



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.



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 either be black or blue. The purple and brown belt ranks use different colored tips to differentiate between the kyu levels.

How we grade

Karate is a 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.

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 tip level and the at the levels above you. While during the test you may not be asked to perform the specific technique for your next tip, you should still know it and still be prepared to perform it, as well as all techniques at and below your level. For example if you are a yellow belt with 2 tips you should be prepared to perform any and/or all techniques on the “Yellow to Orange” page and labeled “3rd Tip” and below.

Testing results for tip

Black Tip

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

Blue Tip

You performed most of your techniques at “Knowing” to “Performing Reasonably” level. Blue tips should **not** be considered 1/2 tips they simply mean that you know the required techniques for that level but have not yet performed the majority of them at your capability 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.

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.

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Don't look around during the test

Keep your focus on the testing instructor and 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 of 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 sit or 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.

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

Presentation & Performance

Bowing Procedures – Kiai, Word of the Month, Kiai (before entering the floor)

Name Presentation – Kiai!, “My Name is _____”, Kiai!

Call & Response – -You have to start strong, end strong! Start with a kiai, end with a kiai.

100% Energy

100% Focus

White
To

Yellow

Stances: 1st Tip

Horse Stance – Kiba Dachi
Front Stance – Zenkutsu Dachi

Basic Blocks: 1st Tip

Rising Block – Age Uke
Outside Block – Soto Uke
Inside Block – Uchi Uke
Downward Block – Gedan Barai

Strikes: 2nd Tip

Lunge punch – Oi Tsuki
Front Kick - Mae Geri
Side Thrust Kick – Yoko Geri
Kekomi
Roundhouse Kick – Mawashi
Kick

Plyometrics: 3rd Tip

Two Foot Forward Hops
Side-To-Side Forward Hops
Drive and Reach- Single Knee
Up

Conditioning: 3rd Tip

Pushups – 3 each: Regular,
Triangle, Wide
Stomach – 5 each: Crunches,
Shin Slaps, Knee Ups
Lower Back – 5 Fish Flops

Strike Combos: 4th Tip

Front Kick, Turn, Punch
Side Thrust Kick, Turn, Punch

Kata: 4th Tip

Heian Shodan 1st Half

Kumite: 5th Tip

3 Step Sparring

Acrobatics: 6th Tip

Forward Roll
Basic Cartwheel

Front Roll Combos: 6th Tip

Roll, Front Kick, Turn, Punch

Yellow
To

Orange

Stances: 1st Tip

Rear Stance – Kokutsu dachi
Horse Stance -- Kiba dachi

Basic Blocks: 1st Tip

Knifehand Block – Shuto Uke

Strikes: 2nd Tip

Reverse Punch – Gyaku Tsuki
Front Thrust Kick – Mae Geri
Kekomi
Side Snap Kick – Yoko Geri
Keage

Falls: 2nd Tip

Back Break Fall - Crouched

Acrobatics: 3rd Tip

3 – Continuous Cartwheels
3 – Continuous Forward Rolls

Conditioning: 3rd Tip

Pushups – 5 each: Regular,
Triangle, Wide
Stomach – 5 each: U-Rocks,
Left Side Knee Crunch, Right
Side Knee Crunch
Lower Back – 10 Fish Flops

Strike Combos: 4th Tip

Rising Block, Reverse Punch
Outside & Inside Block, Reverse
Punch
Downward Block, Reverse
Punch

Kata: 4th Tip

Heian Shodan

Kumite: 5th Tip

1 Step Sparring: Jodan,
Chudan

Kick Combos: 6th Tip

5 – Front Kicks – Stationary

Orange
To

Green

Striking Combo: 1st Tip

3 Hand Techniques in a row
(any)

3 Kicking Techniques in a row
(any)

Falls: 1st Tip

Back Break Fall - Standing

Side Break Fall - Crouched

Strikes: 2nd Tip

Elbow Strike – Enpi

Side Thrust Kick – Yoko Geri
Kekomi

Front Jump Kick – Tobi Mae
Geri

Front Skip Kick – Tobi Mae Geri

Throws: 2nd Tip

Basic Leg Sweep – Ashi Barai

Acrobatics: 3rd Tip

Cartwheel Perfect Form

Forward Roll → Front Jump Kick

Conditioning: 3rd Tip

Pushups – 10 each: Regular,
Triangle, Wide

Stomach – 10 each: U-Rocks,
Left Side Knee Crunch, Right
Side Knee Crunch

Lower Back – 15 Fish Flops

Basics: 4th Tip

Proper get up from ground

Kata: 4th Tip

Heian Nidan

Kumite: 5th Tip

1 Step Sparring: Jodan,
Chudan, Mae Geri, Yoko Geri
Kekome

Semi-Free Sparring: Jodan,
Chudan, Mae Geri

Kick Combos: 6th Tip

3 - Stationary w/o putting foot
down: Mae Geri, Yoko Geri

Green
To

Blue

Strike Combos: 1st Tip

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)

Strikes: 2nd Tip

Spinning Back Kick – Ushiro-geri
Tornado Kick

Kick Combos: 2nd Tip

Roundhouse → Spinning Back Kick
Side Thrust Kick → Spinning Back Kick

Acrobatics: 3rd Tip

1- 1 Handed Cartwheel

Falls: 3rd Tip

Side Break Falls - Standing
Front Break Fall - Crouched

Strike Combos: 4th Tip

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

Kata: 4th Tip

Heian Sandan

Kumite: 5th Tip

1 Step Sparring: All plus Ushiro Geri
Semi-Free: All

Throws: 6th Tip

Shoulder Throw - Seonage

Blue
To

Purple I

Strike Combos: 1st Tip

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

Strikes: 2nd Tip

Hook Kick – Ura Mawashi Geri
Crescent Kick – Mikazuki Geri
Jab – Kizami Zuki
Jabbing Reverse Punch –
Gyaku Zuki

