



## SHIZENTAI (NATURAL STANCE)

- Relaxed posture.
- Feet shoulder width apart.
- Toes forward.



## CHOKU-ZUKI (STRAIGHT PUNCH)

- Tighten core.
- Strike with two largest knuckles.
- Inactive hand at the ready.
- Practiced in shizentai.



## OI-ZUKI (FRONT LUNGE PUNCH)

- Back straight, torso braced.
- Push front hip forward.
- Front knee bent.
- Step forward into zenkutsu-dachi (front stance).



## GYAKU-ZUKI (REVERSE PUNCH)

- Big rotation from the torso into the punch.
- Back hip follows the direction of the punch.
- Stance is zenkutsu-dachi.



## GEDAN BARRAI (DOWN BLOCK)

- Blocking with the ulna bone (forearm).
- About 3 fists length above the leg.
- Pulling the hip away from the blocking side.



## AGE-UKE (RISING BLOCK)

- Forearm is angled.
- Palm facing out.
- Align body behind the block.
- Powerful front stance (60% of weight is on front leg).

# Shoto Kan Karate

**JG Myers**



## **Shoto Kan Karate:**

Complete Shotokan Karate Robin L. Rielly, 2011-12-20 Complete Shotokan Karate is actually two books in one a thorough history of Japanese karate in Asia and the United States and an instructional manual for students of the Shotokan method Part One outlines the history of karate from its probable origins in India or perhaps Greece and its transmission from China through Okinawa to Japan Relevant aspects of Japanese history and culture such as the samurai ethos and Zen are emphasized Part Two profusely illustrated with over 600 clear black and white photographs and 20 line drawings outlines instruction for kumite sparring drills Included are two person drills such as the double line drill and the circle drill which give practice in facing multiple opponents Descriptions of many of these drills are not found in other English language books In addition nine karate kata forms are presented two of which sochin and nijushiho are rarely seen in print in English The two parts of this exhaustive book the first historical and philosophical the second practical combine to form one of the most comprehensive presentations of Shotokan karate available in English Complete Shotokan Karate is an essential resource for all those interested in Japanese karate

**Shotokan Karate** Randall G. Hassel, 2007-08-01 The first comprehensive written history of Shotokan karate in any language In this completely updated edition of the classic bestseller Randall Hassell presents a masterful tale of the history and evolution of Japan's original and largest karate style Shotokan In addition to presenting the compelling story of the style's founder Gichin Funakoshi Hassell covers recent developments in the ever evolving art of Shotokan karate do Rare and never before published photos complement everything from the Okinawan roots of karate to its development in Japan the Japan Karate Association American and international karate organizations and the current state of the world of Shotokan karate Also in this edition The origins and technical value of all Shotokan kata a genealogy of traditional karate styles Gichin Funakoshi's 20 precepts and much more

**Kumite** Joachim Grupp, 2006 Following on from KIHON and KATA this fourth book in the series covers the third pillar of Shotokan Karate KUMITE meaning sparring In it the various forms of combat sparring in Shotokan Karate are explained and covered in a wide span from the simple ones to the more complex ones

SHOTOKAN KARATE: PRACTICAL COMBAT KARATE FOR THE STREET Joseph Truncale, 2015-07-05 Shotokan Karate is one of the most effective forms of self defense but it is this area that is most ignored in traditional Shotokan dojos This modest manual is different from most Shotokan Karate texts because it focuses on the self defense application of karate Traditional Shotokan karate concentrates on three primary areas They are basics or Kihon Kata or forms and sparring or kumite The sparring may consist of five times sparring three times sparring one time sparring semi free sparring and free sparring Self defense training is seldom practiced and this manual hopes to fill that gap for students of Shotokan and other traditional styles of Karate This manual covers the basic principles of self defense use of force factors in self defense simple and effective self defense techniques to counter arm grabs body grabs choke attacks punching and kicking attack counters club attacks knife attacks gun attacks ground attacks and multiple attacker self

