

Shima Karate Schools

Goju Ryu Karate Do

Advanced Students Manual 2009

Students Name: _____

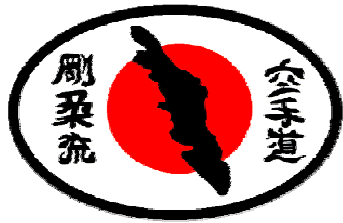
Advanced Students Manual

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Chapter 1

Introduction To Teaching

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Goals & Objectives

Our goals and objectives are to deliver the very best material to the students, to help them function effectively during the physical and mental ups and downs that are inevitable in life.

Teaching allows for differences in physique and ability. Each student is encouraged at their particular level and urged to reach higher levels of endurance and performance. We also strive to promote high self-esteem by complimenting students on their achievements, in groups or individually.

An atmosphere that encourages growth and challenges, both mental and physical, is important. We must encourage students to seek knowledge through outside education, such as courses, and by reading. Also the basics of “goal setting” should be emphasized.

Students should be aware of standards that are acceptable to the majority of the world.

To ensure that we are a first rate organization and an asset to our communities, we must have the very best reading, camp and seminar material available to the teachers and the students.

Through the year it is important to cover all the various aspects of karate training. During certain months we will be emphasizing the following areas.

Teaching Cycle

September:

Punches, Arms, One Step, Closing the Gap, Building Strength

October:

Kicks, Stomach, Sparring, Sweeps, Aerobic activity

November:

Blocks, Legs, Demo Routines, Shifting, Anaerobic Lactic

December:

Self Defense, Arms, One Step, Long Techs, Anaerobic Lactic

January:

Kata, Stomach, Sparring, Short Techs, Strength

February:

Punches, Legs, Demo, Throws, Aerobic

March:

Kicks, Arms, One Step, Floor Fighting, Anaerobic Lactic

April:

Blocks, Stomach, Sparring, Speed, Anaerobic Lactic

May:

Self Defense, Legs, Demo, Drawing Opponents, Strength

June:

Kata, Arms, Sparring, Chasing Opponent, Aerobic

Before class, discuss what will be emphasized. Then aim the warm up in that direction. If you are unable to attend your class, call assistant. If assistant can't make it, call Sensei.

Keep track of everything that you teach. Give praise freely. Watch the time. Keep the classes fun and challenging.

Kiai's keep the kids so busy, they don't have time to fool around.

Use the "whole", "part", "whole", method for teaching. Example: Step across the floor in lunge punches. Break the punch down, hand twisting, pulling hand, etc. Then step across the floor again with the added info. Then, if applicable, use the technique with a partner or in a kata.

Your written lessons are a guide for you. If you see something that needs lots of work or more explanation, you need not follow your written lesson. The idea is to present information in such a way that the students understand it and can make improvements. Spend time on what you deem necessary without being boring.

Use your Coaching Level 1 theory book to design classes.

Watch the time, be flexible.

Spend time correcting the majority's errors.

Teach to the slowest person in the class. If they understand, everyone else will, too.

Make sure your activities are safe. If in doubt, be on the safe side.

The teacher's mood will be the class mood.

Teaching Material

Weight training

History
Philosophy
Psychology
Health
Diet
Anatomy
The effect of exercise on the body systems
Concentration
Goal setting
Importance of reading
School learning
Cleanliness
Saving money
Of choosing the correct company

Recommended Reading

Black Belt	Roth
Karate	Nishiyama
Dynamic Karate	Nakayama
Best Karate 1 2 3 4	Nakayama
Classical Man	Sensei Kim
Weaponless Warriors	Sensei Kim
Karate Sensei	Peter Urban
Book of 5 Rings	Musashi
Okinawan Goju	Toguchi
Karate Do Goju 1, 2, 3	Higaonna
Sport Stretch	M. Alter

Techniques


Sweeps, rolls, break falls, throws grabbing and pulling or pushing. Side stepping.
Self defense techniques, single and multiple
Kata breakdowns (bunkai)
Distance and Timing
Makiwara and Heavy Bag Training
Ground Fighting
Shuffling Back and forth
Spinning kicks and flying kicks
Elbow and knee strikes from all different angles
Blocking with the elbows or knees
Defenses against different weapons
Blocking and countering with the same hand

Jamming attacks, punches and kicks
 Back fist, heito, shuto, nukite, single knuckle strikes, and stomps
 Breaks, board breaking, throws, takedowns
 Stretching, relay drills, skill drills

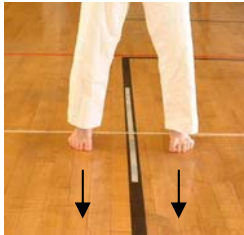


Stances

- Stances form the base for every move you make. All of your power comes from the ground through your stance and into your technique.
- Your stance must be very stable.
- Always keep your posture in all you stances.

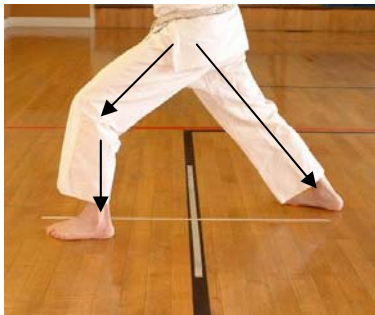
<p>Musubi Dachi – Informal Attention</p> 	<p>Heels touching Feet pointing out at 45deg Knees bent slightly</p>
<p>Heisoku Dachi – Attention Stance</p>	<p>Same as Musubi Dachi Toes also touching Feet pointing forward.</p>

Heiko Dachi – Ready Stance

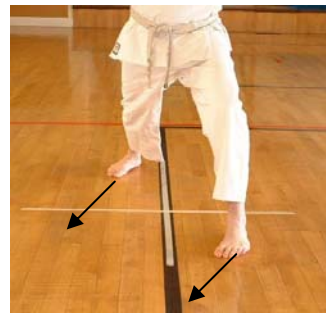


Feet shoulder width apart
Feet pointing forward
Knees bent slightly

Zen Kutsu Dachi – Forward Stance



Feet shoulder width apart
Stance 2 shoulder widths long
Front knee bent, back leg straight



- Zen Kutsu Dachi is one of the most important stances. It forms the basis for most movements in a forward direction.
- Be sure not to have the stance too wide. One shoulder width is for beginners, as you become more advanced the stance should become narrower.
- Depending on the technique, the hips can be expanded or contracted which allows techniques performed in this stance capable of great power.

Shiko Dachi – Sumo Stance



Feet 2 shoulder widths apart
Stance sideways, forward
Or on a 45 deg angle

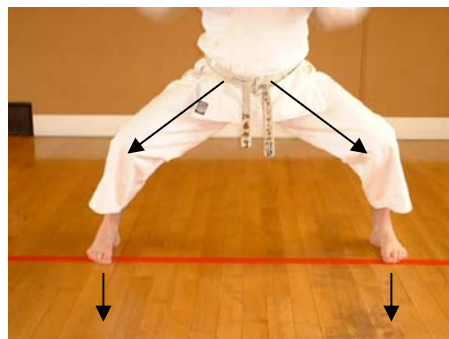


- Even if you can, do not turn feet directly sideways. Ideally the thigh is aiming in the same direction as the feet.
- Tighten the stomach, this should tighten the inner thigh muscles (adductors) with the pressure of the feet toward each other.
- Tilt the pelvis forward. The seat sticking out is poor posture and bad form.

Kiba Dachi – Horse Stance



Feet 2 shoulder widths apart
Stance sideways or forward
Feet pointing straight forward



- Here the thigh is aiming in a different direction than the feet. This does not hurt the knee ligaments.
- This stance strengthens the ligaments on the outside of the ankle helping to prevent sprains

Sanchin Dachi – Hourglass Stance



1 shoulder width apart
Heel of the front foot lined up -
- across from toes of the back foot
Knees bent slightly
Back foot pointing forward
Front foot point inward
Hips level at end of technique



- This stance forms the basis of Goju Ryu. It is one of the most stable stances for all general directions. All other stances have a weakness.
- Tighten the muscles of the sphincter first, then the gluteus muscles and stomach. The thigh and calf muscles will tighten easily after that. The toes need to grip the floor.
- Flatten your arch to the floor.
- Get the feeling that your feet are digging into the floor at an angle.


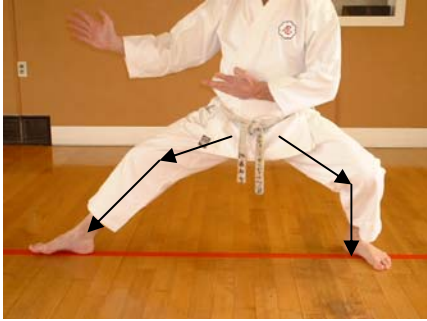
Neko Ashi Dachi – Cat Stance



Front foot directly in front of back
Back foot at a 45 deg angle
Front foot on the ball of the foot



- Point the rear foot 45° to the center, the knee should aim in the same direction.
- Keep the front leg loose, not more than 10% of your weight on it, lift the heel so that the ball of your foot is in contact with the floor.
- If the front knee is kept in line with the instep of the rear leg, you are in groin defense position.

<p>Kokutsu Dachi – Back Stance</p> 	<p>Stance is 2 shoulder widths long</p> 
<ul style="list-style-type: none"> • Weight distribution is back leg 66%, front leg 34%. • Line up the front foot with the instep on the back foot. • A long low stance is used to strengthen the muscles and sinew of the legs. 	
Teiji Dachi	T Stance
Kosa Dachi	Lady Horse Stance
Sagi Ashi Dachi	Crane Stance
Hachi Dachi	Informal Stance

Points involved:

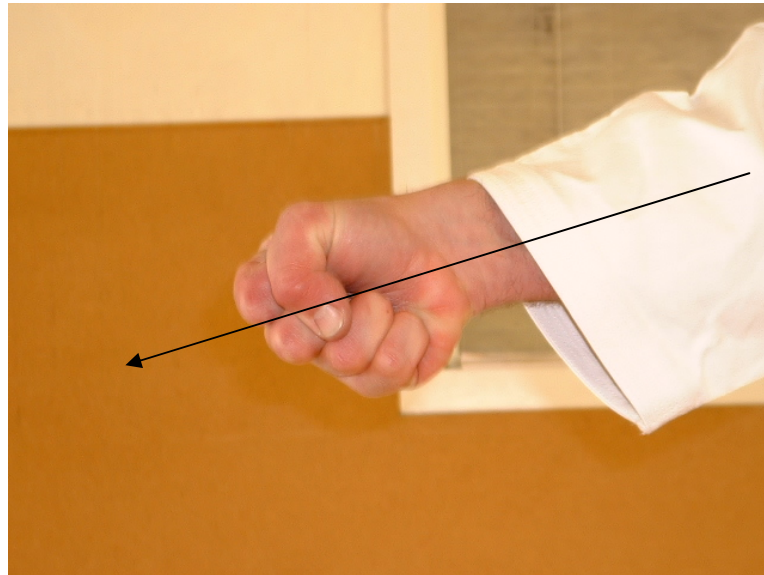
- Posture, direction of hips, direction of head, direction of feet, shoulders, knees, position of center of gravity between the feet, distribution of weight, width and length of stance, depth of stance, shuffling in stance, moving in stance, shifting to different stances, staying level, each leg's job moving smoothly, and understanding why you do all these things.
- Direction of power – which way the muscles are pulling the legs.
- Higher stances for mobility lower stances for building strength and for defense.
- Stances are vital to every technique in karate and must be stressed with each technique performed.
- Moving quickly and powerfully from position to position is vital in karate. Extra power is obtained from the contact with the ground, if the contact is made correctly.

Punches



Curl the fingertips as close to the bottom of the fingers as you can.

Fold the hand up starting with the little finger first.



Pull the thumb over the first and second fingers from the thumb.

Power is directed between the two main knuckles.

Note: the little and ring fingers press toward the thumb and the thumb is pressed toward the little finger. When you tighten the fist in this position, it is as hard as it can be.

Oi Zuki – Lunge Punch



Gyaku Zuki – Reverse Punch



- Press pulling hand against your side.
- Pull pulling elbow toward spine.
- Contract and square hips with punch
- Pulling hand is retracted when punch is half way out.
- Begin punch just before step is complete.

- Both feet on the floor before beginning punch.
- Land with hips open in order to generate rotation.
- Caution: land with the front knee pointing in the direction you stepped.

Seiken Zuki	Standing Straight Punch
Morote Zuki	Vertical double fist punch
Morote Heiko Zuki	Horizontal Double Fist Punch
Kage Zuki	Hook Punch
Ura Zuki	Close Punch
Uraken	Back Fist
Ippon Ken	One Knuckle Punch
Tettsui	Hammer Fist
Shita Zuki	Upside Down Punch
Mawashi Zuki	Roundhouse Punch
Kazami Zuki	Jab
Tate Zuki	Vertical Fist Punch

Points involved

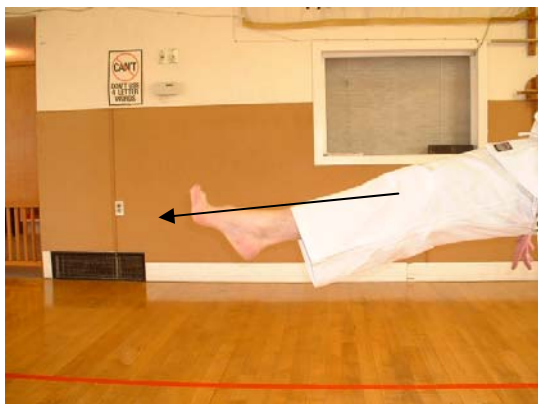
- Starting position of each hand: in different stances and in combinations.
- Making (folding) a fist. Turning the punching hand. Final fist position, wrist position, which knuckles to punch with.
- Pulling hand: when to pull. Turn hand when? Final fist position. Final elbow position. Wrist straight – hit with first two knuckles.
- Use lat muscles instead of shoulders. When and how to breathe. Legs’ job during the punch. Hips’ job. Stomach and how they all go together.

