

A KARATE PROGRAM FOR COLLEGE AND
UNIVERSITY STUDENTS

A Thesis

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by

Carl David Jordan

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A THESIS

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ABSTRACT

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India appears to be the birthplace of the first fighting technique with karate-like movements. Bodhidharma is given credit for introducing this fighting style to China where it was ultimately converted into Shao-lin-ssu kempo. From China it was interposed into Korea and the Ryukyu Islands. An instructor from the Ryukyu Islands established the first karate program in Japan. Various styles of karate from each of these countries have been established in the United States.

The popularity of karate in the United States is relatively new, with the first nationally recognized karate association organized in 1948. Since this time karate has experienced a tremendous growth as a sport, a physical art, and as a means of self defense. Part of this popularity results from the many psychological needs and principles which can be fulfilled by the practice of karate. College students are also very interested in karate as indicated by the results of the survey in which the seventy instructors interviewed listed sixty-one colleges and universities with karate programs. Forty-nine of these are college sponsored programs and twelve are college courses included in the curriculum.

A karate training session is usually divided into several parts. These consist of a warm-up period, basic movements involving hand and

leg techniques, formal exercise and sparring techniques such as one-step sparring, semi-free and free-style sparring. Information concerning each of these is included in the findings. Also included in the study is information pertaining to a ranking system and to the organization of a high school and college karate program.

By utilizing the results of the survey and the related literature, a beginning karate program was designed for college and university students. The program consists of twenty-eight training sessions to be conducted twice a week with each lasting one hour and five minutes.

In the program, major emphasis is placed on the perfection of techniques comprising the basic movements. These techniques include kicks, strikes, blocks, thrusts, punches, and stances. At intervals during the twenty-eight training sessions, various techniques will be introduced. These include eight karate stances, seven blocking techniques, eleven hand techniques, eight leg techniques, two basic forms and various one-step and semi-free style sparring techniques.

Approved:

Dr. Harold Fischer
Supervising Professor

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CHAPTER I

INTRODUCTION

Karate is relatively new in the United States. One of the first organized karate programs was established by Robert A. Trias in 1946. In 1948, the United States Karate Association was established with Robert A. Trias elected president. It was the first nationally recognized karate association. Regional representatives were Harold Long, Phillip Koeffel and Atlee Chittim. Since this association was formed in 1948, the total number of nationally recognized associations has grown to twenty-four.

It is a result of this tremendous growth in the popularity of karate as a sport, a physical art, and self-defense, that this research on the organization of a karate program designed for college and university students seems necessary. At many of the colleges and universities in Texas, there are karate clubs and teams. A few of these universities are: The University of Texas at Austin, Texas Christian University, Trinity University, The University of Houston, and Sam Houston State University.

Several universities such as the University of Tulsa, the University of Mississippi, the University of Michigan and Oral Roberts University have already added a karate program to their curriculum and the results of the survey indicate the possibility that karate may soon be added to the curriculum of colleges and universities

across the nation. Karate was introduced to Japan in 1924 and by 1932, all Japanese universities had organized karate programs.

Statement of the Problem

Since this research is concerned with the development of a karate program for college and university students, every aspect of karate will be considered. First the historical background of karate will be reviewed and the different styles of karate will be compared. Using information gathered from books written about karate and also information gained from letters and personal interviews, a karate program will be organized. The program and all other findings of this research will be written completely in English. The terminology used in describing warm-up exercises, fighting techniques, ranking systems, and all other aspects of karate will include only English terminology. This will be very beneficial to beginning students since many books use foreign language in the terminology describing their techniques, thus making them more difficult to learn.

Purpose

The purpose of this research is to review all available material on karate, both historical and present-day, and determine a karate program which would be most beneficial to college and university students.

It is a result of the tremendous growth in popularity of karate as a sport, a physical art, and self-defense that this research seems necessary.

The popularity of karate as a sport has resulted in a growing number of karate tournaments being offered each year. Some colleges across the nation have already formed karate teams which compete in these tournaments.

Karate as a physical art has proven itself as a very adequate means of physical fitness. An example of this would be the amount of calories burned per hour during various activities. The following list indicating the total number of calories burned per hour demonstrates how effective karate would be in maintaining physical fitness as compared with other activities

<u>Activity</u>	<u>Calories Burned Per Hour</u>
Calisthenics	500
Field Hockey	500
Football	600
Handball	550
Jogging	600 ¹
Karate	600 ¹

As a result of the growing crime rate and the fact that karate is considered to be the ultimate in unarmed combat, karate as self-defense is also growing in popularity.

Definition of Terms

1. Chakuriki - A style of Korean training. An intense training method which involves increasing body power through the use of medicines, artificial devices and training.

¹Roland H. Bert, "The One Sensible Way to Diet," Look, XXXIII, No. 25 (December 16, 1969), 36.

2. Conjeeveram - A small Buddhist province south of Madras in India.

3. Focused Block - A block in which the whole strength of the body is concentrated at the blocking point and then withdrawn swiftly to prepare for a counter attack.

4. Go-ju School of Karate - One of the three leading karate associations in Japan.

5. Hsien-sui-ching - A book composed of self-defense techniques of Indian origin.

6. I-chin-ching - A book composed of self-defense techniques of Indian origin.

7. Japan Karate Association - One of the three leading karate associations in Japan.

8. Jou-fa - A fighting technique concentrating on close grappling fighting. One of the two classes into which Chinese hand techniques were divided.

9. Ju-jutsu - A Japanese style of unarmed fighting utilizing techniques such as kicks, strikes, throws, and choke holds.

10. Kang-fa - A fighting technique involving primarily kicks and thrusts. One of the two classes into which Chinese hand techniques were divided.

11. Karate - A style of self-defense utilizing the entire body as a weapon. Kicks, strikes, punches, blocks, and thrusts are engaged in this style of fighting.

12. Karate-jutsu - A style of Okinawan karate which consists of fighting techniques originating from China, Japan and Okinawa.
13. Kendo - A style of Japanese sword fighting.
14. Kshatriya - A warrior class during India's early civilization. The dominant strata in Indian society.
15. Lotus Sutra - Lotus Sutra is thought to have been written in Sanskrit somewhere in northern India. The author is unknown. The best English translation is William Soothill's "The Lotus of the Wonderful Law."
16. Nio Bodhisattvas - Statues representing protectors of the Buddhist faith.
17. Okinawa-te - The Okinawan style of self-defense utilizing "Empty-hand" fighting techniques. This style of fighting made the first real distinction between kempo and karate.
18. Pugilism - In India, the art or practice of fighting with the fists.
19. Shao-lin-ssu - A method of self-defense developed by Bodhidharma from the book entitled I-Chin-Ching.
20. Shao-lin-ssu-kempo - A Chinese fighting technique that utilized the fists as weapons. The fighting technique involves the study of five elements: The soul, the emotions, bravery, strength and the body. It is also a combination of the shao-lin-ssu method of self-defense and Chinese kempo.

21. Shito School of Karate - One of the three leading karate associations in Japan.

22. Shuku - A style of Korean training. The technique used in this training involves the shortening of space or training in the way one walks in actual combat.

23. Subak or Kwonpup - A Korean fighting style which emphasizes three points: Those used to stun an opponent, those used to render him unconscious, and those used to kill him if necessary.

24. Tae-kwon-do - or Tae Kwon - A Korean style of unarmed self-defense that involves the skillful application of techniques that include punching, jumping kicks, blocks, dodging and parrying actions with both the hands and the feet.

25. Taiken - A Korean style of fighting which resulted from the combination of kempo and native Korean fighting techniques. This combination resulted in a widely popular variety of hand techniques used in karate.

26. T'ang-su - A Korean style of empty-hand fighting originating from fighting techniques received from China.

27. Vajramushti - A fighting technique in which the clenched fist is used as a weapon.

28. Wu-tang-shan kempo - A method of fighting utilizing the fist as a weapon. Wu-tang-shan kempo was developed in China by To-shan fen.

Procedure

The development of a karate program for college and university students is concerned with the historical background of karate. There are various styles of karate, each originating from a country other than the United States. By reviewing the historical background of karate, these different styles could be reviewed and judged accordingly.

Atlee Chittim, regional representative for the United States Karate Association has this to say:

Let me stress to the membership that they keep an open mind and choose from the various styles of karate the things that work for them. In fighting be hard and tough as to display in the matches American fighting ability. The day dreamers and romantics are those who feel they must copy some country's fighting spirit.²

The next step in the procedure was to obtain the opinions of individuals presently associated with karate. This was accomplished by the use of questionnaires and personal interviews with karate instructors. A sample of the questionnaire is included in Appendix A.

The final procedure consisted of utilizing the information gained from the various sources: Historical, karate associations, and presently established university karate programs. By studying, evaluating, and compiling the material, a well-organized karate program for college and university students will be developed.

²Robert A. Trias, Constitution of the United States Karate Association, (Phoenix, Arizona: National Headquarters, 1968).

CHAPTER II

REVIEW OF RELATED LITERATURE

At the present time the oldest records we have concerning unarmed combat are hieroglyphics from the ancient Egyptian pyramids. The date was about 4000 B. C. Additional pictures of military men using fighting techniques which resemble both boxing and wrestling were recorded in the ruins of Sumer in Mesopotamia in the year 3000 B. C. and in the ruins of Bein Hasan in Egypt in the year 2300 B. C.

From Egypt, the fighting techniques crossed over to Greece, and it was here the two types of fighting were combined. It was the Greeks who developed the method of using the entire body as a weapon when fighting. Because they did emphasize kicking, striking, and hitting, this method of fighting was related to karate. These different styles of fighting techniques are described by Homer in the twenty-third book of the Illiad.³

In the thirteenth century B. C., the Indians used hand combat methods in fighting. "Several Buddhist documents record three types of combat: Reverse techniques, exchanges of blows, and combined strikes."⁴

³ Masutatsu Oyama, What is Karate (Tokyo: Japan Publications Trading Company, 1967), p. 27.

⁴ *Ibid.*

The first written evidence of an Indian bare-handed fighting art is mentioned in the well-known Buddhist scripture called the Lotus Sutra. It is here that the historic Buddha speaks to a follower called Manjusri. In his conversation he states: "In the sphere of action and intimacy the bodhisattva dwells in a state of patience.....he seeks no intimacy with kings, princes.....nor with heretics.....nor with pugilists."⁵ Since pugilism is defined as the art or practice of fighting with the hands or fists, the Buddha's comment seems to indicate that a karate-like art existed before the writing of the Lotus Sutra.⁶ The Chinese translation of the pugilistic art is also that of mutual striking or pounding. This helps confirm the Sanskrit translations indicating some type of martial art.

India appears to be the birthplace of another bare-handed martial art called vajramushti. This is thought to be the first fighting technique with karate-like movements involved. This method of fighting was used by the Kshatriya. The Kshatriya was a warrior class during India's early civilization and were the dominant strata in Indian society.

It was during this time that the third child of King Sugandha was born in Southern India. The son was named Bodhidharma. Since

⁵ Bruce A. Haines, Karate's History and Traditions (Rutland, Vermont: Charles E. Tuttle Company, 1969), p. 18.

⁶ *Ibid.*

his family were members of the Ksyatriya, Bodhidharma spent his boyhood in Conjeeveram, a small but dynamically Buddhist province south of Madras. From a very early age Bodhidharma excelled in his training and by the time he was middle aged, he was considered to be very brilliant in the Zen practices and in vajramushti. According to the Records of the Transmission of the Lamp,⁷ it was at this time that Bodhidharma, saddened by the decline of Buddhism in the areas outside of India, decided to travel to China.

Many historians feel that all accounts of the Indian monk were legendary, but eminent Buddhist historians such as D. T. Suzuki, Kenneth Ch'en, and Heinrich Dumoalin express the opinion that: "Bodhidharma was an actual person despite the many admitted sprinklings and spicings of myth that have been added to his biography."³

The most reliable source of information concerning Bodhidharma is generally considered to be Biographies of the High Priests. These works were written by Priest Tao-hsuan in A. D. 654. Another source of information is that written in 1004 by Priest Tae-yuan, entitled Records of the Transmission of the Lamp. The earliest written source concerning Bodhidharma is written by Yang Hsuan-chih in 547, and is entitled Records of the To-yang Temple.⁹

⁷*Ibid.*, p. 25.

⁸*Ibid.*, p. 18.

⁹*Ibid.*, p. 24.

When Bodhidharma left India and traveled to china, his first concern was to cultivate the minds of his followers so that enlightenment could be achieved. Since he was raised as a member of the Kshatriya, he carried with him two books in military arts: The I-Chin-Ching and the Hsien-Sui-Ching. These books are composed of Indian methods of self-defense.

Bodhidharma continued through China until he came to Shao-lin-ssu, an ancient Buddhist monastery located on Hao-shan, a mountain in the lower part of the Yangtze River. "Shao-lin-ssu has been famous as a physical and spiritual training ground for priests since the Wei period (386-550)."¹⁰ It was here that Bodhidharma developed the method of fighting known as shao-lin-ssu kempo.

Since ancient times, the Chinese have had various fighting techniques involving the use of both the hands and the feet as weapons. Karate as we know it today has a very close connection with shao-lin-ssu kempo. Bodhidharma instructed the priests of the temple in both Zen meditation and self-defense techniques entitled I-Chi-Ching. Bodhidharma developed the shao-lin-ssu method of fighting. This style of fighting was ultimately converted into shao-lin-ssu kempo as a result of the combination of shao-lin-ssu and Chinese kempo or kang-fa.

¹⁰ Masutatsu Oyama, This is Karate (Tokyo: Japan Publications Company, 1967), p. 309.

Shao-lin-ssu kempo was spread throughout the country by the priests themselves, as a result of pressure from high places and the fact that the temples were raided and burned many times. These priests, with their training in self-defense could not ignore the robbery and pillaging the people were suffering at the hands of thieves and mountain bandits. As a means of protection from these thieves and bandits, the priests taught the people shao-lin-ssu kempo or I-chin-ching. When shao-lin-ssu kempo reached the people, it lost its connection with Zen discipline.

The Chinese are considered by some to be the true pioneers of karate.

Although judo, jui-jitsu, kempo, karate and kung-fu are self-defense forms, they differ because judo and jui-jitsu are more clearly related to wrestling while kempo, karate and jung-fu are related to one another.¹¹

Another fighting style found in China is we-tang-shan kempo. This fist-fighting technique was developed by a man named To-san-fen. This fighting technique involved the study of five elements: "The soul, the emotions, bravery, strength and the body or bones."¹² Wu-tang-shan kempo differs from shao-lin-ssu kempo by the fact that it was a product of the Chinese mind whereas the latter had an Indian

¹¹Ed Parker, Secrets of Chinese Karate (Englewood Cliffs: Prentice-Hall, Incorporated, 1963), p. 19.

¹²Oyama, This is Karate, *op. cit.*, p. 311.

origin. Both of these fighting techniques lost their connection with Zen meditation and spiritual training.

