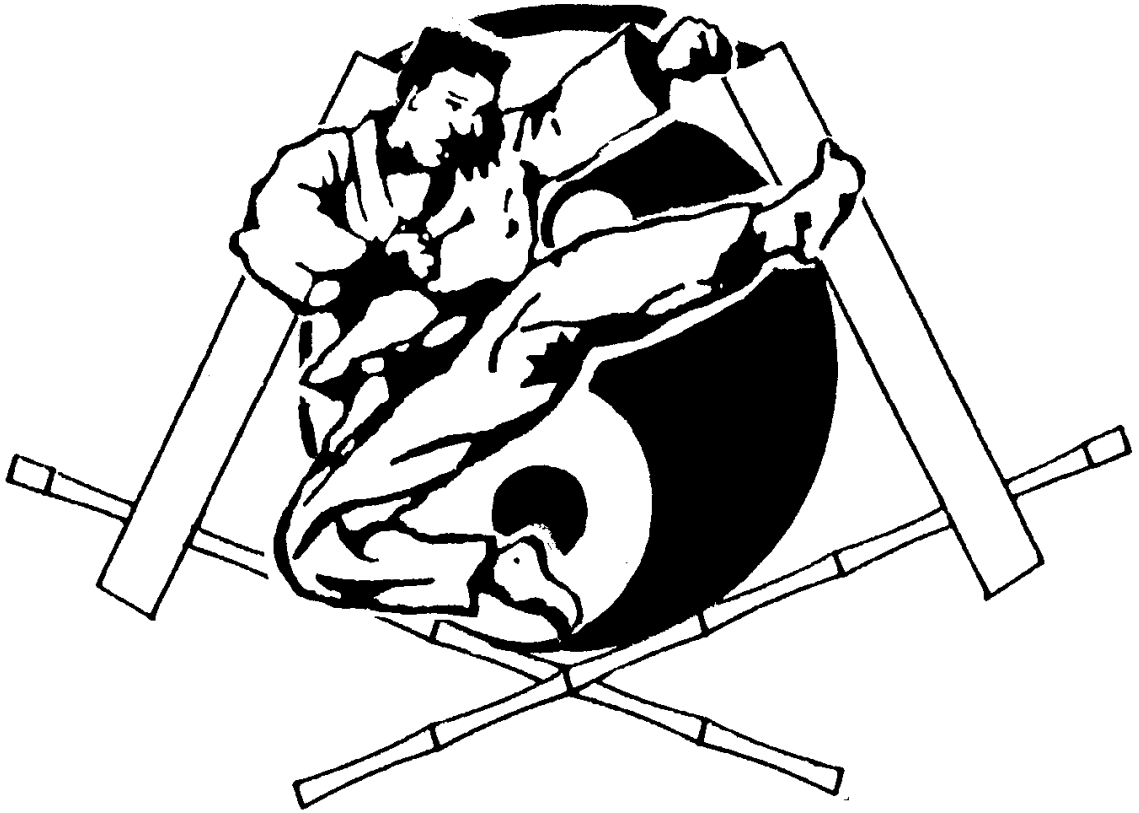


COSZACKS KARATE CLUB

ZANESVILLE OHIO



**INSTRUCTOR: MASTER C. JEFFREY
HARDWICK**

6TH DEGREE BLACK BELT

BASIC ORIENTATION

1. **PLEASE READ THE KARATE CLUB BROCHURE**, it contains information in regards to private lessons, promotions & general information about the classes.
2. **PROMOTIONS:** Each student will receive literature in regards to first promotion. This material will cover everything the student will need to know before that time. After the first promotion the student will receive additional information regarding the next promotion & so on.
3. **CLASS AGENDA** is usually as follows:
 - A. Line up for stretching exercises - Beginners to the back of the line formation.
 - B. Students will then be paired up for Kumite (sparring) exercises.
(Beginners will observe or will be briefed on techniques and class procedure)
 - C. Instructor will call for class to begin. Students again resume to line formation and bow in. (our bow is done properly by placing your right fist in your left palm and bending at the waist with head up & eyes on the instructor.)
 - D. Class starts & Karate Instructions begin.
 - E. Instructor will call for end of class. Students once again resume line formation.
 - F. Breathing exercise will follow. (Ohara)
 - G. Class will dismiss following proper Bow at Instructors command.
4. **CLASS PROTOCOL:**
