

Don Warrener's Martial Arts Academy



STUDENT MANUAL

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Introduction

Congratulations on your commitment to training!

This student manual is designed as a guide for students who are new to the martial arts, as well as a reference tool for experienced students along the road to black belt. It should be noted that the information in this manual ranges from what you will need to know from Day 1 onwards, so don't feel intimidated by the more advanced levels. Everyone learns at their own pace and self-improvement is a better yardstick than comparing yourself to others. Train hard at all times.

For the first few weeks of your training, give yourself a chance to get used to the movements in karate. Be sure to not over-exert yourself. Even those in excellent condition will no doubt find that they are using their muscles differently. Always stretch out well at the start of class and take care to avoid injuries. A good rule of thumb is 'stretch what you strengthen and strengthen what you stretch'.

There is a wealth of new things to learn in karate. The martial arts are steeped in tradition which has been passed down over generations. As you progress, be sure to pick up as much information as you can about your art. There are many very good books available for training aids, historical references, and philosophical theories. Ask your head instructor about suggested reading materials.

Always train in a serious light. Many students find that the days which they feel the least like coming to karate are the days which they feel the best afterwards.

Above all else, enjoy your training!

“The ultimate aim of karate lies not in victory or defeat, but in the perfection of character of its participants.”

- *Gichin Funakoshi*

***Don Warrener's Martial Arts Academy
is Brantford's Oldest Full-Time Traditional Karate School.***

It features world class programs and has been well represented locally, nationally and internationally in competition.

Terms

There are many new terms to which you will be introduced in the martial arts. Here is a partial listing of the ones that you will come across early in your training...

Karate-Do – Empty Hand Way Literally translated from the Japanese words 'Kara' meaning 'empty', 'Te' meaning 'hand', and 'Do' meaning 'way'. This refers to the ability of its students to defend themselves without the use of weapons.

Goju-Ryu – Hard Soft Style Literally translated from the Japanese words 'Go' meaning 'hard', 'Ju' meaning 'soft', and 'Ryu' meaning 'style'. Our style of karate is based on the ideals that combining hard and soft techniques together provides the most effective system of self defense.

Dojo – Training Place Literally translated from the Japanese words 'Do' meaning 'way' and 'Jo' meaning place, a 'dojo' refers to 'the place where one walks the way'. This basically represents anywhere that an individual studies their karate. It can be a formal martial arts school, a church basement or even a park if you study outside. In this case, the field and the open sky are your dojo.

Gi – Uniform 'Gi' is the shortened version of 'karate-gi' meaning 'karate clothing' or 'keiko-gi' meaning 'practice clothing'. Although a beginner's gi may be made of a polyester blend, a traditional karate-gi is made of heavyweight cotton and only comes in one colour - white.

Obi – Belt The one part of a student's uniform which receives the most attention is the belt. Traditionally, there were no coloured belts. Everyone had a white belt which became soiled over the years of training. The longer you trained the blacker it got. Now, coloured belts help to distinguish between progressive levels of training and range in full and half colours from white to black. In honour of tradition, you should still never wash your belt.

Sensei – Teacher Literally translated from the Japanese words 'Sen' meaning 'precede' and 'Sei' meaning 'life', a Sensei is essentially 'one who has gone before you'. At the very least, a Sensei is the head instructor of your school. Additionally, a good Sensei represents an experienced teacher, a valued advisor, an unrelenting enforcer, a compassionate mentor and more. The Sensei/Student relationship is difficult to completely define, but that said, it should always be treated with respect.

Kilskai – Attention This command is used to call the students to attention during class. It tells the students to immediately cease what they are doing and stand with their feet together and their arms at their sides. This command is almost always followed directly by ‘Rei’ and ‘Osu’.

Rei – Bow The bowing in karate represents humility, trust and respect. In feudal Japan, the samurai would bow before each other to convey the trust that the other will not behead them with their sword. This is the same trust that must be recognized when working with partners during class. Although the odds of losing your head is quite slim, it’s nice to know that your partner is willing to respect the fact that you are allowing them to use you for practice.