From ancient times, Chinese hand-to-hand fighting techniques have been divided into two classes: Kang-fu and jou-fa. These styles of karate flourished until 1900, when the Manchu government banned Chinese kempo and all forms of self-defense techniques from China. With the birth of the new republic in 1912, after the demise of the Manchu, Chinese kempo again continued to spread although it had suffered as a result of the Boxer Rebellion. Although Chinese kempo was originally boxing, there were many parts of China where kempo emphasized many circular movements and the use of leg techniques.

This form of kempo, which is more closely associated with karate, has been carried to several countries as a result of the various Chinese wars and Buddhism. From ancient times, Korea has struggled against invasion from other lands. As a result, many methods of unarmed combat have developed in this country. One of these is Korean kempo which resulted from Buddhist monks who came to Korea from the northern-school of kempo in China. This shao-lin-ssu kempo spread rapidly and became connected with the native Korean techniques already in use.

The Korean people developed two styles of training: Chakuriki and Shuku. Chakuriki refers to borrowed strength, and shuku refers to a shortening of space when walking during combat. Chakuriki is an intense training method which involves increasing body power or

natural strength through the use of medicines, artificial devices and training. The three training methods involved in chakuriki are spiritual, medicinal and physical.

Spiritual chakuriki, by developing an outstanding spiritual power and a physical strength like that of the animals, makes of man something like the ancient Sphinx with the face of a man and the body of a lion.¹³

Medicinal chakuriki was intended to develop strength in the body. This technique depends on the four thousand year old Chinese medical system. This medicine acts throughout the entire body and is intended to drive disease away from the body and keep it healthy. This type of training is not considered to be entirely essential.

Physical chakuriki was a training technique which involved the development of a strong, flexible body in order that the martial art techniques could be improved. In this type of training, the mental discipline is considered to be a necessity.

Korea possesses a unique array of fighting arts derived from the various types of combat forms carried to the country by many different people. "Korean empty-hand fighting techniques are known by various names such as t'ang-su, subak, tae kwon, kwonpup, tae kwonpup, and tae-kwon-do."¹⁴ These terms all relate to similar, but not precisely the same combat forms. The original empty-hand technique came from

¹³ Oyama, What is Karate?, *op. cit.*, p. 313.

¹⁴ Donn F. Draeger and Robert W. Smith, Asian Fighting Arts (Palo Alto: Kodansha International Ltd., 1969), p. 74.

China and became known as t'ang-su. Later the schools using empty-hand fighting techniques referred to their style as either subak or kwonpup. According to a Korean military document, the three types of striking techniques comprising the kwonpup style of fighting were: "Those used to stun an opponent, those used to make him unconscious, and those used to kill him if necessary."¹⁵ Another style of fighting was used by the forces of Silla. This style, called taiken, utilized various combinations as a result of the combination of kempo and native Korean fighting techniques.

After a period of time there was a rapid decline of kwonpup. The new center of technical development was relocated in central Korea and the new name of tae-kwon was adopted. With the independence of Korea in 1945, karate, restyled as tae-kwon-do, reached its present level of development.

The introduction of Chinese kempo to the Ryukyu Islands resulted in a new form of empty-hand fighting techniques. The inhabitants of the Ryukyu Islands did not receive the original style of shao-lin-ssu kempo. The populous assimilated a number of individual fighting techniques and combined these with kempo to develop the characteristic Okinawa karate or Okinawa-te.

Though shao-lin-ssu kempo and Okinawa karate resemble each other at first glance, they are actually quite different. By this time, karate was no longer the same thing as the original kempo.¹⁶

¹⁵ *Ibid.*, p. 75.

¹⁶ Oyama, This is Karate, *op. cit.*, p. 314.

In the early seventeenth century Okinawa was invaded and defeated by Japan. The use of any type of weapon was prohibited. As a result of this, Ryukyuan combat arts consisted primarily of empty-hand fighting techniques. It was not until 1890 that the Okinawan people were allowed to freely practice Okinawa-te. It was at this time that the Japanese people noticed the effectiveness of karate. At that time Gichin Funakoshi was considered to be the most qualified teacher of Okinawan karate. In the absence of Funakoshi, Ghogyum Miyagi became the leader of karate-jutsu in Okinawa.

The name of Okinawa-te was changed to karate-jutsu in order to respect three cultures, that is Chinese (kara), their own (te) and the Japanese (jutsu). Karate-jutsu thus meant China hand art.¹⁷

It was not until 1940 that the Okinawan masters of karate allowed sparring in competition. Until that time, karate was not considered a sport and thus training resulted from the use of formal exercises rather than actual sparring.

In 1922, Crown Prince Kirohito of the Japanese Embassy witnessed an exhibition of karate on Okinawa and was so impressed he wrote a detailed report to the Japanese Ministry of Education. In the same year Gichin Funakoshi, a karate expert from Okinawa, was invited to Tokyo to give a demonstration in karate. By 1924, Funakoshi had shown that karate should be included in physical education curriculum. Keio

¹⁷ Draeger and Smith, *op. cit.*, p. 59.

University became the first Japanese university to organize a karate program. It was not long until Japan had a larger student membership than Okinawa. By 1932, all Japanese universities had gymnasiums for the practice of karate.

In 1948, the Japan Karate Association was organized with Gichin Funakoshi elected president. He stated:

Because this organization made it possible for the leading karate men to pool their knowledge and ability, from that time onward progress was rapid, leading to the development of three aspects of present-day karate, i.e.,¹⁸ as self-defense, as a physical art, and as a sport.

There are more than one hundred different styles of karate in Japan today. The art of karate spread rapidly and soon became more popular than jujitsu and kendo. These various styles of karate fused with the Japanese techniques found in jujitsu. In Japan karate is now thought of more in the form of physical education and sporting competition rather than self-defense. The three leading styles of karate are those found in the Japan Karate Association, the Go-ju, and the Shito schools. As previously stated, Gichin Funakoshi organized the Japan Karate Association. The Go-ju school of karate was organized in Japan by Chojun Miyogi and the Shito school of karate was organized by Kenwa Mabuni.

¹⁸ Richard C. Brown and Hidetaka Nishiyama, Karate, (Rutland: Charles E. Tuttle Company, 1968), p. 17.

Karate in the United States has experienced a rapid growth in the last several years. Until 1946, following the second world war, there were no organized karate programs offered in the United States.

Master Robert A. Trias, eighth degree black belt, is recognized as the father of American karate. His rank is recognized by the countries of Okinawa, Japan, and Korea. In 1946, Master Trias opened one of the first schools of karate in the United States and in 1948 formed the now largest karate organization in this country, the United States Karate Association.

With the growing popularity of karate, only time can determine the final outcome. Since the first national karate association was organized in 1948, the number of nationally recognized associations has grown to twenty-four. These associations are recorded in the United States Karate Association Memo as:

1. Okinawan Isshin-ryu Federation (President - Tatsuo Shimabuko)
2. Wado-kai Karate Federation (President - Hironori Otsuka)
3. Shorin-ryu Karate Federation (President - Neuiro Skimabuku-Shoshine Naganine)
4. Korean Tae Kwon-do Association Chong DoKwan (President - Um Uoon Kyu-Choi Honghi)
5. Chitoryu Karate Federation (President - Tsuyoshi Chitose)
6. Japan Karate Association (President - Masatoshi Nakayama)
7. All American Japan Federation (President - Hidetaka Nishiyama)
8. Japan Kyokushin-kai Karate-do (President - Masutatsu Oyama)
9. Go ju-ryu Nippon Budo-kai (President - Gogen Yamaguchi)
10. World Karate Federation (President - Chojiro Tani)
11. Phillipine Amateur Karate Association (President - Latino Gonzales)
12. Hawaiian Kempo Federation (President - Andrelio Amperado)
13. All Japan Karate Do League (President - Shi geru Nakamure-Zenro-Shimabuku)
14. Okinawan Kempo Karate-do Federation (President - Mitsuo Nakamure)

15. United Karate Federation (President - Sihak Henry Cho)
16. International Karate Association (President - Ta Kiyuki Kabota)
17. Southwest Karate Black Belt Association (President - Allen Steen)
18. Korean American Tae Soo Do Karate Association (President - Kim Pyung Soo)
19. American Goshin-Do Karate Association (President - Frank Van Lenten)
20. Canadian Chitoryu Federation (President - Masami Tsurouka)
21. Bando Association of America (President - Naung Gyi)
22. American Kempo Federation (President - Edmond Parker)
23. United States Karate Association (President - Robert A. Trias)
24. Budo-kai Martial Arts Federation (President - Richard Kim)¹⁹

The popularity of karate is growing in colleges and universities across the nation. Many of these offer karate in the curriculum while others simply sponsor clubs on the campus. Many colleges and universities have already formed karate teams entering competition for intercollegiate karate honors.

A forum was held in Los Angeles to discuss the possibility of extending karate and judo into public schools. The forum included the following men: Reed Nilsen, Burt Seider, Kazuo Shinohara and David Dreis.

The question was asked whether or not there was any prejudice against judo or karate because it was an oriental sport. Reed Nilsen replied:

Now, not at all. Right now at our university there are two karate clubs. Last year, I was sponsor of the karate club.

¹⁹ Robert A. Trias, "Karate Organization," United States Karate Association Memo, (July 5, 1969), 4.

There must have been sixty kids in that group, plenty of girls. No, there's no prejudice against this at all.²⁰

Also discussed in this meeting were the three steps necessary to qualify for a course in college: Facilities, financing and qualified instructors. It was concluded that the public relations factor, rather than the money involved would determine the admittance of a karate program into the university curriculum.

At the present time, many colleges and universities sponsor karate clubs rather than offering karate in the actual school curriculum. Rider College in Lawrence Township, New Jersey recently organized a karate club. "The objective of the Rider College karate team is to encourage the art on the college level as a means of physical, mental, and moral development."²¹

The University of Illinois has a very active karate team numbering as high as two to three hundred at times. Intercollegiate meets are scheduled with the University of Chicago, Northwestern University and Ohio State University.

Other colleges and universities offering karate clubs to the students include the following: Mount Carmel College, Wilmington College, Bellarmine College, University of California, Irvine campus,

²⁰David D. Dreis, "Martial Arts and Mortar Boards," Black Belt (August, 1969), 24.

²¹Dave Micco, "Rider College Students Stir Karate into Curriculum," Black Belt (January, 1966), 24.

Iona College, Virginia State College, Louisiana State University, Tulane University, University of South Alabama, Xavier University, Louisiana South Eastern University, Sul Ross State University, Mississippi State University, University of Southern Mississippi, Louisiana Technological College, Memphis State University, University of Florida and the College of the Mainland of Texas City, Texas demonstrating that a junior college can also support a karate team.

Colleges and universities across the nation have also begun to offer karate in their actual course curriculum. The Physical Education Department of Eastern Montana College added a new member to its staff recently to teach karate, judo, and soccer.

The University of Minnesota now offers karate in its course curriculum. The university adopted the classes in karate at the request of the students. Forty students are enrolled in each of the three sections of karate offered each year.

Patrick Bird, supervisor of the non-professional program at the University states: "If we had the facilities and the staff, we would be able to greatly increase our enrollment in these sports."²²

Four other universities offering karate in their course curriculum are the University of Michigan, the University of Mississippi, the University of Tulsa, and Oral Roberts University.

²² Stanwood R. Weeks, "University of Minnesota Offers Judo and Karate as Student Interest Creates Courses," Black Belt (August, 1963), 9.

With the growing popularity of karate in colleges and universities, karate teams are already entering competition for intercollegiate karate honors. In the all-college karate team tournament in Oklahoma City, a number of collegiate karate teams were represented. These teams represented the following colleges and universities:

"Oklahoma University, North Texas State University, Texas Technological University, University of Texas at Austin, and the University of Mississippi."²³

In other recent intercollegiate karate tournaments several colleges and universities were represented. These included: West Point, Princeton University, Tennessee Temple University, Middle Tennessee College, East Tennessee State, University of Tennessee, Tennessee Technological College, and Dalton Junior College.

Another karate tournament was held in Bridgeport, Connecticut.

The second annual American Intercollegiate Karate Championships were held at Sacred Heart University. Colleges and university teams entering the tournament included: John Jay College, University of Maryland, Anne Arundale College, Fairfield University, Iona College and the University of Tennessee.²⁴

The University of Montana, California State College, Long Beach City College, Eastern Montana College, University of California, and

²³ Mrs. Jack Hwang, "All American Open Karate Championship and All College Karate Team Tournament," Black Belt (August, 1967), 55.

²⁴ M. Uyehara, "College Karate Roundup: West Point, Montana University, Arundale Lake Fetes," Black Belt (October, 1969), 57.

Brigham Young University were other schools with karate teams participating in intercollegiate tournaments.

As indicated by the numerous colleges and universities sponsoring karate clubs and teams, and offering karate in their course curriculum, the popularity of karate is continuing in growth.

Karate is the ultimate of unarmed self-defense. The word karate means empty hands or hands without a weapon. Karate specializes in various techniques such as kicking, punching, stabbing, striking and thrusting. A few throwing techniques are used in cases where it would be more practical to throw the opponent instead of striking him.

Karate, which clearly surpasses all the other martial arts, must be considered in its final form and spirit as an expression of man's indomitable will to survive adversity in the most direct, self-reliant manner possible requiring only that which nature gave him--a mind and body rigorously disciplined as an inseparable entity.²⁵

There are many psychological needs and principles which can be fulfilled by the practice of karate. Students who practice karate gain much more than merely a method of fighting and physical fitness. There are mental rewards to be gained from the practice of karate. As one begins and continues the practice of karate, a new state of mind begins to form and the feeling of self-confidence overcomes the need to be overbearing or dictatorial. Pride and patience are two other important qualities gained from the practice of karate. Pride

²⁵ Robert A. Trias, Shorei Karate (Phoenix: United States Karate Association, 1969), p. 4.

overcomes the need to prove one's individual worth. Patience results from the difficult training. Fear and anger are replaced with tranquility. In discussing these needs and principles, Robert Trias believes:

There are two ways of attaining true mental control. One is through faith, whether it be in a supreme being or in a philosophy. To know oneself is the second method. Karate enables one to have a more comprehensive understanding of self and presents a philosophy in which to believe. Thus the psychological principles of karate strengthen and promote growth and understanding in the individual.²⁶

There are many people who would like to become skilled in the art of karate. Self-defense seems to be the more popular motive for this pursuit. Many of these individuals have been misled into believing there are various secrets to be learned and then one will be skilled in the art of karate. Karate, like many other sports, requires much more time and effort in order to become proficient. According to David Yeamans: "Karate is simply the finest method of unarmed combat that a human being is capable of."²⁷

There is nothing weird or mystic about karate. It applies the laws of physics to man and his capabilities. Concentration is of major importance. It is required to promote and develop the various kicks, punches, and strikes. Self-discipline and confidence are both

²⁶ *Ibid.*

²⁷ David C. Yeamans, Tae Kwon Do (Texas City: Texas, 1967), p. 3.

developed as a result of this concentration. Additional benefits gained from karate such as the mental attitude of patience, fortitude and sportsmanship result in a more capable human being both physically and mentally.