defense techniques     **The Shotokan Karate Bible 2nd edition** Ashley P. Martin, 2016-05-03 An authoritative text providing the newcomer to karate with all they need to know Packed with clear photographs detailing techniques and kata the combinations of techniques students must master to progress through the belts this book is organized and designed to take the student step by step through the progression of the martial art taking each belt in turn Photographs are accompanied by clear instructions from the author a trained instructor with his own karate school Karate is a martial art that focuses on the application of strikes using the hands and feet It originated in Japan and has become popular throughout the world There are many styles of karate but the most widely practiced outside of Japan is Shotokan Training in karate is normally divided into three sections the basic technique kata or sequencing of techniques to imaginary opponents and kumite the sparring done with an opponent Grading is the exam needed to progress to the next level Typically three months is needed to progress through each grading There are usually three or four gradings per year each with a syllabus In total a student must pass ten gradings in order to get a black belt this on average takes a student four years to attain Packed with useful how to diagrams and guides on technique this book covers the training required to attain a black belt     **Secrets of Shotokan Karate** Robin L. Rielly, 2000-04-15 Learn the techniques strategies and history of Japanese Shotokan Karate with this illustrated martial arts guide Generously illustrated with over 700 clear photos The Secrets of Shotokan Karate offers an in depth look at the world's most popular martial art with strategies techniques and drills to guide new students to proficiency and to help established practitioners excel Sixth degree black belt Robin Rielly provides a comprehensive guide to the fundamentals and theory of Shotokan interwoven with relevant philosophy and historical context This book offers expert instruction and a greater understanding and appreciation of the art Topics covered include basic physiological psychological principles principles of physical movement elements of fighting sparring drills strategy kata     [The Shotokan Karate Dictionary](#) Schlatt, 2019-06 Illustrated throughout with color photographs of karate stances and techniques plus clear English definitions of karate terms The Shotokan Karate Dictionary is a unique reference guide indispensable for every martial arts library The Shotokan Karate Dictionary fourth edition is a complete compendium of essential terms of the practice of karate do with special focus on the Shotokan style Clear easy to understand and accurate English translations of Japanese karate terms plus color photographs of essential karate stances movements and techniques will give karate students a firm foundation in karate terminology A Japanese pronunciation guide and exquisite calligraphy of the Japanese characters kanji of each term will deepen students understanding of karate's cultural roots This comprehensive reference book covers the Japanese numerical system different target levels and directions of movement the basic elements of karate training basic and advanced katas as well as the Japanese terms for typical instructions and commands you will hear throughout your karate training The Shotokan Karate Dictionary also explores the philosophical background of karate through an explanation of selected terms the origin of the name karate do the Twenty Precepts of Funakoshi the rules that

govern the dojo karate philosophies and annotations by famous Zen masters      **Black Belt** ,1991-06 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world      **Karate for Kids** Robin L. Rielly,2012-11-06 A fun and accessible introduction to studying karate designed specifically with the interests and capabilities of young martial artists in mind First time martial arts students are not just starting a program of physical and mental practice They are entering a new world one that not only has new rules new goals and even new clothing but that also offers them lots of new opportunities for fun and accomplishment Karate for Kids will help prepare kids to start learning about karate and help them practice at home It includes thorough introductions to the history and philosophy of the techniques what to expect in the first few classes how to warm up and practice and advice on setting goals With over 75 full color illustrations including 40 clearly diagrammed karate exercises along with lots of fun facts and informative sidebars written in kid friendly jargon free language this is the perfect introduction for the younger martial artist      *Shotokan Karate* Randall G. Hassell,1984-12-01      **An Honest History of Shotokan Karate!** James James,2018-11-30 From our first days in the Dojo we hear great stories about famous people events that make up our collective past in Karate and the stories are often gripping and exciting however most of them are not true More marketing than antiquity more gospel than fact and more fairy tale than authentic biography of the founding of the art these stories we accept blindly as true from our Sempai s or Sensei s do more disservice than education for students This book will seek to bring together many posts and structured history to show the true history of Shotokan Karate from its roots to modern times      *Shotokan Karate of America* , Presents Shotokan Karate of America SKA a martial arts training school based in Los Angeles California Posts contact information via mailing address telephone and fax numbers and e mail Contains information on karate instruction and the instructor Describes the history of karate and provides a directory of SKA Dojos throughout the world Links to the home pages of SKA global affiliates      **Karate** Kevin Healy,2000-12-11 One of the most demanding martial arts karate combines physical fitness with mental and spiritual training More and more people are now taking up the challenge and this book is an essential companion to enhance any student s study of Shotokan karate In this user friendly approach all the basics are presented in easy to follow lessons Each move is broken down into stages using step by step photography together with clear concise instructions And there are foot position diagrams so you can make sure you are getting it exactly right Handy hints and tips throughout help you avoid common pitfalls and there is advice on taking your training further once your karate is more advanced Lessons include Warm up Stances Punching Striking Blocking Kicking Combination work Sparring Karate A Step by Step Guide to Shotokan Karate Features clear step by step color photographs that illustrate all of the techniques Covers all the basics from dojo training hall