- With punches, take time to think through the technique you wish to teach, and do them in different stances, standing and shifting, moving and in combinations. The variety is endless.
- Good punching is complicated, involving many small things. Posture and a solid stance are things to look at while teaching each of the other little things.
- Punching power comes from contracting the body's muscles in the proper order and finally tightening the entire body at the correct time.
- Toughening of the striking surfaces of the hands comes from striking those surfaces on hard objects or by exerting pressure on the striking area, such as with push-ups.
- The shock of hitting objects such as a punching bag or the makiwara will condition the hands and arms to hit hard without breaking. This kind of conditioning should be undertaken before any attempts to break boards or bricks.



Kicks

- To help prevent wear and tear on the knee during kicks, tighten the foot at the end of the kick when practicing. Bring the knee to waist level before kicking.
- The better stretch your antagonistic muscles have, the higher and faster you can kick.
- Bag work is essential to prepare the joints for the shock of impact.



Koshi (foot position #1)



Sokuto (foot position #2)



Haisoku (foot position #3)



Kakato (foot position #4)

<u>Name</u>	<u>Translation</u>	<u>Foot Position</u>
Mae Geri Keage	Front snap kick	#1 - Koshi
Mae Geri Kekomi	Front thrust kick	#1 - Koshi
Yoko Geri Keage	Side snap kick	#2 - Sokuto
Yoko Geri Kekomi	Side thrust kick	#4 - Kakato
Mawashi Geri	Roundhouse kick	#3 - Haisoku
Ushero Geri	Back kick	#4 - Kakato
Mikazuki Geri	Crescent Kick	#2 – Sokuto
Fumikomi	Stomp Kick	#4 – Kakato
Kensetsu Geri	Joint Kick	#2 - Sokuto

<u>Name</u>	<u>Translation</u>	<u>Foot Position</u>
Hiza Geri	Knee Strike	#4 – Kakato
Kin Geri	Groin Snap Kick	#3 – Haisoku
Mageru Geri	Hooking Kick	#2 – Sokuto
Nami Ashi	Inside Snap Kick	#2 – Sokuto
Ashi Barai	Foot Sweep	#2 – Sokuto
Tobi Mae Geri	Flying Front Kick	#1 – Koshi
Tobi Yoko Geri	Flying Side Kick	#4 – Kakato

- Three basic kicks – front, side and round.
- From standing position in: Zen kutsu dachi, neko ashi dachi, sanchin dachi, and heiko dachi.
- Stress: The position of the foot throughout the kick, position of the toes, swinging the knee through and aiming it, keeping the knee in line with the center of the body.

All kicks use one of four foot positions at the end of the technique.

- 1) Foot extended striking with the “Koshi” or ball of the foot (front kick).
 - 2) Foot 90 deg to the leg and tipped over striking with the “Sokuto” or knife edge of the foot (side snap). Big toe is pulled up and other toes pushed down. This position is also used for sweeps with the flat bottom of the foot (sweep & crescent kicks).
 - 3) Foot extended and toes pointed striking with the “Haisoku” or instep (round house). This foot position is also used for hook kicks striking with the flat bottom of the foot (Mageru geri).
 - 4) Foot pulled 90 deg to the leg striking with the “Kakato” or heel of the foot (stomp kick). Also used in side thrusting kicks using the heel rather than the knife edge.
- Focus on the flow of the kick, what happens in 1st, 2nd, 3rd, etc. The roll of the hips, lifting the leg, extending the leg, the roll of the stomach in the kick.
 - Supporting leg: bending the knee, staying level, turning the foot to hit with the ball, turning the supporting foot.
 - Where the hands go: before, during and after the kick.
 - Posture: center of gravity, hyperextension of the knee and how to avoid it. Kime or focus. Snapping the leg back to position on the same plane it went out on.
 - Returning to original position, moving forward, moving sideways, moving backwards, the importance of returning the foot to the knee first.
 - Keep the supporting foot flat on the floor, direction of the kick, snap and thrust.
 - A kick is basically a long-range tool used to keep an opponent away or to move yourself into range to use short hand techniques.
 - The kick is done with the whole body. The kick is not complete until the foot is back on the floor, so the withdrawal of the foot and where it returns is very

important. The power, speed, and snap from the leg muscles is determined by the distance over which the kick travels.

Blocks

- Tighten the fist on closed hand block.
- Keep the elbow more to the center of the body
- Pull the shoulders down to connect the muscles of the trunk and legs.
- Coordinate the pulling hand with the block, all movement ending at the same time.
- There is fist rotation at the end of blocks.
- Teach the block to finish with the hips open in preparation for the punch.
- The whole point of blocking is to prevent the opponent from continuing his attack.
- A block is an attack, and should always be done with that in mind.

Jodan Age Uke



Arm at an angle
Framing the face
Keep the elbow down
Expand hips



Soto Uke – Outside Forearm Block



Elbow into the center
Fist shoulder height
Arm 90 deg



Uchi Uke – Inside Forearm Block



Elbow fist length from the body
Fist shoulder height
Arm 90 deg
Expand hips



Gedan Barai – Lower Block



Fist finishes above knee
Arm straight
Hips expanded

Shuto Uke – Knife Hand Block



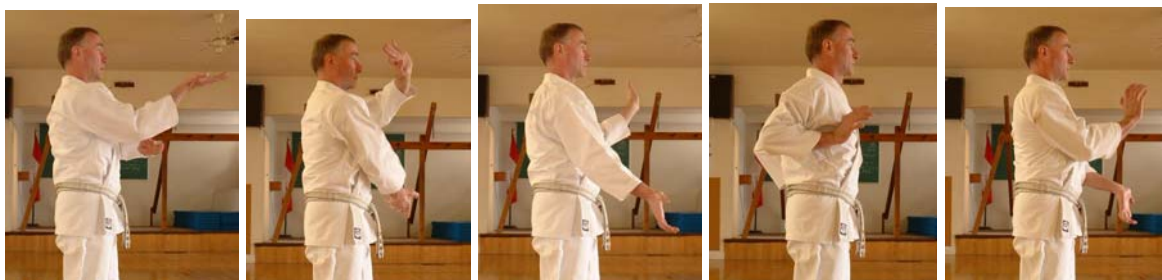
Teisho Uke – Palm Heel Block



Wrist bent fully
Can be done as a block
Or as a strike to the Nose





Mawashi Uke – Round house Block



Kake Uke – Hooking Block



<p style="text-align: center;">Kakuto Uke – Bent Wrist Block</p> 	<p style="text-align: center;">Wrist bent fully Blocking with the back of the wrist Can block upwards Or Sideways</p> 
<p>Mikazuki Geri Uke</p>	<p>Crescent Kick Block</p>
<p>Morote Uke</p>	<p>Double Forearm Block</p>

Points Involved

Blocking while standing in different stances, while moving in different stances forward and backwards. Pulling hand before, during and after the block, breathing in on most blocks, body positions before, during and after, rotation of the blocking hand and when, posture, what area are you blocking with fist? Wrist? Moving the center of gravity while staying in stance and its advantages, feet flat on the floor, angle of the block, deflecting or striking. What the fist does, open or closed hand. Combinations with other blocks, kicks, punches.

After the student gets the idea of from where the blocking hand starts and ends, the student should know where each block is useful and which block is useful with which technique. Then, a student needs to know whether he should step forward or sideways.



Chapter 2

Creating Lessons

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Creating Lessons

- Classes should have one, or at the most, two themes. Everything in the class should be aimed at getting a point across.
- People learn through three senses: Ears, Eyes, Feel, so explain what you want, demonstrate it, and then go around giving feedback as the students practice.
- We have memory stored in our brains and memory stored in our muscles. Each has short and long term memory. For the mind, long-term memory is instilled through emotion. The long-term memory of the muscle comes from repetition.
- Classes should be written out and the teaching time planned. Don't wing it, and stress safety features. Start and end on time. Waiting for late-comers punishes those who are on time and rewards the late.
- The structure of the courtesy bow in is important. Butoku-Kai means military virtue, which is respect, compassion and gratitude. The higher belts kneel and get up first, the lower belts earn their way up. The higher belts help the beginners as they know what it is like trying to learn some of the techniques. We express gratitude for our parents, friends, life and country.
- Avoid tag type games for safety reasons. Put a halt to pushing and shoving for the same reason. Keep water bottles out of the dojo to avoid spilling and slips. Very light body contact and no head contact is allowed. Know the first aid kit location and use of materials. No climbing on equipment, equipment is to be used properly and put away after use.
- Avoid using beneficial exercises for punishment. Give one warning (if you repeat that, you are in the corner) then carry through. Use short times in the corner. Be consistent and fair.
- Only allow one at a time to use the washroom, or you get a stampede. Once the students are dressed, they no longer need to be in the dressing room and should go into the dojo.

Warm Ups

The warm up should last about 10 minutes and include motions which are to be used in the practice plus dynamic stretching.

20 Warm Up Exercises

1. Left foot forward stance, left arm straight out, bring the right knee up and across to the left hand. The knee comes up – not the hand down. Repeat on the right side. Now same stance and swing the back leg up stiff legged as high as possible. Keep the heel of the supporting leg on the floor. Repeat L and R.
Benefits: dynamic stretch for antagonistic muscles of kicking leg. The abdominal muscles, iliacus, psoas major and minor are strengthened.



2. Stand in shiko dachi, arms extended, middle and ring fingers touching like you are hugging someone. Make a wide circle brushing the floor and reaching up. Repeat 7 times clockwise then counterclockwise. Turn left, phoenix stance, repeat big circles 7 each way. Stay left in Zen kutsa dachi (Chinese horse stance) and repeat 7 big circles each way. Turn to right and repeat.
Benefits: all major large muscle groups are dynamically stretched then strengthened when you reverse.



3. In a 2-1/2 shoulder width shiko dachi, squat and push the arms up like a weight lifter, then squat and push straight to the front, then push straight to the sides, then straight down behind you. This is one set and includes 4 squats and 4 different pushes. Repeat as many times as you wish. **Benefits:** dynamic stretching of adductors, biceps, femorus, semitendinosus, semi membranous and entire shoulder girdle. Strengthening of quadriceps and back muscles.



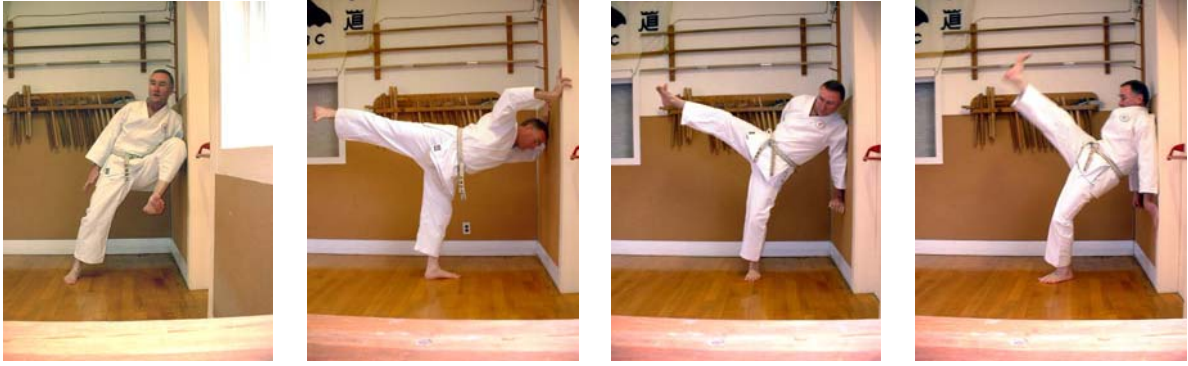
4. Take 1, 2, 3 steps, swing the back leg up high to touch the opposite hand. Continue 3 steps, swing, this will alternate feet. **Benefits:** dynamic stretch for the glutes and hamstrings.



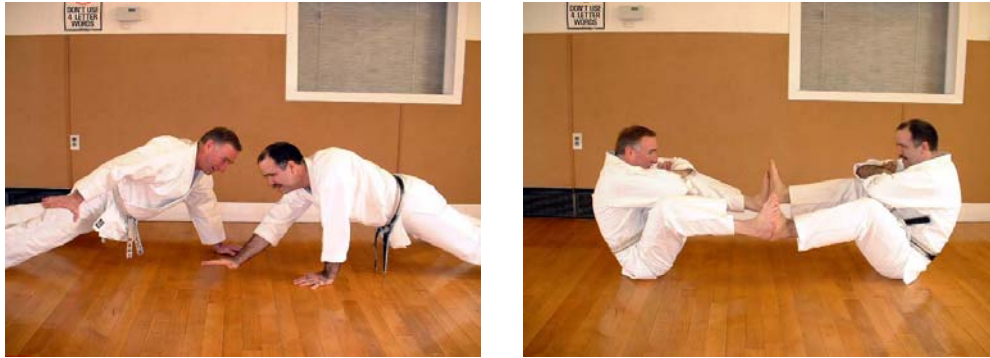
5. Get in a zen kutsu dachi, bring the arms up to shoulder height. Use the arms in a swimming motion breast stroke. Bend the front knee forward while reaching out, push back with the front leg while you do a swimming motion, keeping the arms up at shoulder level. Repeat however many times and switch to the other side. **Benefits:** stretches the entire shoulder (deltoid) muscle and by not letting the arms down between strokes, you build up aerobic capacity in this area. The quadriceps of the muscle is the main target of this exercise. You are engaging it in both concentric and eccentric contractions. The deeper the stance, the more the muscles benefit.