Karate is popular because it meets needs and serves motives which are not fulfilled by such sports as soccer, football, basketball, and baseball. One of the simpler motives behind the study of karate is fear. Fear is a survival characteristic and is defined by Richard Steele in these words:

Fear may be either a conscious, defined thing with a clear object, or a more vague and nebulous state in which the individual is no longer conscious of what the feared object or situation may be.²⁸

For the most people fears seem to be of two kinds: The fear of injury and the fear of one's own potential for doing violence to others. With continuous practice in a well-disciplined karate program, the student becomes gradually more aware of his own feelings and also of his ability to control these feelings. In a karate program supervised free-style sparring provides a way in which the person can reduce his fears of personal injury and also discover he has the ability to master his own hostility at a conscious level without actually becoming involved.

This fear may result from thought given to the rising rate of

²⁸ Richard Steele, "Why Karate," Action Karate, II, (1969), 35.

crime in our cities, and the conscious awareness of the fact that there might be some possibility he would be called upon to defend himself or those close to him.

Another group of individuals reacting to this same type of awareness are individuals whose work places them in situations where the ability to defend oneself is a healthy quality. The policemen and peace officers in our country fall in this category.

Many unconscious fears may also motivate an individual to become skilled in the art of karate. A fear of helplessness coupled with a strong feeling of physical or mental inadequacy may motivate an individual to become proficient. Again if an individual unconsciously compares himself to some sort of stereotype and finds himself wanting, he may begin to have unconscious fears in regard to his masculinity.

One of the most beneficial contributions of karate is the emotional and physical control which is gained, particularly with respect to violence and anger. By training and disciplining oneself, an individual can remove the fear which arises from his potential for violence.

Another need which can be met by karate is that of personal identity. More individuals have a need to differentiate themselves from their fellow citizens. Karate may well fulfill this function for them, giving them a skill which they share with a relatively small group of individuals.

Another motive of the karate student has to do with self-discipline and self-control. This is the mastering of one's feelings and emotions.

Richard Steele believes:

The rigorous discipline of the karate school combined with the need for constant practice and self-discipline provides the student with a learning experience revolving around the control of his own feelings, which he may feel, at some level, that he needs quite desperately. Often times there is the need to explore one's own physical and emotional potentials, and to determine whether or not there is a need to define himself in a realistic and concrete way.²⁹

Masutatsu Oyama also believes an important element of karate is the spiritual element. This is often called psychological strength, spirit, or just plain backbone. He also believes karate will foster patience and enterprise in a person while he is not even aware of it, and bring strength to the weak and self-confidence to the timid. Oyama believes the true value of karate lies in its effect on the training of physical abilities, and in its meaning as a spiritual discipline. Karate is a passive art and does not exceed the uses of self-defense. The purpose of karate is the use against aggressive enemies. Masutatsu Oyama states this about karate: "Karate has only one purpose, the spiritual and physical development of man to a point as close to perfection as possible."³⁰

²⁹*Ibid.*

³⁰Oyama, What is Karate?, *op. cit.*, p. 328.

It is thought that the most significant result of the growing awareness of karate is the realization that here is an unexplored area of knowledge. Peter Urban states: "Karate is filling two vital needs previously unrecognized in American society: The human needs to express emotion, and to live without fear."³¹ Not only does karate benefit one's health physically, it also benefits one's mental health.

Karate is considered an art by its practitioners rather than a fighting science. In military science, conformity of action is essential and individual initiative is seldom required. This is not the case in the martial arts. The individual is a single fighting unit complete within himself. One's initiative determines the degree of efficiency which will be obtained. Peter Urban states this about the students practicing karate:

True karatemen believe that learning and excellence cannot stand still. They believe that one must do what one cannot do. They believe in the old standards of excellence wherein to excel is the common goal of all. They increase their efforts and raise their goals as each step toward excellence is achieved. Their karate training is reflected in every aspect of their daily living. As karatemen train their bodies to make them stronger and healthier, they develop their characters accordingly; they then transcend the limits of the physical. The origin of karate was the development of a way to free the ego from the limitations of physical equality.³²

³¹Peter Urban, The Karate Dojo (Tokyo: Charles E. Tuttle Company, 1967), p. 4.

³²*Ibid.*, p. 14.

The instructor affects the development of his students' bodies and characters. As a result of this, the instructor should himself be an example of high virtue. His relationships with his students must be objective and well defined. In this way the perpetual learning and improvement process is kept intact. Karate, or martial arts training, is primarily oriented toward the feeling of self-reliance. As a result of this, it is the instructor's obligation to set an example for his students at all times such as: In excellence, wisdom, discipline and moderation. Often in the course of training, due to excessive ambition, a student reaches a standstill in his development. Over-training is just as profitless as under-training. It is the general belief that too much effort is an indication that a student has lost faith in himself. The instructor should always give recognition and confidence to a student when it is deserved. Strong honest criticism is also necessary at all times.

The students must always be in top physical condition because of the vigorous training to which they are subjected. Professor Richard Kim, a great instructor, said this about karate training: "It is the challenge that makes lifetime devotees of the art."³³

Unlike most sports, karate requires no training equipment. This is one of karate's strong points as a means of physical training.

³³*Ibid.*, p. 19

Another important factor is that karate can be performed singly as well as in groups. Karate is much more effective than most calisthenics. Masutatsu Oyama expresses this opinion:

As a means of physical training, karate is beneficial to all types of people, young and old alike, and as a source of martial art, it enjoys worldwide popularity.³⁴

As a self-defense technique, karate alerts the body, quickens the eye, and gives the body a symmetrical balance.

Present-day karate has reached a new era. The largest problem facing the spread of karate in the United States is the lack of qualified instructors. Masutatsu Oyama states:

As a karate instructor, I am opposed to breaking karate into the almost countless schools that exist in the world today, because basically karate is one, and regardless of how you change words around in explaining it, the thing itself does not change.³⁵

With the growing interest in karate some groups of individuals interested in the art of karate are motivated by an interest in physical well-being and physical education. These individuals have an excellent potential for extending karate, as a sport, throughout the United States in terms of school physical education programs, both public and private.

In order for the successful modernization of karate Masutatsu Oyama believes:

³⁴ Oyama, This is Karate, *op. cit.*, p. 305.

³⁵ Oyama, What is Karate?, *op. cit.*, p. 168.

The modernization of karate depends on these two elements: Preserving the martial-arts spirit and rationalizing the training methods, the matches, the grading system, the training halls and equipment.³⁶

The general public no longer considers karate to be simply a method of breaking boards and various other objects. Robert C. Moore states this about karate:

Karate has been recognized as adding to the national education in three main areas: Self-confidence through knowledge and skill of self-defense; sport competition and exercise.³⁷

The three branches of present day karate as a physical art, as a sport, and as self-defense are all based on the use of the fundamental techniques. Karate as self-defense results from training based on principles evolved for making the most effective use of the various movements of the body. The prime points in karate are distribution of strength and speed in the attacking techniques. The second most important thing is the basic concept of circular motions centered on points.

Knowledge of the relationship between muscles and joints and their relation to movement and balance, enable the modern student of karate to be prepared both physically and psychologically, to defend himself. Karate as a means of physical fitness is almost without equal. Karate makes balanced use of a large number of body muscles and provides

³⁶ *Ibid.*, p. 169.

³⁷ Robert C. Moore. Karate Handbook for Beginners (Texas Division: United States Karate Association, 1967), p. 1.

excellent all-around exercise resulting in the development of coordination and agility.

Karate as a sport is growing rapidly. Because of the speed and variety of its techniques and the split-second timing required in karate, many athletic-minded people have begun to show an interest in competitive karate. In regard to competition resulting from karate tournaments, the Japan Karate Association gives emphasis to:

The character-building aspects, in which respect for one's opponent, or sportsmanship, is the cardinal principle. The maxims which they teach to their students can be summarized in the following words: Character, sincerity, effort, etiquette, and self-control.³⁸

To continue in this line of thinking the motto of the Japanese Karate Association is: "The primary aim in the art of karate is neither victory nor defeat--the true karate contestant strives for the perfection of his character."³⁹

Masatoshi Nakayama states:

The role of karate in the modern age is multiple. As a practical means of self-defense, it is widely taught in private clubs, and in Japan, it is a part of the training program for police and members of the armed forces. A great number of colleges now include karate in their physical education programs, and an increasing number of women are learning its techniques. In Japan and elsewhere

³⁸Richard C. Brown and Hidetaka Nishiyama, Karate, The Art of "Empty Hand" Fighting (Tokyo: Charles E. Tuttle Company, 1968) p. 15.

³⁹A. Pfluger, Karate. Basic Principles (New York: Sterling Publishing Company, Inc., 1967), p. 126.

in the world, karate is gaining popularity as a competitive sport, one which stresses mental discipline as well as physical prowess.⁴⁰

There are several basic principles underlying karate techniques.

The basic karate techniques consist of punching, striking, kicking, and blocking. The goal of karate students is to perfect these various techniques. In order to refine these techniques there are several important constituents which should be considered.

When defining a technique, three essential components are form, balance, and center of gravity. In order to perfect techniques, it is essential to use correct form. Some techniques, such as kicks and punches, depend on body stability to deliver utmost power. Most kicks are delivered with one foot on the ground. When executing kicking techniques, balance is of prime importance.

Center of gravity is also very important in karate techniques. When the legs are placed far apart, resulting in a lower center of gravity, the kicks or punches will be more powerful. Here again the particular situation has to be examined because a higher center of gravity will result in more elasticity and quicker body movements. If the situation calls for powerful kicks and punches a straddle leg stance would be used resulting in a lower center of gravity. If a quick, elusive attack is desired a side stance would be used resulting in a higher center of gravity.

⁴⁰ Masatoshi Nakayama, Dynamic Karate (Palo Alto: Kodansha International Ltd., 1967), pp. 13-14.

The utilization of power and speed is also essential in perfecting a technique. As could be expected, the mere possession of muscular strength will not enable one to excel in karate. In order to apply power to a karate technique an important attribute is speed. Karate techniques achieve their power by concentrating the maximum force at the exact moment of impact of the kick or punch. Masatoshi Nakayama states that "other things being equal, greater speed will result in increased power. The punch of an advanced karateist can travel at a speed of 43 feet per second, and generate power to destroy equal to 1,500 pounds."⁴¹

The movement in karate is not one which will slow movement of a heavy object, but a movement which will convey a light object swiftly. Thus isotonic weight training would not be as effective for movement in karate as the actual kicking and punching techniques executed on the punching board.

Another important factor to consider in the development of power, is the distance traveled in route to the target. For example, in kicking, the leg has to be fully extended for maximum power to be developed upon contact with the designated target.

Another factor to be considered is that of concentration of power. Concentration of power results from the application of all parts of the body simultaneously. In this manner, greater momentum

⁴¹*Ibid.*, p. 16

can be achieved. When a kick is executed, power moves from the center of the body, or the major muscles, to the extremities.

This power moves from one part of the body to the next at a speed of 1/100 of a second. The whole movement from beginning to end takes only .15 to .18 of a second if momentum possible in this action is correctly exploited.⁴²

Rhythm and timing are two other important constituents. Rhythm is important in the development of karate techniques for three reasons.

The application of strength at the correct time, the control of speed in techniques and from technique to technique, and the smooth transition of the body from one technique to the next.⁴³

Correct timing is essential in executing karate techniques. Not only is timing important in directing a technique to a particular target, but also in the start and finish of the technique. If the movement is started too soon, the technique cannot be delivered in one swift movement. In order to contact the target, a delay in the movement pattern will be necessary, thus deducting from the momentum and power of the movement. This timing can be developed only through continuous practice.

The lower abdomen and hips are considered to be the basis of power and balance.

If the power concentrated in that area behind the navel in the center of the body is brought into play in executing

⁴²*Ibid.*, p. 15.

⁴³*Ibid.*, p. 16.

techniques, the pelvic and hip bones will be firmly supported by the thighs, and the trunk of the spine.⁴⁴

The interlocking support supplied by these areas will produce more powerful movements, therefore, for the most powerful kicks and punches, the utilization of the hips is essential. Again it is important to remember that although these kicking techniques are more powerful, it also results in a slower recovery. A very powerful side kick can be executed without the hip movement and also recovery can be swift and quick.

Choi Hong Hi also discussed most of these techniques in the development of power. He stated that "the development of power results from these factors: Reaction force, concentration, equilibrium or balance, and breath control."⁴⁵

Brown and Nishiyama discussed several principles involved in the development of karate technique. These essential principles included: "Maximum strength, concentration of strength, utilizing reaction force and use of breath control."⁴⁶

Concerning the utilization of breath control in the execution of karate techniques, Brown and Nishiyama state:

It is well-known that exhaling aids in contracting the muscles, while inhaling tends to relax the muscles.

⁴⁴*Ibid.*, p. 18.

⁴⁵Choi Hong Hi, Tae Kwon Do--The Art of Self-Defense (Seoul: Daeka Publications Company, 1965), p. 17.

⁴⁶Brown and Nishiyama, *op. cit.*, pp. 19-20.

This finds direct application in karate, where the breath is sharply exhaled during the execution of techniques and inhaled after their completion.⁴⁷

Masutatsu Oyama believes there are several basic principles underlying karate techniques. The ones discussed by Oyama include: "Karate as calisthenics, karate for spirit, spiritual unity, breathing methods and rhythm."⁴⁸

A karate training session can be organized and conducted in various ways. It can be conducted for any length of time depending on the instructor's discretion. The average length of time varies from one and a half to two and a half hours.

A typical karate training session consists of several parts. It usually includes a warm-up period, basic movements involving hand and leg techniques, formal exercise, and sparring which is divided into one-step sparring and free-style sparring.

Brown and Nishiyama listed an example of a typical practice session. This practice session includes the following:

1. Basic practice
 - a. Punching
 - b. Striking
 - c. Blocking
 - d. Kicking

⁴⁷ *Ibid.*

⁴⁸ Oyama, This is Karate, *op. cit.*, pp. 305-306.

2. Formal exercise
3. Sparring
 - a. Basic sparring
 - b. Semi-free sparring
 - c. Free-style sparring⁴⁹

The four basic constituents of karate are found in the basic practice. These are listed above. As a student's skill improves in the basic techniques, the formal exercise is then introduced into the program. The basic forms are included in the formal exercise and consists of prearranged moves which are composed of all of the basic techniques. As a student becomes skilled in both the basic techniques and formal exercise, he is then qualified to begin sparring. The first step in sparring is referred to as basic sparring. This consists of practice with another student in which the mode of attack is prearranged. The next step is semi-free sparring which is actually an intermediate step between basic sparring and free-style sparring. The techniques used in semi-free sparring are also prearranged but the attacker and defender move around as in actual free-style sparring. In free-style sparring neither the attack nor the defense is prearranged and the students are free to use various karate techniques at their own discretion.