 - A. Always Address the Master Black Belt Instructors as "Master" & all other Black Belt instructors as Sensei. When asked a question from Black Belt Instructor always answer with "Yes Sensei" or "No Sensei", from Master answer with "Yes Master" or "No Master" .
 - B. Profanity of any kind will not be tolerated!
 - C. Horseplay is not permitted before, during or after class.
 - D. Uniforms & sparring gear should be clean & free from foul odor.
 - E. It is also expected that students use proper hygiene such as bathing, deodorant etc. It is a must that finger nails as well as toe nails are kept trimmed.
 - F. Talking during class is not permitted. If you need to comment on something you must ask permission to speak out loud from the instructor.
 - G. Students must show respect to each other as well as instructors.

WHAT TO WEAR AS A BEGINNER

Karate Attire for class

We have always tried to maintain a martial arts traditional style with our attire. That being a traditional Martial Arts Uniform (Ghi) for all students approaching first promotion and solid color shirts and pants for beginners.

This protocol has always been in effect at our club but I have not enforced it very well lately. I have started to see too many wild, slightly offensive and distracting logos and colors on some shirts so I thought I better start enforcing this again.

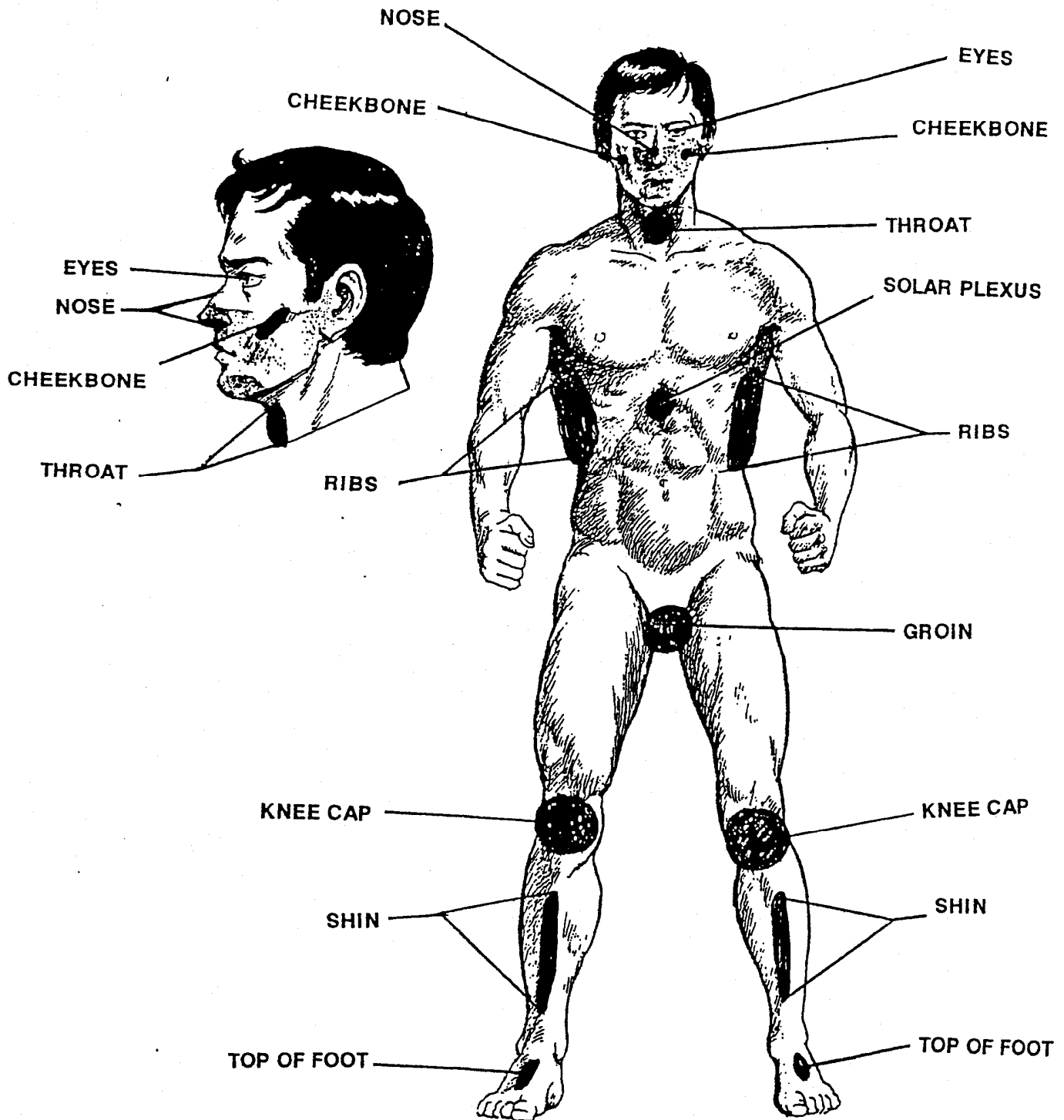
The following is the guidelines we will adhere to:

SOLID COLOR T-SHIRTS – Black or White only (No tank tops or sleeveless shirts for class. However you are allowed to wear tank tops and sleeveless shirts for sparring but must bring another shirt to change into after sparring session is completed). Only logos permitted on shirts would be small sports logo such as Nike, Adidas, or our club logo (Karate club t-shirts are available for \$10.00 from Master Hardwick).

SOLID COLOR SWEAT PANTS OR WORK OUT PANTS- Black or white only and no shorts. (Stripes are permitted as long as it is black or white in color).

NO BUCKLES OR JEWELRY PERMITTED ON ANY CLOTHING

TEN BEST STRIKING AREAS



KARATE STANCES

- 1. WIDTH OF BALANCE** - Feet spread the width of shoulders, Knees slightly bent. (Best stance for balance)
- 2. STRAIGHT OF BALANCE** - Feet together , no bend in Knees. (Not a good balance, but does give you height advantage)
- 3. HYPER-EXTENSION** - Feet spread further apart than shoulders with no bend in Knees. (This is a good balance from side but not so good from front. If you bend your knees and lower your center of gravity you can compensate for better balance from front and side)
- 4. NATURAL STANCE** - Feet spread width of shoulders, no bend in knees with hands in fist , palms against front of body. This is a relaxed stance. Best used when instructor is talking or you are waiting for further instruction.
- 5. HOUR GLASS** - This stance is somewhat awkward. Used in katas and some exercises. Feet are shoulders width with knees and feet pointed inward towards each other.
- 6. CAT** - This is actually a Kung-Fu stance. The stance is to the side feet at shoulders width with back foot planted and positioned straight out from body. Front foot is positioned in a 45 degree angle away from body with heel off of ground. 75 percent of weight of body is on back foot. Front hand is positioned in hack in high guard with back hand positioned in hack with low guard.
- 7. FIGHTING** - This is very similar to cat stance only hands are positioned in fists and front foot heel is planted more evenly. 60 percent of weight is on back leg.
- 8. CROSS "T"** - This too is similar to the cat stance however your feet are together in a "T" position with weight evenly distributed.
- 9. RIDING HORSE** - Very similar to the corrected hyper-extension stance. (That is the hyper-extension stance with the knees bent.)

BASIC TERMINOLOGY

FACIAL AREA- Chin, Mouth, Cheeks & Nose area.

KARATE- open hand or empty hand, That is without weapons

JUDO- The art of using your body leverage to toss or throw your opponent.

KUNG-FU- The Chinese art of self-defense resembling karate which means "accomplished technique".