6. (a) Lean with one shoulder on the wall, keep your feet about 24” away from the wall. Lift the inside knee to the shoulder 30 times, bringing the foot down beside the other foot each time. Repeat other side. (b) Keep the same distance from the wall, facing the wall; lift the leg to the back. Do this on a slight outward angle and lift to over the head, repeat other side. (c) Assume position as in (a). Lift the outside leg sideways to over the head and bring down to beside the other foot. Repeat other side. (d) Lean back with your shoulders only on the wall, still 24” away and bring the leg up to the front over the head. Do the same with the other leg. All exercises repeated x 30. **Benefits:** (a) the adductors are worked while stretching the glutes and hamstrings. (b) The gluteus muscles are worked along with the sacrospinalis while stretching the psoas and iliacus muscles. (c) The tensor fasciae latae and vastus lateralis are worked while the adductors are stretched. (d) The psoas and iliacus muscles are worked while the biceps femorus semitendinosus and semimembranosus are stretched.



7. Get into pushup position with feet spread. Play tag with a partner, tagging only to the hand, and moving spider like. With a partner arms crossed and feet up and touching, try to push the other over and not fall yourself.
Benefits: With spider tag, the entire front of the body gets a real fast, fun workout. As for the foot tag, the benefits are the same as sit ups, but more fun.



8. Stand in shiko dachi, lean to left and touch both palms to the ground, come up to center, touch the knees and twist right and reverse punch. Start slow and speed up, then start on the other side and repeat.
Benefits: Super anaerobic alactic exercise, all abdominals are worked and stretched, as well as back, leg and gluteus muscles.



9. Simple calisthenics. Bring students to the front and get them to lead the class, change students with each exercise. Push ups, sit ups, mountain climbers, squats, jumping jacks, squat thrusts, slow jog around dojo.
Benefits: anaerobic lactic and aerobic exercise depending on how long you go. People get a bit of experience being at the front of the class. All major muscle groups are warmed up.
10. Start running on the spot. Lift the L foot up like a Scottish dancer and slap with the R hand, then the other side and repeat a number of times. Kick up to the back and side with the R foot and slap with the R hand, same with left and repeat a number of times. Kick R foot across behind and slap foot with the L hand, same with opposite side, then mix any combination of moves.
Benefits: loosens and exercises the muscles in the hips and knees, very aerobic exercise when carried on or combined with other leg exercises.



11. Start bouncing then suddenly jump high and bring the knees to the shoulders, keep bouncing and kick up back to your seat. Repeat or alternate exercises.
Benefits: plyometric exercises build explosive power. All mobility muscles are stretched and worked. Very difficult to carry on for sustained period.
12. Pa Qua – line up single file front to back, leave a good arm’s length between. The front person turns and faces the line, step forward, R foot, R hand and the first in line does the same, hook the back of your hands, and pull the other toward you, passing on the R. Keep stepping, put out the L foot and hand, hook hands and pass to the L. Continue through the line. Each person as they come to the end turns and hooks the hand presented to them by the next person. The line keeps moving.
Benefits: lateral movement, soft blocking, aerobic fun exercise.



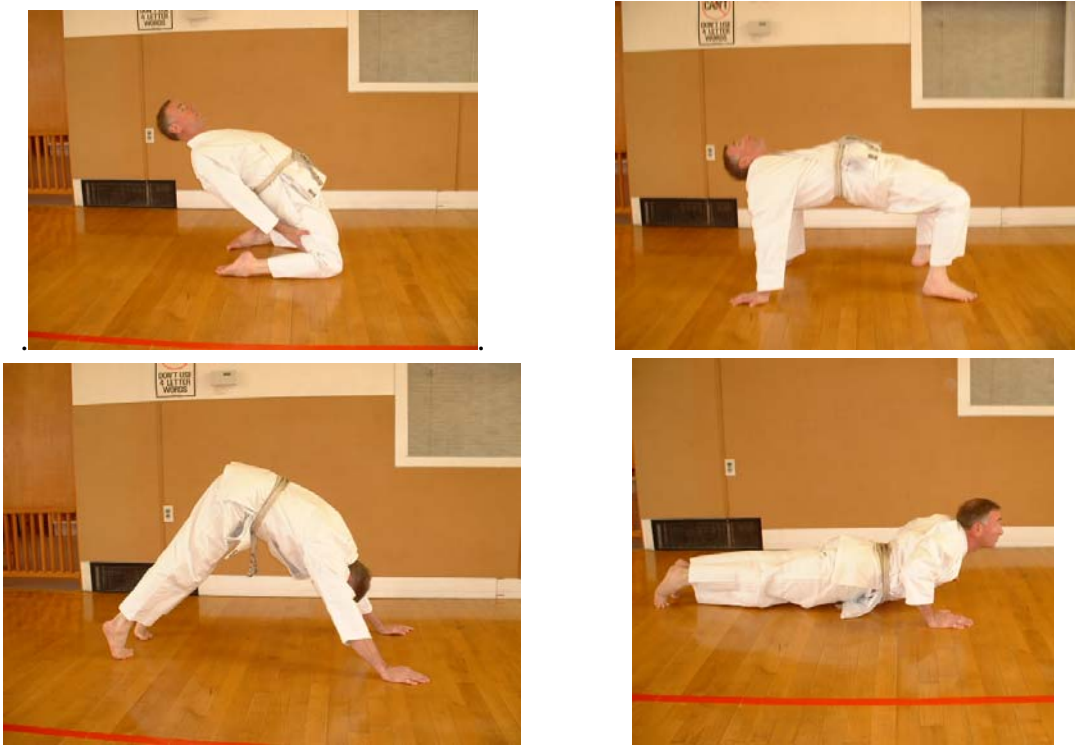
13. Pa Qua – in a circle this time, partner up. All R foot and hand forward, pass on the R. Reach out L and continue around the circle. Keep going. For variety, go lower and speed up.
Benefits: Same as 12.
14. Form a circle and walk quickly in one direction. Keep the circle the same size and the speed constant. One designated person breaks to the outside and runs around the outside until they can tag the person in front of them after passing everyone. Repeat for everyone in the circle. Keep the numbers small – you will see why.
Benefits: very aerobic.
15. Divide the class into lines of about 6 each. Send half the line to one end of the dojo, the rest to the other end. Start a relay run. For variety, have participants do a jump kick of some sort in the middle before tagging.
Benefits: a series of anaerobic alactic runs that if carried on becomes aerobic. Good sprint practice.
16. From zen kutsu dachi or heiko dachi, execute very slow front and side kicks. Add roundhouse and back kicks if you wish. Slower is better.
Benefits: moving slow and properly is the best way to teach muscles the proper sequence of contraction and relaxation in a technique. This is also a very good way to strengthen the muscles which produce the technique. Better balance is a by-product of this type of practice.
17. Pyramids or starting on one side of the dojo, do 1 push up, get up and run to the other side and do 1 sit up. Go back and do 2 and 2, keep going up to whatever number you wish.
Benefits: the push ups and sit ups need to be done properly to gain the strength available from pyramids. Great endurance is available to those who run up to 15 or 20.

18. Go into Shiko dachi and hold arms straight out. Start doing squats while squeezing the hands into fists. Continue for a few minutes then begin to flick the fingers out straight forcefully. Continue again for a few minutes.
Benefits: this is a strengthening exercise for the legs. Of course, your grip is the secondary benefactor.

Five Rites

19. The 5 Rites. (1) Stand with the arms outstretched, feet planted apart, and using your abdominal muscles, twist from side to side, L and R, counting as one. Repeat all exercises 21 times. (2) Lay flat on the floor with hands palm down by your seat, lift the head up then the legs straight up – keep the shoulders on the ground, legs down first then the head. (3) Kneel on the ground, not bending at the hips, hold palms on the back of the legs and lean back as far as you can without bending at the waist and come back up straight again. (4) Form a bridge with your back to the floor, hands and feet on the floor, press your stomach up as high as you can and repeat 21 times, as will all the other exercises. (5) In up pushup position, feet apart or together, do scoop pushups. Nose down first, chest, stomach, then reverse it.
Benefits: The 5 rites exercise all the major muscle groups in the body and is a very anaerobic lactic series of exercises.





20. The 8 Brocades. Another series of exercises out of China.

(1) Stand in a high shiko dachi, with arms out front and fingers facing each other, ½” apart, breathe uplifting the arms up over the head – still apart, turn the palms down and push down breathing out; entwine the fingers, palms out, breathe in as you move the arms over the head again – at the top release the fingers, palms still out, breathing out, bring the arms down in wide sweeping arcs until they are in front again. Repeat 3-7 times for all 8 exercises.





(2) Take a wide shiko dachi, arms out as before, fingers facing, turn palms down and push down while breathing out. Now fingers facing each other, lift up, breathing in to shoulder height. Make a V with your fingers on R hand and swing arms apart as if you were drawing back a bow string a long way. Repeat sequence on the R. That is one.



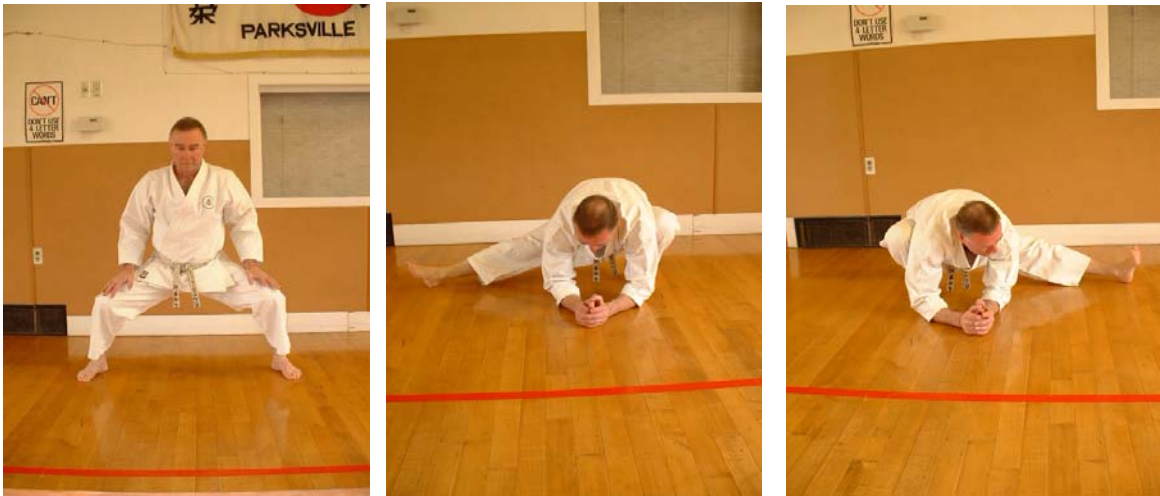
(3) Repeat the arms out, fingers facing sequence down then up while breathing with the movement. Keep the L hand in front and slowly arc the R hand around, followed with the eyes. The L hand sinks down as the R gets lower, and they meet at the bottom. Lift both again and repeat the arc with the L hand. That is one.



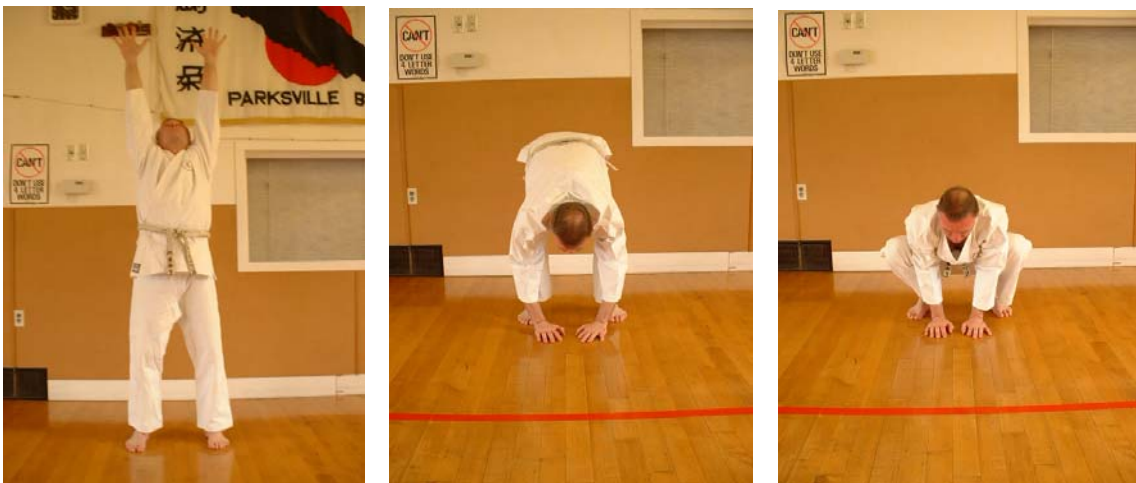
(4) Leave arms extended. Raise arms while breathing in and turning the head to the R as far as possible. Breathe out letting the arms down and returning the head to the center. Repeat the process to the left. That is one. Now repeat.



(5) Stand in shiko dachi, arms out front. Squat to R side then staying down, push to the left. That is one, now repeat.



(6) Stand with feet in heiko dachi, knees bent, heels on the ground and reach as high as you can, bend over, keep knees bent, grab the ankles for about 10 seconds, then allow the trunk to bend over to its unforced limit. Now squat down with the palms on the floor and heels flat. Very quickly, hold this position for a few seconds, stand up again and repeat.



(7) Stand in shiko dachi, arms to chest level, fists clenched, breathe out while pushing fists down to tanden, bring fist back up while breathing in, turn the head to the R and backfist to the side, repeat to the L. That is one. Note: while striking, in your mind, you are hitting with the force of 1,000 lbs., and striking negative thoughts in your life such as greed, anger and ignorance.