Osu (Os) – Acknowledgment ‘Osu’ is a term which is widely used to mean ‘yes’, ‘okay’, or ‘I understand’. The closest translation of the phonetic characters making up the term is ‘a pledge to endure’ or ‘give one’s best effort’. This is normally said after bowing or after specific instructions from your teacher.

Shomen – The Front of the Dojo Literally translated from the Japanese words ‘Sho’ meaning ‘proper’ or ‘correct’ and ‘Men’ meaning ‘side’ or ‘face’, the shomen is the designated front side of the dojo. The shomen can be any side of the dojo (or ring) which students do not enter and exit from. When lining up in class, the students face the shomen, which is where the head instructor sits. Normally, the shomen is identified by a small shrine with pictures of karate founders which aid in representing the spirit of the dojo.

Mokuso (Mukso) – Meditation Literally translated from the Japanese words ‘Moku’ meaning ‘silence’ and ‘So’ meaning ‘to think’, mokuso is a time in which the student can clear their mind of outside thoughts and concentrate on their training.

Ashimai (Hajime) – Begin Usually used to start a sparring match or to instruct a student to start their kata, ‘Ashimai’ simply means ‘begin’.

Yemai (Yame) – Stop ‘Yemai’ is a command used to call to a halt whatever activity is being performed by the students. For drills, stretching and most everything else, it simply means ‘stop’, but in sparring matches a student must be able to stop their technique immediately when ‘Yemai’ is called.

Kiai – Yell It is generally accepted in Asian culture that there is a force which flows through everyone. This is referred to as ‘ki’. (Also ‘chi’ or ‘qi’.) A kiai is used by martial artists to focus this energy on a particular technique. If performed properly, a kiai will be forced out by exhaling from the lower abdomen as opposed to the lungs.

Kihon – Basics Just as most everything in the world can be broken down to its fundamentals, so to can karate. ‘Kihon’ encompasses all of the building blocks of karate - moving, blocks, strikes, kicks and most importantly, stances. Basics are the first things that you learn as a white belt, and are the same things that you strive to perfect as a black belt. Good, solid basics are invaluable in karate.

Kata – Forms A ‘kata’ is a pre-arranged series of movements simulating combat against multiple attackers. All katas in Goju-Ryu have been handed down over the generations and therefore all share virtually the same schematics from club to club. That said, there is certainly room for interpretation. As you progress to the higher belts, you develop your own style in your katas which will make your forms unique from someone else’s. Katas are excellent training tools because it is the only time when a student can perform techniques at full power and intensity without the risk of injuring a partner.

Kumite – Fighting ‘Kumite’ is often used interchangeably with ‘sparring’, and refers to students who train one on one with a partner. It may be structured training drills as in ‘Ippon kumite’ (one point fighting) or free-style sparring as in ‘Jiyu kumite’. Regardless, there should always be an emphasis on safety and respect for your partner while practising or competing in kumite.

Kime – Focus One of the most important aspects of training is to learn how to ignore distractions and concentrate on your techniques. The importance of good ‘kime’ is obvious in kumite, but equally important while performing kata and kihon. Focusing on what you are doing today will pay great dividends over your years of martial arts training.

Bunkai – Application ‘Bunkai’ refers to the explanations of certain techniques, usually derived from katas. The forms contain many different types of attacks and defenses and studying your katas would not be complete without an understanding of them. Some of the movements in a kata are easily recognized, while others require some additional research. Many of the higher katas also contain intricate, ‘hidden’ meanings which are known as ‘kakushita’.

Counting to Ten

One	Ichi	Six	Ruko
Two	Ni	Seven	Shichi (Nana)
Three	San	Eight	Hachi
Four	Shi	Nine	Ku (Kyu)
Five	Go	Ten	Ju (Jyu)

It should be noted that the English spelling of some of these terms may vary depending on the source. The most popular interpretations have been used where possible.

Dojo Etiquette

Admittedly, it may be a little intimidating when you first enter a dojo. Traditionally, you will learn the proper protocol over time with the assistance of those who have trained before you. However, here are some basic rules and practices which you will need to pick up quickly.

Respect

Now that you are a student, you should always address the head instructor as Sensei, both inside and outside of the dojo. Other black belt instructors are referred to as Mr.____ or Mrs.____ or Miss____. There are several senior black belt instructors who are referred to as 'Sempai' or 'Sensei'.