SENSEI- (sin say) Instructor or teacher

MASTER SENSEI- Head instructor usually 5th Degree also just called "Master"

DOJO- (doe joe) Karate School or Gym

GHI- (Like Key only with a G) Karate Uniform

YOICH- (Yoit) Ready

KATA- (Kaa Taa) Form

KIAI- (Kee Eye) Yell or shout

OHARA- (Hair A) Breathing exercise

KUMITE- (Cue Men Tay) To fight or spar

HAJIME- (Ha Jim Me) Begin or start

YAME- (Ya Ma) Stop or end

REI- (Rue) Bow

CHI- (Chie) or (Key) Inner strength

ICHI- (Itche) One

NI- (Knee) Two

SAN- (Sawn) Three

SHI- (She) Four

GO- (Go) Five

ROKU- (Row Koo) Six

SHICHI- (She Chee) Seven

HACHI- (Haa She) Eight

KU- (Koo) Nine

JU- (Jew) Ten

JU-ICHI- Eleven

JU-NI- Twelve

NI-JU- Twenty

NI-JU-ICHI- Twenty-one

HYAKU- (Yaa Koo) One Hundred

HYAKU-ICHI- One Hundred and one

HAI- (Hiii) Yes

LIE- (Lay) No

MOSHI- (Moe She) Hello

EIGHT BASICS OF SELF-DEFENSE

- 1. ATOM - The beginning**
- 2. MOTIVE - The Reason Why**
- 3. THOUGHT - The Thinking process**
- 4. MOTIVATION - The action of thought**
- 5. PROJECTION - Hand and feet techniques**
- 6. FOCAL POINT - Center of Concentration (Also "target area")**
- 7. CONCENTRATION - 100 percent of thought on the focal point**
- 8. CONTROL - Control over the other seven basics**

REMEMBER: THE MORE EXPERIENCED KARATE-KA YOU ARE, THE EIGHT BASICS WILL OCCUR WITHIN THE TIME LIMIT OF LESS THAN ONE SECOND!!

KATA ICHI SET ICHI-A (KATA 1 SET 1-A)

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START: Bow, Ready Stance with Left arm extended to nose.

1. Rt F Punch to Solar Plexus. (KIA)
2. Rt 90d, Rt F Punch to Solar Plexus.
3. Rt 90d Rt F B Fist to Nose.
4. Rt F Kick to Groin. (KIA)
5. Rt 90d, Rt F Punch to Solar Plexus.
6. Rt 90d, Rt F S Hack to Side of Neck.
7. Lt F Kick to Solar Plexus.
8. Lt 90d, Lt Shuto to Throat Pit. (KIA)
9. Lt 90d, Lt F B Fist to Nose then Lt F S B Fist to Cheek.
10. Lt 90d, Lt F Punch to Solar Plexus.
11. Lt F Kick to Solar Plexus. (Bring Lt Punch back as you Kick)
12. Lt 90d, Lt S F B Fist to Nose.
13. Step forward with Rt Foot, Rt. F S Elbow to Jaw. (KIA)
14. Step even with Double S B Fist to Nose. (KIA)

KATA ICHI SET ICHI-B (KATA 1 SET 1-B)

15. Lt Foot planted, Lt 180d, Rt F Kick to Solar Plexus then stepping down with Rt Foot Forward and hold Lt Punch to Nose. (KIA)
16. Step forward with Lt Foot and Rt Walking Punch to Solar Plexus.
17. Step forward with Rt Foot and Lt Walking Punch to Solar Plexus.
18. Step even with Rt F B Fist to Nose. (KIA)
19. Lt Foot planted, Lt 180d, Rt Foot forward with Walking Rt F S Hack to Side of Neck. (KIA)
20. Step forward with Lt Foot, Walking Lt F S Hack to Side of Neck. (KIA)
21. Step forward with Rt Foot, Walking Rt Shuto to Throat Pit.
22. Step even with Lt F Punch to Solar Plexus.
23. Rt Foot planted, Rt 180d, Lt Foot crosses in F of Rt with cross Hack Block in F of Face. (Hands crossed at wrist with Lt Hand in F of Rt)
24. Step into Width of Balance Stance with Rt Foot with Double F B Fists to Cheeks & Hold.
25. Step back with Lt Foot into Ready Stance.
26. Step even with Lt Foot with Double F Punch to Cheeks & Hold. (KIA)
27. Step forward with Lt Foot with Cross Hold Block in F of Face (Hands crossed at wrists with Lt Hand in F of Rt)
28. Step even with Rt Foot with Double F S Hacks to Side of Neck & Hold.
29. Hyper-extension Stance with Rt Leg with Double F Palm Hands to Jaw & Hold. (KIA)

