

TERMS & CONCEPTS

Nagashi - Sweeping

Ura - Reverse, Inverted

Kiai - Convergence of all energies; also a release of energy

Aiki - when an opponent avoids conflict due to realization that an attack would be futile

SECRET PRINCIPLE

“The secret principle of martial arts is not vanquishing the attacker but resolving to avoid an encounter before its occurrence. To become the object of an attack is an indication that there was an opening in one’s guard and the important thing is to be on guard at all times.”

- Gichin Funakoshi

SELF DEFENSE

Headlock Defense

- Avoid Attempt
- Discontinue Attempt
- Escape Headlock

Ne-Waza (Ground Fighting)

- Straight arm bar from mount
- Bent arm bar from mount

KIHON (Basics)

Stripe 1

Technique

Procedure

FTR = forward, turn, return; SFSB=stepping forward, stepping back

(Zenkutsu) Mae Geri, Sanbon Zuki
(Front Stance) Front Kick, Three Punches

FTR

(Zenkutsu) Age Uke, Mae Geri, Gyaku Zuki, Gedan Barai
(Front Stance) Upper Block, Front Kick, Reverse Punch, Low Block Front Stance

SFSB

(Zen.) Soto Ude Uke, Yoko Empi, (Zen.) Uraken, Gyaku Zuki, Gedan Barai
(Front) Outside Block, (Horse) Side Elbow, (Front) Backfist, Low Block

SFSB

(Kokutsu Dachi) Uchi Uke, (Zenkutsu) Kizami Zuki, Gyaku Zuki, Gedan Barai
(Back stance) Inside Block, (Front Stance) Jabbing Punch, Reverse Punch, Low Block

SFSB

(Kokutsu Dachi) Shuto Uke, Mawashi Kizami Geri, Nukite
(Back Stance) Knife hand block, Front Leg Roundhouse Kick, spear hand

SFSB

(Kokutsu Dachi) Manji Uke, Gedan Shuto, (Front Stance) Gedan Barai
(Back stance) X block, Low knife hand block, (Front Stance) Low Block

FTR

(Jiyu Dachi) Mae Geri, Mawashi Geri, Uraken Gyaku Zuki, Gedan Barai
(Freestyle Stance) Front Kick, Round House kick, Backfist Reverse Punch, Low Block

FTR

(Zenkutsu Dachi) Mae Geri, Kekomi, Shuto Uchi, Gyaku Zuki, Gedan Barai
(Front Stance) Front Kick, Thrust Kick, Knife Hand Strike, Reverse Punch, Low Block

FTR

(Kiba Dachi) Yoko Geri Keage, (Zen.) Gyaku Zuki, (Kiba Dachi) Gedan Barai
(Horse Stance) Side Snap Kick, (Front Stance) Reverse Punch, (Horse Stance) Low Block

FTR

(Jiyu Dachi) Mikazuki Geri / Mawashi Empi
(Freestyle Stance) Crescent Kick, Roundhouse Kick

FTR

(Zenkutsu) Ushiro Geri
(Front Stance) Back Kick

FTR

(Jiyu Dachi) Kizami Zuki, Gyaku Zuki (sliding forward)
Stance) Jabbing Punch, Reverse punch

FTR

(Jiyu Dachi) Mae Geri (Chudan), Kizami Zuki (Jodan), Gedan Barai Age Uke (same arm), Gyaku Zuki
(Freestyle Stance) Front Kick (mid), Jabbing Punch (high), Low Block, High Block (same arm), Reverse Punch

SFSB

(Jiyu Dachi) Mae Geri & Kekomi - same leg, step forward; Mae Geri & Mawashi Geri - same leg
(Freestyle) Front Kick & Thrust Kick (same leg), stepping forward; front kick & round kick

FTR



Straight arm bar from mount

Bent arm bar from mount



KARATE TECHNIQUES (KARATE-JUTSU)

2nd Kyu

BROWN BELT

KUMITE (Sparring)

Stripe 2

KIHON IPPON KUMITE Basic Attack Sparring

Any Set

JIYU IPPON KUMITE #2 Semi-Free One Step Sparring:

Attacker and Defender start in Jiyu Dachi (freestyle stance). Perform all Jiyu Ippon Kumite on both sides of body (Mirror image or switch feet before starting)

JODAN

ATTACKER **Migi Jodan Oi Zuki** (right high lunge punch)

DEFENDER **Jiyu Dachi, Hidari Jodan Nagashi Uke Migu Chudan Ura Zuki, Hikite Gamae**
Freestyle Stance, Left High Sweeping Block Right Mid Inverted Fist Punch, Pull back hand

CHUDAN

ATTACKER **Migi Chudan Oi Zuki** (right middle lunge punch)

DEFENDER **Jiyu Dachi, Hidari Gedan Gyaku Shuto Uke, Migu Jodan Uraken Uchi, Hidari Chudan Gyaku Zuki. Hikite Gamae**
Freestyle Stance, Left Low Reverse Knife Hand Block, Right High Backfist, Left Mid Reverse Punch, Pull back hand

MAE GERI

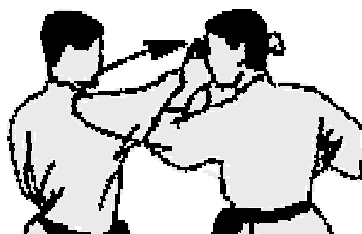
ATTACKER **Migu Chudan Mae Geri** (right front kick)

DEFENDER **Jiyu Dachi, Migu Gedan Barai, Hidari Gyaku Tate Shuto, Migu Jodan Kizami Zuki, Hikite Gamae**
Freestyle Stance, Right Low Block, Left Reverse Vertical Knife Hand Strike, Right High Jabbing Punch, Pull back hand

The Study of Martial Arts

"...Ensure...your martial study is as broad as possible. Endeavor to learn about grappling, ground fighting, close range strikes, etc., so that you will begin to recognize such techniques in your kata."

- Iain Abernethy



Nagashi Uke
Sweeping Block



Ura Zuki
Inverted Fist Strike (Upper Cut)

FITNESS

- Run 3 miles
- Situps: 50
- Pushups: 50
- Jumping Jacks: 50

Kata Facts

Bassai Dai

Meaning:

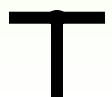
Conventional: storming the fortress,

Linguistic: guard and extract/escape (what bodyguards would do with the king if the fortress/palace is stormed by others)

New Techniques:

- Zuki: Yama Zuki,
- Moves: 42
- Time: ~1 minute

Embusen:



KARATE TECHNIQUES (KARATE-JUTSU)

2nd Kyu

BROWN BELT

General Knowledge

Bassai Dai was created by Sokon “Bushi” Matsumura (b. 1796, d 1893). Matsumura is the inventor of linear karate. As a bodyguard to the Royal Family of Okinawa, Matsumura discovered the scientific theory of martial arts. Linear karate allowed small people to take down large muscular people. The translation of **Bassai Dai** that propagated to many martial arts schools is “Storming the Fortress. Scholars and linguists, however translate the symbols to mean “Block” and “Extract” or “Escape.” As a bodyguard leading an unarmed security force to protect royal family members, this is exactly what the head of security would try to do if someone were to try to storm the fortress. They would block their opponent's passage, and ensure royal family members escape from harm.

Matsumura served as a royal bodyguard for over fifty years. His influence remains with us today in many variations of martial arts.

KATA (Form)

Stripe 3

Bassai Dai (block and escape) - No Count

