



***A comprehensive
guide for
Karateka students
including:***

- Dojo Etiquette •
- History of Goju-Ryu •
 - Weapons •
 - Terminology •
- Basic blocks, punches and kicks •

INSIGHT INTO GOJU-RYU

compiled by
Sensei Stef Biagioni
Fourways Martial Arts Academy

Student's Name: _____

Address: _____

Dojo: _____ Date of Birth: _____ Date of Joining: _____

GRADE	DATE	EXAMINER
Ninth Kyu - White belt		
Eight Kyu - Yellow belt		
Seventh Kyu - Orange belt		
Sixth Kyu - Green belt		
Fifth Kyu - Blue belt		
Fourth Kyu - Purple belt		
Third Kyu - Brown belt		
Second Kyu - Brown belt		
First Kyu - Brown belt		
Shodan - Black belt		
Nidan - Second Dan		
Sandan - Third Dan		
Yondan - Fourth Dan		
Godan - Fifth Dan		

剛柔流空手道

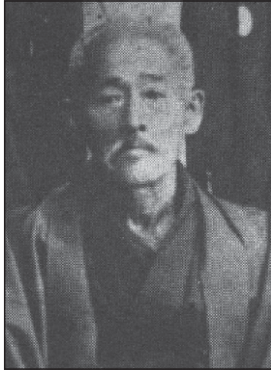
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THE HISTORY OF GOJU-RYU



KANRYO HIGAONNA
(Founder)

Kanryo Higaonna was born in Naha, Okinawa on 10 March 1851. Despite being born as a descendent of a prominent family line, his family was impoverished. They earned their meager living transporting firewood from the Kerama Islands in a small junk.

As a boy, he was small for his age, but very quick and nimble, and showed a keen interest in the fighting arts from an early age. At the age of fourteen he began his formal training in Chinese Kempo from a local who had studied the Fukien style. He longed to travel to China and study there, and eventually achieved that aim in 1866, when he convinced the owner of a ship bound for China to grant him passage.

After a year in residence at the Okinawan settlement in Foochow, he was introduced to Ryu Ryuko. He was not allowed to train right away, and had to follow the age-old custom of personal service to his master by attending the garden, cleaning and doing odd chores. After he had satisfied his master's expectations, he was accepted as a disciple.

He assisted him at his trade as a bamboo craftsman during the day and trained in the evenings. Training, as was the norm at the time, was very severe. He trained in Sanchin kata and developed his musculature through weight training with the traditional implements we see today in Okinawan styles. The training took its toll, but he was to gain a reputation among the locals as one of Ryu Ryuko's most skilled students.

After thirteen years of training, he left Foochow and returned to Okinawa, and began private lessons to the sons of the man who had granted him passage to China. He went back to his old job as a merchant, but his reputation was growing. Sailors and travelers from China brought back stories of his prowess that they had heard there, and before long, many would seek to become his disciples. Training was severe, as he had learned, and only a few who began would continue for longer.

In 1905, he began teaching at a public high school, and was considered along Itosu to be the foremost karateka in Okinawa. He is responsible for developing the Naha-te-style, and many of his students went on to form their own systems based on his teachings.

He died on 23 December 1915 at the age of 63. His legacy lives on through his followers, most notably Chojun Miyagi, the founder of Goju-Ryu, the Kenwa Mabuni, the founder of Shito Ryu.

OKINAWAN GOJU-RYU KARATE

During the 14th century Kempo (Chaun-Fa) was introduced to Okinawa from China. It won popularity as an art of self-defense, under the name of 'tote' (Chinese hand). In Okinawa, the native fighting at 'te' was combined with 'Kempo' by the Okinawans and developed into the martial art known today as Karate.

Japan invaded Okinawa in 1609. They re-instituted the ban on weapons (first declared by King Sho Shin in 1477). The Japanese also banned the practice of martial arts. Consequently, the Okinawans continued with martial arts in secrecy.

Goju-Ryu Karate is one of the four original styles of Karate, and was founded by Chojun Miyagi Sensei (1888-1953). Grand-Master Miyagi had spent many years in China studying Chinese Martial Arts before returning to Okinawa to formulate what is known as Okinawa Goju-Ryu Karate-Do.

The literal translation of the Japanese term **Goju Ryu** is "Hard / Soft" - **Go** meaning "Hard" and **Ju** meaning "Soft". **Ryu** means "School", thus Goju Ryu is the Hard / Soft School of Karate.

GRANDMASTER CHOJUN MIYAGI

Chojun Miyagi was born on April 25th 1888 into a wealthy aristocratic family. He began training in karate under Kanryo Higaonna at the age of 14, in 1902. Like his teacher before him, because of his great natural talent and fierce determination, he progressed very rapidly. The training was severe beyond belief at times but he practiced even harder with an enthusiasm unmatched by any other students. Chojun Miyagi became "uchi deshi" (private disciple) of Kanryo Higaonna. He studied with his teacher for 14 years before his teacher's death in December 1915.

Chojun Miyagi dedicated his whole life to karate. He was responsible for structuring Naha-te (which he later named "Goju-Ryu" into a systematized discipline, which could be taught to society in general. This teaching system that he formulated enabled karate to be taught in schools for the benefit of the young, and to reach vast numbers of people throughout the world. However, his private teaching at his home remained strictly in adherence to the principles of his teacher, Kanryo Higaonna, and his teacher before him, Ryu Ryu Ko.

Chojun Miyagi died on October 8th, 1953.



*Grand-Master Chojun Miyagi
Founder of Goju-Ru Karate*

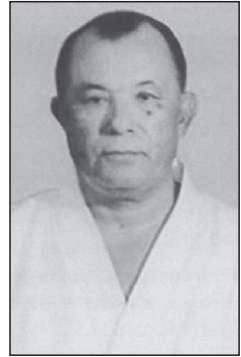


GRANDMASTER EI'ICHI MIYAZATO

Ei'ichi Miyazato was born on July 5th, 1922. Miyazato Sensei began his Karate-do training at age 13 with his father, training with Makiwara and Chi'ishi and became a student of Chojun Miyagi after an introduction by his father in early 1938 at the age of 15.

Except for a short time during WWII, Ei'ichi Miyazato remained with Chojun Miyagi until his death in 1953. Miyazato often assisted Chojun Miyagi teaching at the Garden Dojo and under his guidance Ei'ichi Miyazato also taught at local high schools. He succeeded Sensei Miyagi as instructor at the Ryukyu Police Academy where he also taught Judo.

Following Miyagi's death in 1953, Kei Miyagi, the second son of Master Chojun Miyagi was called to testify on behalf of the family. His reply was that Master Miyagi always said that Miyazato was the only one he could count on for everything in the dojo. Miyazato accepted the responsibility and dedicated his whole life to preserving and spreading Goju-Ryu in Okinawa. He assumed the responsibility of preserving the Kata's principles and the future of his teacher's Karate-do system, Goju-Ryu.



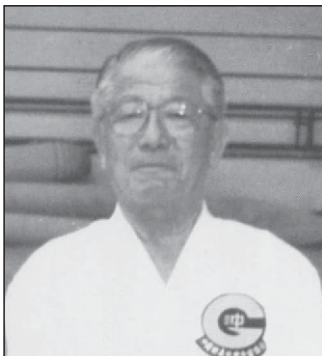
*Grand-Master Ei'ichi Miyazato
Successor to Miyagi Sensei*

Ei'ichi Miyazato died on December 11th 1999.