KATA ICHI SET NI (KATA1 SET 2)

- (30) 1. Lt Foot planted, Lt 90d Rt S F B Fist to Nose. (KIA)
- (31) 2. Lt S Punch to Nose.
- (32) 3. Lt Foot planted, Lt 90d Rt Punch to Nose.
- (33) 4. Lt Foot planted, Lt 90d Rt S Kick to Solar Plexus. (KIA)
- (34) 5. Lt Foot planted, Lt 90d Touch Rt Foot down for balance, Rt Knee to Groin. (KIA)
- (35) 6. Rt 180d, Rt S B Fist to Nose at 45d angle behind you.
- (36) 7. Rt Foot planted, Rt 180d Lt Punch to Solar Plexus.
- (37) 8. Cross T with Rt Foot, Rt S B Fist to Nose.
- (38) 9. Lt Foot only Rt 90d, Rt S B Fist to Nose.
- (39) 10. Rt 180d, Rt F S Hack to S of Neck. (KIA)
- (40) 11. Rt Foot planted, Rt 90d into Hyper-extension with Lt S Punch to Solar Plexus. (Rt Fist is resting against own SP, palm up)
- (41) 12. Lt Foot planted, Lt 180d into Hyper-extension with Rt S Punch to Solar Plexus.(Lt Fist is resting against own Solar Plex., palm up)
- (42) 13. Lt S Snap Punch to Solar Plexus.
- (43) 14. Lt Foot planted, Lt 90d, Rt F S Punch to Nose.
- (44) 15. Cross T w/ Rt Foot, Lt F Hack 45d angle to Rt & Rt F Hack 45d angle to Rt. (Rt Hack goes over top Lt Hack as it comes Back)
- (45) 16. Step out of Cross T w/ Lt Foot, Double F Backfists to cheekbones & Hold. (KIA)
- (46) 17. Step Back w/ Lt Foot, bring both fist back to waist, palms up.
- (47) 18. Rt F Backfist to Nose.
- (48) 19. Lt F Snap Punch to Solar Plexus.
- (49) 20. Step even w/ Lt Foot & Rt F Snap Punch to Nose. (KIA)

KATA ICHI SET SAN (KATA 1, SET 3)

- (50) 1. Rt Knife Kick to opponents Lt Knee cap area. (KIA)
- (51) 2. Rt Foot planted, Rt 90d Lt S Kick to ribs.
- (52) 3. Rt B Hook Kick to Groin at 45d angle to Lt.
- (53) 4. Lt F Kick to Solar Plexus. (KIA)
- (54) 5. Lt Foot planted, Rt power Kick to S of Face turning Lt 180d.
- (55) 6. Rt Foot planted, Lt Reverse Roundhouse Kick to Facial Area, Turning Lt 270d. (#'s 5 & 6 done together also referred to as Wheel kick)
- (56) 7. Step forward on Lt Foot, Rt F elbow to Chin & Hold. (KIA)
- (57) 8. Step even w/ Rt Foot, Rt F Backfist to Nose.
- (58) 9. Rt Foot planted, Rt 90d w/ Double F Punch- Lt hand to Nose & Rt hand to Solar plexus palm up.
- (59) 10. Step forward on Lt Foot w/ Double F Punch- Rt hand to Nose & Lt hand to Solar Plexus.
- (60) 11. Step even w/ Rt Foot, bring hands together at level of Solar Plexus w/ closed fist grab.
- (61) 12. Step back w/ Rt Foot , Rt B Elbow to Solar Plexus , Keeping wrists together, while bringing Lt hand now over top of Rt hand. (KIA)
- (62) 13. Step even w/ Rt Foot, Double F Punch to Solar Plexus w/ wrists together, Rt hand now back on top. (KIA)
- (63) 14. Step into Hour Glass Stance, Double F Hook Punches to Cheek Bones.
- (64) 15. Rt Foot Planted, Rt 180d into Cat Stance w/ Lt Foot Forward.
- (65) 16. Sway Lt into Cat Stance, walking Rt Foot forward.
- (66) 17. Sway Rt into Cat Stance, walking Lt Foot forward.
- (67) 18. Sway Lt into Cat Stance, walking Rt Foot forward.
- (68) 19. Sway Rt into Cat Stance, walking Lt Foot forward. (KIA)
- (69) 20. Lt Foot & Body Rt 90d into "Bow" to Complete Kata.