⁴⁹ Brown and Nishiyama, *op. cit.*, p. 29.

Although free-style sparring involves kicks, strikes, punches, and blocks these techniques are not executed with complete power and thus are referred to as controlled techniques. When students are free-style sparring they always show the utmost respect for their opponent by not executing techniques to vital areas such as the head and groin. It must be remembered that free-style sparring is advanced karate and student should not engage in this until they have become skilled in the basic fundamentals.

Brown and Nishiyama also give an example of a practice session for a university karate team. Since the competitive aspect is the major concern of the students, special emphasis is placed on free-style sparring. Again before the students begin free-style sparring, skill must be acquired in the basic fundamentals of karate.

The practice schedule includes the following:

University Karate Team -

- A. Beginners' course (practice is held two hours a day, six days a week for sixteen weeks).

1st week

Basic Practice

- a. stances -- natural stance, forward stance
- b. punching -- straight punch, reverse punch
- c. kicking -- front kick
- d. blocking -- downward block

2nd week

Basic Practice -- 1½ hours

- a. review of 1st week's material
- b. stances -- straddle-leg stance
- c. punching -- lunge punch
- d. kicking -- side kick
- e. blocking -- rising block, forearm block

Basic Sparring - 30 minutes

3rd week

Basic Practice -- 1 hour

- a. review
- b. stances -- back stance, cat stance
- c. striking techniques -- elbow strike, knife-hand strike
- d. kicking -- roundhouse kick
- e. blocking -- knife-hand block

Basic Sparring - 1 hour

4th week

Basic Practice -- 1 hour

- a. review
- b. kicking -- back kick

Formal Exercises - 30 minutes

Basic Sparring - 30 minutes

5th to 16th week

Basic Practice -- 40 minutes

- a. fore-fist straight punch
- b. reverse punch
- c. lunge punch
- d. rising block
- e. forearm block
- f. knife-hand block
- g. forward kick
- h. side snap kick
- i. side thrust kick
- j. roundhouse kick

Formal Exercises - 40 minutes

Basic Sparring - 40 minutes⁵⁰

Choi Hong Hi also gives an example of a practice session. This practice session includes the following:

Basic Class

Fundamental Exercise -

1. Nomenclature of striking and blocking points.
2. How to clench the fist.
3. Punching techniques.

⁵⁰ Brown and Nishiyama, *op. cit.*, pp. 31-32.

4. a. Parallel stance
- b. Riding stance
- c. Forward stance
- d. Back stance
5. Stationary turning
6. Forearm side block

Sparring - 3-step sparring

Training Aids -

1. Forging post (with sponge pad)
2. Stance mould
3. Ankle board

Term - three months

Fundamental Exercise -

1. How to make a proper knife-hand
2. Rising block
3. Front rising kick
4. Front snap kick
5. Knife-hand outward strike
6. Knife-hand side block
7. Knife-hand guarding block
8. Twin forearm block

Sparring - 3-step sparring

Training Aids -

1. Forging pad (with straw pad)
2. Pullers

Term - three months

Fundamental Exercise -

1. Single spear finger thrust
2. Back-fist side strike
3. Wedging block
4. Side rising kick
5. Side thrusting kick

Sparring - 2-step sparring

Training Aids -

1. Forging bag
2. Sand box (with beans)

Term - three months

Fundamental Exercise -

1. Close stance
2. X-stance
3. Circular block
4. Knife-hand inward strike
5. Forearm guarding block

Sparring - 1-step sparring

Training Aids -

1. Blocking apparatus
2. Jar

Term - three months⁵¹

Listed in the following pages is a summary of the various parts of a karate training period. First to be considered is the warm up period. The other divisions of the program include: Basic movements, formal exercise, and sparring techniques.

Warm-Up Period

A very important part of the karate work-out is the beginning period or warm-up period. Since karate involves a large amount of physical activity, it is necessary to use preparatory and warm-up exercises to limber up the body's major muscle groups. Since karate

⁵¹Choi Hong Hi, *op. cit.*, pp. 290-291.

utilizes the action of many of the body's joints, exercises should be performed which are excellent for these areas also. Several warm-up exercises which are excellent for karate have been offered by experts such as Oyama, Brown, Lowe, Nishiyama and Nakayama.

Masutatsu Oyama includes a variety of different warm-up exercises in a beginning training session. Five warm-up exercises utilized by Oyama include: "Wrist exercise, stomach exercise, ankle exercise, crotch stretch and finger joints exercise."⁵²

A search of the literature indicates Oyama also includes a number of other warm-up exercises. These include the following:

Thigh joint exercise, leg stretching exercise, forward bend, exercise, stomach stretch, push ups with legs spread, hip and back exercise, neck exercise, wrist exercise, knuckle exercise, ⁵³push up variations including two and three finger push ups.

Brown and Nishiyama included a variety of warm-up exercises in the training session. Since only five to ten minutes is allotted to the warm-up period these exercises must be performed swiftly in order that a sufficient number of exercises may be performed. Brown and Nishiyama included the following warm-up exercises for a karate program: "Neck twisting, arm stretching, push ups, rabbit hopping and rope-skipping."⁵⁴

⁵² Oyama, What is Karate?, *op. cit.*, pp. 85-87.

⁵³ Oyama, This is Karate, *op. cit.*, pp. 54-59.

⁵⁴ Brown and Nishiyama, *op. cit.*, pp. 39-43.

Bobby Lowe included almost the same exercises in the training session. The warm-up exercises used by Lowe in the preparatory work for the class include: "Neck twisting, leg stretch, inner thigh stretch, push ups, neck exercise, sit ups, finger exercise and rope-skipping."⁵⁵

Masatoshi Nakayama included a variety of exercises in the warm-up period. Besides including the regular limbering up exercises Nakayama included exercises for strengthening arms and legs as well as two-man exercises for power and flexibility. These warm-up exercises include the following:

side stretch, neck stretch, finger exercise, ankle exercise, knee exercise, leg stretch, trunk stretch, push up, leg lift, two man trunk stretch, two man sit up and two man back stretch.⁵⁶

Atlee Chittim, president of the San Antonio Karate Association included only two exercises for the warm-up period: "The front leg lift and the side leg lift."⁵⁷

In order that these warm-up exercises might be properly executed a description of each exercise is necessary. Following is a list of these warm-up exercises with a description of the movements involved in each.

⁵⁵ Bobby Lowe, Karate (New York: Arco Publishing Company, Inc., 1964), pp. 9-28.

⁵⁶ Nakayama, *op. cit.*, pp. 288-293.

⁵⁷ Based on personal correspondence between Mr. Atlee Chittim, President of the San Antonio Karate Association and David Jordan.

Ankle, Knee, and Leg Stretching Exercises

Ankle Exercise - (thigh joint exercise)

Spread the legs, then bend one knee and place the body weight on this leg and stretch the other leg out straight to the side. The exercise can be performed by placing the sole of the foot on the floor, by turning the sole outward and by pointing the toes upward resting the leg weight on the heel only. This exercise not only warms up the ankle but it is also a good exercise for the major muscle groups of the leg.

Leg Stretch -

Assume a squat position with the knee of the supporting leg bent and the other leg extended straight to the side with the foot held perpendicular to the leg. Keeping the sole of the supporting foot on the floor, squat as far down as possible stretching the leg muscles.

Split -

Assume a position with the legs spread wider than shoulder width apart. From this position extend the legs as far to the side as possible. The soles of the feet remain on the floor.

Crotch Stretch - (Leg-stretching exercise)

From a sitting position spread the legs apart. Without bending the knee, lean over and touch the head to the leg. For proper foot position, the ankles should be locked with the toes pulled back.

Leg-Swinging - (Front)

The leg is lifted straight forward as high as possible. Do not

bend the knee of the leg being lifted nor should the heel of the supporting leg leave the ground. Point the toes upward and lock the ankle in place.

Rabbit-Hopping -

From a standing position clasp both hands behind the back. Bend both knees and lower the hips until sitting, balanced on the balls of the feet. Jump up and forward. Repeat this several times.

Rope-Skipping -

In beginning this exercise, jump only one time per revolution. Then alternate one jump then two jumps per revolution. To change the sequence when skipping rope, alternate one revolution and then two revolutions per jump.

Peacock Stretch -

From a standing position, bend one knee and squat down, to the floor, keeping the sole of the foot flat on the floor. At the same time, extend the other leg straight to the side with the ankle locked and toes pointing upward. Only the heel of the foot should be touching the floor.

Ankle Exercise -

Lift one foot off the ground and rotate the ankle in circles. Repeat with each foot.

Knee Exercise -

Place the palms of the hands on the knees and then bend the knees crouching in a deep knee bend position. Move the knees to the left and right as far as possible.

Knee Lift -

Standing on one foot raise the other leg upward bending the knee. Clasp both hands around the shin and pull the leg toward the body. Repeat this exercise with the other leg.

Arm, Finger and Wrist Exercises

Wrist Exercise -

This exercise is performed by extending the arms downward with the palms together and the fingers pointing downward. The joined hands are then brought to the chest level with the fingers pointing outward. The arms are then thrust forward and returned to the chest with the fingers pointing upward. Thrust the arms upward then return to the original starting position.

Finger Joints Exercise -

Join the fingertips of one hand with those of the other hand. Tense the fingers and push against one another. Be sure only the fingertips are touching and not the palms of the hand.

Push-Up Variations -

a. Knuckle Push-Up - Assume a push-up position with the legs extended to the rear of the body with the back straight. Have the arms out-stretched under the body just outside of the shoulders. Only the thumb and knuckles of the middle finger should touch the floor. Bend both arms and lower the body to the floor, stopping before the body touches the floor. Then return to the starting position. This would be one push-up.

b. Finger Tip Push-Up - From a push-up position place the fingertips of each hand on the floor. Do not allow the palms of the hands to touch the floor. Execute push-ups from this position.

c. Three-Finger Push-Up - From a push-up position, place the thumb, forefinger and middle finger on the floor. Do not allow the palms to touch the floor. Execute push-ups from this position.

d. Two-Finger Push-Up - From a push-up position, place the thumb and forefinger on the floor. Do not allow the palms of the hands to touch the floor. Execute push-ups from this position.

e. Push-Up with Legs Spread - From a push-up position spread the legs as wide as possible. Lower and raise the body as in normal push-ups and the shoulders and arms will receive extra benefit.

Arm Stretching -

With the arms extended straight, rotate them in circles in front of the body. Then rotate them to the side of the body in wide circles. Reverse the rotation. Also rotate one forward and one backward at the same time.

Neck, Hip, Back, and Stomach Exercises

Forward Bend Exercise -

From a sitting position, spread the legs apart. Lean forward and grasp each ankle with the hand on the same side of the body. Without bending the knees, lean forward and touch the head to the floor.

Stomach Exercise -

From a sitting position, pull the legs in and place the soles of

the feet together. Bend over until the head touches the feet.

Hip Exercise -

From a standing position, with the legs together, lean forward and touch the palms of the hands to the floor. Do not bend the knees in this exercise. Face the fingers forward then backward when the palms touch the floor.

Hip and Back Exercise - (Windmill)

Spread the legs apart and bend over at the waist. Holding the legs straight touch the left foot with the palm of the right hand. At the same time swing the left arm to the rear of the body. Repeat this with the other side touching the left palm to the right foot. Do not straighten the body until the exercise is complete.

Neck Exercise -

From a standing position rotate the head first to the left then the right in a circular motion. Then bend the neck forward as far as possible and then backward as far as possible.

Side Stretching -

With feet spread a little wider than shoulder width apart simply lean to the side stretching one arm down the side of the leg. The other arm should be extended over the head and pointed down. Execute the exercise to both sides.

Trunk Twisting -

With legs spread a little wider than shoulder width apart simply extend both arms straight out to the side about shoulder level. First

turn the body as far to the left as possible and then as far to the right as possible. Continue until the body feels loose.

Back Stretching -

From a sitting position place the legs side by side in front of the body. Grasp the ankles with the hands and bend forward as far as possible. Do not bend the knees and keep the ankles locked with the toes pointing upward.

Sit-Ups - (Straight-Leg) -

Lie down with the legs together. Lock the knees and ankles and point the toes up. Clasp both hands behind the head. From this position raise up and bend forward touching the forehead to both knees. Do not bend the knees. Return to starting position.

Sit-Ups - (Bent-Knee) -

Start from a sitting position with the soles of the feet flat on the floor and knees pulled to the chest. With the legs in this position lean backward and place the back on the floor with both hands clasped behind the head. Raise up touching the chest to both legs and return to the starting position.

Hip Exercise -

Spread the legs very wide apart and clasp both hands behind the head. Then bend forward and backward as far as possible several times. Now bring the legs together and repeat the exercise.

Two-Man Trunk Stretch -

Have two men standing in a back to back position. The arms of

each should be interlocked with the partner's arms on both sides of the body. One partner leans forward lifting the other off the ground. Repeat this for both partners.

Two-Man Back Stretch -

One student lies flat on the floor with the face down and hands clasped behind the head. The other student holds both legs down. From this position raise the body as far off the ground as possible from the waist forward.

Stances

A good stance is a necessity in karate because the body requires balance and stability if the offensive and defensive techniques are to be effective. The karate stance is chiefly concerned with the position of the lower part of the body because it is the legs which result in fast, powerful body movements. Karate stances are based on two factors: Strength and agility. In other words, some stances are used when powerful karate techniques are used and other stances are used when agility and speed is desired. Nakayama states four points which are related to the development of a good stance. To have a good stance, the student must:

Be well balanced when applying offensive or defensive techniques; rotate his hips smoothly when executing techniques; apply his techniques with the greatest possible speed; and insure that the muscles used in attack or defense work together harmoniously.⁵⁸

⁵⁸ Nakayama, *op. cit.*, p. 23.

Again it is important to remember the establishment of a strong and stable base is extremely important in karate.

As in other techniques, it is important to have a consistent terminology in identifying the karate stances. The terminology used by Mr. Atlee Chittim and the San Antonio Karate Association will be used. The terminology for these karate stances include: "Open-leg stance, straddle leg stance, front stance, back stance, cat stance, side stance, ready stance, attention stance, square stance, hooked stance, and parallel stance."⁵⁹

Some of these stances are identified by more than one name. The straddle leg stance is referred to as the horse stance and the riding stance. The front stance is referred to as the forward stance and the forward leaning stance. The back stance is referred to as the close stance and the normal stance.

There are several stances which are utilized in various styles of karate. The consistency with which these are used is revealed in the following review of the literature.

