roundhouse Kick/Side Thrust Kick/BackKick(Mae-geri-keage/Mawashi-geri/Yoko-geri-kekomi/Ushiro-geri)

Front Snap Kick/Lunge Punch (Mae-geri-keage/Oui-Zuki)

Reverse Punch/Front Snap Kick (Gyaku-zuki/Mae-geri-keage)

Stationary Kicks-Performed 2X each side -

Front Snap Kick/Side Snap Kick (Mae-geri-keage/Yoko-geri-keage)

Kata

Heian Godan & Tekki Shodan

Kumite

Jiyu Ippon Semi-Free Sparring (6 attacks both sides)

Self-Defense (all of previous plus)

Slashing chain

Waza 6 - right side

Purple 2 to Brown I/II/III

Basics:

Fighting Stance (Kumite-dachi)-Performed 6X each

Jab Punch (Kizami-zuki)
Backfist Strike (Uraken-uchi)
Sliding Reverse Punch (Gyaku-zuki)

Forward and Back- Performed 4X each

Lunge Punch (Oui-Zuki)
Lunging Reverse Punch (Oui-gyaku-zuki)
Jabbing Lunge Punch (Oui-kizami-zuki)
Jab, 1/2 Step Reverse Punch (Kizami/Gyaku-zuki)
Lunge, 1/2 Step Reverse Punch (Oui/Gyaku-zuki)
Front Kick, Lunge Punch (Mae-geri-keage/Oui-zuki)
Reverse Punch, Front Kick (Gyaku-zuki/Mae-geri-keage)
Reverse Punch, Roundhouse Kick (Gyaku-zuki/Mawashi-geri)
Reverse Punch, Side Thrust Kick (Gyaku-zuki/Yoko-geri-kekomi)
Spinning Back Kick, Reverse Punch (Ushiro-geri/Gyaku-zuki)

Any Punching Combination of 4 Techniques (Nani-zuki-ketsugo)

Any Kicking Combination of 4 Techniques (Nani-geri-ketsugo)

Stationary Kicks- Performed 2X each side

Front Snap Kick/Side Snap Kick/Back Kick (Mae-geri-keage/Yoko-geri-keage/Ushiro-geri)

(add Mawashi geri for Brown III)

Kata

3rd Kyu- Tekki Shodan & Bassai Dai

2nd Kyu- Bassai Dai & Jion

1st Kyu- Bassai Dai & Jion & Kanku Dai

Kumite

Ippon & Jiyu Ippon Semi-Free Sparring (6 attacks both sides)

Self-Defense (all of previous plus)

Knife defenses
Waza 7 - right side
Multiple attacks

Shodan/Nidan

Kihon

Front Stance (Zenkutsu-dachi)- Performed 6X each

Oui-zuki-Chudan/Jodan
Jodan-kizami-zuki
Chudan-gyaku-zuki
Jodan-kizami-zuki/Chudan-oui-zuki
Jodan-Uraken-zuki
Jodan-uchi-shuto-uke/Chudan-gyaku-zuki

Fighting Stance (Kumite-dachi)- Performed 6X each

Mae-geri-keage/Chudan-oui-zuki
Kizami-mae-geri/Mawashi-geri
Mawashi-geri/Yoko-geri-kekomi
Yoko-geri-keage/Ushiro-geri
Ushiro-geri/Chudan-gyaku-zuki
Mae-geri-keage/Jodan-soto-shuto-uke

Jiyu Kumite Combinations (Combine 6 different techniques for each)

Any Zuki/Uchi/Uke Combination
Any Geri Combinations
Any Geri/Zuki/Uchi/Uke Combinations

Stationary Kicks- Performed 2X each side - (Same leg non-stop without touching the floor)

Front Snap Kick/Side Snap Kick/Rear Kick/Roundhouse Kick (Mae-geri-keage/Yoko-geri-keage/Ushiro-geri/Mawashi-geri)

Kata

Shodan -All kata from Group One & Bassai Dai & Jion & Kanku Dai

Nidan- All kata from Group One/Two and one kata from Group Three

Kumite

Ippon & Jiyu Ippon Semi-Free Sparring (6 attacks both sides)

Self-Defense

Self-Defense/Waza: Examiner Choice

Kata Groups

Group 1

Heian Shodan

Heian Nidan

Heian Sandan

Heian Yondan

Heian Godan

Tekki Shodan

Group 2

Bassai Dai

Enpi

Jion

Kanku Dai

Jitte

Group 3

Tekki Nidan

Bassai Sho

Hangetsu

Kanku Sho

Gankaku

Group 4

Tekki Sandan

Sochin

Chinte

Jiin

Nijushiho

Group 5

Meikyo

Unsu

Wankan

Gojushiho Dai

Gojushiho Sho

Resources

Matsunami Karate a many resources available outside of the dojo
for your reference.

MatsunamiKarate.com



Matsunami Karate iPhone App



YouTube