FEET TECHNIQUES

1. Front Snap Kick
2. Side Snap Kick
3. Back Kick
4. Power Kick
5. Round House Kick
6. Wheel Kick
7. Knife Kick
8. Butterfly Kick
9. Hook Kick
10. Fade Away Kick
11. Jump Front Snap Kick
12. Crescent Kick or
Reverse Power
13. Flying Side Kick
14. Jump Crescent Kick
15. Jump Spin Crescent Kick
16. Spin Back Kick
17. Spin Side Kick
18. Reverse Round House
19. Stomp Kick
20. Axe Kick
21. Double Jump Kick

HAND TECHNIQUES

1. Front Reverse Punch or
Straight Punch
2. Front Back Fist
3. Front Side Back Fist
4. Side Back Fist
5. Side Front Back Fist
6. Front Hack
7. Front Side Hack
8. Shuto
9. Palm Hand
10. Hammer Strike
11. Reverse Hammer Strike
12. Ridge Hand
13. Front Elbow
14. Front Side Elbow
15. Side Elbow
16. Back Elbow
17. Knife Hand
18. Spear Hand
19. Heart Punch
20. Knuckle Punches
21. Thumb Punch
22. Thumb Knuckle Punch
23. Web Hand
24. Claw Hand

BLOCKS

1. High Sweeping
2. Low Sweeping
3. Horizontal Hold
4. Vertical Hold
5. Cross
6. Cross Hack
7. Knee
8. Palm Heel
9. Reverse High Sweeping
10. Reverse Low Sweeping
11. Shorin Ryu High Block
12. Shorin Ryu Low Block

STRIKING AREAS

1. Nose
2. Cheek Bones
3. Jaw
4. Chin
5. Eyes
6. Throat Pit
7. Neck
8. Collar Bone
9. Mouth
10. Temple
11. Ears
12. Back of Neck
13. Side of Neck
14. Solar Plexus
15. Ribs
16. Kidneys
17. Spine
18. Groin Area
19. Knee Caps
20. Shins
21. Top of Foot
22. Under Chin
23. Heart
24. Joints
25. Axillary Area (Arm Pit)

FIRST PROMOTION: YELLOW BELT

TIME PERIOD: Approximately 2-3 Months

MATERIAL TO KNOW:

1. BASIC TERMINOLOGY

2. STANCES:

- A. Width of Balance
- B. Straight of Balance
- C. Hyper-extension
- D. Natural

3. ESCAPES:

- A. Bear Hug

4. JUDO:

- A. Front Sweep

5. KATAS:

- A. Ichi Kata set Ichi (14 Moves Kata One)

6. HAND & FEET TECHNIQUES INCLUDING BLOCKS:

- A. Blocks 1 thru 4
- B. Hand techniques 1 thru 5
- C. Foot techniques 1 thru 3

7. CONTAINMENTS FROM AN ATTACK:

- A. Five different combinations from the front.
- B. " " " " " back.
- C. " " " " " side.

8. EIGHT BASICS: You will be asked "What is **ATOM - MOTIVE -THOUGHT - MOTIVATION - PROJECTION - FOCAL POINT -CONCENTRATION - CONTROL**" You will answer "The 8 basics of Self Defense"