(8) Stand in heiko dachi, rise up on your toes while raising the outstretched arms to shoulder height, then breathe out, drop down on the heels and let the arms drop. That is one. Repeat 21 times. This jostles the bone marrow.



Benefits: all major muscle groups have been stretched and exercised, and you are learning to coordinate breathing with techniques.



還返^九
源本

Sparring

- Nothing replaces experience. Distance, timing, speed and strength are vital.
- Kata practice with imaginary opponents gives us some experience. Practicing bunkai at an ever increasing speed provides experience and reflex reactions. One, two and three step sparring gives the student an opportunity to practice proper technique and respond to certain situations. Free sparring provides the best experience, but should be engaged in after proper techniques are formed.
- It is vital to use safety gear while free sparring in the dojo to dampen the effect of mistakes.
- You can practice **speed** through speed drills designed to increase mobility or striking techniques. Knowledge of joints and muscles is vital to teaching speed drills. Weight training using the movements in our techniques helps develop speed. Exercises called plyometrics are specifically designed to increase explosive power.

- Our safe distance is beyond 1 meter or the range of a kick without taking a step. As you move closer, a very quick foot can deliver the blow and the hands are at mid body, closer still means the hands can strike so the hands need to be higher.
- MAAI (effective distance). This covers the actual distance, as above, your effective distance and your opponent's effective distance.
- You usually have a comfort distance. If you are an offensive fighter, it will be closer than a defensive fighter or counter puncher. This distance will be the space in which you can effectively execute your technique. The opponent's effective technique is another consideration. Usually a lot of shuffling goes on to get in your comfort range and out of your opponent's. Knowledge of yours and your opponent's body speed and limb speed is essential.
- Kyo, or opening happens when an opponent is shifting or is distracted. There is an opening when they are thinking or speaking. An unstable emotion or attention fixed on some object or point creates an opportunity.
- We see these openings all the time and don't react and the opportunity very quickly goes away. They come in the form of physical, mental and emotional openings. You need to practice reacting to situations properly in order for it to become intuition. Only those who continually train are able to do this with any consistency.
- Timing. The first timing is attacking immediately while the opponent is unprepared mentally, physically or both.
- The next type of timing is when you catch or sense the opponent's mental commitment to an attack. Many people at first react by backing up or covering. To attack takes lots of practice and confidence.
- Moving down the scale of difficulty, we react to the opponent's first movement. This takes a real awareness of what a technique looks like from beginning to end. Lots of repetition is required.
- Reacting at the end of an attack or between techniques. This is the beginning of learning timing.
- Set up. This is a very different aspect of timing. These moves are for placing an opponent in a position where you can take advantage of him.
- A common method is to invite your opponent to attack by leaving an opening, then either countering as he initiates his move, or by blocking and countering.

- Very common also is a fake move or feint in order to get your opponent to react in a desired way, leaving you the opening you wanted.
- Distraction is a very old technique. A simple example is “your shoelace is untied”. Anything that breaks your opponent’s concentration momentarily will do, giving you a small window of opportunity.
- The continued attack also works. This is where your opponent is made to block and defend against your attacks, creating openings for you. These combinations designed to open a specific area need to be practiced continuously
- Controlled sparring lets you see techniques coming at you so you can react and not freeze. Most people before beginning their training have never had someone punch or kick at them, and they in turn have never struck out at another person, so freezing is a natural reaction. We need to go slowly into sparring in order to build another reaction, one of block and counter.





Chapter 3

Jutsu / Do

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JUTSU = ART

DO = WAY

- A Martial Artist learns discipline through training.
- Kata is the most difficult training because you are the opponent. Laziness sets in, and self-deceit – work hard when you know you only gave it 40%.
- Kata sets karate apart from other arts. It builds strong bones, tendons, ligaments and muscles. You find your center and learn to move efficiently and effectively. It is where you practice body dynamics and fine-tune your skills.
- The use of the imagination brings kata alive. You place an imaginary opponent in an attack situation, then respond, always with perfect timing and devastating results. The kata must be repeated many times to move from short term to long-term memory.
- You are not born with reactions or habits. They are learned and stored in the subconscious. The more a reaction is practiced and repeated in succession, the more automatic and instant it becomes, as it is very familiar.
- At first, imagine or practice with a partner the attack and defense until the defense is done with ease and power, then work on different attacks this defense would work with.
- The normal reaction structure is: eye – a situation is noted, the brain evaluates the picture and compares it in the memory bank to other situations, then decides if any action should take place. If yes, then another comparison takes place to pull from memory the suitable action. Once that has been settled, a message is sent to the appropriate muscles for action. This is called the “Fight or Flight” response, which takes place in the subconscious and is limited to your past experiences. The speed at which all this takes place is beyond comprehension.
- What kata training is supposed to do is as follows: The eyes record a situation and from all the past training, the brain is bypassed, and muscle memory takes over because the subconscious (which cannot tell real from not real) is in control of a situation with which it is really familiar, then muscle memory takes over, producing an instant reaction.
- The Okinawans did not have Dojos as such until the 20th Century. The training was done in the teacher’s property and sometimes indoors, but accommodation was small. They also did not hold classes as we know them. Students would train when they had time and there were a variety of things going on at the same time.

- Kata was taught by Chogun Miyagi to suit the student, not on a “this is” basis. This aspect, and the fact Miyagi did not name a successor, accounts for the differences in Goju kata coming from Okinawa.
- Gogen Yamaguchi trained karate under Mr. Marute. When Miyagi visited Japan in 1931, Yamaguchi trained with him and was appointed head of Japanese Goju. This is important as it explains a major difference between Japanese and Okinawan Goju Ryu.
- The Japanese are a “group” people, while Okinawans are more individualistic, so it stands to reason that Yamaguchi would systemize what he taught, so it could be easily taught to large groups. The Japanese are a warrior society while the Okinawans, caught between two powers, China and Japan, developed as diplomats. So it seems natural that Yamaguchi, being left to his own devices, developed free sparring, while the Okinawans only lately began this practice. Yamaguchi altered the kata a little to suit the techniques in free sparring. The same is true of most other early styles.
- To illustrate what kata is, we can compare it to a language. The punches, kicks, blocks, and stances are the spoken language. Kata is the reading and writing. Those who do not train in kata are illiterate in a martial arts sense.
- **Takeyoku**, or “First Course” – “First Lesson”, forms were invented by Funakoshi Gichen and later dropped. Yamaguchi considered them useful to the beginner to strengthen the body, learn stances, learn moving in stances, and practicing basics. So, we begin the Takeyoku’s with Gedan or lower using only one stance, one block, and one punch. We move ahead to more complicated concepts found in Mawashi uke and Kake uke, where multiple strikes, blocks and stances are found.



- Yamaguchi took Goju kata from helter skelter kata found in Naha Te and organized them so that different techniques are introduced with each kata from, in my opinion, simple to complex.
- **Geksai Dai Itch and Ni**, “Attack and smash”, has 3 blocks from Takeyoku, introduces mae geri and shuto, and uses Mawashi uke with closed fist. We have in Ni, the first use of Neko ashi dachi. These are Miyagi created kata, invented in the post war era. The kata finish stepping forward, rumor has it, to signify the

Japanese Samurai attitude of not retreating. The fundamentals of stance, transition, strikes, and kicks should be emphasized very strongly.



- **Sanchin**, “3 battles”, or “3 steps”. This is the “hard” part of the Goju. The Go. This is the basic form of Goju Ryu. The 3 battles are the struggle to overcome the conflicts between body, mind and spirit, or to harmonize the three. There is a popular but un-provable rumor that Bodhidharma developed this form at the original Shaolin Temple.
- Certainly, it was preserved by the White Crane style of Fujian Province, China. The White Crane version practices with open hands, Goju uses the closed fist, perfected by Higashionna and Miyagi. Sanchin has few moves, and is performed slowly. Abdominal breathing is used throughout with the body tensed even during the intake of breath, only the sanchin stance is used and the body remains upright. The feet remain in contact with the floor when moving. The breathing in and out matches the hand movements with the last bit of air squeezed from the lungs as the strike ends. This is the most difficult kata in Goju. Miyagi Chogun claimed it took seven years of hours per day to gain mastery of this simple looking kata. Sanchin is the cornerstone of Goju Ryu.



- **Tensho** - “Turning Palm” or “Rolling Hand” represents the “soft” of Goju. This particular kata, in its present form, is the result of a collaboration of efforts from Miyagi and Kenwa Mabuni and was introduced into the Goju and Shito Ryu styles in the late 1920’s.

This is our only open hand kata and involves blocking, grabbing and striking with the open hand, including palm and finger strikes using the weakness of the opponent.

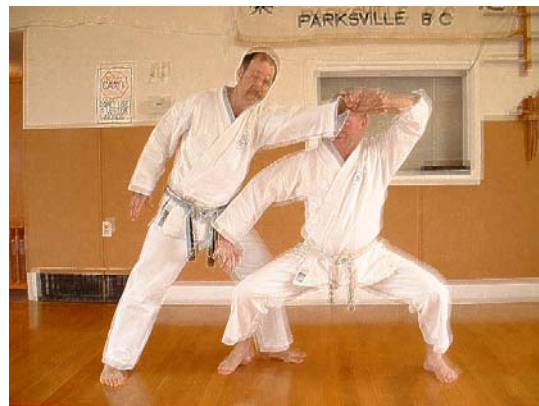
- In his travels to China, Miyagi studied White Crane Style along with Pa Qua and Tai Chi and it is thought aspects of these styles have been included into the kata. A common story is that Miyagi devised this form from article 20 of the “Bubishi” (literally, “a manual of military preparation), P. 23, McCarthy 1995.



- **Saifa** - “Breaking Point”, “Destroy, Defeat”, or “Totally Destroy”.
In Sensei Kim’s lectures, he stated Saifa was created as a method of training to fight pirates on the gunwales of a ship, which, when you look at the pattern, makes a lot of sense. This form was brought from Fujian Province, China, by Higashionna and includes techniques not found in other kata which are very useful in self defense. We are introduced to: arm releases, simultaneous block and kick, double horizontal punching, circular tetsui as well as a sweep, hair grab, and a toss or neck break, depending on interpretation.
- For a very short kata, Saifa is quite complex, and will require long and careful study in order to implement and understand the techniques.



- **Seiunchin** - “Storm Within the Calm”, or “The Long Silent March”.
This is a tiger kata. Usually taught for brown belt or Ik-kyu, this is a very difficult kata to master. The bunkai needs to be practiced frequently to find hidden techniques and understand the flow. There are no kicks in this kata. Shiko-dachi is strongly emphasized, and centering is very important. There are 50 techniques, 25 forward and 25 back.
- Stories exist of Seiunchin’s origin being from Pa Qua or Hsing-I. Others strongly dispute this, claiming the more likely “Monk Fist” of Southern China. The Monk Fist claim seems to make more sense as the kata contains many hard, fast techniques, whereas Pa Qua and Hsing-I are known as soft styles. Several techniques found in this kata are found in the “Bubishi”, a copy of which, Higashionna is said to have brought back to Okinawa from China.
- The kata starts slowly in a powerful shiko dachi, with a two handed escape. Next, we have a throw or lapel release with head butt. Then moves made famous by “the Karate Kid”, “wax on, wax off”. We have the introduction of augmented uchi uke blocks, and tetsui used in different ways. The palm up, drag back and twist technique is difficult to utilize and requires a very quick strong grip. There is a misunderstood soto uke, press, shita zuki, followed by a 2 handed release, hair grab, and upper cut. The kata repeats a release that simultaneously executes a hip strike, eji atta and press with the folded arm ending with another release and very soft kamae in neko ashi dachi. This kata is a mainstay of Goju training and deserves serious study.



- **Sanseiryu** – “36”, Thirty-Six Hands”. The dragon kata contains 39 techniques, very strong attacks in four directions with short mae geri, eji atta, gyaku zuki and kensetsu geri. There is a technique in the beginning to grab by the foot and press the knee to dump the opponent. This technique can be executed either standing or to a standing opponent from the floor. A technique to press an opponent’s grip on your wrist off with a shuto is also introduced. The kata contains sweep and throw techniques as well and finishes with an odd double upsweep of the bent wrist (or jaw).
- Our research indicates there is little doubt that this kata is from Fujian, China and brought to Okinawa by Higashionna and Uechi Kanbum.



- **Shisochin** – “Four Calm Monks”, “Four Fighting Monks”, “19”. Another Chinese kata brought to Okinawa by Higashionna and not seen much outside his students.
- This kata opens with open hand spear strikes where the bunkai is a one knuckle strike instead. It includes grip release and joint lock techniques, plus four way fore and aft palm strikes simultaneously. All techniques are in close including the two front kicks to the knee and elbow to the chest or chin.



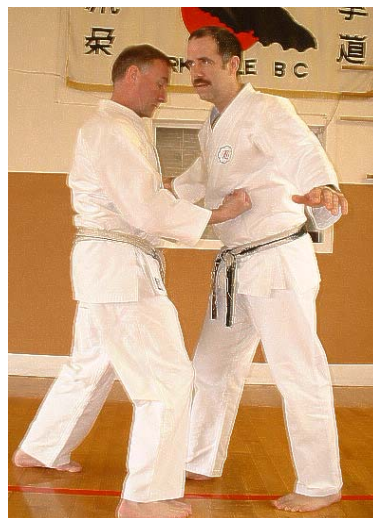
- **Seisan** – “13” or “Thirteen Hands” or “Crescent Moon”. This is an extension of Seiunchin, a Tiger kata.
- There are 56 open hand techniques in this kata, with interesting variations in the long and short forms. Okinawa and Japan have exciting differences in basically the same form. After the three quick punches starting the kata, one style does three rights, left, right and inside hooking blocks while the other has the right hand shuto the left palm (forehead) before executing two hooking blocks. One kicks with the heel at the end of the three double spear hands to the midriff techniques while the other executes a yoko geri or kensetsu geri.
- After the turn the three blocks back differ with one the “wax on, wax off” blocks found in Seiunchin, and the other is straight bottom palm striking upwards, the last block in the 3 series going back differs also with a complicated twist and lock. The throat grab in one uses the thumb and forefinger with the third knuckle striking the larynx, the other grabs the larynx with the fist upside down and twist, the fist upright followed by a double punch and break. Instead of a break, the other uses a tett sui to the forehead. The rest is very similar until we get to the end. Before and after the Mae geri differ a bit.
- These are only two of the short forms. We have been taught three by Dr. Kim. When studied, this seemingly simple kata consisting of mostly open hand techniques is an amazingly complicated form.