Whenever you enter or exit the dojo, always turn to face the dojo and bow.

Remember that you are a representative of your school both in and out of the dojo. Always conduct yourself accordingly.

Presentation

Learn the correct way to wear your gi and to tie your belt. (Keep asking until you are sure that you are able to do it correctly every time.) Girls and ladies are suggested to wear a plain white t-shirt tank top under their gi top. Always keep your uniform clean and in good repair. No one wants to train next to someone with a filthy gi! If you need to adjust your gi or re-tie your belt while in the dojo, always turn away from the front of the dojo and kneel down.

Personal hygiene is very important. Often times, training drills require the use of a partner. Always be sure to keep your hands and feet clean, nails trimmed and your hair kept in a manner that will not interfere with your training. Remove all jewellery before class as it may become damaged or cause injury to yourself or others.

Traditionally, jewellery is not allowed in a dojo because it often represents a level of social status which should not have an affect on your training. Everyone in the dojo is there to learn - on an even playing field.

Logistics

Parking is available in our lot, and at the strip mall on the South side of Charing Cross. Parking on Hill Ave. is monitored for compliance with city by-laws.

Always remove your shoes when entering and keep the change rooms and lobby clean.

Although you won't need to have your own safety equipment immediately, they are essential for safety during Kumite. You should accumulate some by the time you are ready for your first grading. A complete set consists of a mouth-guard, groin protector, head gear, hand pads, foot pads and optional shin pads, and is available at the front desk. Consider labelling your items with your name.

Our club is a non-smoking facility. No food, beverage or gum chewing is allowed on the dojo floor. Bring a water bottle and small towel.

If you arrive early, consider warming up or stretching downstairs.

Children should remain upstairs and supervised until their class starts. Parents should accompany their children to and from class.

Regularly check the monthly calendars at the dojo and on the web site <http://dwmaa.com/calendar.html> to know when classes may be cancelled due to gradings or holidays. News are often announced on Facebook and by email, so keep contact information current.

Always remember to keep your membership current by paying your membership fees on time. This helps to meet the financial commitments of the dojo, which allows us all to have somewhere to train!

Classes

Classes are scheduled at a variety of times throughout the week. Be sure to know when your classes begin and end and always arrive with enough time to get changed and ready for the start of your class. In the event that you arrive late and your class has already started, get your uniform on quickly and kneel at the entrance to the dojo until you are invited in by the instructor.

Always let your instructor know before the class begins if you have any injuries or illnesses that will affect your training that day. Listen to your body. Training hard should produce some sore muscles, discomfort and perhaps bruising - but not pain. Train smart. Parents should inform instructors of any special concerns about their children.

As with many things in karate, all classes begin and end in the same way. Students line up in belt order (with higher belts to your right) facing the front of the dojo. The instructor is directly across from the students and the highest belt takes the bo. The first command is 'Shomen ni rei' in which everyone bows to acknowledge the founders of our style of karate. The instructor always bows first and the remainder of the students bow in order from highest belt to lowest. The second command is 'Sensei ni rei' in which the instructor bows to the students and the students bow to the instructor. 'Mokuso' is the start of a moment of meditation in which you lightly close your eyes and breathe in through your nose and out through your mouth. This is a good time to clear your mind of everything outside of the dojo and concentrate on your training. After mokuso, we finish with another 'Sensei ni rei'. This traditional bowing should not be considered as demeaning or subservient in any way. It is an acknowledgement of the relationship between instructor and student. That is why the instructor always bows first. Without their students, they would not be an instructor.

If for some reason you need to leave the class, always raise your hand to get the instructor's attention and ask to be excused. Never leave the dojo without permission.

Higher belts are encouraged and expected to assist lower belts when asked. The best way to really learn something is to teach it to someone else. However, you should never teach any new techniques or forms to lower belts without the permission of the head instructor.

Always train in a serious light. Be sure to really understand what it is that you are doing and why. Take care to ensure safety and control at all times. Students who are not at the dojo to train seriously may be asked to bow out.

Remember that your actions may hinder the ability of other students to train effectively. Always pay attention and listen carefully to your instructor at all times.