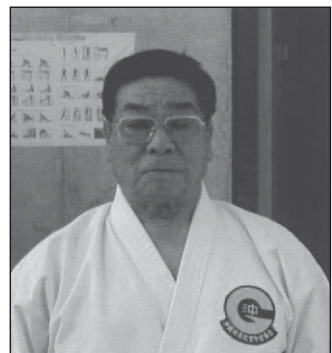
GRANDMASTER EI'ICHI MIYAZATO

Koshin Iha (Hanshi, 10th Dan) was chosen as the successor to Miyazato Ei'ichi Hanshi and is now Honorary Chairman of the Okinawa Goju-Ryu Karate Kyokai.

Yoshio Hichiya (Hanshi, 10th Dan) is the current Chairman of the Okinawa Goju-Ryu Karatedo Kyokai (O.G.K.K.)



Grand-Master Koshin Iha



Grand-Master Yoshio Hichiya

OLD AND NEW MASTERS OF OKINAWAN GOJU-RYU



*Back Row: Senseis Ken Miyagi, Seiko Kina, An'ichi Miyagi, Aragaki Shuchi
Martial Art Academy*

Front Row: Morio Higaonna, James Rousseau, Teruo Chinen

ARNOLD de BEER

Founder member of the Goju-Ryu Association of South Africa

Shihan Arnold de Beer started Okinawan Goju-Ryu Karate in July 1966 under James Rousseau, founder of South African Goju-Ryu, and became the first Black belt while staying in Tokyo with Sensei Morio Higaonna.

Arnold is a full-time instructor and has to visit Okinawa, Japan annually to further his knowledge and update in latest developments. He has competed in most European countries and the Americas gaining high recognition for his tournament abilities, particularly in kata.

For many years as a Karate and Tai-Chi selector, Arnold is also an international 'A class' referee having made numerous visits to Taiwan, Thailand and mainland china to receive his teacher's diploma in Tai-Chi

Shihan Arnold currently holds the rank of 8th Dan making him one of the highest qualified instructors in his discipline and has recently been made Governor of Goju-Ryu for the whole of Africa with the UFAK (United Federation of African Karate) Development Commission.

In addition, Arnold is a Shiatsu therapist and is studying teaching methods for all intrinsic and extrinsic students of all ages. In his early fifties Arnold has a lot more to give to this sport, his students and his instructors.



Arnold with his teacher Kancho Ko Uehara Sensei

STEF BIAGIONI



***Left:** Shihan Arnold de Beer, Chief Instructor of
International Shorei Martial Art Academy
Right: Sensei Stef Biagioni, Student of Shihan Arnold*

I am currently a 6th Dan (Rokudan) instructor and I have been a Goju-Ryu practitioner for 30 years under the leadership of Shihan Arnold de Beer. I am a Founder member of Sensei Arnold's organisation (International Shorei of Martial Arts) since 1991, and I am also part of the Black Belt and Dan National grading panel, as well as tournament director. I became a full time professional karateka in 1999 and I have established myself in the Sandton, Bryanston, Fourways area with over 300 students.

I also was part of the South African committee that organised the first African Cup in 1994 that was hosted in South Africa. I coached the children's team for the World WKC Championship in Germany 2004. The results were phenomenal, with 6 World champions, 2 silver and 2 bronze medalists.

The Martial Arts hall of fame has recognised my achievements and my 30 years of dedication as a martial artist by awarding me with an honorary silver medal (for my protea colours) and a bronze medal for my years of service.

I was selected as chairman of Eastern Gauteng Karate in 2004 and I am the Founder and director of the Interschool All Style Karate Championship. The Interschool has been running successfully for the past 10 years, attracting more than 90 schools with over 500 competitors in South Africa.

On the academic front I completed an accredited Sport Psychology certificate through UNISA (University of South Africa), cum laude.

PROFILE OF STEF BIAGIONI **KATA CHAMPION**



***Stef Biagioni - Kata Specialist
World Champion (WKC)
African Champion
Zone 6 Champion
Commonwealth Finalist
& South African Champion***

MY CHAMPIONSHIP RECORD STANDS AS FOLLOWS:

- 2 x Provisional colours - Southern and Eastern Gauteng - Which I have been awarded in 1987.
- 7 x National (Protea) colours
 - Africa Cup in Senegal - Dakar in 1997.
 - World Cup in Philippines, Manila in 1997.
 - World Championship (WKF) in Brazil, Rio de Janeiro in 1998.
 - Commonwealth Karate Championship (WKF) in Scotland, Edinburgh in 2008.
 - Africa Cup in Continuo - Benin in 2008.
 - Commonwealth Karate Championship (WKF) in Jhb, South Africa in 2009.
 - Commonwealth Karate Championship (WKF) in Australia, Sydney in 2011.
- Events that I have won Medals
 - South African Goju-Ryu Championship (10 times consecutively)
 - Karate South Africa (WKF) Championship (1997, 1998, 1999, 2000, 2002, 2003, 2004, 2005, 2007, 2008, 2009, 2010, 2011)
 - South African All-Style (WKC) Championship (5 times consecutively)
 - Zone 6 Champion 1997, 1998, 2006, 2007, 2008, 2009, 2010, 2011
 - African Champion 1997
 - World Champion (WKC) 2005
 - Goodwill Champion 2006
 - Commonwealth Finalist 2008, 2009

TO DATE I HAVE COMPETED IN 28 INTERNATIONAL CHAMPIONSHIPS - SPECIALISING IN KATA

1. 1994 - World Club Championship in Cairo, Egypt (no placing)
2. 1995 - World Championship in Okinawa, Japan (no placing)
3. 1996 - World Championship in Osaka, Japan (double bronze for kata and team kumite)
4. 1997 - African Zone 6 Championship in Windhoek, Namibia (gold)
5. 1997 - African Cup in Senegal, Dakar (gold)
6. 1998 - World Cup in Philippines, Manila (Rank 17th)
7. 1998 - African Zone 6 Championship in Gaborone, Botswana (silver)
8. 1998 - World championship in Brazil, Brazil, Rio de Janeiro (Rank 17th)
9. 1998 - Tri-Nation in South Africa, Durban (gold)
10. 2001 - World WKC Championship, Scotland, Hibberdene (Rank 4th)
11. 2003 - World Championship in Okinawa, Japan (Rank 9th)
12. 2005 - World WKC Championship in Serbia Montenegro, Novi Sad (gold)
13. 2006 - Zone 6 Championship in Zimbabwe, Harare (silver)
14. 2006 - Goodwill Championship in South Africa, C T (gold, 4 silver, 1 bronze)
15. 2007 - African Zone 6 Championship in Maputo, Mozambique (silver)
16. 2007 - World WKC Championship in Bergamo, Italy (bronze)
17. 2008 - Botswana Challenge in Sasolberg, South Africa (silver)
18. 2008 - Commonwealth Championship (WKF) in Scotland, Edinburgh (silver)
19. 2008 - African Cup in Benin, Continuo (Rank 4th)
20. 2008 - Zone 6 Championship in south Africa, Pretoria (Bronze)
21. 2009 - African Zone 6 Championship in Gaborone, Botswana (silver)
22. 2009 - Commonwealth Championship (WKF) in Jhb, South Africa (silver)
23. 2009 - World Championship in Okinawa, Japan (Quarter Finals)
24. 2010 - Zone 6 Championship in Zimbabwe, Harare (silver)
25. 2010 - 1st World Goju-Ryu Championship in Cascias, Portugal (bronze)
26. 2011 - Zone 6 Championship in Maputo, Mozambique (bronze)
27. 2011 - International Goju-Ryu Cup in Italy, Perugia (no placing)
28. 2011 - Commonwealth Karate Championship (WKF) in Australia, Sydney (Quarter Finals)



4th DAN GOJU-RYU PRACTITIONER: **ROBERTA BIAGIONI**

Represented South Africa in 5 International World Championships

- | | |
|------|--|
| 2001 | World Karate Confederation Scotland - Rank 7th |
| 2003 | Karate/Kobudo World championship Okinawa - No placing |
| 2005 | World Karate Confederation Serbia/Montenegro - Rank 6th |
| 2006 | Goodwill Championship South Africa - Gold, 2 X Silver & Bronze |
| 2007 | World Karate Confederation Italy - Bronze |

SENSEI INFORMATION

I started Goju-Ryu at the age of 26 and I am currently a 4th Dan Instructor. I have in the past been awarded Best Senior Student for my achievements under the auspices of Fourways Martial Arts Academy.