- **Seipai** – “18” or “18 Hands”, another Fujian form brought back to Okinawa by Higashionna, possibly related to the “18 Rukanken” (Belly Fist) of the Monk Fist style or the “18 Lohans”, supposedly the First Form of the Shaolin Temple kung fu.
- Seipai begins with a very unusual kame: stepping straight back to shiko dachi, facing the opponent sideways, in the popular style of open tournament fighting, with the open vertical palm aimed straight out at the opponent. The first 3 steps involve a powerful and complicated release. It is unusual to have kame in a kata after the formal opening, but Seipai now steps into its second kame in Neko Ashi dachi. There is an explosion out of this position with a shuto, elbow block (usually only found in Shuri kata) and back fist. The form quickly goes 180° block trap, right 90°, trap and break. When this series is finished, we find a couple of hooking back fists, except for double uchi ukes. The next few moves are standard and end with a circular tettsui similar to the one found in Saifa.



- **Kururunfa** – “Stop Attack, Destroy, Disperse”, “Holding Your Ground”, “17”. Another kata from China, this time filled with takedowns, throws and breaks.
- The beginning bunkai differs depending on the style from a sleeve grab, kick to block; shuto, kick. A series of arm breaks or releases (interpretation). The next series has the participant catching a fist, kick or fake, eji atta, then trap or throw, step back, throw or break the neck. A juji block followed by a double shita zuki to the liver and spleen. Next we have an escape from a bear hug with the arms pinned, then one with the arms loose. A grab and throw, two takedowns, and a crescent kick to end. All in all, many different styles of breaks and throws are introduced. This is a kata for high black belts.



- **Suparenpei (Pechurin)** – “108” or “The Final One Hundred and Eight Hands”. This is the most advanced Goju Kata. It was created by General Yue Fei in the Tang Dynasty. General Yue Fei was very famous and was poisoned at 36 by a jealous prime minister. Sensei Kim said this was a Shurin Kata adopted by Goju. Miyagi Chogun modified the kata following his return from Shanghai, but kept the essence of it. The kata contains all the techniques of Goju Ryu. Sensei Kim taught us this kata with small differences, three different ways. The differences may be due to Miyagi’s style of teaching a bit different to different students according to their size and capabilities. The same is true of our other kata.



To Check Your Kata

Beginners and Intermediate

1) **Techniques**

Each technique must be correct.
Understand the application of each movement.
Concentrate on the objective of each technique.

2) **Body Shifting**

Keep center of gravity centered between the legs.
Keep the same level through movement (except for special techniques).
Keep proper eye position.
Look where you are applying the technique.
Keep body axis straight to the floor (except for special techniques).

3) **Changing Direction**

Eye and head guide the body to the new direction turn your head as you turn your body.
Maintain same level during change (except for special techniques).
Lock eyes in new direction on completing change.

4) **Continuation of Techniques**

Use energy/reaction ending one technique to begin the next.
Keep muscles loose between techniques.
Maintain correct breathing.

5) **Tempo/Rhythm**

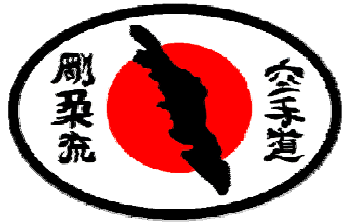
Correct rhythm according to techniques.
Pace breathing to tempo.

6) **Course/Embusan**

Maintain correct line of movement.
End where you started.

Advanced Points

- 1) Match the kata with the individual body style.
- 2) Make maximum use of body expansion/contraction.
- 3) Understand application and purpose of each technique.
- 4) Timing of body movement matches technique application.
- 5) Breathing matches the application of the technique.



Chapter 4

Nutrition

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NUTRITION AND PERFORMANCE

By Linda McLaughlin

March 17, 2000

We are what we eat! The human body is a marvelous thing. If we feed it properly, exercise it, rest it, and allow it time for relaxation and fun, things will usually go well. If we forget to feed it, and ignore its needs, things may not go so well. There are no guarantees but if we look after our bodies, research shows that it reduces health risks. Proper nutrition is important for everyone. Athletes sometimes do not know the importance of sports nutrition, or they use more unreliable sources of nutrition information.

First we will look at basic nutrition and the four major food groups that provide us with energy and the nutrients we need to be healthy and active. Food is the fuel for our bodies, and provides all the nutrients we need for growth and repair of body tissues. Ultimately it controls all the complex reactions in our body. Enjoying food is also a very social activity, and provides much pleasure as we gather with our friends and families and enjoy eating together. We all have comfort foods we particularly enjoy eating.

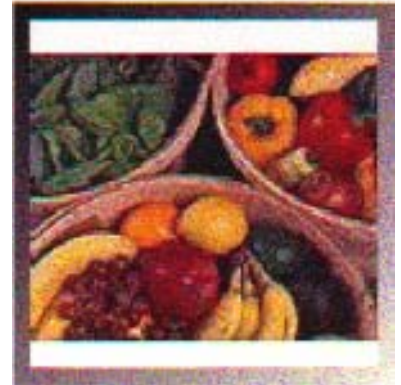
The best part of eating healthy is it makes one feel good, with the energy to do the things you want to do each day. Healthy eating is not complicated. It means choosing your food from the four major food groups. These groups are cereals and breads, fruits and vegetables, dairy foods and meat and alternatives.

Cereals and breads provide carbohydrates that are the best source of energy for the body. They also provide certain vitamins, minerals and fiber in whole grain cereals. Cereals and breads include all grain products such as wheat, rice, corn, oats and barley. Breakfast cereals, breads, rice, pastas and crackers are all in this group. The recommended number of servings per day is 5 to 12. An example of 1 serving is 1 slice of bread, $\frac{3}{4}$ cup cereal;



an example of 2 servings is a bagel, 1 cup rice or pasta. An athlete will need 12 or more servings of cereals and breads. Cereals and breads are naturally low in fat, unless we put lots of butter on our breads or cream sauces on our pasta. The whole grains or grains that are not refined provide fiber. There are two types of fiber, soluble and insoluble. Insoluble fiber helps to prevent constipation. It is found in whole wheat bread, whole grain cereals and wheat bran as well as fruits and vegetables. Soluble fiber helps to lower cholesterol, regulate blood sugar levels and help in the prevention of colon cancer. Soluble fiber is found in oats, barley, fruits and vegetables, and legumes. Fiber is digested in the large intestine by bacteria, and as bacteria digests fiber gas is produced. If you are not used to eating much fiber in your meals, this can be an embarrassing problem. It is good to increase fiber in your meals gradually, and give your body time to get used to it. Drinking lots of water with high fiber foods is very important, and we will talk about water more later.

Fruits and vegetables also provide carbohydrates for energy, and many other vitamins and minerals needed for the complex reactions in our bodies. Fruits include apples, oranges, berries, bananas, cantaloupes, and many more. Vegetables include carrots, beans, peas, spinach, sweet potatoes, cabbage, broccoli, cauliflower, just to mention a few! The number of recommended servings per day is 5 to 10. An example of 1 serving is a medium size piece of fruit or vegetable, $\frac{1}{2}$ cup canned fruit or vegetable or 1 cup salad. Again athletes need 10 servings or more. We know about many vitamins and minerals and their roles, but new information about the complex relationship between vitamins and minerals and the functioning of the body is being discovered every day. New discoveries are being made as well about the nutrients that our food contains. This confirms the recommendation to choose from a wide variety of fruits and vegetables to get all the nutrients they provide. Choosing by the bright colors of fruits and vegetables such as orange, green, red, yellow helps to ensure the wide range of nutrients they provide. They also provide fiber as mentioned in the cereals and breads.



Dairy foods provide some protein, carbohydrates, vitamins, and minerals. The most important mineral provided by dairy foods is calcium. These foods include milk, cheese and yogurt. Youth require 3 to 4 servings of dairy products per day, adults need 2 to 4 servings, and women need 3 to 4 servings per day. One serving is 1 cup milk, $\frac{3}{4}$ cup yogurt, or 2 slices of cheese. Calcium is needed for strong bones but also needed at a constant level in the blood for normal action of nerves and muscles. The parathyroid hormone is the agent that keeps the level of calcium constant in the blood. When not enough calcium is eaten, this hormone stimulates calcium to be taken from the bones to keep the calcium in the blood at the

correct level. If excess calcium is eaten, it is deposited in the bones. If there is constantly not enough calcium eaten and it is taken from the bones, the bones will gradually become porous and brittle. Osteoporosis develops, which is now very common in women, and causes their bones to break very easily. It is very important for everyone to include low fat dairy foods in their meals each day. Making the lower fat choices means some of the saturated fats are removed but not the other important nutrients, energy, protein, vitamins, and calcium. We will talk more of fats later.



Meats and alternates provide protein, vitamins, minerals and fats. Protein is used for building and repairing all the tissues and cells in the body. Hormones, enzymes, skin, blood cells, tendons, muscles and antibodies are all made of protein. Every day some of these tissues wear out or are damaged. During digestion protein is broken down into amino acids, which repair these tissues. Protein is rarely used as a source of energy, except during starvation or very strict diets. At such times, muscle is lost. Meat and alternates includes beef, port, poultry, fish, eggs, peanut butter and legumes such as beans. We need 2 to 3 servings per day. One serving size of meat is about the size of a deck of cards, 1 – 2 eggs, or 2 tablespoons peanut butter. Many of these amino acids found in protein can be made in the body, but some cannot and must be supplied by the protein we eat. Animal protein contains all the essential amino acids. Vegetable proteins do not contain all of them, but by combining different sources of vegetable protein, complete amino acids are available. Such combinations include rice and soya beans, corn and beans, wheat and chickpeas, nuts and grains (peanut butter sandwich), macaroni and cheese. The missing amino acid from one food is supplied by the other food. This is as good as getting protein from animal foods. People believe that extra protein will build big muscles, but it does not. Muscle fibers contain protein and protein is needed to repair muscle damage, but excess protein is stored as fat, not muscle.

The “other” food group includes sugar, fats, alcohol and salt. They do not provide the important nutrients for health that the other four food groups do. We need to choose from this group the least often. These foods enhance our meals and the taste of our food, but can be detrimental if we eat a lot of food containing them, e.g., fast food, prepared foods, fried foods, and candy.

Everyone needs some essential fatty acids from fats, but the type and amount of fat eaten is important. Essential fatty acids are not found in fatty meats, pastries and other commercial baked goods, French fries or most fast foods. They are found in foods that do not necessarily look fatty such as fish, poultry, whole grains, eggs, and nuts. To reduce the amount of fat eaten, choose leaner meats such as lean beef, port, and eating more poultry and fish. Meals can be prepared in ways that do not require adding more fat, such as broiling, barbecuing, roasting, baking and stir-fries instead of frying meat.

Using 1% or 2% milk is considered a low fat choice. The same thing applies for sour cream, yogurt and cottage cheese. Watching the percentage of milk fat on packages of cheddar cheese and choosing M.F. % below 27% helps to keep the fat lower. Emphasizing whole grain cereals and breads, fruits and vegetables, lean meats, low fat dairy products, and avoiding commercial prepared foods are ways to reduce fat in our meals.

There are two types of fat, saturated and unsaturated. Saturated fats come from animal fat, and two tropical oils, coconut and palm oil, are high in saturated fats. These fats tend to raise the blood cholesterol levels, which could lead to heart disease. Vegetable oils are unsaturated oils, and help to lower blood cholesterol levels. The most heart healthy oils to use are canola and olive oil. Hard margarines are vegetable oils that have been hydrogenated to make them solid at room temperature. This makes fats called trans fatty acids, which raise blood cholesterol levels, just like saturated fats. The best choice of margarine to use is a soft one that says 100% nonhydrogenated. The way to lower blood cholesterol levels is to cut down on saturated fats and trans fatty acids eaten, and lose any excess weight. There is some new evidence that small amounts of saturated fats found in dairy and animal fats are protective, but not in large amounts.

Sodium and chloride are found in salt. Sodium helps maintain the balance between water inside and around the cells. Salt is found naturally in many foods so it is not necessary to add extra salt to foods. Excess salt requires your kidneys to get rid of it. Snack foods are usually very salty, as well as prepared foods.

Sugar occurs naturally in many foods, and makes our food taste good. Sugars provide a quick source of energy. On food labels we see lactose, fructose and sucrose, and these are forms of natural sugar. Milk has lactose, sugar cane has sucrose, fruit and honey have fructose. Too much refined sugar may replace the complex carbohydrate foods that provide energy, vitamins, minerals and often protein. Refined sugar is totally devoid of vitamins, minerals and protein. Sugary foods have the potential to cause tooth decay. Sugar makes the fat in baked goods taste good, which is why we enjoy cakes, cookies and other desserts and pastries. By choosing sugary foods we can easily replace the healthy foods we should be choosing from the four food groups. So it is recommended that refined sugar should play a very minor role in our meals.