Don't train with strangers - get to know your fellow students. Whenever sparring or working in partner drills, you should always know the name of the person you are training with. After all, you are allowing each other to perform techniques on yourselves which require a certain degree of trust! Many good friendships can be developed through the martial arts.

It is important to note that different instructors may vary slightly in how techniques are presented. In the event that an instructor demonstrates something that is different than how you have been previously taught, always accept their method while in their class and, if still unsure, question them politely afterwards. It would be considered the height of arrogance to suggest that your instructor is wrong, simply because they do something differently than you do.

Take full advantage of seminars. Highly skilled and experienced martial artists from other cities (and countries) are occasionally invited to host in-class seminars for the benefit of those that attend. These seminars are 'working classes' in which you bring your gi and train while you learn. There is a huge amount of information available at these events and you don't need to be a higher belt to take advantage of it! The key here is this - in order to attract other excellent martial artists to come to our club, we need to support them when they agree put on these sessions. Nothing is worse than having the best available instructors commit to fly in to host a seminar, only to have poor attendance from our students.

Tournaments from other clubs which practise our style of karate will be posted occasionally in the lobby. Although competing in tournaments is not mandatory, lower belts should consider attending a tournament early in their training. Experience gained from competing in (and preparing for) tournaments can be invaluable. Remember that you will only be competing with people in your age range and belt category. Attending competitions as a white or yellow belt will ensure that you are in a division of people who also have little or no tournament experience. Don't forget, tournaments are designed to be fun!

Children

Obviously, children and adults learn new skills and responsibilities at different rates. From a teaching standpoint, children should not be considered as just 'small versions' of adults. They deserve special consideration. Therefore, there are many differences with the training schedules of kids. First of all, classes are divided into concentrated age groups which allow students to train with others of similar size and level of maturity. The younger student classes will be focused more on developing suitable behavior and listening skills - in addition to a great deal of fun! Progressing through the ages, students learn to develop patience as their technical skills improve. Older children can begin to train with more of an emphasis on the physical aspect of the martial arts. Eventually, teenagers will be asked to join the adult class schedule.

Although children cover the same basics and forms as adults, they will do so at a pace which is geared more to their personal development. To alleviate long periods between belt graduations, the children's program uses a series of belts with full and half colours. For example, a new student would progress from white belt to half white / half yellow, before obtaining a full yellow belt. There are also two additional belt colours, red and purple, which are not used in the adult program. As the children work through the requirements of each level, progress is marked with a system of stripes on their belts. From an instructional viewpoint, these stripes help to group together students of similar skills within a specific rank. They also act as incentives between gradings to let the children know how they are progressing. The stripes represent the following...

- | | |
|---------------|--|
| Blue | Student has shown progress at the basics in the current level. |
| Yellow | Student has learned the required basics at the current level. |
| Red | Student has learned the schematics of their new kata. |
| Green | Student has developed a good form in their kata. |
| Black | Student has been invited to the next grading. |

Finally, it should be noted that full black belts represent those who are recognized as instructors. With this in mind, black belts are students who have not only trained in the physical techniques of karate, but also possess the maturity which only comes with a certain amount of life experience. Therefore, full black belts are reserved only for adults. Younger students who have met the criteria will be presented with a junior black belt and will be invited to grade for a full black belt when they become adults.

Kihon

Here are the translations of the majority of terms which will be used in Basics.
(Remember that not all of these techniques will be required by lower belts, but keep in mind that you may be exposed to them at any time.)

Stances (Dachi)

Heiko dachi	Natural stance
Zenkutsu dachi	Forward leaning stance
Sheko dachi	Sumo stance (Horse stance)
Kumite dachi	Fighting stance
Sanchin dachi	Hourglass stance
Neko Ashi dachi	Cat stance
Kokutsu dachi	Back stance ('T' stance)

Blocks (Uke)

Gedan barai	Low block
Chudan (Uchi) uke	Middle block
Jodan (Age) uke	High block
Hariatoshi	Three point block
Mawashi uke	Roundhouse block
Kake uke	Hooking block
Soto uke	Forearm block
Kakato uke	Chicken head block
Teisho uke	Palm heel block
Hiza uke	Shin block

Strikes (Zuki and Uchi)