I also achieved Top Overall Senior Student at the Academy for my performance internationally. I have received my Eastern Gauteng Colours for the last five years running. I have represented Eastern Gauteng at SA Nationals Championships each year since receiving my Colours. I have also been selected to represent South Africa at an international level since 2001.

TEACHING EXPERIENCE

I started teaching part-time at Fourways Garden under the mentorship of Sensei Stef Biagioni. I also started the Fourways Garden Dojo & Summit College on my own with one class, which has grown to three classes after four years catering for beginners, intermediate to advance. I became a full-time instructor from 1st May 2004. I am a Senior Instructor of Fourways Martial Arts Academy. I teach classes around the Fourways, Bryanston and Sandton areas.

CHRONOLOGY OF EVENTS

- 1851 **Kanryo Higaonna**, founder of Naha-Te, is born on 10 March 1851.
- 1866 **Kanryo Higaonna** sails to Fukien province of china, where he studies martial arts under **Ryu Ryuko**.
- 1888 **Chojun Miyagi**, founder of Goju-Ryu, is born on 25 April 1888.
- 1890 **Kanryo Higaonna** introduces Naha-Te and a breathing exercise called Sanchin.
- 1896 **Yoshio Itokazu** is born 2 October 1896.
- 1898 **Seiko Higa**, founder of Shodokan Goju-Ryu and **Chojun Miyagi**'s successor is born.
- 1902 **Chojun Miyagi** begins his training with **Kanryo Higaonna**.
- 1908 **Choboku Takamine** is born 24 March 1908.
- 1909 **Gogen Yamaguchi**, founder of Japanese Goju-Ryu, is born on 1 January 1909.
- 1912 **Meitoku Yagi**, founder of Meibukan Goju-Ryu and **Chojun Miyagi**'s later successor, is born on 6 March 1912.
- 1915 **Kanryo Higaonna** dies 23 December 1915, **Chojun Miyagi** travels to Foochow province in China and trains in several local styles.
- 1917 **Chojun Miyagi** returns to Okinawa. **Seikichi Taguchi**, the founder of Shoreikan Goju-Ryu, is born on 20 May 1917.
- 1922 **Seikichi Higa** is born on 10 February 1922. **Elichi Miyazato**, founder of Jundokan Goju-Ryu, is born on 5 July 1922.
- 1927-28 **Chojun Myagi** founds Goju-Ryu karate, also becoming the first to give his style a name other than that of the city from which it is practiced.
- 1928 **Chojun Myagi** travels to Japan and teaches karate at universities.
- 1929 **Gogen Yamaguchi** invites **Chojun Myagi** to Japan.
- 1930 **Gogen Yamaguchi** establishes Japanese Goju-Ryu headquarters in Tokyo. **Chojun Myagi** named Karate Division Chairman of the Okinawan Prefecture Athletic Association.
- 1933 **Chuck Merriman** is born on 8 January 1933. **Anthony Mirakian** is born on 12 November 1933.
- 1934 **Chojun Miyagi** lectures and teaches karate in Hawaii. He also becomes a permanent officer of the Dan Nippon Butokukai (Great Japan Martial Virtues Association).
- 1935 All Japan Goju-Kai Karate-Do Association founded by **Gogen Yamaguchi**, who also originates jiyu-kumite (free sparring), the basis for sport karate a it is known today. **Gosei Yamaguchi** is born on 15 January 1935 in Kyoto. **Peter Urban** is born on 14 August 1935.

- 1936 **Chojun Miyagi** receives a medal for “Excellence in the Martial Arts” from the Japanese Ministry of Education. He also travels to Shanghai and studies Chinese martial arts at the Seibu Dai Iku Kai (Great Gymnastic Association, Pure Martial Arts Spirit).
- 1937 **Chojun Miyagi**, along with other stylists, forms the Dai Nippon Butokukai Karate Jukkyoshi (Great Japan Martial Arts Karate Teachers Association). He also receives a Kyoshi degree from the Dai Nippon Butokukai.
- 1938 **Masanobu Shinjo**, founder of the Shoukan style is born. **Morio Higaonna**, founder of the IOGKF is born on 25 December 1938.
- 1939 **Gogen Yamaguchi** is sent to Manchuria as an intelligence officer, where he is captured and held by the Russians.
- 1940 **Chojun Miyagi** creates the katas Gekisai Dai Ichi and Gekisai Dai Ni.
- 1944 **Meitatsu Yagi** is born in June.
- 1946 **Chojun Miyagi** is made an official of the Okinawa Minsei Taiiku Kan (Okinawa Democratic Athletic Association).
- 1947 **Gogen Yamaguchi** is freed by the Russians and returns to Japan.
- 1950 **Gogen Yamaguchi** founds the Karate-Do Goju-Kai in Tokyo.
- 1953 **Chojun Miyagi** dies on 8 October 1953.
- 1963 **Meitoku Yagi** receives **Chojun Miyagi**’s karate gi and belt, becoming his official successor. **Goshi Yamaguchi** begins teaching Goju-Ryu in San Francisco. **Lou Angel** travels to Japan to study with **Gogen Yamaguchi** at Goju-Kai Headquarters at Ueno, Japan.
- 1964 **Gosei Yamaguchi** joins his brother Goshi in San Francisco. **Gogen Yamaguchi** helps form the All Japan Karate-Do Federation.
- 1965 **James Rousseau** starts and is founder of Goju-Ryu in South Africa.
- 1966 **Arnold de Beer** becomes the first Black belt under **James Rousseau**. **Seiko Higa** dies.
- 1998 **Arnold de Beer** becomes Technical Head of Guju-Ryu for all of Africa. **Masanobu Shinjo** dies on 15 October 1998.
- 1998 **Arnold de Beer** and **Stef Biagioni** established Fourways Martial Arts Academy.
- 1999 **Stef Biagioni** went Professional & Full-time as a Goju-Ryu Practitioner of Karate in the Sandton, Bryanston & Fourways area.
- 2004 **Roberta Biagioni** joined **Stef Biagioni** as a Full-time Goju-Ryu instructor.