As mentioned before, cereals, breads, fruits and vegetables provide your body with energy. When digested these complex carbohydrates are broken down to sugars, and eventually to glucose. Some of this glucose replenishes the blood glucose level and provides energy for the brain and other organs. Some is converted into a storage form, known as glycogen, in the liver and larger quantities in the muscles. Any leftovers are then stored as fat. The amount of

glycogen stored in muscles is expandable. Athletes who train and eat plenty of carbohydrate foods can store up to four times the glycogen as a sedentary person. With such an increase in the use of glucose stored as glycogen, athletes and other people who are physically active have little carbohydrate left for conversion to body fat. But even more important, exercise itself becomes easier with the muscles well supplied with glycogen. These people can then exercise more, and the extra exercise will increase muscle, which uses more glucose and so on. With plenty of carbohydrates in the diet and therefore plenty of glycogen in the muscles, they can be more active without being tired. If glycogen stores run out, athletes feel like they are crashing, 'hitting the wall'. This can occur with long endurance exercise. Without glycogen the muscles have no fuel, and the athlete cannot go on. Muscles can burn some fat for energy, but only when there is some glycogen present. Without glycogen, you cannot burn fat. If glycogen stores are high, the person can exercise longer without 'hitting the wall'. This is why the athlete's meals must be high in carbohydrates.

Blood sugar levels vary over a 24-hour period, rising after meals, and then falling back to the previous level. Sugar causes blood sugar to rise quickly, then fall quickly as well. Complex carbohydrates have a more gradual effect on blood sugars, and it is sustained longer. When blood sugars are low, the body can convert glycogen from the liver for blood glucose. Once this runs out, protein from either food or muscle is converted to blood glucose. Someone who does not eat enough carbohydrates will lose muscle when protein must be used for blood glucose. Carbohydrate in meals throughout the day is necessary to prevent muscle protein from being broken down to contribute some glucose to the blood. People who skip meals end up losing muscle.



Physical activity is either anaerobic or aerobic. Anaerobic activity is intensive and only glucose or glycogen is used for energy. Anaerobic energy can only be used for short periods because glucose is not used efficiently and a waste product called lactic acid builds up, making the muscles feel tired. Aerobic exercise is longer and oxygen is used which burns the glucose more efficiently. The body can they use a mixture of glucose or glycogen and fat for energy. This is important for someone who is overweight.

Aerobic exercise that is low to moderate intensity, such as walking or swimming, uses fat as the primary source of energy. The longer the exercise, the more fat that is used. If the exercise becomes too intense and lactic acid begins to build up, then only glycogen can be used as energy. Training increases the amount of carbohydrate that can be stored as glycogen for energy; as well the person becomes fitter, and performs aerobically at higher intensities. This means the person uses more fat for energy, and the glycogen stores last longer. Untrained people accumulate lactic acid quicker, and then the body switches to glycogen for energy. But remember that glycogen must be present for the

body to use fat for energy, when glycogen stores are empty the person can exercise no more. So this again shows the importance of carbohydrates in your meals.

Everyone is encouraged to drink 8 glasses of water, but this is likely not enough for someone who exercises regularly. Drinking adequate fluids is essential because of the importance of body fluids. Fluids in blood carry glucose to working muscles and carry away metabolic wastes. Fluid in the urine eliminates metabolic wastes. Fluid in sweat dissipates heat through the skin. Too little fluids and these things cannot happen. Drink before you are thirsty, as you have lost fluids before your brain signals you by thirst. Drink fluids with meals, and between meals, and if you make frequent trips to the bathroom, you are likely drinking enough. If your urine is dark in color and scant, you need to drink more fluids. Urine should be a clear color, indicating your body is in fluid balance. Water is the best fluid, but others help to meet the requirements as well. Juice (without added sugar), seltzer, decaffeinated tea and coffee, herbal tea, lemonade, soft drinks (in moderation), soups, and low fat milk are good sources of fluids. Caffeine dehydrates the body, so choose decaffeinated coffee or tea. Cola beverages contain caffeine so it dehydrates the body as well. Beverages that contain alcohol have a dehydrating effect. They contain carbohydrate calories, but like refined sugars they are empty calories, containing no nutrients. These carbohydrates are not converted into glycogen stores either. If you are going to drink a beverage with alcohol after an event, first quench your thirst with two or three glasses of water.

The amount of calories required will vary with the amount and type of exercise, the sex and build of the person, but these are examples for meal plans for the athlete:

	2050 calories (suitable for female)	2900 calories (suitable for male)
Breakfast:	Whole grain cereal, low fat milk Fruit	Whole grain cereal, low fat milk Fruit 3 slices whole grain toast, peanut butter, jam
Lunch:	Fish or lean meat sandwich Low fat mayo, 2 slices whole grain bread Hearty soup or salad Fruit and yogurt	Fish or lean meat sandwich Low fat mayo, and 4 slices whole grain bread Hearty soup or salad 2 pieces fruit, yogurt
Dinner:	Medium serving lean red meat, fish or poultry 1 cup rice or pasta, or 1 large potato 2 vegetables or salad 1-1/2 cup fresh fruit salad	Medium serving lean red meat, fish or poultry 1-1/2 cup rice or pasta, or 2 medium potatoes 2 vegetables or salad 1 slice bread 2 cups fresh fruit salad

Snacks can be a very good way to fuel up with carbohydrates, especially if chosen from the four food groups. A snack can boost the energy level part way through the morning or afternoon. It is better for someone to have healthy planned snacks than get so hungry that they begin to crave sweets and overeat. Snacks could include: peanut butter sandwich and a glass of low fat milk; cheese, crackers and fruit; cereal and low fat milk; yogurt and fruit; muffins (home made so low fat) or bagels; nuts and dried fruit; popcorn made in hot air popcorn machine with seasoning or spices instead of fat; crackers and cheese or peanut butter.



It is also important for athletes to know what to eat before and after exercise. Most of the glycogen in muscles comes from the carbohydrates eaten the day before the event. Every training day, an athlete should eat meals high in carbohydrates, low in fat and moderate protein. Three days before an important and/or strenuous event continue eating high carbohydrate meals and train less so the muscles have a chance to rest allowing them to store up glycogen. This will prevent the athlete from ‘hitting the wall’. Choose whole grain, fiber rich carbohydrates, not eating much fat, small servings of low fat protein. Eat foods you like and know do not cause you discomfort or gas. Drink extra fluids to prevent the chance of dehydration, doing this by drinking four to eight extra glasses of water or juices on the day or two before the event. Fluids that cause dehydration should be avoided, such as beer, wine and other alcoholic beverages, and those containing caffeine, cola beverages, coffee and tea.

After exercise, the first priority is to replace the fluids lost. Juice replaces fluids as well as carbohydrates and electrolytes, water is good to replace fluids, watery fruits such as watermelon or grapes or soup provide fluids. Sports drinks or soft drinks provide fluid and carbohydrates but no vitamins or minerals. Within 1 to 4 hours, the athlete should consume carbohydrate-rich foods and beverages. Examples are a glass of orange juice and a bagel; yogurt and fruit; cereal, fruit and milk.

Every athlete is different, and each will have a somewhat different eating plan. It is important to replace the calories they burn off during exercise, but more important to eat the right type of foods, not just anything that looks good. Eating a little bit of a lot of foods makes eating enjoyable and provides many nutrients. Choosing whole grains as much as possible, from a variety of sources also provides many nutrients. Eat fish once a week; try to include legumes in your meals. Eat lots of different choices of fruits and vegetables. Be inclusive rather than exclusive, chose from all four food groups, not

dropping an entire group. There are so many different kinds of foods that everyone can choose a healthy and tasty meal plan.

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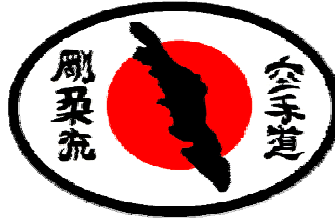
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Canada's Food Guide for Healthy Eating





Chapter 5

Body Systems

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SYSTEMS

This section will cover basic skeletal, muscular, cardio-respiratory and energy systems.

Skeletal

The Skeletal system holds the body in a form, and where bones meet at joints, provides movement. Generally, the bones involved in mobility and weight bearing are larger and stronger. Basically, we have flat bones (hands and feet), and round bones (legs and arms).

Joints are connected by:

- Ligaments, which connect bone to bone and stabilize a joint assisting to keep the motion in the designed path.
- Tendons, connect muscle to bone when the muscle contracts, it pulls on the tendon and causes the joint to move.
- Cartilage, is found where bones meet and move against each other. It acts as a shock absorber and lubricant.

Classification of Bones

Bones come in many sizes, and because of this bones are classified into 4 categories by their shape:

- | | |
|--------------|-----------------------------|
| 1. Long | i.e. humerus of arm |
| 2. Short | i.e. carpals of wrist |
| 3. Flat | i.e. parietal bone of skull |
| 4. Irregular | i.e. vertebra of spine |

Long Bones: are considerably longer than they are wide. A long bone has a shaft plus two ends. Most bones in the limbs are long bones.

Short Bones: are roughly cube shaped. Bones of the wrist are examples.

Flat Bones: are thin, flattened, and usually somewhat curved. Most skull bones are flat, as are ribs and sternum.

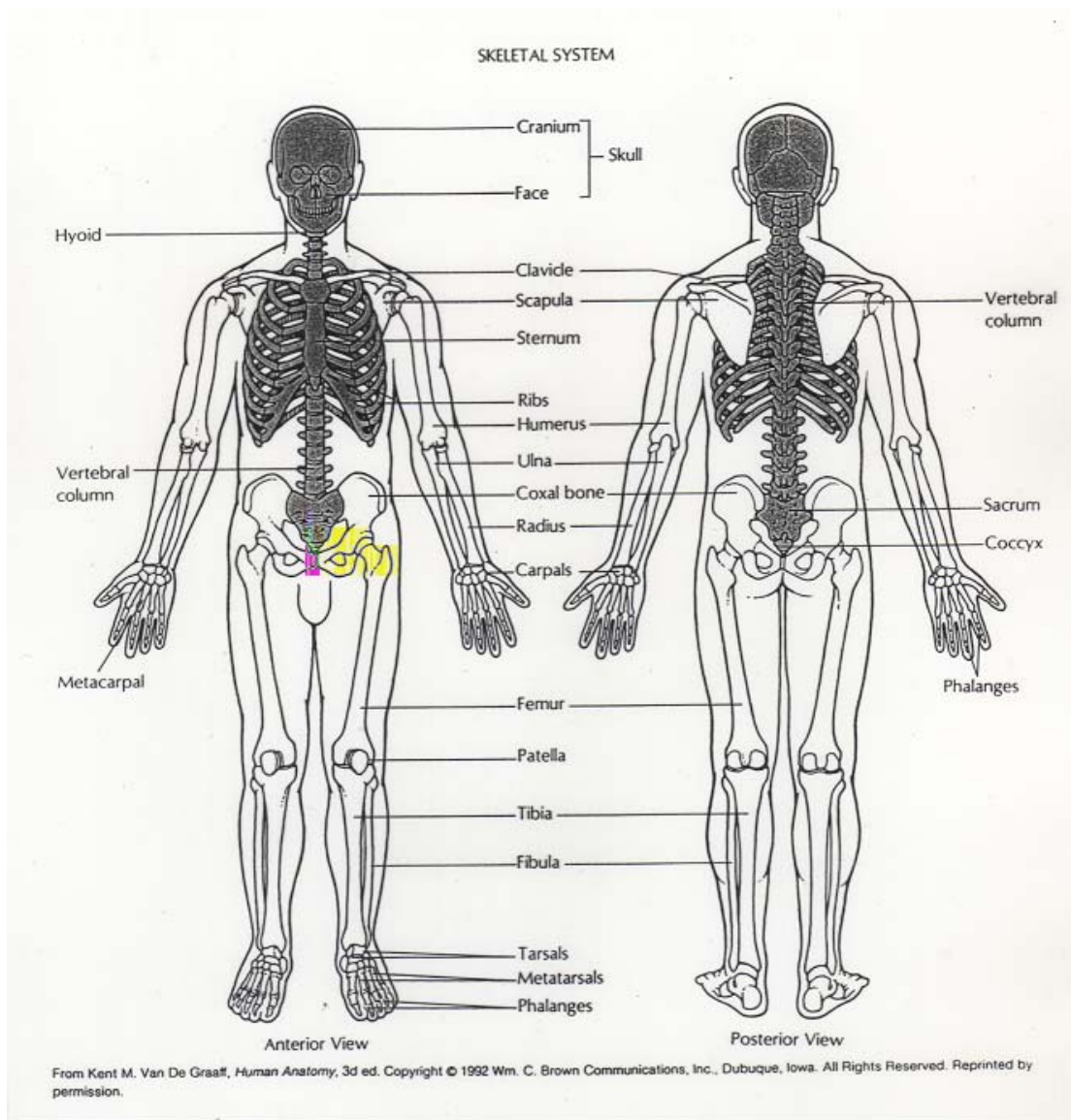
Irregular Bones: have various shapes that do not fit into any of the above categories. i.e. vertebrae and the hip bones.

Categories for Bones of the Body

Axial Skeleton: Made up of skull, vertebral column, and rib cage. Consists of 80 bones.