Nakayama, a native of Japan, utilizes various karate stances which include the following: "Informal attention stance, open leg stance, front stance, back stance, parallel stance, straddle leg stance, square stance, and the cat stance."⁶⁰

⁵⁹Based on personal correspondence between Mr. Atlee Chittim, President of the San Antonio Karate Association, and David Jordan.

⁶⁰Nakayama, *op. cit.*, pp. 22-57.

Masutatsu Oyama has instructed numerous training programs in which the following karate stances were used: "Normal stance, square stance, straddle stance, forward leaning stance, back leaning stance, cat stance, hooked stance, and the parallel stance."⁶¹

Brown and Nishiyama include the following karate stances in a training session: "Attention stance, open-leg stance, straddle leg stance, forward stance, back stance, and the cat stance."⁶²

Bruce Tegner utilizes a relatively small number of stances in a training program. These include: "Ready stance, back stance, front stance, and the cat stance."⁶³

Choi Hong Hi, an expert in Korean karate, includes these karate stances in a training session: "Close stance, parallel stance, forward stance, back stance, riding stance, and the ready foot stance."⁶⁴

Bobby Lowe also includes a relatively small number of stances in a training session. These include: "Ready stance, forward stance, back stance, cat stance, and horse stance."⁶⁵

Each karate stance is characterized by the distinct position of the legs. In the following paragraphs each of these stances will be

⁶¹Oyama, What is Karate?, *op. cit.*, pp. 73-78.

⁶²Brown and Nishiyama, *op. cit.*, pp. 54-61

⁶³Bruce Tegner, Complete Book of Karate (New York: Bantam Books Incorporated, 1966), pp. 101-102.

⁶⁴Choi Hong Hi, *op. cit.*, pp. 36-42.

⁶⁵Lowe, *op. cit.*, pp. 30-38.

described.

Open Leg Stance -

This stance is not an actual fighting stance but rather a normal stance of everyday use. The legs are spread about shoulder width apart with the toes pointed outward. The legs are straight and the body relaxed. The arms extended below the waist and held in this position about six inches apart with closed fist.

Straddle Leg Stance -

Spread both legs about twice the width of the shoulders with both feet pointing forward and parallel. Bend the knees outward and lower the hips distributing the body weight equally on both legs. Keep the body straight and remain in this position when executing karate techniques.

Front Stance -

Move one leg forward a distance twice the width of the shoulders. The front leg is bent at the knee and the back leg extended straight to the rear. The feet are both pointing forward a little wider than shoulder width apart and are in a parallel position. The body remains straight from the waist up with sixty percent of the body weight on the forward leg.

Back Stance -

Assume a straddle leg stance. From this position turn one leg where the foot points to the side of the body. The feet are now pointing at a ninety degree angle. The rear leg supports about seventy percent of the body weight.

Cat Stance -

Assume a straddle leg stance. From this position turn one leg where the foot points to the side of the body. The feet are now pointing at a ninety degree angle. The rear leg supports about ninety percent of the body weight and only the toes of the forward foot are touching the ground. The heel of the foot is raised off the floor.

Side Stance -

The side stance is similar to the straddle leg stance. This is simply a comfortable stance with the legs a little wider than shoulder width apart with the knees slightly bent.

Ready Stance -

The legs are spread about shoulder width apart with the arms held straight down in front of the body with the fists about six inches apart. Most formal techniques are started from this position. The feet are held parallel with the toes pointing forward.

Attention Stance -

Assume a position with the legs and feet together and the toes pointing forward. The arms are held forward and by the side of the body with the fist closed. This is the formal stance which is used in opening and closing karate classes.

Square Stance -

Assume a straddle leg stance with the legs spread about twice the width of the shoulders. The toes are pointed about 45 degrees to the side with the knees bent as in the straddle leg stance. The body remains straight from the waist up.

Hooked Stance -

In this stance the left foot is hooked behind the right foot with most of the body weight on the right leg. Only the toes of the left foot are turned in.

Blocking Techniques

Blocking techniques are a highly developed part of karate. Most of these are performed with the hands and arms. Many of these are focused blocks and therefore may inflict severe pain on the arm and leg thereby discouraging the opponent from attacking again. Nishiyama and Brown list several points which should be considered when executing blocking techniques. These points include the following:

Make every effort to turn the opponent's strength to your own advantage. Be sure to maintain your own balance and posture in blocking. The blocking hand should not be over-engaged in the block, but should be preparing for the next technique. While blocking and afterward, be sure your posture or position does not offer your opponent an opening. While blocking, you should have in mind the counterattack you will follow up with.⁶⁶

In karate, there are several basic blocking techniques. As a student progresses in a training program these may be modified in one or two ways but most of the techniques will remain the same. There are nine basic blocking techniques used in karate. In order that the terms may be consistent, when referring to these blocks, the terminology used by Mr. Atlee Chittim and the San Antonio Karate

⁶⁶ Brown and Nishiyama, *op. cit.*, p. 99.

Association shall be used. These are referred to as: "Upper block, low block, outside middle block, inside middle block, palm-heel block, cross block, thigh block, knife-hand block, and the wedge block."⁶⁷

Some of these techniques are referred to by other names. The upper block is sometimes referred to as the forefist upper block, the rising block, or the upperward high block. The outside middle block is referred to as the forefist middle outside block, or the outside block. The inside middle block is referred to as the forefist middle inside block, the medium inside block, the mid-section block or the inside block. The low block is referred to as the downward block, the low-section block, the lower block, and the forefist lower parry. The cross block is referred to as the x-block and the x-fist. The knife-hand block is referred to as the chopping block.

In order to demonstrate the consistency with which these are used in various karate styles, it is necessary to discuss the ones utilized by various karate experts.

Nishiyama and Brown introduce several blocking techniques in a training session. These include: "Rising block, outside block, knife-hand block, downward block, inside block, x-block, and the wedge block."⁶⁸

⁶⁷Based on personal correspondence between Mr. Atlee Chittim, President of the San Antonio Karate Association, and David Jordan.

⁶⁸Brown and Nishiyama, *op. cit.*, pp. 99-114.

In a beginning training session, Masatoshi Nakayama utilizes the following blocking techniques: "Upper block, outside middle block, inside middle block, downward block, knife-hand block, x-block, and the palm-heel block."⁶⁹

The blocking techniques used by Masutatsu Oyama include the following: "Forefist middle inside block, forefist middle outside block, forefist upper block, forefist lower parry, knife-hand block, palm-heel strike, cross block, and the thigh block."⁷⁰

A training session directed by Bobby Lowe includes: "Upward high block, medium inside block, downward block, and the chopping block."⁷¹

Bruce Tegner, a high ranking instructor, utilizes the following blocking techniques in a training session: "Inside middle block, upper block, cross block, outside middle block, knife-hand block and lower block."⁷²

In order to visualize the movement utilized in each technique a description is necessary. Listed below are the nine blocking techniques with a description of each.

⁶⁹Nakayama, *op. cit.*, pp. 174-228.

⁷⁰Oyama, What is Karate?, *op. cit.*, pp. 64-72.

⁷¹Lowe, *op. cit.*, pp. 52-60.

⁷²Tegner, Complete Book of Karate, *op. cit.*, pp. 108-110.

Upper Block -

Starting from a ready stance, the right arm is bent about ninety degrees across the front of the stomach. From here the arm is thrust upward to a position slightly over the head and about three inches in front of the head with the palm of the fist facing away from the body. The left arm is returned immediately to the left side of the body at waist level with the hand forming a fist. After the block has been delivered the right arm, following the same path as the upward thrust, is returned to the right side of the body at waist level with the hand forming a fist.

Outside Middle Block -

From a ready stance the right arm is bent at the elbow and the hand placed in a position behind the ear on the same side. The body is twisted at the waist until the left side of the body faces the opponent. From this position, the body is snapped forward at the waist until the right side of the body faces the opponent. As the body is snapped forward, the forearm is thrust around with the elbow dropped downward. The palm of the fist faces the body so that the outer edge of the forearm strikes the opponent's blow. The body is immediately returned to the starting position with the shoulders straight and the blocking arm held in a position directly in front of the body. The left arm is brought to the side of the body at waist level as soon as the block is delivered. The hand again in the form of a fist.

Inside Middle Block -

From a ready stance the right arm is bent at ninety degrees across the front of the stomach. From this position the forearm is thrust outward and around with the elbow remaining close to the solar plexus. At the same time, the left arm is pulled back and the fist placed at the side of the body at waist level. After the completion of the block the forearm is directly in front of the body with the elbow close to the solar plexus and the palm of the fist facing the body. The shoulders remain straight at all times during this block.

Low Block -

From a ready stance, the right arm is brought across the body and the fist is placed near the left ear. The palm of the fist faces inward. From this position bring the right arm downward twisting the fist so that the outer edge of the forearm will be used in the block. As the right arm is brought down, the left fist is brought across the stomach to a position on the left side of the body at waist level. The shoulders remain straight during this block.

Palm-Heel Block -

From a ready stance, bring the right hand to the right side of the body at waist level. The hand is in a palm-heel position so that the palm of the hand may be utilized in the block. This block may be used upward, downward, or to the side. The arm is thrust forward, blocking with the heel of the palm. The left fist is brought to a position at waist level, beside the body. The shoulders remain straight during this block.

Cross Block -

From a ready stance bring both arms up and cross the right arm over the left. As a kick is executed thrust the cross block downward. The block should be made about one foot in front of the abdomen. Be sure the fists are clenched tightly to avoid injury.

Thigh Block -

This block utilizes the legs rather than the arms. From a ready stance bend the knee, utilizing the outside of the thick part of the thigh to block a kick from the outside. When a kick is blocked protecting the groin the inside of the thigh is used. This block results from an inward movement of the thigh rather than an outward movement as in the outside block. When executing this block, the knee used for balance, should be bent in order to maintain a better balance.

Knife-Hand Block -

From a ready stance, the right hand is brought across the body to a position near the ear. The palm of the hand is facing the ear. The fingers are outstretched and slightly bent with the thumb bent and held close to the side of the hand. As the block is thrown downward, the hand is twisted inward so that the outer edge of the hand will be used in the block. As the block is thrown, the other hand is brought to chest level with the palm facing upward. This block is usually thrown to one side or the other.

Wedge Block -

From a ready stance, bring both fists to a position in front of

the face. Snap the wrists downward and outward using the outer surface of the wrist to block a double punch or to defend against an opponent's attempt to grasp the uniform.

The right arm was used as the example in each of these blocking techniques. In order to block with the left, simply reverse the technique described.

Also when returning the fist to the side of the body at waist level, always remember that the palm of the fist faces upward since the punch is twisted before contact and contact is made with the knuckles of the middle and forefinger.

Leg Techniques

In karate the feet are very important weapons. With training, the feet and legs can be made into powerful weapons. Brown and Nishiyama stated this about kicking techniques:

There are three kinds of kicking techniques: snap-kicking, thrust-kicking, and striking, each of which has its own special advantage depending on the needs of the situation.⁷³

In kicking, there are several points which should be considered. These include the stationary-foot, shifting of balance, and withdrawal of the kicking foot. Since the stationary foot must bear the entire weight of the body when the kick is executed, balance is of utmost importance. Balance must be shifted in such a way that the kicking

⁷³ Brown and Nishiyama, *op. cit.*, p. 119.

leg does not have to support any of the body weight, but when the kick is delivered this body weight must be thrust in the direction of the kick to give it a more powerful striking force. After a kick has been delivered, it must be withdrawn quickly to avoid having it grabbed by an opponent and also to be able to quickly prepare for the next technique.

A properly executed kick delivers about five times as much destructive force as a hand technique. This is one reason why about seventy percent of all karate techniques include a combination of these techniques. If the body is off balance when the kick is executed, about sixty to seventy percent of the power will be lost. There are various kicking techniques. In the following paragraphs the consistency with which these are used is evident.

For consistency we shall again use the terminology of Mr. Atlee Chittim in naming these kicks. The terminology used by the San Antonio Karate Association includes: "Front snap kick, front thrust kick, roundhouse kick, spin thrust kick, back kick, side kick, ankle kick, crescent kick, spin back kick, heel kick, and knee kick."⁷⁴

Masutatsu Oyama utilized the following kicking techniques in the training program: "Front kick, knee kick, side kick, ankle kick, roundhouse kick, back kick, and heel kick."⁷⁵

⁷⁴Based on personal correspondence between Mr. Atlee Chittim, President of the San Antonio Karate Association, and David Jordan.

⁷⁵Oyama, What is Karate?, *op. cit.*, pp. 52-63.

Both Bobby Lowe and Masatoshi Nakayama include these kicking techniques in training programs: "Front kick, knee kick, side kick, roundhouse kick, stamp kick, and back kick."⁷⁶

Richard C. Brown and Hidetaka Nishiyama utilize the following leg techniques: "Front snap kick, front thrust kick, side kick, back kick, roundhouse kick, crescent kick, stamping kick, and knee kick."⁷⁷

Bruce Tegner used various kicking techniques in a beginning training program. These include the following: "Knee kick, ankle kick, heel stamp, front snap kick, side kick, and roundhouse kick."⁷⁸

In a comprehensive review Choi Hong Hi included the following kicking techniques: "Front snap kick, stamping kick, back snap kick, side thrust kick, and the back thrust kick."⁷⁹

Harrison uses the following leg techniques: "Roundhouse kick, knee kick, side thrust kick, front kick, and back kick."⁸⁰

The feet have various striking areas. One of these is the knife foot. This area includes the outer edge of the foot. This can be used in side kicks. The instep is another part of the foot which can

⁷⁶Nakayama, *op cit.*, pp. 136-173.

⁷⁷Brown and Nishiyama, *op. cit.*, pp. 119-139.

⁷⁸Tegner, *op. cit.*, pp. 24-26.

⁷⁹Choi Hong Hi, *op. cit.*, pp. 80-110.

⁸⁰E. J. Harrison, Manual of Karate, (New York: Sterling Publishing Company, Incorporated, 1968), pp. 27-31.

be used as an effective weapon. This is used very effectively in kicks to the groin. The instep includes the top of the foot between the ankle and the toes. The heel is a very important striking area of the foot. When the heel strikes a target, there is no flexibility since the heel is in a straight line with the leg and cannot bend upon contact. The more powerful kicks utilize the heel as the striking point. Another striking area is the ball of the foot. In this strike the toes are bent back as far as possible, this prevents toe injury and also strengthens the striking area, which is the area just below the toes.

The leg techniques are executed in a variety of ways. In the following paragraphs are descriptions of each of the kicking techniques.

Front Snap Kick -

Assume a front stance. Bending the knee, raise the back leg and point the knee at the target to be kicked. Keep the lower leg under the thigh with the foot next to the stationary leg. Next snap the lower part of the leg out quickly contacting the target with the ball of the foot. These two rapid movements of the kick are performed as one movement. Return the kick as quickly as possible following the same return pattern as when executing the kick.