Dojo Etiquette

For safety and to show respect to your instructor and class, please observe the following rules when in the dojo:

- Always acknowledge the instructor when he enters the dojo.
- Bow before entering or leaving the dojo. If a student more senior than you (*Sempai*) is standing behind you at the entrance, let him / her go in first. This also applies to lining up in the dojo.
- Ask permission to leave the class (for any circumstance).
- Students must always endeavour to arrive on time. In the event that the student is late, they must quickly change into their gi, kneel in *seiza* and await the Instructor's permission to join the class. Do not leave early without permission of the instructor.
- Shoes are to be left at the front or outside the dojo with socks inside. Please line them up neatly. Do not obstruct the exit way with any belongings.
- Do not stand around at the front of the dojo (the *shomen* area), or stand behind Sensei.
- Stand at attention or sit upright (either kneeling in *seiza* or sitting cross-legged) during class. Do not stand with hands on hips, arms folded, lean on walls or any other careless manner. Do not sit with legs outstretched as this also shows disrespect.
- When changing positions in the dojo, do not walk through the rows. As much as possible, walk around the outside or between rows.
- No talking during instruction and sit if other students are behind you.
- Inappropriate conduct, such as the use of profanity, obscene gestures or actions, and unnecessary roughness towards fellow students is prohibited.
- Students must not talk during class, but if they have any questions they should ask a senior student at the end of the class.
- Absolutely no horseplay before, after or during class. Preserve the spirit of the dojo by refraining from general chatter, laughing out loud or other hilarity. All visitors to the dojo are requested to keep younger children off the training area and keep noise to a minimum. Both students and spectators should switch their mobile phones to silent mode.

- Prior approval is required before bringing a guest to observe or participate in class. Spectators are not to interfere with or disturb any student or instructor whilst a lesson is in progress.
- Before starting training, especially Junior Students, go to the toilet and make sure your feet are clean. There should be no running about or playing in the dojo before or after training. Do not chew gum or lollies.
- Ridicule of other students is prohibited
- No jewelry or rings to be worn during class, this includes wrist or ankle bracelets, earrings and necklaces. Jewelry that cannot be removed must be taped.
- Keep your fingernails and toenails short, to prevent injury to other students when practicing.
- Students must keep their gi clean and tidy at all times, and the club badge must be worn on the left side of the gi. When adjusting or tidying your gi, bow and face the back of the dojo. Do not adjust your gi during an exercise unless told to do so. There should be no clothing visible beneath your gi; however a white tee-shirt is permissible for Female students if discreet - under no circumstances should long pants be worn under your gi.
- Treat any substitute teacher with the same (if not more) respect and courtesy you would sensei.
- Participation in tournaments is encouraged but must be approved through your Dojo Sensei.
- When an instructor gives advice, the student must listen respectfully and acknowledge by saying "Hai Sensei", showing they have understood the instructor. Students should not address or refer to any Sensei by their first name; - Parents please set an example to your children by doing the same. Refer to sensei as 'sensei' in and out of class.
- Do not practice karate outside of dojo without consulting with sensei first.
- When standing in yoi, hold your left hand on top of your right. Right on top of left represents death. The same is true for wearing your gi; left side over right.
- When being taught by your Instructor or training with a partner, first bow and say "onagai shimasu" ("Please teach me"). Afterwards, bow again and thank them by saying "arigato gozaimashita" ("Thankyou very much").

THE SPIRIT OF KARATE

Okinawan Goju Ryu Karatedo and Kobudo

Goju Ryu Karate is one of the most dynamic styles of all martial arts.

Karate and self-defence

The trained karate-ka are able to unleash tremendous physical power at will through the coordination of one's mind and body. With this ability, even a small person will have the power to deliver a devastating blow to any attacker. Goju Ryu is a close range self-defence system characterised by circular blocks, joint manipulations and kicking techniques to lower body targets. Dynamic tension and breathing are major elements in its training, incorporated in many of the kata.

Karate in the eyes of the Student

Living in a fast paced, stress related and hostile country, we as individuals are deprived of the necessary fitness and mental health required for the general wellbeing of a person. Karate tones the body, develops coordinations, quickens reflexes and builds stamina, which in turn reduces stress without the danger of harmful injuries. The practice of Karate develops composure, a clearer thought process, deeper insight into your mental capabilities and more self confidence.

KOBUDO

Weapons System of Okinawan Martial Arts

Kobudo — formally known as Kobujutsu — was created for self-preservation, and dates back to antiquity. Okinawan Kobudo uses the same stances and theory of movement as Karate. Major Kobudo tactics also include body shifting, trapping and hitting, blocking and hitting. Kobudo is also a beneficial weight training regimen, using light weights — the weapons themselves — and a number of repetitions.

In Japan, Kobudo refers to the weapons of the Samurai:

The Bo:

One of the foremost traditional arms in Okinawans' arsenal. A six foot wooden staff tapered at either end to aid in balance and manipulation — used in carrying bundles of harvested rice or water jugs.

The Sai:

A metal trident shaped cheon whose military use has long been documented in Asia. Used by the Okinawan Samurai as a military weapon, and is a symbol of the spirit of Okinawan Kobudo.

The Nunchaku:

The most widely used weapon in Okinawan Kobudo. A weapon which was capable of reaching over an enemy's shield and strike him in the head.

The Tonfa:

Originally a handle which was inserted into a military stone to turn it. The weapon is used in pairs to punch, block or twirl and strike.



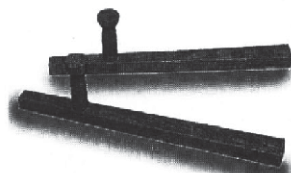
The Bo



The Sai



The Nunchaku



The Tonfa

KARATE CLASS FORMAT

Junbi Undo (Preparation Exercises & Warm-up)

Sensei Chojun Miyagi developed a set of warm-up and conditioning exercises he called *Junbi Undo*. These were developed with a view to preventing injury and developing optimum health in a student while assisting with the development of technique.

Kihon (Basics)

It is important that many repetitions of basics are performed in training so the body learns the techniques, so that a Student can perform the technique automatically, without thinking.

Hojo Undo (Supplementary Exercises)

We use traditional Okinawan training equipment, such as Chishi, Makiwara, Ishi Sashi, Tan, Nigiri Gamae, Kongoken etc. Hojo Undo training will help build a strong and resilient body, improve coordination and develop focus.

Kata (Prearranged Forms)

Kata are a set pattern of offensive and defensive techniques performed against imaginary opponents. The traditional kata must be performed in their original form. Every movement in the kata has a reason, and a long history.

Bunkai (Application of Kata)

These are the fighting applications of the movements in the Kata. The in-depth study of bunkai really brings Kata to life and is necessary for cultivating fighting skill. Kata and Bunkai are inextricably linked and one cannot be developed properly without the other.

San Dan Gi (Three Step Sparring)

A set attack and counter-block by two students. One partner steps forward in Sanchin-dachi and strikes Jodan, the other student steps back in Sanchin and blocks Jodan age-uke. Then stepping forward again in Sanchin, the student strikes Chudan and the other steps back in Sanchin and blocks Chudan. The third movement is stepping forward in Shiko-dachi at a 45° angle and punching Gedan while the other student also steps back in Shiko-dachi at 45° and blocks Gedan barai.

Kumite (Sparring)

Kumite is learning skills that can't be practiced in kata or by oneself. In kumite, distance, timing, reading your opponent's attack and reacting to it are all developed along with fighting spirit. Kumite complements Kata and Bunkai practice with a variety of pre-arranged and semi-free partner training. We practice a variety of drills to develop reactions, timing and distance awareness, that are all based on the fundamental principles in the Kihon and the Kata.

Randori Kumite

Randori develops fighting technique. It starts out relaxed and slow, allowing the two students to work together practicing their techniques. Gradually more complicated combinations are practiced and the pace increased.