Gyaku zuki	Reverse punch
Oi zuki	Lunge punch
Kizama zuki	Lead hand jab
Empi	Elbow strike
Rekkan (Uraken)	Backfist
Teisho	Palm heel strike
Nukite	Spear hand strike
Haito	Ridge hand strike
Tetsui	Hammer fist
Shuto	Knife hand strike
Ni zuki	Double fist punch
Mawashi zuki	Roundhouse punch

Kicks (Geri)

Mae geri keage	Front snap kick
Mae geri kekomi	Front thrust kick
Yoko geri keage	Side snap kick
Yoko geri kekomi	Side thrust kick
Mawashi geri	Roundhouse kick
Mikasuki geri	Crescent kick
Kake geri	Hook kick
Mae tobi geri	Jumping front kick
Ashi barai	Foot sweep
Ushiro geri	Back kick
Fumi komi geri	Stomp kick
Kensetsu geri	Joint kick
Hiza geri	Knee thrust
Yoko tobi geri	Flying side kick
Ushiro tobi geri	Jumping back kick
Wheel kick	Jumping spinning kick
Iron Broom	Sweeping kick
Axe Kick	Heel kick

Miscellaneous

Mawate	Turning
Kakiwake uke	Wedge block
Yoi	Ready
Makiwara	Training board

Points on Basics

Stances are the most fundamental techniques in karate. Without a strong foundation, strikes, blocks and kicks will have minimal effect. The most important point to remember on stances is that

‘Power is rooted in the feet, developed by the legs and guided by the hips.’

Blocks are almost always performed with the lead hand, leaving the power side back to deliver a strike. In many cases, the most effective block is simply to move out of the way.

Strikes consist of punches as well as open hand techniques and can be delivered with the emphasis on speed, power or both.

Kicks are powerful techniques which, with practice, can be delivered to all areas of the opponent. For good control, improving your balance is the key.

Kata

Kata are practised in all Japanese martial arts (kendo, judo, etc.), but karate is the only one where kata are performed individually. There are forms which are studied right from white belt and new forms are added at each full belt level above. Virtually every technique used in karate is represented in the katas. When performing a kata, it should be announced with feeling and performed with full intensity using the best basics you are capable of. Your focus should be unwavering and nothing should distract you. For this reason, you should never stop in the middle of a kata.

Points on Kata

There are six points which need to be incorporated into your katas. They are...

- | | |
|------------------|---|
| Eyes | Look where you are headed before you move. |
| Pace | Learn the proper rhythm of the kata. This is usually set for the lower forms, but open to interpretation in the high forms. |
| Breathing | It is surprising the number of times you will need to be reminded to breathe. Inhaling and exhaling at the proper points is an important part of everything you do in karate. |
| Focus | Maintain your concentration on what it is that you are doing. That said, you should be able to perform a kata without actually 'thinking about it'. |
| Technique | Everything comes back to basics. Every stance, every strike, every kick - execute them to the best of your ability. |
| Kiai | Remember, you are simulating a fight against multiple attackers. Learn the proper kiai points in your katas and yell them out! |

When standing in mokuso before announcing your kata, your left hand should always cover your right hand. In Japanese culture, the right hand represents an aggressive weapon and is therefore covered out of respect for your opponent. In Goju-Ryu karate, all kata begin and end on the same spot. This symbolizes a central belief that all things, including life itself, end in the same way in which they began.

Kata Requirements

children belts	adult belts	kata	translation
		Taikyoko Gedan (first 8 moves)	first course low block
		Taikyoko Gedan (full 20 moves)	first course low block
		Taikyoko Chuden	first course middle block
		Taikyoko Jodan	first course high block
		Taikyoko Mawashi-Uke	first course roundhouse block
		Taikyoko Kake-Uke	first course hook block
		Gekisai Dai Ichi	attack and smash part one
		Gekisai Dai Ni	attack and smash part two
	(later)	Saifa	destroy and defeat
(later)		Sanchin	three battles
(earlier)		Saifa	destroy and defeat
		Tensho	rotating palms
		Seienchin (first half)	attack, conquer, suppress
		Seienchin (full)	attack, conquer, suppress
(later)		Sanchin-Tensho	three battles, rotating palms
		Sanseiru	thirty six moves
		Sanseiru	thirty six moves
	(earlier)	Sanchin	three battles
	(earlier)	Sanchin-Tensho	three battles, rotating palms
		Shi Sho Chin	four battles
		Seisun	thirteen hands
		Seipai	eighteen hands
		Kururumfa	hold and destroy
		Suparumpei	one hundred eight