Acrobatics: 3rd Tip

3 Cartwheels in a row
3 Forward Rolls in a row

Kata: 3rd Tip

Heian Yondan

Falls: 4th Tip

Front Break Fall - Standing
Rolling Back Break Fall

Sparring: 5th Tip

Semi-Free sparring

Throws: 5th Tip

Spinning Top Takedown

Self Defense: 6th Tip

Swinging Club Defense

Purple I
To

Purple II

Strike Combos: 1st Tip

- Rear Stance Knifehand block
→ Front Leg Snap Kick → Front
Stance Pressing Block →
Spearhand
(Kokutsudachi Shuto Uke →
Mae Ashi Mae Geri →
Zenkutsudachi Osea Uke →
Nukite)

- Rear Stance Knifehand block
→ Horse Stance Outside block
→ Elbow Strike
(Kokutsudachi Shuto Uke →
Kibadachi Soto Uke → Empi
Uchi)

Kicks: 2nd Tip

Front Snap → Front Thrust →
Side Thrust Kick
(Mae Geri Keagae → Mae Geri
Kekome → Yoko Geri Kekome)

Roundhouse → Spinning Back
Kick → Front Thrust Kick
(Mawashi Geri → Ushiro Geri →
Mae Geri Kekome)

Acrobatics: 3rd Tip

Jumping Forward Roll

Sparring: 3rd Tip

Free Sparring

Falls: 4th Tip

Beachball Side Break Fall

Self Defense: 4th Tip

Overhead Club Defense

Falls: 5th Tip

Back Break Fall - Standing
Side Break Falls - Standing
Front Break Fall - Standing

Kata: 5th Tip

Heian Godan

Throws: 6th Tip

Leg Sweep
Shoulder Throw
Spinning Top Takedown

Purple II
To

Brown I

Strike Combos: 1st Tip

Jab → Sliding Reverse Punch
→ Front Snap Kick
(Kizami Tsuki → Gyaku Tsuki →
Mae Geri)

Same as above substitute Front
Snap Kick with Roundhouse
Kick
(Mawashi Geri)

Kicks: 2nd Tip

Roundhouse Kick → Spinning
Back Kick
(Mawashi Geri → Ushiro Geri)

Side Snap Kick → Side Thrust
Kick
(Yoko Geri Keage → Yoko Geri
Kekome)

Throws: 2nd Tip

Inside Reap - Ko Uchi Gari

Acrobatics: 3rd Tip

Cartwheel → One-Handed
Cartwheel

Kata: 3rd Tip

Tekki Shodan

Self Defense: 4th Tip

2 — Swinging Club Defenses
2 — Overhead Club Defenses

Ground Defense: 5th Tip

Defense On Ground With
Standing Opponent

Sparring: 5th Tip

Free sparring

Falls: 6th Tip

Proper Falls From Throws

Self Defense: 6th Tip

Lapel Grab Defense - Single
and Double

Brown I
To

Brown II

Strike Combos: 1st Tip

- Outside Block → Ridgehand
(Soto Uke → Heito)
- Outside Block → Elbow Strike
(Soto Uke → Enpi)

Kicks: 2nd Tip

- Stomp Kick – Fumikomi
- Spinning Hook Kick - Ura
Mawashi geri
- Spinning Crescent Kick -
Mikazuki geri

Blocks: 2nd Tip

- Augmented Block - Morote Uke
- Square Block - Haiwan Uke
- X Block - Juji Uke

Kata: 3rd Tip

- Bassai Dai - First Half

Self Defense: 4th Tip

- Defense From Wrist Grab
- Defense From Lapel Grab

Ground Defense: 4th Tip

- Escape Full Guard

Kata: 5th Tip

- Your Choice Of Any Heian Kata

Kata Bunkai: 5th Tip

- 1 Application From Above Kata

Kata: 6th Tip

- Bassai Dai

Brown II
To

Brown III

Strike Combos: 1st Tip

- Rising Block → Backfist → Reverse Punch
(Age-uke/Uraken-zuki/Gyaku-zuki)
- Outside Block → Outside Elbow → Reverse Punch
(Soto-uke/Mawashi Empi/Gyaku-zuki)
- Inside Block → Jab → Reverse Punch
(Uchi-uke/Kizami-zuki/Gyaku-zuki)
- Down Block → Rising Punch → Reverse Punch
(Gedan-barai/Age-zuki/Gyaku-zuki)

Kicks: 2nd Tip

Knee Strike - Hiza Geri
Circular Knee Strike - Mawashi Hiza Geri

Ground Defense: 2nd Tip

Escape From Full Guard
Escape From Full Mount

Kata: 3rd Tip

Bassai Dai

Kata Bunkai: 4th Tip

1 Application from Bassai Dai

Throws: 4th Tip

You Choice of 2 Throws

Self Defense: 5th Tip

Your Choice of Club Defense
Bear Hug Defense

Sparring: 5th Tip

Free sparring

Kata: 6th Tip

2 Heian Kata Of Your Choice
Tekki Shodan
Bassai Dai

Brown III
To

Black

Basics

Instructor can choose any basics from above

Kata

Instructor's choice of Heian kata

Tekki Shodan

Bassai Dai

Kata Bunkai

3 Applications from any kata

Sparring

Free Sparring

Self Defense

Instructor will choose from any of the self defenses from above

Throws

Leg Sweep, Shoulder Throw, Spinning Top Takedown, Inside Reap

Other

The testing instructor may choose to add other techniques that may have been taught in class but are not in this manual