Terminology

Japanese Pronunciation.

	<u>English</u>	<u>Japanese</u>
A	as in father (ah)	yame (stop)
I	as in macaroni (ee)	ashi (foot)
U	as in crude (oo)	shugo (line-up)
E	as in egg (eh)	te (hand)
O	as in not (oh)	kihon (basics)
AE	as in sundae (ah-eh)	mae (front)
AI	as in Thai (ah-ee)	otagai (partner)
EI	as in weight (eh-ee)	sensei (teacher)
TSU	as in zoo (tsunami)	tettsui (hammer-fist)

Dojo Formalities - (in order of sequence)

Onegai shimasu	Please teach me
Shugo	Line up
Kiyotsuke	Stand at attention (in musubi-dachi)
Seiza	Kneel down
Mokuso	Meditation
Mokuso Yame	Stop Meditating
Shomen ni rei	Bow to the front (photo of grandmasters)
Sensei / Shihan ni rei	Bow to your teacher / instructor
Otagai ni rei	Bow to your partner
Tatte	Stand up
Arigato gozaimashita	Thankyou for teaching me
Do itashimashite	You're welcome
Hai	Yes
Osu	Yes, I will persevere with spirit. Also a greeting.
Iie	No
Sumimasen	Excuse me or I'm Sorry
Hajime	Begin
Yame	Stop

Stances - dachi

Heisoku Dachi	Feet Together Stance
Musubi Dachi	Heels Together Stance
Heiko Dachi	Feet Parallel Stance
Shiko Dachi	Sumo Stance
Zenkutsu Dachi	Forward Leaning Stance
Neko Ashi Dachi	Cat Stance
Hachiji Dachi	Natural Stance
Sagi Ashi Dachi	Crane Stance
Sanchin Dachi	Hourglass Stance
Bensoku Dachi	Crossed Leg Stance
Kokutsu Dachi	Back Leaning Stance

Hand Techniques - zuki

Choku Zuki	Straight Punch
Furi Zuki	Circular Swing Punch
Gyaku Zuki	Reverse Punch
Haito Uchi	Ridge Hand Strike
Hiji Ate (Empi Uchi)	Elbow Strike
Hiraken Uchi	Bear-fist Strike
Kizami Zuki	Jab Punch
Nukite Zuki	Spear Hand Strike
Oi Zuki	Lunge Punch
Shotei Zuki	Palm-heel Thrust
Shuto Uchi	Knife Hand Strike
Tettsui Uchi	Hammer Fist Strike
Ura Zuki	Short Punch
Uraken Uchi	Back fist Strike

Foot Techniques - geri

Ashi Barai	Foot Sweep
Fumikomi	Stamp
Hiza Geri	Knee Strike
Kakato Otoshi	Heel Drop
Kansetsu Geri	Joint Kick
Mae Geri	Front Kick
Mawashi Geri	Round-house Kick
Tobi Geri	Jumping Kick
Ushiro Geri	Back Kick
Yoko Geri	Side Kick

Blocking Techniques - uke

Age Uke (Jodan)	Upward Rising Block
Chudan Uke	Middle Area Block
Gedan Barai	Downwards Sweeping Block
Hiki Uke	Grasping Block
Kake Uke	Hook Block
Ko Uke	Wrist Block
Mawashi Uke	Round-house Block
Shotei Uke	Palm-heel Block
Soto Uke	Outside Forearm Block
Sukui Uke	Scoop Block
Yoko Uke	Side Block

How to bow - rei

- In kneeling position, sitting back on your heels, eyes forward, and hands resting on your thighs.
- Put left hand forward first, then right hand forming a diamond on the ground.
- Bow forward and touch forehead to your hands.
- Wait one second then return to upright position.
- Return right hand first then left hand.

General

Age	Rising	Kime	Focus
Ashi o kaete	Change legs (stance)	Kumite	Sparring
Ashi tanden	Leg conditioning	Kohai	Junior student
Budo	Way of the Warrior	Mae	Front
Bunkai	Applications of kata	Mai-ai	Fighting distance
Chudan	Middle area	Mawatte	Turn around
Dojo	Martial arts training place	Makiwara	Striking Post
Gasshuku	Training camp	Migi	Right
Gedan	Lower area	Mokuso	Meditation
Gi or Dogi	Karate uniform	Morote	Both hands together
Go	Hard, rigid	Muchimi	Heavy sticky feeling
Goju-ryu	Hard and soft style	Naname	Diagonally
Gyaku	Reverse	Obi	Belt
Hajime	Begin	Ritsurei	Standing bow
Hantai	The other way around	Ryu	School or tradition
Hai	Yes	Seiken	First two knuckles of Fist
Hidari	Left	Sempai	Senior student
Hiyaku	Quickly (with power)	Sensei	Instructor/Teacher
Hojo Undo	Supplementary exercises	Shihan	Master instructor
Honbu dojo	Main dojo	Shime	Sanchin kata testing
Jodan	Upper area	Shomen	Front (of dojo)
Ju	Soft, flexible	Soto	Outside (inside to outside)
Junbi Undo	Warm up exercises	Tanden	Strength, centre of body
Kakie	Strength exercise	Tatte	Stand
Kamaete	On guard	Te	Hand
Kame	Fighting stance	Te o kaete	Change hands
Karate	Empty hand	Uchi	Inside (outside to inside)
Karate-do	The way of karate	Ude Tanden	Forearm conditioning
Karate-ka	One who practices karate	Ushiro	Back
Kata	Pre-arranged techniques	Yame	Stop or finish
Ki	Spirit, life energy	Yoi	Ready position
Ki-ai	Shout to focus energy	Yoko	Side
Kihon	Basic Techniques	Yukuri	Slowly (with technique)

Counting

One	Ichi
Two	Ni
Three	San
Four	Shi (Yon)
Five	Go
Six	Roku
Seven	Shichi (Nana)
Eight	Hachi
Nine	Ku (Kyu)
Ten	Ju
Eleven	Ju ichi
Twelve	Ju ni
Thirteen	Ju san
Fourteen	Ju shi
Fifteen	Ju go
Sixteen	Ju roku
Seventeen	Ju shichi
Eighteen	Ju hachi
Nineteen	Ju kyū

Twenty	Ni ju
Twenty one	Ni ju ichi
Twenty two	Ni ju ni
Twenty three	Ni ju san
Twenty four	Ni ju shi
Twenty five	Ni ju go
Twenty six	Ni ju roku
Twenty seven	Ni ju shichi
Twenty eight	Ni ju hachi
Twenty nine	Ni ju kyū
Thirty	San ju
Forty	Yon ju
Fifty	Go ju
Sixty	Roku ju
Seventy	Nana ju
Eighty	Hachi ju
Ninety	Kyū ju
One hundred	Hyaku

Parts of the Body used for Striking

First two Knuckles	Seiken
Knife Hand	Shuto
Ridge Hand	Haito
Spear Hand	Nukite
Back of Hand	Haishu
Hammer-fist	Tettsui
Back-fist	Uraken
Middle Knuckle-fist	Nakadakaken
Wrist	Koken
Palm-heel	Shotei
Hand	Te
Elbow	Hiji
Forearm	Kote

Ball of foot	Josokutei
Side of foot	Sokutei
Top instep	Heisoko
Bottom instep	Teisoko
Heel of foot	Kakato
Toes	Ashi-no-yubi
Foot / Leg	Ashi
Knee	Hiza
Hips / waist	Koshi
Centre of body	Tanden
Shoulder	Kata
Neck	Kubi
Head	Atama