Front Thrust Kick -

Assume a front stance. Begin by raising the knee as in the front snap kick. Now thrust the leg outward in a straight line contacting the target with the heel of the foot rather than snapping the foot

upward. Withdraw the lower leg and knee and return to the starting position.

Roundhouse Kick -

Assume a side stance. Bending the ankle and knee sharply raise the back leg to the side of the body. Spinning forward, swing the hips around and snap the knee forward, so that the foot moves in a circular motion. The ball of the foot strikes the opponent in the head, groin, or solar plexus. The side of the foot should be parallel to the floor.

Spin Thrust Kick -

Assume a side stance. Raise the one leg as in a front snap kick. With the knee bent, place the foot next to the knee of the stationary leg. Spin around thrusting the leg to the opposite side of the body. Contact is made with the heel of the foot. Return the leg to the starting position following the same return pattern as when executing the kick.

Back Kick -

Assume a front stance. Raise the knee as in executing a front snap kick. Now thrust the kick backward contacting the target with the heel of the foot. Balance is maintained by leaning forward as the kick is executed and looking over the shoulder on the same side of the body as the leg which is used in the kick. Return to the starting position following the same return pattern as used in executing the kick.

Side Kick -

Assume a side stance. Raise one knee as in executing a front snap kick. With the knee bent and the foot resting next to the side of the stationary leg, thrust the leg to the side. Contact is made with the heel of the foot and the side of the foot is parallel with the floor. Return the kick as quickly as possible to prepare for the next kick. Always remember this is a straight line kick to the target.

Ankle Kick -

Assume a side stance. Raise the knee as in executing a side kick. Snap the leg to the side contacting the opponent's knee with either the heel or edge of the foot. Return to the starting position.

Crescent Kick -

Assume a side stance. Lift the leg bending the knee slightly. Spinning forward, swing the foot in an arc to the target. Contact is made with the sole of the foot. At the point of contact the toes should be pointing upward. Withdraw the leg to a bent position in front of the chest, then return to the starting position.

Spin Back Kick -

Assume a side stance. Raise the leg and bend the knee as performing a back kick. From this position, spin to the rear thrusting the leg backward and contacting the target with the heel of the foot. Look over the shoulder on the same side of the body as the thrusting kick. Return to the starting position, being sure to return to the front snap kick position before placing the foot on the ground.

Heel Kick -

Assume a front stance. Bend the knee and raise the leg as in the front snap kick. From this position, thrust the foot downward contacting the target with the heel of the foot. Twist the heel when it comes in contact with the target, for a more penetrating force. Return to the starting position.

Knee Kick -

From a ready stance thrust the knee upward bending the lower leg under the knee. Keep the body straight and do not bend forward or backward. This kick usually follows a grabbing technique where the opponent is pulled toward the kick.

Hand Techniques

Hand techniques play an important role in karate because they are used in both attack and defense. These techniques include strikes, blocks, punches, and thrusts. Since karate literally means fighting with empty hands, it is essential that the body is transferred into a weapon to be used effectively.

In hand techniques there are various parts of the hands which may be used as weapons. These areas include the following: The knuckles are used in punching techniques, the fingers are used for spear-hand thrusts, and the outside of the hand is used in knife-hand strikes and hammer-fist strikes. The thumb side of the hand is used in ridge-hand techniques. The palm of the hand is utilized as a striking area in the palm-heel strike. The elbow strike is also considered one

of the arm techniques. It is very effective and can deliver a very powerful blow. The elbow strike can be delivered forward, downward, backward, and to the side.

Choi Hong Hi states that there are three forms of attack techniques, these being the punch, strike, and thrust. He states:

That the purpose behind each technique as well as the method is different to some extent. The punching is mainly to cause an internal haemorrhage rather than surface damage by twisting the striking point fully; whereas the thrusting is delivered with an intention to cut through the vital spot with less twisting of the striking point, and the striking is to destroy the bone and muscles of the vital spot.⁸¹

There are numerous hand techniques. Included in the following paragraphs are various karate experts and the hand techniques emphasized.

Nishiyama and Brown listed a variety of hand techniques used by karate students. These techniques include the following:

Forefist straight punch, reverse punch, lunge punch, spear-hand thrust, straight thrust, vertical-fist punch, roundhouse punch, close punch, double-fist punch, back-fist strike, sideward strike, bottom-fist strike, knife-hand strike, ridge-hand strike, palm-heel strike and elbow strike.⁸²

Nakayama also listed a variety of hand techniques which are very consistent with the ones already listed. These include the following:
"Vertical punch, close punch, straight punch, reverse punch, lunge

⁸¹Choi Hong Hi, *op. cit.*, p. 43.

⁸²Brown and Nishiyama, *op. cit.*, pp. 68-96.

punch, back-fist strike, hammer-fist strike, elbow strike and the knife-hand strike."⁸³

In Masutatsu Oyama's training program, the following hand techniques were utilized:

Forefist middle thrust, forefist roundhouse strike, inverted fist strike, knife-hand strike, elbow strike, two-hand thrust, vertical punch, palm-heel strike and the spear-hand straight thrust.⁸⁴

Bruce Tegner included a few of these in a beginning karate program. These included the following: "Palm-heel strike, reverse punch, middle knuckle punch, elbow strike, hammer-fist strike, and knife-hand strike."⁸⁵

Bobby Lowe included the following hand techniques in a training session, a few of which have not been listed. These include: "Forward medium punch, reverse strike, roundhouse strike, downward chop, palm-heel strike, four-finger thrust, and the elbow strike."⁸⁶

Since there are various names for certain hand techniques, the terminology used by Atlee Chittim, President of the San Antonio Karate Association, will be applicable in this study. The terminology includes the following:

⁸³ Nakayama, *op. cit.*, pp. 91-136.

⁸⁴ Oyama, This is Karate, *op. cit.*, pp. 69-88.

⁸⁵ Tegner, Karate, *op. cit.*, pp. 20-23.

⁸⁶ Lowe, *op. cit.*, pp. 40-52.

straight punch, reverse punch, lunge punch, spear-hand thrust, vertical punch, roundhouse punch, double punch, back-hand strike, close punch, back-fist strike, hammer-fist strike, knife-hand strike, ridge-hand strike, palm-heel strike, and the elbow strike.⁸⁷

For reference purposes a few of the different names applied to the hand techniques seem necessary. These include the following:

The straight punch is also referred to as the forefist straight punch, forefist middle thrust, forefist middle strike and the forward medium punch. The reverse punch is referred to as a reverse strike. The spear-hand thrust is referred to as the spear-hand straight thrust, the four-finger thrust, and the straight-spear finger. The vertical punch is also called the vertical fist punch and the roundhouse punch is called the forefist roundhouse strike. The double punch is referred to as the double-fist punch and the two-hand thrust. The back-hand strike is referred to as the sideward strike. The back-fist strike is also referred to as an inverted-fist strike. The hammer-fist strike is often called a bottom-fist strike. The knife-hand strike is referred to only as a downward chop.

Before describing the different techniques, the hand position itself should be described. The first important thing to consider in hand techniques is the proper procedure in forming a fist. First fold all four of the fingers as tightly as possible. Then firmly

⁸⁷ Based on personal correspondence between Mr. Atlee Chittim, President of the San Antonio Karate Association, and David Jordan.

wrap the thumb down on top of the fingers. The joints of the fingers will be protected when folded in this manner. The striking edge of the fist is very important. In order to focus more directly on a particular point only two knuckles are used. These are the knuckles of the forefinger and middle finger.

The hand position for the ridge-hand, knife-hand, and spear-hand is the same. The fingers are extended straight and held together. The thumb is bent at the joint and held close to the side of the hand. Upon striking an object, the fingers are held tense.

The hand position for the palm-heel begins by bending the fingers at the joints so that the fingertips touch the area at the base of the fingers. The thumb is held at the side of the hand. Now the hand is pulled back perpendicular to the arm so that the palm-heel of the hand will be the first to strike the target.

The different hand techniques are executed in a variety of ways. Each of these is described in the following paragraphs.

Straight Punch -

Assume a straddle leg stance. From this position, straighten both arms out in front of the body at chest level. Place both fists together with the thumbs touching. Invert the right fist and return it to the right side at waist level. Leave the left arm extended. Now thrust the right fist forward inverting it again before contact is made so that the knuckles of the hand are up. As the right hand is thrust forward invert the left hand and bring it back to the left side

of the waist as quickly as possible. This movement increases the striking force of the thrusting arm.

Reverse Punch -

Assume a left front stance. Extend the left arm and place the right inverted fist by the right side at waist level. Twist the hips to the right side without moving the body from the waist up. Now thrust the right arm forward with a straight punch, twisting the hips forward at the same time. As the right arm thrusts forward return the inverted left fist to the left side of the body at waist level.

Lunge Punch -

Assume a left front stance. Extend the left arm and place the right inverted fist on the right side of the body at waist level. From this position, step forward into a right front stance. As the right foot touches the floor, thrust the right arm forward inverting the fist. As the right arm is thrust forward, return the left inverted fist to the left side at waist level.

Spear-Hand Thrust -

Assume a straddle leg stance. Extend the left arm forward at chest level and place the right inverted fist by the waist on the right side. Thrust the right arm forward extending the fingers to form a spear-hand before contact is made. Return the left arm to the waist at the same time the right arm is thrust forward. The spear hand thrust is similar to the straight punch with the exception

that the hand is opened and the fingers thrust forward without inverting the hand.

Vertical Punch -

Assume a straddle leg stance. Extend one arm forward and place the fist of the other arm beside the waist on the same side as the arm. Be sure the fist is inverted. From this position, thrust the fist beside the waist forward inverting it only one quarter turn so that the thumb side of the fist is facing upward. Keep the elbow close to the body for a more forceful punch. Return the extended arm to the waist as the fist is thrust forward.

Roundhouse Punch -

Assume a left front stance as in executing a right reverse punch. Extend the left arm forward at chest level and place the inverted right fist beside the waist on the right side. As the right fist leaves the waist it is inverted and travels in an arc to the temple of the opponent. Strike the target from the side but directly in front of the body using the knuckles of the middle and forefinger.

Double Punch -

Assume a straddle leg stance. Place the right inverted fist on the right side of the body at waist level and the left inverted fist on the left side of the body at waist level. From this position, thrust both fists forward at chest level, inverting them before contact is made with the target. The arms are extended the same length with the shoulders held straight. The first contact the target close

together. Withdraw the punches immediately after the blow has been delivered.

Back-Hand Strike -

Assume a straddle leg stance. From this position, bring the striking arm to chest level with the knuckles of the fist facing upward. With the elbow pointing at the target, snap the fists side-ward, twisting the wrists and striking the target with the knuckles of the middle and forefinger.

Close Punch -

Assume a straddle leg stance. Extend the left arm in front of the body and place the right fist on the side of the body at waist level with the palm of the fist facing upward. From this position, the punch is delivered with the fist contacting the target with the knuckles still facing downward. The left arm is withdrawn to the waist at the same time the punch is delivered. For more power, keep the elbow close to the body.

Back-Fist Strike -

Assume a straddle leg stance. From this position, place the striking arm at chest level with the knuckles of the fist facing outward. Point the elbow at the target and snap the fist forward twisting the fist just before contact so that the knuckles of the middle and forefinger strike the target. This is usually a downward strike to the solar plexus or face of the opponent.

Hammer-Fist Strike -

Assume a straddle leg stance. From this position, place the striking arm at chest level with the knuckles of the fist facing upward. Point the elbow at the target and snap the fist forward twisting the wrist so that the bottom of the fist will strike the target. This is usually a downward strike to body points or other hard surfaces.

Knife-Hand Strike -

Assume a right front stance. From this position, place the right knife-hand slightly behind the right ear with the elbow bent and facing sideward. Swing the hand in a wide arc twisting the wrist as the palm of the hand is facing upward, when the hand strikes the target. At the point of impact, the elbow should be in front of the body.

Ridge-Hand Strike -

Assume a left front stance. From this position, swing the right ridge-hand in a wide outside arc with the elbow bent slightly and the palm of the ridge-hand facing downward. Snap the ridge-hand just before striking the target so that the strike will have more power.

Palm-Heel Strike -

Assume a left front stance. Place the right hand on the right side of the body waist level with the elbow extending back. Bend the fingers and pull the hand back into a palm-heel position. Thrust the hand forward striking the target with the palm-heel of the hand. The

bent fingers of the hand may be extended upward, downward, or to the side, depending upon the situation.

Elbow Strike -

A powerful technique for close in fighting which can be broken down into five separate techniques: Forward strike, backward strike, upward strike, sideward strike, and downward strike.

a. Forward Elbow Strike - Assume a left front stance. Place the right fist beside the waist on the right side as in a right straight punch. From this position, swing the elbow forward bringing the fist to the base of the arm and bending the elbow deeply. Strike the target forcefully.

b. Backward Strike - Assume a straddle leg stance. Bring the right forearm across the stomach about waist level. From this position, twist the arm outward and thrust the elbow straight back.

c. Upward Strike - Assume a straddle leg stance. Place the right fist beside the waist on the right side of the body as in a straight punch. From this position, bring the fist straight up the side of the body bending the elbow deeply and thrusting the elbow forward and upward toward the target.

d. Sideward Strike - Assume a straddle leg stance. Place the right forearm across the front of the body about chest level with the elbow pointing to the side. From this position, thrust the elbow to the side in a straight line striking the target forcefully.

e. Downward Strike - Assume a straddle leg stance. Bring the elbow upward as in an upward strike until the elbow is directly over the shoulder and pointing upward. From this position, thrust the elbow downward striking the target directly in front of the body.

Formal Exercise

Formal exercise, consisting of basic forms, usually is not a major constituent in the beginning student's training session. Major emphasis is placed on the improvement of the basic techniques. After an average period of two to three months, the student is introduced to the basic forms.

Formal exercise may vary considerably depending upon the style of karate being taught. At the present time, there are about seventy major and minor formal karate exercises. Again the number of these performed depends on the instructor's training methods. The number usually varies from ten to thirty. A student should not endeavor to learn as many forms as possible but to perform a selected few with perfection.

The basic forms consist of an organized series of techniques performed in a set sequence. These consist of various hand techniques, foot techniques, and body shifting movements necessary to execute these techniques.

There are four advantages of practicing formal exercise. These include the following:

1. They enable one to practice alone, no equipment is required, and any area big enough to move about in will suffice.
2. Because they involve various kinds of movements, in every direction, they provide good all-around exercise and do not develop any one set of muscles at the expense of the others.
3. Because they are based on the imagined existence of four or eight enemies attacking from several directions, they provide excellent practice in the adaptation of the various hand and foot techniques to various kinds of situations.
4. Because of their short duration of only a few minutes, they are not too exhausting but at the same time provide a great deal of exercise, particularly after the technique has been mastered so that each one can be strongly focused.⁸⁸

When discussing formal exercise Masutatsu Oyama stated:

The thing that surprised us most on our many visits to America was that, because they perform the formal exercises without performing the fundamentals, they have no definite form. Setting the good and bad points of the formal exercises aside, they fail to make a basic issue of the proper tensing and relaxing of the body and of balance in the stances.³⁹

In a recent survey discussing the value of Americanized forms,

leading instructors responded in the following way:

Of the replying sensei, 30 % felt American kata did have value and basis in karate, a third stated it definitely had no value nor basis, and another 30% qualified their answers with a yes - no response. Ernest Lieb of the American Karate Association feels kata created by

⁸⁸ Brown and Nishiyama, *op. cit.*, p. 151.