Kumite

Until the mid 1900's, kumite consisted of stationary partner drills which concentrated on singular attacks and defenses. Modern karate has developed a system of 'free-style' fighting which allows students to move about and throw a wide variety of techniques and combinations. Free-style sparring is likely the best way to work on timing, distancing and reflexes. It is also generally accepted as the most interesting element of karate from a spectator's viewpoint!

Points on Kumite

There are as many different styles and theories of fighting as there are students. The idea is to find one that works well for you. Take into consideration your size, flexibility, speed and strength when practising your kumite. All these things, and more, will affect which techniques you add to your arsenal. Be sure though, not to discount various combinations or moves without trying them repeatedly. The dojo is a place to learn don't think that having a point scored on you is a bad thing! Learn from your partner and above all else, check your ego at the door.

Contact in sparring is inevitable and encouraged if done properly. Always be sure to adjust your level according to the size and ability of your partner. Higher belts should spar at a level just above where the lower belt is fighting. Neither person would learn anything if a higher belt was to devastate a lower belt with a series of advanced techniques. For safety sake, sparring gear should always be worn, especially mouthguards and groin protectors. Although kicks below the belt are not allowed at any level, contact can occur and whatever money spent on protection will pay for itself many times over. At lower belt levels, there is no contact allowed to the head and it is best to pull your kicks and punches short of contact to the body. It takes quite a while to become comfortable with being able to strike to the body with full speed in order to make contact but not injure. At higher belt levels, body contact is not only allowed but required. There is limited contact to the head, but not to the face. Foot sweeps are reserved for advanced belts only.

Sensei Yamaguchi's Five Key Ingredients

1. Always be in the best shape you can possibly be in.
2. Always strike with total commitment.
3. You must have a calm mind.
4. See through your opponent's moves.
5. React as quickly as possible to your opponent's moves.

Gradings

Gradings are an important part of your martial arts training. They mark levels of achievement along the way. Originally in karate, there were no belt colours and therefore no gradings. Your regular classes were your gradings. In essence, that is still true today. Everyone who attends a grading is there by invitation from their Sensei, based on their time at rank, performance, attitude and level of commitment in their regular classes. If you were not ready to grade, you would not have been invited. However, that is by no means a guarantee of passing. You will need to get up in front of a panel of black belts and demonstrate the requirements for progression to the next belt level. Gradings involve five components - basics, kata, kumite, self defense and questions. Obviously, they range in difficulty and length from white belt to black belt. Those who are grading for higher belts will be responsible for everything which they have studied from white belt up to their current level. Keep in mind that gradings are based on personal achievement and not on comparison to others. True, there is a certain standard which must be met, but that level will be different from student to student. Don't concern yourself with the 'quality' of techniques of others in your dojo. Only concentrate on what you can do to improve your skills. Your Sensei will determine who will grade and when - it would be improper of you to make judgments on this subject.

Points on Gradings

Never ask to be in a grading, you must show patience and wait to be invited.

Always arrive with plenty of time to register, get changed and stretch out – and remember to submit your grading fee with your registration form. Friends and family are invited to attend and seating in the dojo is usually available.

Be on you best behaviour and avoid horseplay. When waiting off to the side, sit quietly kneeling or cross-legged on the floor.

Listen carefully to the instructions of the black belts at all times. Gradings, especially, are a time when you must dig deep and give your best effort.

After the grading, there is a short waiting period before belts are awarded. Never ask if you passed your grading. A grading results sheet will be posted in the lobby. Adults are issued their new belts in a later class; children may attend a graduation ceremony.

Never ask to be shown a new form. Your Sensei is the only one who will authorize you to learn a new form - and will do so only when you are ready to learn it. Finally, always accept your new belt with humility - for no matter what its colour, you still have much to learn.