STANCES



Heisoku Dachi



Musubi Dachi



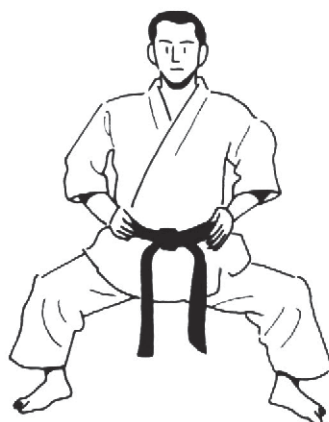
Heiko Dachi



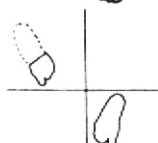
Hachiji Dachi



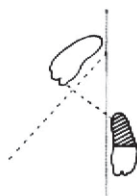
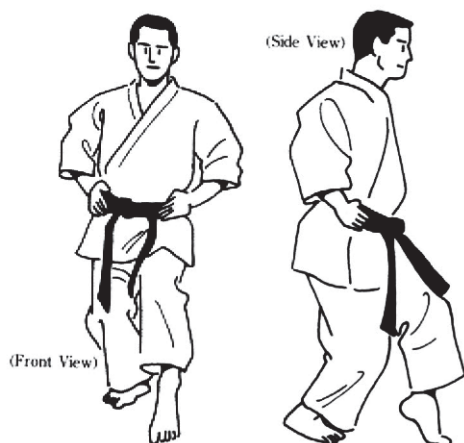
Sanchin Dachi



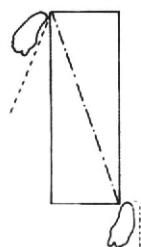
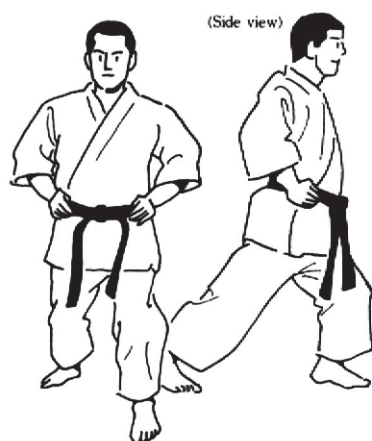
Shiko Dachi



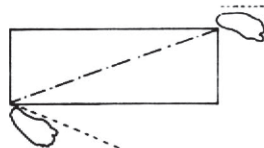
Bensoku Dachi



Neko Ashi Dachi

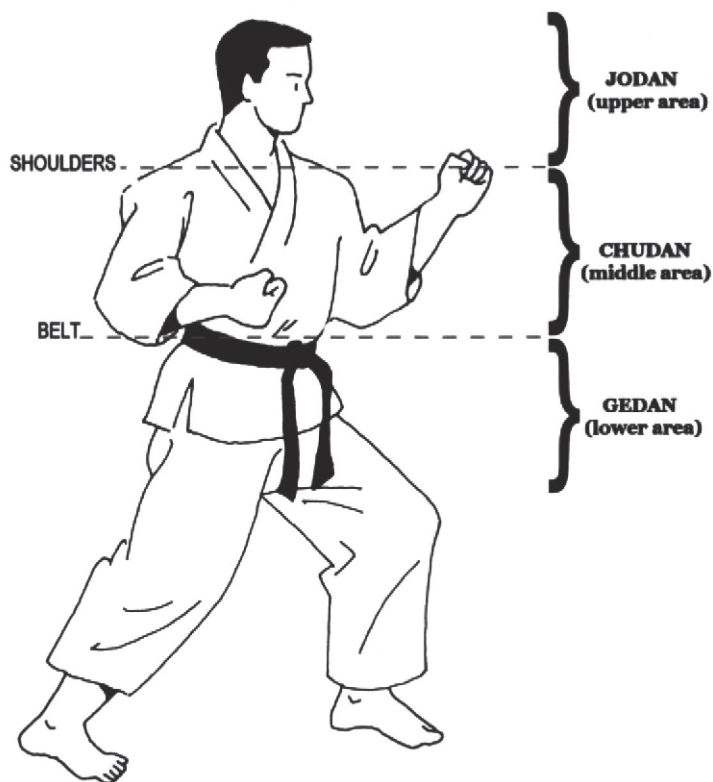


Zenkutsu Dachi



Kokutsu Dachi

AREAS OF THE BODY



YAME ZUKI
(Double Punch)

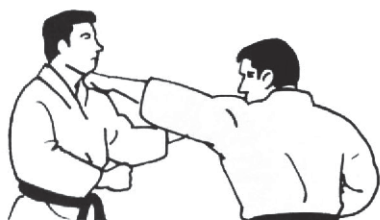


MAWASHI UKE
(Roundhouse Block)

STRIKES



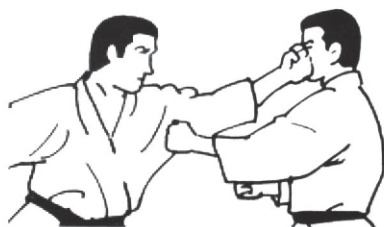
CHUDAN GYAKU ZUKI
(Middle Reverse Punch)



JODAN OI ZUKI
(Upper Lunging Punch)



TETTSUI UCHI
(Hammerfist Strike)



JODAN URAKEN UCHI
(Backfist Strike)



NUKITE UCHI
(Spear Hand Strike)



AGE ZUKI
(Upper Cut Punch)

KICKS



CHUDAN MAE GERI
(Middle Front Kick)



JODAN MAWASHI GERI
(Upper Roundhouse Kick)



CHUDAN YOKU GERI
(Middle Side Kick)



USHIRO GERI
(Reverse Kick)

BLOCKS



JODAN AGE UKE
(Upper Rising Block)



CHUDAN YOKU UKE
(Middle Side Block)



GEDAN BARAI
(Lower Sweeping Block)

OTHER STRIKES



HIZA GERI
(Knee Strike)



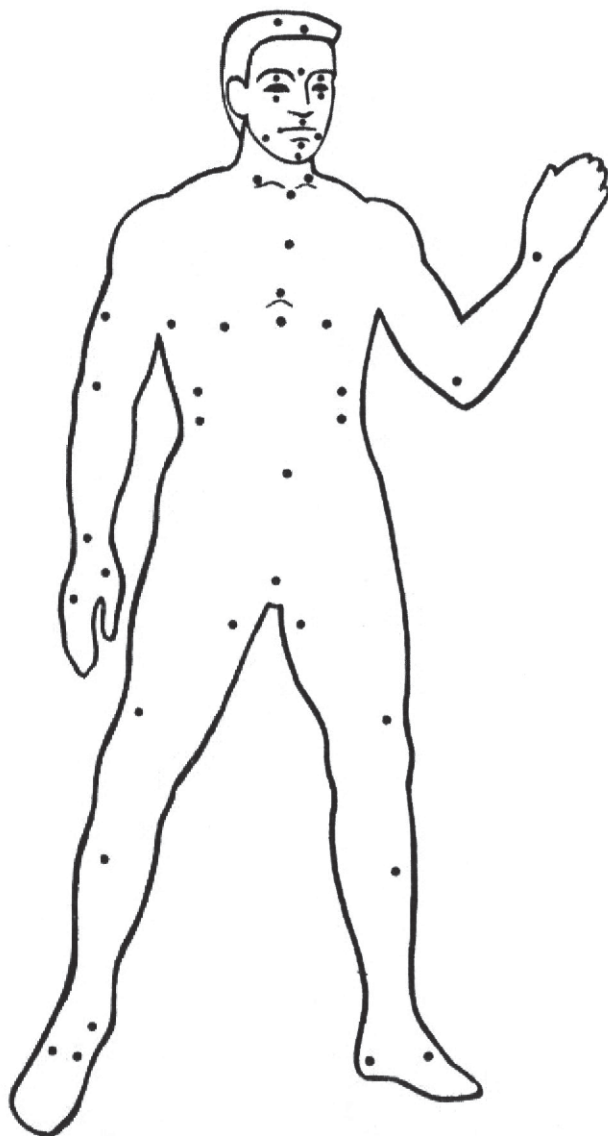
HIJI ATE
(Elbow Strike)