⁸⁹ Oyama, This is Karate, *op. cit.*, p. 138.

Americans has significant value. They are designed for different individuals, ⁹⁰not for the majority with the hope all persons are alike.

The only forms which will be discussed are those required by the San Antonio Karate Association. These forms consist of the basic "H-forms," and includes numbers one through five. These different forms include the following movements:

H-Form Number I

1. Assume a ready stance.
2. Turn 90° left into a left front stance with left low block.
3. Step with the right foot into a right front stance with right straight punch.
4. Turn 180° right into a right front stance with right low block.
5. Step with the left foot into a left front stance and left straight punch.
6. Turn 90° left into a left front stance and left low block.
7. Step with the right foot into a right front stance and right straight punch.
8. Step with the left foot into a left front stance and left straight punch.
9. Step with the right foot into a right front stance and left straight punch.
10. Turn 270° into a left front stance and left low block.
11. Step with the right foot into a right front stance and right straight punch.
12. Turn 180° right into a right front stance and right low block.
13. Step with the left foot into a left front stance and left straight punch.
14. Turn 90° left into a left front stance and left low block.
15. Step with the right foot into a right front stance and right straight punch.
16. Step with the left foot into a left front stance and left straight punch.
17. Step with the right foot into a right front stance and right straight punch. (Yell)

⁹⁰Black Belt Survey, "What's New in Kata, Is It Good?" Black Belt (January, 1970), 34-37.

18. Turn 270° into a left front stance and left low block.
19. Step with the right foot into a right front stance and right straight punch.
20. Turn 180° right into a right front stance and right low block.
21. Step with the left foot into a left front stance and left straight punch.
22. Turn 90° left and assume a ready stance.

H-Form Number II

1. Assume a ready stance.
2. Turn 90° left into a left front stance and left low block.
3. Step with the right foot into a right front stance and right high straight punch.
4. Turn 180° right into a right front stance and right low block.
5. Step with the left foot into a left front stance and left high straight punch.
6. Turn 90° left into a left front stance and left low block.
7. Step with the right foot into a right front stance and right high straight punch.
8. Step with the left foot into a left front stance and left high straight punch.
9. Step with the right foot into a right front stance and high right straight punch (Yell).
10. Turn 270° left into a left front stance and left low block.
11. Step with the right foot into a right front stance and right high straight punch.
12. Turn 180° right into a right front stance and right low block.
13. Step with the left foot into a left front stance and left high straight punch.
14. Turn 90° left into a left front stance and left low block.
15. Step with the right foot into a right front stance and right high straight punch.
16. Step with the left foot into a left front stance and high left straight punch.
17. Step with the right foot into a right front stance and right high straight punch. (Yell)
18. Turn 270° left into a left front stance and left low block.
19. Step with the right foot into a right front stance and right high straight block
20. Turn 180° right into a right front stance and right low block.
21. Step with the left foot into a left front stance and left high straight punch.
22. Turn 90° left and assume a ready stance.

H-Form Number III

1. Assume a ready stance.
2. Turn 90° left into a left back stance and left inside middle block.
3. Step with the right foot into a right front stance and right straight punch.
4. Turn 180° right into a right back stance and right inside middle block.
5. Step with the left foot into a left front stance and left straight punch.
6. Turn 90° left into a left front stance and left low block.
7. Step with the right foot into a right front stance and right high straight punch.
8. Step with the left foot into a left front stance and left high straight punch.
9. Step with the right foot into a right front stance and right high straight punch. (Yell).
10. Turn 270° left into a left back stance and left inside middle block.
11. Step with the right foot into a right front stance and right straight punch.
12. Turn 180° right into a right back stance and right inside middle block.
13. Step with the left into a left front stance and left straight punch.
14. Turn 90° left into a left front stance and left low block.
15. Step with the right foot into a right front stance and right high straight punch.
16. Step with the left foot into a left front stance and left high straight punch.
17. Step with the right foot into a right front stance and right high straight punch. (Yell).
18. Turn 270° left into a left back stance and left inside middle block.
19. Step with the right foot into a right front stance and right straight punch.
20. Turn 180° right into a right back stance and right inside middle block.
21. Step with the left foot into a left front stance and left straight punch.
22. Turn 90° left and assume a ready stance.

H-Form Number IV

1. Assume a ready stance.
2. Turn 90° left into a left front stance and left low block.

3. Execute a right front snap kick and step into a right front stance and right straight punch.
4. Turn 180° right into a right front stance and right low block.
5. Execute a left front snap kick and step into a left front stance and left straight punch.
6. Turn 90° left into a left front stance and left low block.
7. Execute a right front snap kick and step into a right front stance and right straight punch.
8. Execute a left front snap kick and step into a left front stance and left straight punch.
9. Execute a right front snap kick and step into a right front stance and right straight punch.
10. Turn 270° left into a left front stance and left low block.
11. Execute a right front snap kick and step into a right front stance and right straight punch.
12. Turn 180° right into a right front stance and right low block.
13. Execute a left front snap kick and step into a left front stance and left straight punch.
14. Turn 90° left into a left front stance and left low block.
15. Execute a right front snap kick and step into a right front stance and right straight punch.
16. Execute a left front snap kick and step into a left front stance and left straight punch.
17. Execute a right front snap kick and step into a right front stance and right straight punch.
18. Turn 270° left into a left front stance and left low block.
19. Execute a right front snap kick and step into a right front stance and right straight punch.
20. Turn 180° right into a right front stance with right low block.
21. Execute a left front snap kick and step into a left front stance and left straight punch.
22. Turn 90° left and assume a ready stance.

H-Form Number V

1. Assume a ready stance.
2. Turn 90° left into a cat stance and left inside middle block.
3. Step with the right foot into a right front stance and right straight punch.
4. Turn 180° right into a right cat stance and right inside middle block.
5. Step with the left foot into a left front stance and left straight punch.
6. Turn 90° left into a left front stance and left low block.
7. Execute a right front snap kick and step into a right front stance and right straight punch.

8. Execute a left front snap kick and step into a left front stance and left then a right straight punch.
9. Execute a right front snap kick and step into a right front stance and left then a right straight punch. (Yell).
10. Turn 270° left into a left cat stance and left inside middle block.
11. Step with the right foot into a right front stance and right straight punch.
12. Turn 180° right into a right cat stance and right inside middle block.
13. Step with the left foot into a left front stance and left straight punch.
14. Turn 90° left into a left front stance and left low block.
15. Execute a right front snap kick and step into a right front stance and right straight punch.
16. Execute a left front snap kick and step into a left front stance and left then a right straight punch.
17. Execute a right front snap kick and step into a right front stance and left then a right straight punch. (Yell).
18. Turn 270° left into a left cat stance and left inside middle block.
19. Step with the right foot into a right front stance and right straight punch.
20. Turn 180° right into a right cat stance and right inside middle block.
21. Step with the left foot into a left front stance and left straight punch.
22. Turn 90° left and assume a ready stance.⁹¹

Sparring Techniques

The sparring techniques discussed here will consist of three parts.

The basic sparring will be discussed first. This type of sparring consists of prearranged one-step movements with an opponent. In this manner, a beginning student may execute a variety of techniques.

Semi-free sparring is then discussed. This type of sparring is a combination of both basic and free-style sparring. In semi-free

⁹¹Based on personal correspondence between Mr. Atlee Chittim, President of the San Antonio Karate Association, and David Jordan.

sparring, the techniques are prearranged but the students move about as in actual free-style sparring. This type of sparring is excellent training because it aids the student in determining the correct distance from the opponent when executing techniques and also results in the development of faster attacking techniques. It is also good training in counterattacking, that is blocking an opponent's attack and then attacking him.

The last part discussed is that of free-style sparring. As indicated by the words, free-style, this is a form of sparring in which no moves are prearranged. The beginning student does not participate in this type of sparring until becoming well trained in both basic and semi-free sparring. In order to prevent injury in free-style sparring there is no contact to the opponent's vital areas. Contact is prevented by executing focused attack in which the technique is stopped just short of contact with the target.

Before the instructor introduces one-step sparring to the students, the vital points of attack should be discussed in detail. As each technique is introduced in a practice session, the vital areas of attack are also explained so this should serve as a review session for the students.

Listed below are several vital areas and the techniques most commonly used against these areas.

<u>Vital Area</u>	<u>Hand Technique</u>	<u>Foot Technique</u>
Temple	Back-Hand Strike Ridge-Hand Strike Straight Punch Roundhouse Punch	Roundhouse Kick
Bridge of Nose	Straight Punch Back-Fist Strike Knife-Hand Strike	Side Kick
Jaw	Palm-Heel Strike Straight Punch	Roundhouse Kick Front Snap Kick Side Kick Back Kick
Adam's Apple, Windpipe	Spear-Hand Thrust Knife-Hand Strike Straight Punch	Front Snap Kick Side Kick
Side of Neck	Knife-Hand Strike Ridge-Hand Strike	
Base of Cerebellum	Hammer-Fist Strike	Roundhouse Strike
Clavicle	Hammer-Fist Strike Knife-Hand Strike	
Arm Pit	Elbow Strike	Front Snap Kick Side Kick Back Kick
Upper Back	Elbow Strike Hammer-Fist Strike	
Solar Plexus	Elbow Strike Straight Punch Spear-Hand Thrust Reverse Punch	Front Snap Kick Front Thrust Kick Side Kick Back Kick Spin Thrust Kick Roundhouse Kick
Groin	Ridge-Hand Strike Inverted-Back-Fist Strike	All Kicks
Hollow of Knee		Side Kick Roundhouse Kick

<u>Vital Area</u>	<u>Hand Technique</u>	<u>Foot Technique</u>
Shin		Side Kick Front Snap Kick
Instep		Heel Kick

There are numerous combinations of karate techniques used in one-step sparring. Richard Brown and Hidetaka Nishiyama give several examples of basic sparring. These are illustrated in two movements. The first movement consists of blocking the punching attack and the second consists of counterattacking. The techniques used by Brown and Nishiyama include the following:

- Upper Block - Reverse Punch
- Outside Middle Block - Roundhouse Kick
- Cross Block - Front Snap Kick
- Outside Middle Block - Elbow Strike
- Upper Block - Forward Elbow Strike
- Low Block - Knee Kick
- Knife-Hand Block - Front Snap Kick
- Low Block - Roundhouse Kick
- Knife-Hand Block - Knife-Hand Strike⁹²
- Low Block - Straight Punch

Choi Hong Hi also included several examples of one-step sparring techniques. These sparring techniques included the following:

- Upper Block - Straight Punch
- Cross Block - Spear-Hand Thrust
- Outside Middle Block - Back-Hand Strike
- Upper Block - Upper Elbow Strike
- Upper Block - Front Snap Kick
- Inside Middle Block - Side Kick⁹³

⁹² Brown and Nishiyama, *op. cit.*, pp. 171-179.

⁹³ Choi Hong Hi, *op. cit.*, pp. 250-255.

Some of the basic sparring techniques used by N. Nakayama's beginning karate students include:

- Upper Block - Reverse Punch
- Upper Block - Upper Elbow Strike
- Upper Block - Roundhouse Kick
- Upper Block - Front Snap Kick
- Upper Block - Knife-Hand Strike
- Outside Middle Block - Side Kick
- Outside Middle Block - Side Kick
- Outside Middle Block - Back-Hand Strike
- Outside Middle Block - Spear-Hand Thrust⁹⁴

Masutatsu Oyama utilizes a variety of basic sparring techniques in training beginning karate students. These include the following:

- Outside Middle Block - Reverse Punch
- Outside Middle Block - Back-hand Strike
- Upper Block - Hammer-Fist Strike
- Upper Block - Ridge-Hand Strike
- Upper Block - Knife-Hand Strike
- Upper Block - Palm-Heel Strike
- Outside Middle Block - Knife-Hand Strike⁹⁵
- Upper Block - Side Elbow Strike

In order to provide a means by which beginning students may practice various karate techniques, Bobby Lowe includes the following one-step sparring techniques in the practice sessions:

- Outside Middle Block - Reverse Punch
- Outside Middle Block - Back-Hand Strike
- Upper Block - Reverse Punch
- Upper Block - Roundhouse Kick
- Knife-Hand Block - Side Kick - Palm-Heel Strike
- Knife-Hand Block - Side Kick - Take Down

⁹⁴ Nakayama, *op. cit.*, pp. 232-260.

⁹⁵ Oyama, What is Karate?, *op. cit.*, pp. 128-134.

Upper Block - Knife-Hand Strike - Knee Kick
 Upper Block - Roundhouse Punch
 Front Thrust Kick - Double Punch⁹⁶

Several one-step sparring techniques were discussed by Asawa.

These included the following:

Upper Block - Front Snap Kick
 Side Kick - Straight Punch
 Low Block - Counterattack
 Upper Block - Spin Thrust Kick
 Upper Block - Straight Punch
 Upper Knife-Hand Block - Knife-Hand Strike⁹⁷

Robert Moore includes a few of the one-step techniques used by students. These include:

Low Block - Double Punch
 Inside Middle Block - Double Punch
 Upper Block - Reverse Punch
 Outside Middle Block - Double Punch
 Front Snap Kick - Double Punch
 Front Thrust Kick - Double Punch⁹⁸

Atlee Chittim includes numerous one-step sparring techniques in the training sessions. Listed below are a few of these combinations.

Upper Block - Ridge-Hand Strike - Reverse Punch
 Upper Block - Front Snap Kick - Straight Punch
 Upper Block - Knee Kick - Vertical Punch
 Inside Middle Block - Reverse Punch
 Inside Middle Block - Front Snap Kick - Lunge Punch
 Inside Middle Block - Front Thrust Kick - Palm-Heel Strike
 Outside Middle Block - Knife-Hand Strike - Reverse Punch
 Outside Middle Block - Side Elbow Strike - Back-Hand Strike

⁹⁶ Lowe, *op. cit.*, pp. 105-142

⁹⁷ George Asawa, "Karate Technique," Black Belt (May-June), 54-55.

⁹⁸ Moore, Karate Handbook for Beginners, *op. cit.*, p. 18.