History

The history of martial arts is difficult to specifically pin down. It is generally accepted that the lineage of today's martial arts dates back to the Monks of the Shaolin Temple. Originally built during the North Wei Dynasty (386 - 534 A.D.) in China's Honan province, the temple serves as a home to the monks. (After being rebuilt a number of times over the centuries, the temple still stands and operates today.) A Zen Buddhist monk, named Bodhidharma, arrived at the temple around 520 A.D. from his native India. He found that the monks had tremendous mental and spiritual abilities, but were sadly lacking in physical ability. Unfortunately, this left them vulnerable to the attacks of roaming bandits. Bodhidharma proceeded to lead the monks in exercises to strengthen their conditioning, derived from the Yoga exercises of India. Legend has it that while he trekked across the Himalayas, he was forced to defend himself against wild animals. This led him to study the characteristics of different animals - from which he developed a complete system of fighting. This system was based on five animals - the tiger, leopard, monkey, crane and snake - and was the early basis for what would become known as Kung Fu.

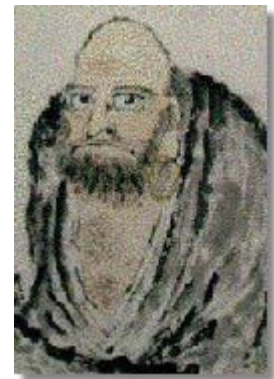
Over time, outsiders would come across the teachings of the Shaolin Temple while crossing trade routes in China. By the 14th century, this knowledge arrived in Okinawa, an island south of Japan. The Okinawans, who were socially oppressed by the dominant Japanese, in turn developed their own style of self defense based on their study of the Chinese system. The island of Okinawa was under the thumb of the leaders of feudal Japan, who enforced their will through the use of Samurai warriors. At the time, the Japanese rulers had enacted a complete ban on metal weapons for everyone except the Samurai. After years of Japanese invasions, the people of Okinawa were forced to develop a system of self defense against the Samurai, with little else but their bare hands. Their system was originally known simply as 'Te', meaning 'Hand'. Naturally, some forms of Te would differ from region to region, so the developers would add the name of their village to their style to distinguish it from the others. (In the late 1800's, Sensei Higashionna returned to Okinawa from China and formulated a system called Naha-Te, named for the village where he was born and raised. This would in turn become the foundation for Sensei Miyagi's Goju-Ryu.)

Around the turn of the 20th century, the Japanese government underwent what is known as the Meiji Restoration, in which the long-standing feudal era of the Samurai and Japan's multiple class system was eradicated. The kingdom was unified and Okinawa became a province of Japan. Various styles of Te arrived in mainland Japan and were collectively described by the Japanese kanji character 'Kara' which loosely translated to mean 'from Chinese descent'. 'Kara-Te', or Karate, was born. Interestingly enough, the kanji character was later changed to mean 'Empty' in an effort to shed any reference to China. Karate-do, 'Empty Hand Way', was formed.

Bodhidharma (4?? - 539)

The Zen Buddhist Monk who was credited with first developing a system of Martial Arts which he taught to the Monks of the Shaolin Temple.

Legend has it that he once spent 9 years of his life meditating in a cave. He became so obsessed with meditation that he cut off his own eye lids to keep from falling asleep.



Kanryo Higashionna (1853 - 1916)

Sensei Higashionna was a native of Okinawa and was quite diminutive in stature. He began studying the martial arts as a young boy, around the same time that his father was killed in a fight. He spent much time in China from which he developed his system of 'Naha-Te'. Higashionna was the first teacher of Chojun Miyagi.



Chojun Miyagi (1888 - 1953)

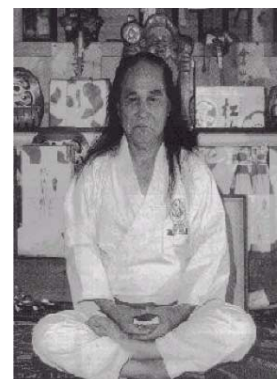
Sensei Miyagi was born in Naha, Okinawa and began training in martial arts at the age of nine. He later studied in China where he gained more knowledge which he used to formulate his system of 'Goju-Ryu' upon returning to his homeland.

Sensei Miyagi's fist is the symbol used to identify Goju-Ryu Karate-Do worldwide.