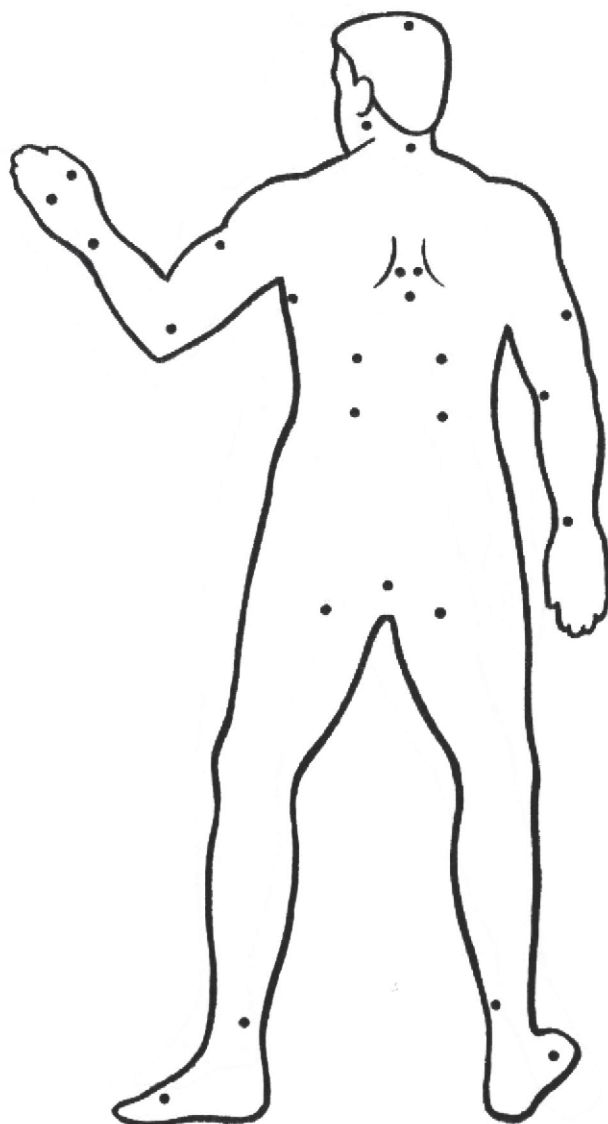
ASHI BARAI
(Leg Sweep)

VULNERABLE POINTS IN THE HUMAN BODY

FRONT



BACK



HOJO UNDO - (Supplementary exercises)

To condition the body and achieve powerful technique Goju Ryu uses a variety of methods, including solo exercises, two-man routines and the use of supplementary equipment. Traditionally, wood and stone provide the materials for Karate equipment, as the old masters liked test themselves against natural objects. A wide range of devices exists for the practitioner to choose those, which fit his particular needs. Such implements as the 'Makiwara' (striking -post), 'Chi'ishi' (strength stone), 'Kame' (jars), 'Kan-shu' (sand/gravel pail), 'Kongoken' (iron ring), 'To' (bamboo bundle) and 'Sashi' (thrusting-stone) have specialised uses applicable to different aspects of technique. Some of the main *Hojo Undo* that may be found in the dojo today are shown below.

Makiwara



The "Makiwara" (striking post): This is, without doubt, the central tool of Karate conditioning. It is a common misconception to regard the *Makiwara* as a device for producing hardened and enlarge knuckles. These characteristic callouses are merely the external indication that such training has taken place; the real value is to the wrist and elbow joints and the fixator muscles of the armpit, chest and back. The 'Makiwara' is essential, too, for the 'feel' of a technique, to absorb the recoil and to vary the depth of 'Kime' (focus).

Chi'ishi

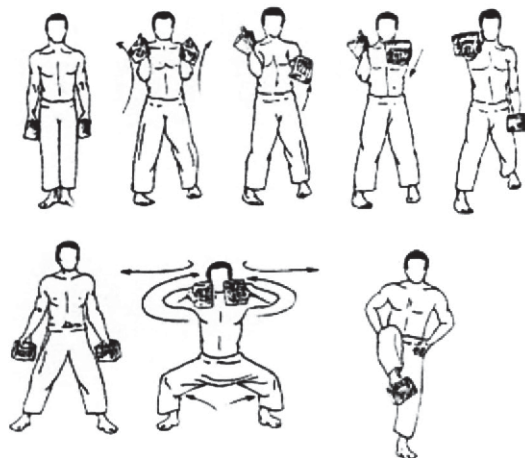


The "Chi'ishi" (strength -stone) : The *Chi'ishi* strengthens the arms, shoulders, abdomen and stance for a variety of techniques. The *Chi'ishi* is based on the principle of leverage grasping the wooden shaft at one end the user rotates, lifts and presses the device in various ways. The leverage of the stone weight at the other end of the shaft concentrates the force upon the wrists, and isolates the muscles, tendons and joints used in specific exercise. Set routines highly related to the demands of Karate, especially blocking techniques. Breathing and tensing methods are incorporated into *Chi'ishi* work for added efficiency. Most *Chi'ishi* exercises involve finishing in a strong straddle-stance, which further benefits the exponent.



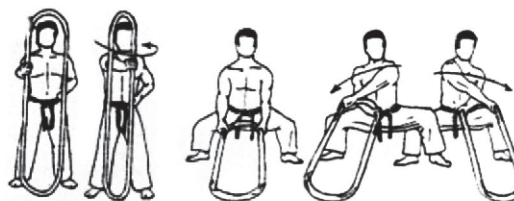
Ishi Sashi

The "Ishi Sashi" (thrusting stone): Used in pairs the *Ishi Sashi* assists the user in achieving a powerful punch. Particularly utilised for 'Sanchin' Kata, the two *Ishi Sashi* are held in a Kamae, and then alternate left/right Sanchin thrusts and withdrawals are performed. The device can also be used for front and lateral abductions. A foot can also be hooked through the hand to practice slow motion stamping kicks to the front, rear and sides.



Kongoken

The "Kongoken" (iron ring) : Introduced by Sensei Chojun Miyagi, this instrument is employed by Goju-Ryu stylists. Weighing 45kg, the ring is twisted and pressed in several ways in solo, or two-man forms. It is intended to give the feeling of handling the weight of a man, so as to understand offensive balance.