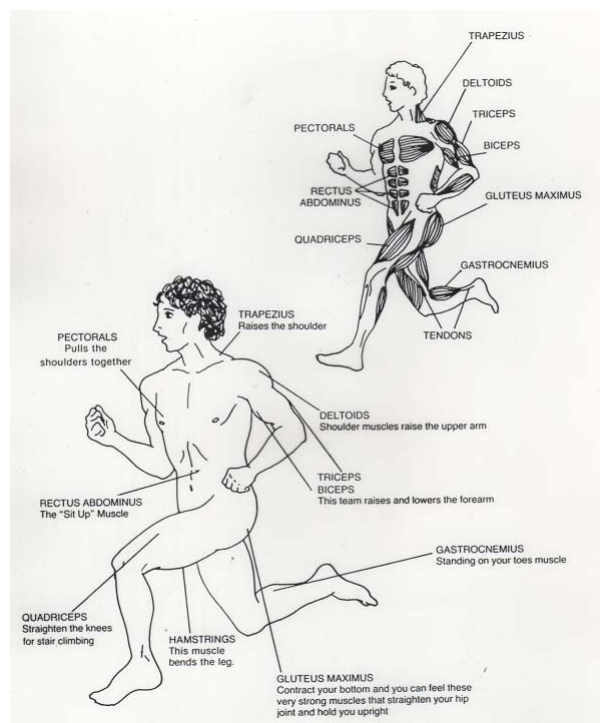
Appendicular Skeleton: Consists of the bones of the upper and lower limbs as well as the girdles by which they are attached to the body. Consists of 126 bones.

Total number of bones in the Body = 206

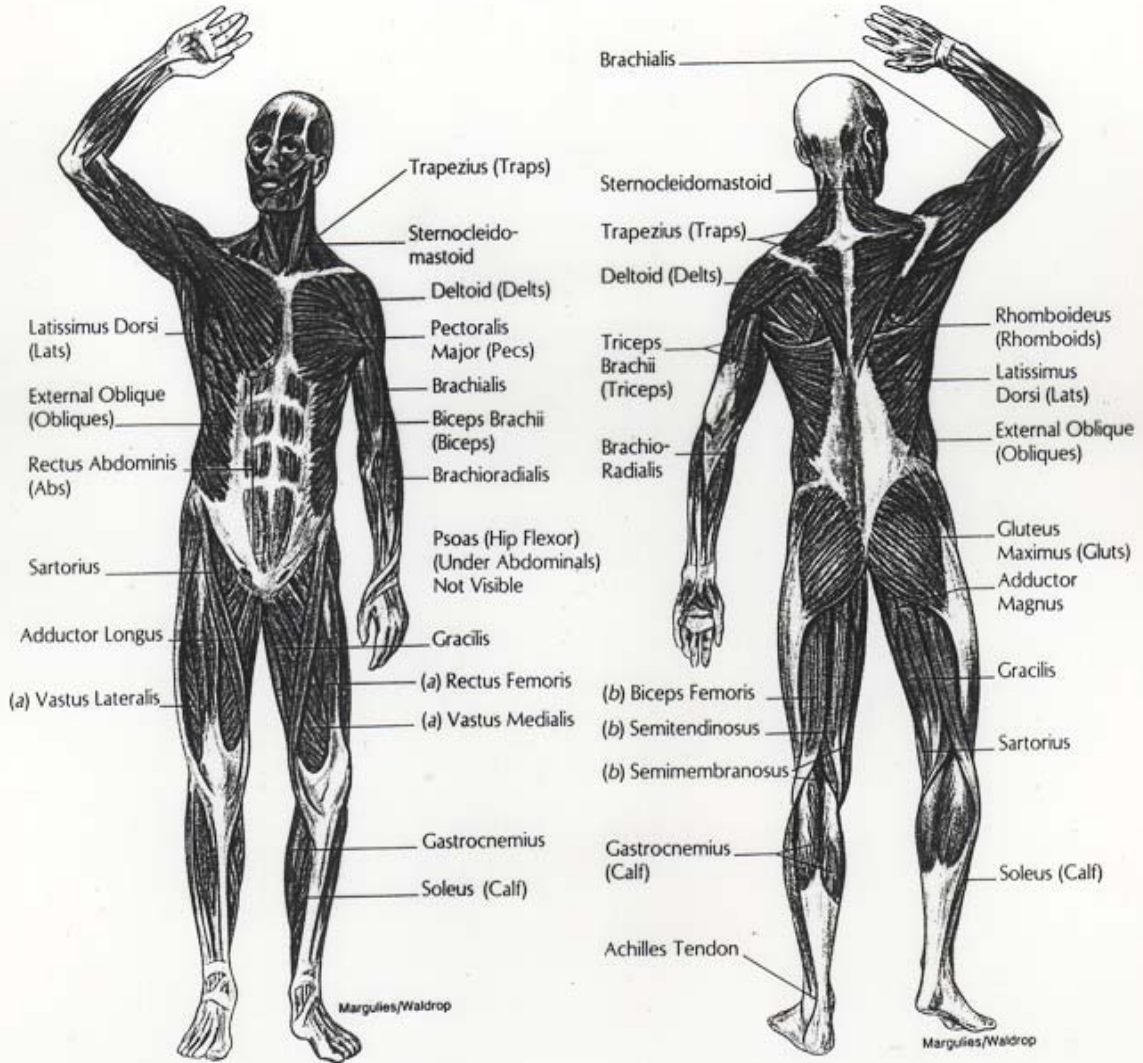


The Muscular System

- There about 600 muscles covering the skeletal frame. More detail on muscle function will be found in the stretch section.
- Muscles are arranged in pairs in order to move the bones of a joint in opposite directions. One of the pair (the agonistic) contracts while the other (antagonistic) relaxes.
- For the sake of simplicity, we will say that each muscle consists of two types of muscle fiber, fast twitch and slow twitch. They each work differently, use different fuel and operate at different speeds. The ratio differs in everyone. You are born with this ratio and cannot change it.
- Fast twitch muscles do just that, they contract fast for quick movements: sprint, jump, punch. Slow twitch muscles work over a longer period of time and produce slower strong movements: wrestling, distance running. Weight and speed training do not conflict but assist each other.
- These muscle fibers can be trained separately as in weight lifting or simple speed drills. Karate has a lot to do with power which consists of speed and strength, so it is best for martial artists to train both.



THE MAJOR MUSCLE GROUPS



(a) Quadriceps (Quads) include the four muscles identified by the letter (a) and the vastus intermedius (under the Rectus Femoris) not visible.

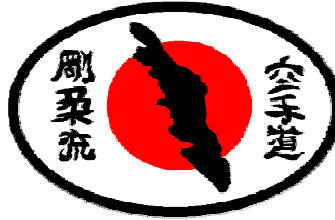
(b) Hamstrings (Hams) are the three muscles identified by the letter (b).

Energy Systems

- We basically have 3 energy systems: aerobic, anaerobic alactic, anaerobic lactic.
- The anaerobic alactic system uses fuel and energy stored in the cells and requires no oxygen, produces no lactic acid and is the main source for bursts of energy lasting up to 10 seconds.
- The anaerobic lactic system uses carbohydrate for fuel, uses no oxygen and produces lactic acid and is the energy source for activity lasting 10 seconds – 2 minutes.
- The aerobic energy system is the main source for long term activity. It uses oxygen, produces no lactic acid, and burns fat and carbohydrates.
- This is, of course, simplified to present the basic systems. The anaerobic lactic and alactic systems work much better when the aerobic system is built up. There is a basic ratio you can use between when, for example, the anaerobic system is used and when it has recovered enough to again use it. The recovery period is to be five to six times as long as the work period. The number of times you can repeat this work-recovery process depends on your aerobic capacity.
- Design your workouts with periods of high intensity and recovery of lower intensity, not inactivity. Be deliberate. If you have been doing power kicks or punches, during the recovery phase still do leg or arm techniques very lightly.
- When you exercise the anaerobic lactic system, then allow less time than necessary to recover, the exercise becomes aerobic of high and low intensity. This tends to expand your cardio respiratory capacity.

Cool Downs

Progressively slowing down near the end aids in returning the body to a resting state, this slowdown should include less intense stretches. Usually you can stretch better due to the heat generated by the exercised muscles.



Chapter 6

Stretching

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Stretching

- Flexibility is the range of motion in a joint. Extending this range of motion or stretching is more predictable when an understanding of certain biomechanical and biological principals is applied.
- Each joint is different; a large range of motion (ROM) in the shoulder does not mean you have the same ROM in the hip or back. The same is true from left hip to right hip, of shoulder to shoulder.
- The basic types of flexibility are static, which involves moving a joint about its range of motion with no speed or force. Dynamic stretching is done with a quick movement such as a hurdler does or an over the head snap kick.
- Your flexibility training program is not the same as your flexibility practiced in your regular programs warm up and cool down. The main idea of a flexibility training program is to progressively increase the ROM in your joints over an extended period of time.
- From experience and research, we find that slow, gentle stretching can relieve muscle soreness after a hard workout and many times eliminate any soreness. Flexibility is the main factor in movement that appears smooth, easy, graceful and controlled. Stretch can very well provide the difference between good and outstanding skill, between average and winning skill.
- A larger ROM can provide greater velocity and momentum to the technique being used. A properly stretched muscle can store elastic energy between the lengthening (stretch) of a muscle and shortening (movement producing), for example, the loading of the pulling hand when blocking properly, then letting the punch go or any plyometric movement such as hopping.

Muscle Contraction and Flexibility

- Here we will go right to the microscopic parts of the muscle which either contract or stretch, called MYOFILAMENTS. Saving detail for another time, these Myofilaments consist of two types of filaments which overlap about half their length while resting. During contraction, the filaments slide past each other until the lengths are even and while stretching, slide the other way until the ends just about meet. This is of course very simplified.

- Hundreds or thousands of these Myofilaments are placed end to end and bundled together to form a muscle fiber.
- We put contraction and flexibility together here because muscles around joints are in pairs. A contracting muscle works best if there is a minimum of resistance from the muscle opposite and a relaxed flexible muscle offers the least resistance for a contracting muscle.
- A muscle contraction is provided by a nerve. Stretch or elongation, however, needs outside help in the form of 1. gravity; 2. momentum; 3. the contracting muscle; 4. force provided by another person or object.
- When optimum stretch has been reached by a pair of muscles, the contracting muscles' ability to contract is increased by over 50%, which gives the joint concerned a much wider range of motion than the joint where the muscles have not been trained to lengthen beyond everyday use.

Muscle Balance

- Again, we pair strength and stretch. The working muscle in the pair is called the agonistic muscle while the opposite muscle is called the antagonistic muscle. If one muscle in the pair is weak or damaged in some way, then the pair are out of balance. The most common example would be in the back where an imbalance can cause the spine to distort, and impair movement.

Stretch an Immobilization Effect

- Studies have shown the number of cells in a muscle fiber will grow or decrease depending on the demand put on that particular muscle. For example, anyone who has had their broken arm in a cast will tell you the range of motion when the cast is removed is much less than before the break. A person who adheres to a regular stretch program will tell you after a few months that point of tension in a muscle being stretched is further than when they started.

Muscle and Aging

- The age at which muscle changes is highly variable. The changes are slow and accumulative, and include a decrease in muscle strength, endurance, agility and flexibility. These changes are made worse and speeded up by de-conditioning and inactivity, disease and injury. As well, the number of muscular nerve cells

decreases. All this varies with the activity of particular muscles. Horowitz played the piano masterfully in his 80's.

Connective Tissue

- Tendons, ligaments and fascia for our study are most important.
- Tendons transfer tension from the muscle to the bone. The tissue making up tendons does not stretch. If it did, then fine movements made by surgeons and artists would not be possible.
- Ligaments hold bones to bones, maintaining stability in a joint. The makeup of ligaments is slightly different and allows for a bit of stretch. Ligaments can be of great significance to extending the range of motion in a joint.
- Fascia in Latin means a band or bandage. For us, fascia is the tissue which surrounds the myofilaments and muscle fibers as well as the muscle itself, so that sections do not rub against each other or other parts such as bone or skin. Since there is so much fascia about the muscles, it is a significant factor in resistance to stretch or increase of ROM. When a joint is immobilized for any length of time (a break), the connective tissues lose their capacity to elongate. The same happens when an active person becomes inactive.
- It has been determined by some that resistance to movement is 10% tendon, 47% ligament, and 41% fascia. Fascia is what allows the muscle to change length. The influence to movement provided by connective tissue means the muscle needs to be relaxed to develop your best stretch.

Different Ways to Stretch

Static Stretch

Slowly stretch the muscle to a length where resistance is felt and hold the position for about 30 seconds. When the tension releases, slowly go into a deeper stretch. Repeat until the tension does not release, and hold for a few minutes.

Ballistic Stretch

Also called dynamic stretch, is usually a bouncing stretch. This is a controversial way to stretch and does not increase stretch according to Dr. Bali – NCCP, but when used lightly as part of a warm up, a message is sent to the muscles about the coming workout. This should do no damage to conditioned athletes.

Passive Stretching

This involves a partner who moves the limb or body part to gain ROM and involves a certain amount of risk, as the partner cannot feel the limits. This is best done by a trained person.

PNF Stretching

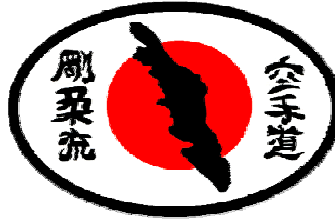
Hold relay – a partner holds the limb at the subject's end ROM where an isometric contraction is performed by the subject while the partner tries to move into a deeper stretch. The subject then rests and moves the limb to an improved range.

Contract Relax

The subject again moves the limb to the end ROM. A partner holds the limb while the subject attempts an isometric contraction toward the end ROM. Hold for about 6 seconds, the subject relaxes while the partner passively moves the limb to the new ROM.

Contract Relax Antagonistic – Contract (CRAC)

The subject moves to the end ROM where a partner holds the limb and the antagonistic muscles are contracted for 6 seconds, and then relaxed while the subject moves his limb to the new ROM. This is the method that is considered one of the best and safest ways to stretch.