Gogen Yamaguchi (1909 - 1989)

Sensei Yamaguchi was instrumental in expanding Goju-Ryu across mainland Japan after inviting Sensei Miyagi to come and teach him. He is credited with the introduction of free-style sparring to karate. This paved the way for the competitive aspects of point fighting. Sensei Yamaguchi was also known as 'The Cat'.



Don Warrener began his karate training on March 15th 1966 under Benny Allen, a student of Masami Tsuruoka "The Father of Canadian Karate". Benny Allen was the best fighting instructor in Canada for years as he had at least 5 of the very best fighters in one dojo. All of these fighters went on to win national and international championships in the 1960's.

O'Sensei Warrener was graded to Shodan in 1968 by legendary Richard Kim of San Francisco who was the head of the Dai Nippon Butoku Kai in Canada which Benny Allen had joined.

In 1973 Sensei Warrener travelled to San Francisco to start his 28 years of tutelage under Sensei Kim right up till the time he passed away in 2001.

In 1968, O'Sensei Warrener opened his first Karate school, by the mid 1980's Don Warrener had opened over 32 martial arts schools across Ontario.

Don Warrener has travelled all over the world teaching seminars, guest speaking, and has authored over 18 books on the martial arts.

O'Sensei Warrener won the Canadian Championships in 1968 in Kumite and the Eastern Canadian Karate Championships in 1973 in both kata and kumite. In 1996 he started competing again and won the European and Caribbean Championships in kata and team kata.

He now lives in Hollywood California where he works with many of Hollywood's top action stars like Jean-Claude Van Damme and Scott Adkins and several others. His company, Warrener Entertainment is the world's largest production company of martial arts instructional films. The United States government has recognized Don Warrener as a top Martial Arts historian for his knowledge and dedication and contribution to the martial arts.

O'Sensei Don Warrener is also the head of the World Karate Organization with membership in 21 different countries. In 2008 he was promoted to 8th Dan by Masami Tsuruoka



Goju-Ryu Crest

Once satisfied that his newly developed system was complete, Sensei Miyagi felt the need to create an insignia which would well represent the style. He simply traced his right fist. This crest is recognized worldwide as a symbol of Goju-Ryu.

Points on the Goju-Ryu Crest

The fist is partly closed and partly open. This represents the balance between the Hard and Soft techniques incorporated in the system.

Sensei Miyagi's fist is slightly crooked, due to a previous injury.

The crest should be worn on the left side of your karate-gi, over your heart.

The kanji characters on the top row say **Go / Ju / Ryu**.

The second row of characters say **Kara / Te / Do**.

The crest itself is made up of three colours. The centre is white, the outline is black and the writing is red. The white represents the beginner in karate, the black represents the level of instructor and the red represents the highest level of proficiency, Master.



Student Creed

I will develop myself in a positive manner and avoid anything that could reduce my mental growth or physical health.

I will develop self discipline in order to bring out the best in myself and others.

I will use common sense before self defense and never be offensive or abusive.

***This is a Black Belt school.
We are dedicated. We are motivated.
We are on a quest to be our best.***

Black Belt Creed

As a dedicated student of the martial arts, I will live by the principles of a Black Belt.

***Respect, Compassion, Gratitude, Integrity and Modesty.
I will practice these within my daily life, both inside and outside the dojo.***

I vow to exercise Self-Control and live each day with Perseverance and an Indomitable Spirit.

Lists

Six points of the kata

- eyes
- focus
- breathing
- kiai
- pace
- technique

Six textures of the kata

- fast / slow
- hard / soft
- pause
- balance point

Three principles for life

- admit mistakes
- stay flexible
- keep sense of humour

Five degrees of self defence

- block
- block then counter
- block and counter
- counter
- don't be there

Three tenets of martial arts

- respect
- compassion
- gratitude

Six relationships

- god
- country
- teachers
- friends
- family
- self

Be sure to check out the other classes/services which are available at your school.

Sparring Classes dedicated to improving your fighting, with plenty of time spent 'in the ring'.

Kobudo Everyday Okinawan farming implements used as weapons of self defense.

Tai Chi The Soft Chinese art which concentrates on breathing, stretching and fitness.

Karate-themed birthday parties, tournament club BBQ, Halloween & Christmas parties.



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