etiquette and grading to the basic training itself Includes advice on performing kata set sequences designed to develop particular areas of training Is perfect for both new students and those already in training      **Shotokan's Secret** Bruce D. Clayton,2004 Reveals the origins and purpose of the art of shotokan This book describes how karate was invented by the world s only unarmed bodyguards to protect the world s only unarmed king the king of Okinawa against Americans      Black Belt ,1992-05 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world      **Black Belt** ,1989-05 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world      Black Belt ,1984-08 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world      **Tsuku Kihon** Luis Bernardo Mercado,2012-11-20 Tsuku Kihon refers to powerful and dynamic techniques used and taught by some Shotokan karate instructors The idea behind Tsuku Kihon is that power and closing distance are greatly enhanced by propelling the body forward using basic karate principles A group of approximately 25 Tsuku Kihon combinations was developed by several Shotokan instructors in the middle of the 20th century Sensei Luis Bernardo Mercado decided to expand and categorize Tsuku Kihon in order to increase its applications and to create a formal structure for teaching them Many months of trial and error by the author of this book resulted in an additional 42 combinations and three methods by which Tsuku Kihon can be systematically taught to intermediate and advanced karate students This second edition of Tsuku Kihon is expanded to include several more exercises that will help practitioners improve their skills in this art form Chapter 3 is for instructors to use as an introduction of Tsuku Kihon to beginners below brown belt These exercises teach how to drop into an attack and end up in a complete front stance Chapters 10 and 11 are meant for advanced students who have been training in Tsuku Kihon for about one year Using the heavy bag and makiwara will sharpen skill at all levels and improve kime and distancing Chapter 14 integrates sweeps into Tsuku Kihon combinations which will raise kumite to a higher level of proficiency Together these additional drills will make for a more rounded martial arts practitioner competitor and improve self defense capabilities Another great addition to this updated book is beautiful artwork by Nobu Kaji tsuku kihon kihon and kata techniques Egil Thompson samurai scene

drawings and Mike Thompson wood inlay artwork for back cover All these original works of art give a sense of real action and martial arts spirit

**Lessons with the Master** Paul Walker, 2007-06-19 A detailed and unique training resource Lessons with the Master is a meticulous account of the teaching methods and lesson strategies of world famous karate master Hirokazu Kanazawa chief instructor and president of the Shotokan Karate International Federation of Japan Author and karate instructor Paul Walker spent three years studying karate under the direct guidance of Master Kanazawa and his expert instructors and has now compiled his diary entries of those years into this easy to understand reference for all students and instructors of Shotokan karate Lessons with the Master offers ideas tips and guidance on the use of authentic Shotokan karate do to supplement and improve current training and drill teaching Using the database of lessons the additional explanations on lesson components and the many other instructional tips students and coaches can design an endless number of coherent and effective workouts and incorporate them seamlessly into their regular karate training Detailed lesson notes a glossary and Walker s engaging anecdotes make Lessons with the Master an indispensable resource for all karate practitioners

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