Chapter 7

Basic First Aid

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Safety and First Aid

Mostly taken from NCCP Level 1

- In any activity, we expose ourselves to the risk of injury. We need to minimize this risk and be able to deal with injuries should they occur.
- First of all we have rules – enforce them. Check the equipment and keep it in good shape. Continuously work on strength, endurance, flexibility. Make sure teachers know the emergency phone numbers and location address. Keep a first aid kit handy. Take care of minor injuries.

Have an Emergency Action Plan (EAP)

- This plan is to get professional care as soon as possible. You need a charge person. In the dojo, it is the Sensei or head Sempai. In a tournament it is the director. The charge person directs the others and assesses the situation. If an ambulance is necessary, the charge person gives a description of the injury and the circumstances leading up to it.

Serious And Emergency Situations

- Concussions, neck and back injuries And severe bleeding are by definition emergency situations and require special training. Look for bleeding, deformity, swelling at a joint. Do not move them or ask them to move.

Injury Determination

The charge person needs to decide what treatment is required.

- Is it a muscle, tendon, ligament or bone?
- The location: head, torso, limbs, back, neck.
- Is it a strain, sprain, fracture, dislocation.
- How serious: mild, moderate or severe.

How to determine what steps to take:

- Find out what happened, where and how.
- Look at the injury for deformity, swelling, blood, etc.

Soft Tissue Injuries

These include: muscle, tendon, ligament and skin. When damage to these tissues occurs the body produces inflammation.

- S -swelling, immediate or over time.
- H -heat increased in area of injury.
- A -altered function, too much or restricted movement.
- R -redness in the damaged area.
- P -pain.

When the warning signs appear, the subject must stop the activity immediately until properly seen to.

Care of soft tissue injuries.

Here we want to reduce inflammation and speed recovery.

- P -apply pressure to reduce swelling or bleeding.
- I - apply ice or cold pack over injured area 10 min. on, 10 min. off, not applied directly on skin.
- E -Elevate the injury above the heart.
- R -restrict movement and rest. If using an elastic wrap, check circulation regularly every 20 – 30 minutes.

Tissue Injuries

Muscle: strain – this is when the tissue has been lengthened by a force and is now longer in the resting state than before the force was applied.

Stress – is the force within the tissue which returns it to its resting state.

A strain can occur when the tissue cannot handle the load. For example, a person slips and you automatically try to catch him and your muscles or tendons cannot handle the load.

Contusion: bleeding in the muscle tissue, usually caused by a direct blow.

Tendon strain: as above. Tendons have very little circulation and take longer to heal.

Ligament: sprain – this is a stretching or tearing of the connective tissue (ligament). A very common injury caused by a joint being forced (usually suddenly) beyond its anatomical limits.

Cartilage: a semi bone tissue found at bone ends. In joints it has a great capacity to be deformed and return to shape, but can be split by compressing forces on a joint as when jumping and landing stiff legged.

Nosebleeds: The face and head have a large blood supply and the amount of bleeding does not always indicate the severity of injury.

Sit quietly and pinch the bridge of the nose and hold for about 5 minutes, repeat if necessary. Applying a cold pack over the bridge may help. Leave any clot – do not blow. Once under control, avoid vigorous activity.

Blisters: These are mostly caused by friction this heats the area, loosening the skin which fills with fluid.

Leave blisters alone. Do not puncture. Cover with a pad. If it tears, do not tear the skin off – cover it. Avoid getting it wet. Clean daily to avoid infection.

Scrapes, scratches and cuts: Clean the wound with antiseptic. Remove imbedded objects (gravel) from surface wounds. Deep objects see a doctor. Apply antibiotic (Polysporin). Cover with correct size bandage.

****Keep first aid kit topped up.****

Return to activity

- Slowly does it. Increase intensity only when no pain is present and range of motion is increased.
- Doing the prudent and sensible things will prevent potential Court action. When you lead a class, you are liable for activities therein.
-

EMERGENCY CONDITION	
SYMPTOMS	WHAT TO DO
<ul style="list-style-type: none"> • Temporary unconsciousness • Temporary amnesia • Bleeding or fluid leaking from ears or nose. • Uncoordinated movement and confusion. 	<ul style="list-style-type: none"> • Start your EMERGENCY ACTION PLAN. • If the participant is unconscious, treat the injury as a serious neck or back injury (see below) • DO NOT TRY TO MOVE AN UNCONSCIOUS PARTICIPANT.
<ul style="list-style-type: none"> • Sensation in the neck, arms, or legs does not return. • Numbness or tingling (“pins and needles”) in extremities continues. 	<ul style="list-style-type: none"> • Start your EMERGENCY ACTION PLAN. • NEVER MOVE OR ROLL THE PARTICIPANT OR TRY TO

<ul style="list-style-type: none"> The participant is unable to move his or her neck, arms or legs. 	<p>REMOVE ANY EQUIPMENT.</p> <ul style="list-style-type: none"> Leave the participant lying as found provided he or she has no trouble breathing. Comfort the participant and keep him or her warm.
--	--

SERIOUS CONDITION		
INJURY	SYMPTOMS	WHAT TO DO
HEAD INJURIES	<ul style="list-style-type: none"> Dizziness Headache Momentary confusion Ringing in the ears Nausea 	<ul style="list-style-type: none"> If any one of these symptoms is present, remove the participant from activity, and monitor signs every few minutes. Watch for progressive increase in symptoms. If symptoms get worse or any two symptoms occur in combination, remove the participant from activity and get medical referral immediately.
NECK AND BACK INJURIES	<ul style="list-style-type: none"> Temporary loss of sensation in neck, arms, or legs. Temporary numbness or tingling (“pins and needles”). 	<ul style="list-style-type: none"> Never move or roll the participant or try to remove any equipment. Leave the participant lying as found provided he or she has no trouble breathing. Even if sensation does return, refer the participant to medical attention.

CARDINAL RULE:
**If the participant cannot initiate a movement voluntarily,
do not move the body part for him or her.**

SEVERE BLEEDING	
<ul style="list-style-type: none"> Excessive bleeding and blood loss. 	<ul style="list-style-type: none"> Apply direct pressure over a clean pad directly on the wound. Keep the pressure firm until the bleeding stops. Elevate the injured part if the participant can move the affected area. Refer the participant for further medical attention.
<ul style="list-style-type: none"> Bleeding that persists and cannot be controlled. Blood pulsating from a cut. Loss of skin color in face. Dizziness, nausea. 	<ul style="list-style-type: none"> Start your EMERGENCY ACTION PLAN. Immediate treatment is the same as the treatment for serious bleeding.

FRACTURES	
<p><u>Closed Fracture</u></p> <ul style="list-style-type: none"> Disruption of the continuity of the bone. Localized pain over the bone area. Obvious deformity. Swelling. Loss of function. 	<ul style="list-style-type: none"> Apply the cardinal rule. Place in the most comfortable position. Do not try to straighten or splint. Apply an ice pack. Do not permit any weight bearing. Refer for medical attention.
<p><u>Open Fracture</u></p> <ul style="list-style-type: none"> Disruption of the bone, with bone sticking through the skin surface. Gross deformity. Loss of function. Bleeding Pain 	<ul style="list-style-type: none"> Start your EMERGENCY ACTION PLAN. Control bleeding. Apply the cardinal rule. Apply direct pressure. Ensure that the area is in the most comfortable position. Keep the area clean. Do not try to move or apply traction or splint.



Chapter 8

Goal Setting & Success

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OUR SUCCESS MECHANISM

GOALS are the key to life.

We need to work at our goals, if not; old habits take us back to where we were when we were going nowhere.

We need to accept the fact that we as people are latent geniuses, we are very creative. It waits to be activated. It is the lack of belief that holds us back, not lack of capability, everyone is capable.

The subconscious mind can deliver whatever we wish as long as the message is clear. The best way to deliver the message is through positive affirmations. The more authoritative and demanding the affirmation the sooner the subconscious gets to work, it releases ideas and energy. To that end, it functions best in a climate of positive expectation.

To be successful, there are things (problems) you need to learn. The subconscious brings these to you as problems. There are no easy ways to success. Take the problems and keep your mind on what you want, not what you don't want - master this. Make a decision - I WILL. Then get to work on it.

Intense emotion increases the power of the subconscious. Use emotion in your affirmations. Assume there is a solution. Use positive language. Define the problem in writing, think on paper, then only think about solutions, then get at it.

THE 20 IDEA METHOD

Take the problem as a question and write 20 answers, keep at it until you have 20, write them all down no matter how silly some may seem. This keeps the mind going. Then implement one per day. This becomes brainstorming when a group is involved.

Look for answers in chance encounters, intuition, written material and so on, not just your thoughts.

MENTAL PROGRAMMING

Write a short list of your goals on a 3 x 5 card and carry it around with you to read occasionally. The best time to go over your list is just when you wake up and when you go to bed; this is when the subconscious is most receptive. Read each goal 3 - 5 times close the eyes and visualize the successful result. This takes time to master; keep at it and the results come faster and faster.

TAPED AFFIRMATION

Taped affirmations work on relaxation, subconscious activity and practice. We go into the alpha state where the information is introduced, it bypasses the critical conscious mind and enters the subconscious where it can be easily retained.

We combine words, music and relaxation using about 10 affirmations. Each affirmation is repeated 5 times. To begin you count yourself down from 10 - 1. 10 you feel very relaxed, 9 your eyes are closing, 8 you are drifting down..... 1 you are totally comfortable and relaxed.

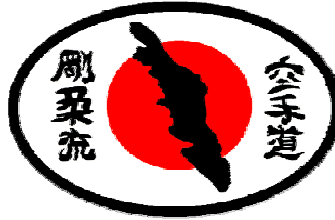
Use relaxing classical music that you like, do not use music where someone is singing. The music binds with the words in the subconscious, for example it is easy to remember a song you like but have not heard for a long time, combining music and words greatly boosts memory. The best time to listen is in the morning and evening.

At the end of the tape you count yourself back up 1 - 10 ending with you can open your eyes feeling fully refreshed and awake.

To make a tape, write out your script counting your self down using the word you like someone talking to you, talk yourself down to a relaxed state, repeat the affirmations 5 times each then talk yourself fully awake again.

Get a cassette recorder ready in front of you, place your chair in the middle, and your stereo behind. As the music plays, read into the cassette your script until you have counted back up 1 - 10 and fully awake feeling terrific. You are done.

You can change and make as many tapes as you feel you can handle.



Chapter 9

Advanced Grading Requirements

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Advanced Grading Requirements

- Our grading requirements consist of seven areas for each belt or kyu.

A: Classroom Performance & Attendance

B: Written Exam (must be 100% correct)

C: Basics and Combinations

D: Self Defense

E: Kata

F: Kumite

G: Essays

Blue – Classical Man, by Richard Kim (1000 words)

Blue / Black – My Way of Life, by Gitchen Funakoshi (1000 words)

Brown – History of Karate (1000 words)

Brown Belt/Black Stripe – What Karate Means to Me (2000 words)

- Also, personal and psychological development in Karate

The written examination along with the grading fees must be handed at least one day prior to the grading. If you do not get them in on time you will not be permitted to participate.

The Examination Board will have at least two members on it. One of which shall be the head instructor and at least one other Black Belt.

There are other factors that are taken into consideration at the gradings, such as the length of time spent at that level, the participants age, any physical disabilities and most important, the attitude of the student towards his or her training, techniques, the dojo, the other students and instructors.



All successful graduates will receive Official Certification in Goju Ryu Karate along with their new belt.

Black Belt Grading Information

Our black belt candidate will be required to pass three individual gradings.

The first is a preliminary grading that will be held in your dojo about 6 months prior to the Organization Grading. This grading will review everything that will be required in the upcoming gradings to help determine the students present ability, fitness level and preparedness for the upcoming grading.

The second is the Organization Grading. This grading emphasizes the individual student's technical ability. They will be required to perform kata, bunkai Kihon Ido, and some basic Kumite. This is mentally one of the most difficult gradings as things must be performed flawlessly.

The third is the Shima Dojo Grading. This is usually held about 2 weeks after the organization grading. In this grading the emphasis is on strength and endurance. Everything must still be performed up to standard but the students will be pushed until they are physically exhausted. This will be the most physically demanding grading you will ever attend.

The written examination along with the grading fees must be handed at least three months prior to the organization grading. If you do not get them in on time you will not be permitted to participate.

The Examination Board will have at least three members on it. One of which shall be the head instructor and at least two other Black Belts.

There are other factors that are taken into consideration at the gradings, such as the length of time spent at that level, the participants age, any physical disabilities and most important, the attitude of the student towards his or her training, techniques, the dojo, the other students and instructors.

Other Black Belt Requirements

- Before you may grade you must write your Sensei a formal letter of request explaining why you feel you should to be permitted to participate in the next grading.
- This should be presented to your Sensei at least six months prior to the grading.
- All grading materials for black belt gradings must be turned in at least one month prior to the grading, including all applicable fees.

Shodan

In Triplicate:

1000 word Essay about “What Karate Means To Me”
A complete Martial Art and sporting resume.
A one page bio for our website with picture
Goals for the Future.
Three photos of yourself in your Gi.

Nidan

In Triplicate:

List of Goals for the Future.
Describe how you have changed since you started training.
What have you give in return for your Karate training?
A 1000 word essay about “How sempai and kohai help each other”

Sandan

In Triplicate:

Your Goals for the Future.
List of books you have read, related to the Martial Arts.
List your ten major accomplishments in life.
1000 word essay on “The role of a Sensei”

Yondan

In Triplicate:

Goals for the Future.
What have you gained since you started Karate?
How have you helped society through your Karate.
A new and updated resume.
1000 word essay on an area to be determined

*In life it is not the final destination that is important
It is the journey; make the most out of it.
“Enjoy your new life”*



Shima Karate Schools

Nanaimo: 250-756-1055

Parksville: 250-240-1416

Lantzville: 250-390-4268