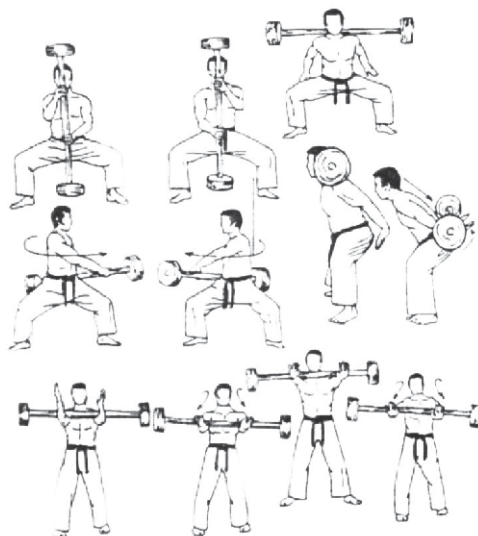


Nigiri Game

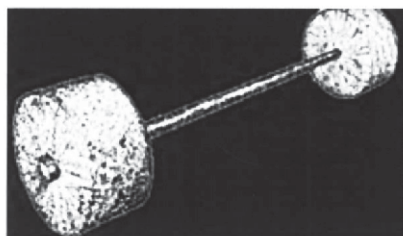
"Nigiri Game" (Weighted Jars) : These are a vital requisite for an effective grip. These are lifted, either empty, or with sand to give increased weight, and the wrists turned from side to side. Often, a special grip excluding the thumb is used to isolate the fingers, thus subjecting them to added stress. Stepping forward and back in stances is practiced with the *Nigiri Game* with emphasis on the shoulders being properly down and back. Specialised Equipment for a strong grip is considered an undoubted asset by the Okinawans. Whether used defensively, to catch an opponent's arm, or leg, after blocking his punch, or kick; or offensively, to attack throat or groin.



Tan



The "Tan" (barbell): This is similar to a modern barbell, but has either metal or stone weights with a wooden stock. This stock is quite thick which enables the *Tan* to be rolled along the arms to condition the blocking edges. The *Tan* is also used for conventional weight-training exercises, e.g. squats (especially in straddle-stance), curls and vertical presses.



Kakie (pushing hands)

Goju-Ryu is characterised by emphasising close-combat fighting. As a result, "Pushing hands" exercises are evident in Goju Ryu. *Kakie* emphasises tactics, awareness and sensitivity at close range, reducing the reliance on visual senses. It also develops an understanding of your opponent's movement, intention, balance and grounding.

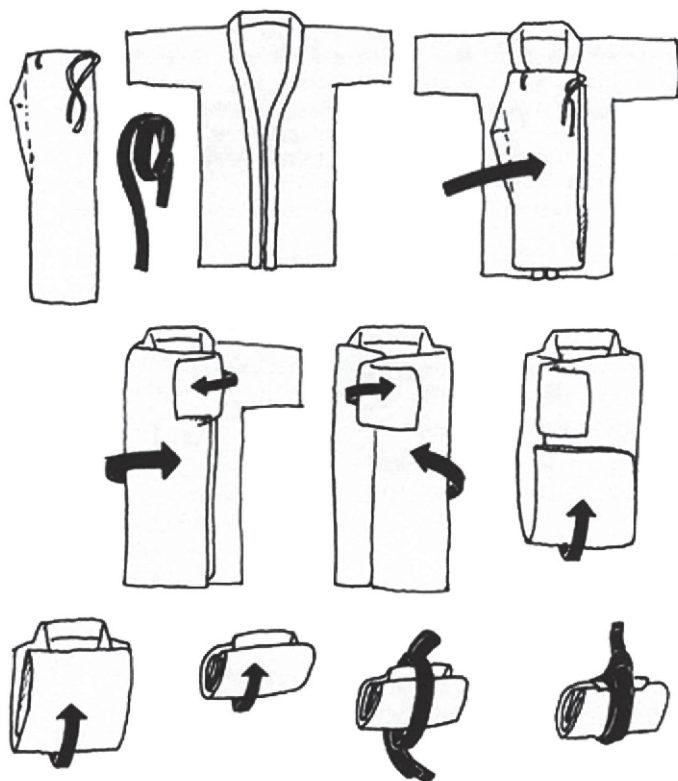
In basic *kakie* the karate-ka learns the *go*-aspects such as rooting, absorbing power, using *muchi* and *ki*-expansion, aspects that are also emphasised in *sanchin* kata. In the technical respect the karate-ka learns to use pushing and pulling techniques in this phase in order to out-balance his opponent to make the fighting distance suitable to himself. Connected to this, different methods to lock arms (or legs) of the opponent and 'opening up' the vital points of the body follow.

After learning these basics the applications of the kata are integrated in *kakie*.

The fighting techniques trained in *kakie*, like so many *bunkai* kumite, are known as '*gyaku-te*' and are divided in categories like e.g. *kansetsu waza* (manipulation of the joints), *nage waza* (throwing techniques), *shime waza* (strangulation's) and *kyusho waza* (manipulation of the vital points).



HOW TO FOLD YOUR DOGI (Uniform)



Wash Your Gi

Some people believe that a gi should display their years of training. They think that blood, grass, dirt, sweat or other stains are like merit badges. However, that is not true. In fact, many people will avoid training with someone whose gi indicates disease. Further, an unlaundered gi suggests a lack of respect or discipline outside the dojo. Do you get home from training, throw your gear in the corner, and forget about it until the next class? A gi can look experienced and clean. Wash your gi.

How to Wash a Gi

A gi should be washed whenever contaminated by dirt or sweat. You can hand or machine-wash your gi. All it takes is hot water and soap. Do not use bleach, as it will weaken the cotton fibers of your gi. Do not machine dry your gi either, or it will shrink, become stiff and lose its shape.

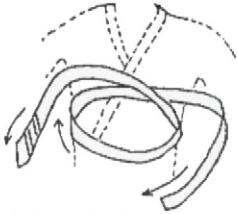
Care of your Obi (Belt)

Avoid washing your obi as it will unset the dyes and lose its shape. Spot clean if necessary to remove soiling.



HOW TO TIE YOUR OBI (Belt)

1. Hold belt at its centre, ends even, with label on the right side.



2. Place centre of belt on front centre of jacket, about one inch below the naval (a location called the tanden).

Wrap belt around your waist, crossing the right side over the left side at centre of the back. Label will now be on your right side. Pull ends of belt forward and adjust so the ends of the belt are even.



3. Lay the left side of belt over the tanden. Lay the right side of belt across the tanden. Label will now be on your left side.



4. Slide the left side of belt (label side) under and behind all the belt layers at the tanden. Label will still be on your left side.



5. Loop the right end of belt forming a 'U' shape.



6. Bring left end (label end) of belt down and over the front of the 'U'.



7. Loop left end (label end) under and up through the 'U' shape to form a knot.

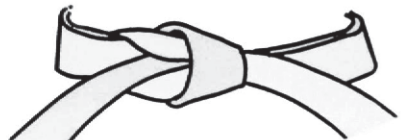


8. Pull ends of belt outward to tighten the knot. Label will be on your left side.



9. Adjust knot so that the ends of the belt are even and hang neatly.

Your final obi knot should look like this



GASSHUKU RECORD

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GASSHUKU RECORD

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TOURNAMENT RECORD

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Stef Biagioni

6th Dan Goju-Ryu
3rd Dan Kobudo

Roberta Biagioni

4th Dan Goju-Ryu
1st Dan Kobudo



剛柔流 直心館



Fourways Martial Arts

GOJU-RYU Karate Kobudo

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- Concentration Problems
- Character Building
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- ADD / ADHD
- Gross Motor Dysfunction
- Self Defence
- Discipline
- Circulation Problems
- Weight Problems
- Bilateral Integration
- Muscle Toning

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