Outside Middle Block - Elbow Strike - Reverse Punch
 Knife-Hand Block - Side Kick - Back-Fist Strike
 Knife-Hand Block - Roundhouse Kick - Reverse Punch
 Palm-Heel Block - Side Kick - Vertical Punch
 Front Snap Kick - Knee Kick - Knife-Hand Strike
 Ridge-Hand Strike - Side Kick - Reverse Punch
 Knife-Hand Block - Spin Thrust Kick - Straight Punch⁹⁹

Formal Challenge Used in One-Step Sparring

The students are placed in lines facing one another. In this position, each student is facing an opponent. The students now extend both arms until touching the fists of the opponent. The correct distance is now maintained and the arms are returned to a ready position. The students now assume a ready position. On the command one line of students begin the attack. This is performed by stepping back into a front stance and executing a low block with the arm on the same side of the body as the leg which remains forward. As the low block is executed, there is a yell. From this position the student then steps forward into a right front stance at the same time executing a lunge punch. At this moment, the student being attacked executes the one-step technique being practiced. All techniques are focused so that no contact is made.

After the students in one line have practiced the technique, the other students will attack on command and thus allow the students in both lines to practice the desired technique.

⁹⁹

Based on personal correspondence between Mr. Atlee Chittim, President of the San Antonio Karate Association, and David Jordan.

One-Step Sparring Combinations

The following one-step sparring combinations are designed for attacks from the opponent's right side. The opposite of the described combinations would be used for an attack from the opponent's left side.

Low Block - Knee Kick

Step forward into a left front stance and execute a left low block. Grab the opponent and pull him downward as you apply a knee kick to his solar plexus.

Low Block - Roundhouse Kick

Step back into a left front stance and execute a left low block. From this position, spin forward and execute a roundhouse kick to the opponent's head or solar plexus.

Low Block - Straight Punch

Step into a left front stance and execute a left low block. From this position step forward into a right front stance and deliver a straight punch to the head or solar plexus.

Low Block - Double Straight Punch

Step back into a left front stance, and execute a left low block. From this position, step forward into a right front stance and deliver first a right straight punch and then a left straight punch. Both punches are delivered with speed and power.

Upper Block - Reverse Punch

Step forward into a left front stance and execute a left upper block. From this position deliver a right reverse punch to the head or solar plexus.

Upper Block - Forward Elbow Strike

Step forward into a left front stance and execute a left upper block. From this position step forward into a straddle leg stance and deliver a forward elbow strike to the chin or solar plexus.

Upper Block - Straight Punch

Step back into a left front stance and execute a left upper block. From this position, step forward into a right front stance and execute a straight punch to the head or solar plexus.

Upper Block - Roundhouse Kick

Step back into a left front stance and execute a left upper block. As the block is delivered grab the opponent's wrist and twist the arm to the outside. As the arm is twisted deliver a right roundhouse kick to the opponent's temple.

Upper Block - Hammer-Fist Strike

Step back into a left front stance and execute a left upper block. From this position step forward into a right front stance and deliver a right hammer-fist strike to the opponent's right shoulder.

Upper Block - Palm-Heel Strike

Step back into a left front stance and execute a left upper block. From this position step forward into a right front stance and deliver a palm-heel strike to the chin, face, or solar plexus of the opponent.

Upper Block - Side Elbow Strike

Step back into a left front stance and execute a left upper block. As the block is executed grab the opponent's wrist and twist his arm

outward. Step toward the opponent into a straddle leg stance applying a knife-hand strike to the opponent's elbow. Then deliver a side elbow strike to the opponent's solar plexus.

Upper Block - Roundhouse Punch

Step forward into a left front stance and execute a left upper block. From this position deliver a right roundhouse punch to the opponent's temple.

Inside Middle Block - Side Kick

Step back into a left front stance and execute a left inside middle block. From this position, pivot on your left foot turning your right side toward the opponent and execute a right side kick to the opponent's groin or solar plexus.

Inside Middle Block - Palm-Heel Strike

Step back into a left back stance and execute a left inside middle block. From this position step forward into a right front stance and execute a left palm-heel strike to the opponent's chin.

Inside Middle Block - Reverse Punch

Step forward into a left front stance and execute a left inside middle block. From this position deliver a right reverse punch to the opponent's solar plexus.

Outside Middle Block - Roundhouse Kick

Step to the left side into a straddle leg stance and execute a left outside middle block. Then deliver a right roundhouse kick to the opponent's head.

Outside Middle Block - Spear-Hand Thrust

Step forward into a straddle leg stance and execute a right outside middle block. Turn forward into a right front stance and deliver a left spear-hand thrust to the opponent's solar plexus.

Outside Middle Block - Reverse Punch

Step forward into a straddle leg stance and execute a right outside middle block. From this position deliver a left reverse punch to the solar plexus.

Outside Middle Block - Back-Fist Strike

Step forward into a straddle leg stance and execute a right outside middle block. From this position execute a right back-fist strike to the opponent's head.

Upper Block - Front Snap Kick - Double Straight Punch

Step back into a left front stance and execute a left upper block. From this position execute a right front snap kick to the groin. After the kick is delivered step immediately into a right front stance and deliver a right and then a left straight punch to the head and solar plexus.

Upper Block - Knife-Hand Strike - Knee Kick

Step back into a left front stance and execute a left upper block. From this position step forward into a right front stance and strike the opponent's neck with a right knife-hand strike. Grab the opponent and apply a left knee lift to the groin.

Upper Block - Ridge-Hand Strike - Straight Punch

Step forward into a left front stance and execute a left upper block. From this position deliver a right ridge-hand strike to the groin or throat of the opponent. Follow up the attack with a straight punch to the kidney.

Upper Block - Knee Kick - Knife-Hand Strike

Step forward into a left front stance and execute a left upper block. From this position deliver a right knee kick to the opponent's groin. Step into a straddle leg stance and execute a right knife-hand strike to the neck.

Inside Middle Block - Front Snap Kick - Reverse Punch

Step back into a left front stance and execute a left inside middle block. From this position execute a right front snap kick to the groin and then step forward into a right front stance and deliver a left reverse punch to the opponent.

Inside Middle Block - Front Thrust Kick - Palm-Heel Strike

Step back into a left front stance and execute a left inside middle block. From this position execute a right front thrust kick to the opponent's solar plexus and then step forward into a right front stance and deliver a right palm-heel strike to the opponent.

Outside Middle Block - Elbow Strike - Reverse Punch

Step forward into a straddle leg stance and deliver a right outside middle block. With the blocking arm deliver a side elbow strike to the solar plexus. Then execute a left reverse punch to the opponent's face.

Outside Middle Block - Back-Hand Strike - Reverse Punch

Step forward into a straddle leg stance and deliver a right outside middle block. After the block is executed, deliver a right back-hand strike to the opponent's temple and follow up the attack with a left reverse punch.

Outside Middle Block - Side Kick - Double Straight Punch

Step forward into a straddle leg stance and execute a right outside middle block. From this position execute a right side kick to the opponent's solar plexus and then step down into a right front stance and deliver two straight punches to the opponent.

Outside Middle Block - Knife-Hand Strike - Reverse Punch

Step forward into a straddle leg stance and execute a right outside middle block. After the block is executed deliver a right knife-hand strike to the opponent's neck and then follow up the attack with a left reverse punch to the opponent's mid-section.

Cross Block - Front Snap Kick

Step forward into a left front stance and execute a cross block. From this position deliver a right front snap kick to the opponent's groin.

Cross Block - Spear-Hand Thrust

Step forward into a left front stance and execute a cross block. After the block is delivered grab the opponent's wrist with the left hand and twist outward. As the wrist is being twisted deliver a right spear-hand thrust to the opponent's solar plexus.

Knife-Hand Block - Front Snap Kick

Step forward into a left back stance and execute a left knife-hand block. From this position execute a left front snap kick to the opponent's groin.

Knife-Hand Block - Knife-Hand Strike

Step forward into a left cat stance and execute a left knife-hand block. After the block step forward into a right cat stance and deliver a right knife-hand strike to the opponent's neck.

Knife-Hand Block - Side Kick - Palm-Heel Strike

Step into a left back stance and execute a left knife-hand block. From this position deliver a left side kick to the opponent's mid-section then step forward into a left front stance and deliver a right palm-heel strike to the opponent's head.

Knife-Hand Block - Side Kick - Take Down

Skip to the left into a right back stance and execute a right knife-hand block. Deliver a right side kick to the opponent and then step into a straddle leg stance with the right leg behind the opponent. From this position grab the opponent and pull him back, thus pulling him to the floor.

Knife-Hand Block - Side Kick - Vertical Punch

Skip to the left into a right back stance and execute a right knife-hand block. Deliver a right side kick to the opponent then step down into a right front stance and execute a right vertical punch to the opponent.

Knife-Hand Block - Roundhouse Kick - Double Straight Punch

Skip to the left into a right back stance and execute a right knife-hand block. From this position deliver a right roundhouse kick to the opponent's head and then step down into a straddle leg stance and deliver two straight punches to the opponent's mid-section.

Knife-Hand Block - Spin Back Kick - Reverse Punch

Step into a left side stance and execute a left knife-hand block. From this position deliver a right spin back kick to the opponent's mid-section. After the kick is delivered, step down into a straddle leg stance and deliver a reverse punch.

Front Thrust Kick - Elbow Strike

As the opponent steps forward, step back into a left front stance and then execute a right front thrust kick to the opponent's solar plexus. Step forward into a right front stance and deliver an upper elbow strike to the opponent.

Front Snap Kick - Spear-Hand Thrust

As the opponent steps forward, deliver a right front snap kick from the ready stance then step forward into a right front stance and deliver a spear-hand thrust to the opponent.

Front Snap Kick - Knee Kick - Knife-Hand Strike

From the ready stance execute a right front snap kick and then step forward into a right front stance. From this position grab the opponent and execute a left knee kick and follow up the attack with a right knife-hand strike to the opponent's neck.

Ridge-Hand Strike - Side Kick - Reverse Punch

Step forward into a wide left front stance and execute a right ridge-hand strike to the opponent's throat. From this position, execute a right side kick and then step forward into a right front stance and deliver a left reverse punch.

The final procedure to be discussed includes both semi-free and free-style sparring. The one-step sparring techniques discussed previously could be used in both semi-free and free-style sparring.

Joe Lewis emphasizes free-style sparring which is simple in appearance.

Your body movements must be timed so that you catch the opponent off guard. This is accomplished by attacking just as the opponent begins his attack. You must try to be able to sense this moment in your opponent and automatically twist in on top of him-fast.¹⁰⁰

One of the favorite sparring techniques used by Lewis consists of skipping toward the opponent and grabbing the opponent's sleeve. At the same time bring the bent rear leg forward to block a possible kick from the opponent. The foot is then placed down and a reverse punch is thrown to the opponent.

Tatsuo Suzuki believes both body shifting and distance between opponents are important factors in sparring. Body shifting is important as a defense and then a counterattack.

¹⁰⁰ Joe Lewis, "Karate Technique-A Punch With a Mental Twist," Black Belt (March, 1967), 52-53.

Suzuki states: "An attacker must always attack in earnest. He must do this with fighting spirit, really intending to knock down his opponent."¹⁰¹

There are numerous combinations of karate techniques which can be used in semi-free and free-style sparring. Besides the one-step sparring techniques already discussed, several other combinations are:

Left Side Kick - Right Spin Thrust Kick - Right Back-Fist Strike

Left Side Kick - Right Front Snap Kick - Double Punch

Left Side Kick - Right Spin Back Kick - Right Back-Hand Strike

Right Spin Thrust Kick - Right Side Kick - Reverse Punch

Right Spin Thrust Kick - Left Spin Back Kick - Left Back-Fist Strike

Right Roundhouse Kick - Left Spin Back Kick - Left Back-Hand Strike

Right Spin Back Kick - Right Knife-Hand Strike - Right Side Kick

¹⁰¹David Dreis, "Free-Sparring for Beginners," Black Belt (January, 1969), 34-37.

CHAPTER III

ANALYSIS OF DATA

The data obtained from a survey of karate instructors resulted in invaluable information pertaining to the development of a karate practice session. One hundred forty questionnaires were distributed to the karate instructors. Many of them received the questionnaires through personal interviews while attending national karate tournaments in Houston and Dallas, Texas. The remaining questionnaires were mailed to various karate instructors throughout the United States. Seventy of the questionnaires were returned.

General Information

The seventy questionnaires represent twenty-three styles of karate. The four styles most frequently used are Isshinryu, Tae Kwon Do, Shorin-Ryu, and Shuri-De. The questionnaires also represent twenty-seven karate associations or federations. The four most frequently represented are the United States Karate Association, the Dixie National Karate Association, the All American Karate Association, and the Northwest Tae Kwon Do Association.

Many of the instructors represented in the survey are fundamental in the administration of the association and represent levels of achievement ranging from first to sixth degree black belt. In the United States Karate Association, survey results were received from one member of the board of directors, two regional directors, and state

representatives from Tennessee, Arizona, West Virginia, Iowa, and Louisiana. Questionnaires were also received from the East coast supervisor of the Butokukai Association, the president of the United Tae Kwon Do Federation, the director of the American Karate Association, the president of the Northwest Tae Kwon Do Association, the director of the American Okinawan Karate Association and one member of the board of directors of the North East Karate Association.

The majority of the instructors maintain the conviction that karate is beneficial to the development of speed, agility, coordination, flexibility, strength, physical fitness, cardiovascular endurance, circulo-respiratory endurance, conditioned reflex, and timing. A low of eighty percent of the instructors state that karate is beneficial to the development of strength, while a high of ninety-six percent state that it is beneficial to the development of speed, physical fitness, cardiovascular endurance, and conditioned reflex.

College and University Karate Programs

There are numerous colleges and universities in the United States which offer a karate program either in the curriculum or as a college sponsored club. The seventy instructors interviewed listed sixty-one colleges and universities offering a karate program to the students. Forty-nine of these programs are non-credit courses and therefore are not included in the college curriculum. Twelve of the colleges and universities include a karate program in the curriculum for course credit. The average number of students in the non-credit karate class

is thirty-five, while the average number in the credit course is thirty-four. The study also disclosed that seventy-five percent of the instructors prefer a regular karate program at the college level, while ten percent prefer a self-defense program, and fifteen percent favor a combination of the two programs. The questionnaire included a variety of karate books available to the students. The books most frequently referred to include: Karate, Isshinryu Karate-Do, Shorei Karate, Tae Kwon Do, This is Karate, and This is My Life.

The list of colleges and universities offering a karate program for credit is found in Table I. Also included is the number of students in each class.

TABLE I

COLLEGES OFFERING CREDIT COURSES IN KARATE

College	Number in Class
Arizona Western	20
Bethune Cookman College	36
Colorado University	20
Denver University	35
Eastern Montana College	37
Embry Riddle Aeronautical	12
Metro College	20
Millsaps College	25
Muskegon Community College	70
Sacred Heart University	20
University of Connecticut	30
University of Mississippi	30

Karate Practice Session

The majority of the instructors surveyed submitted a karate program which can be utilized by beginning students. This practice session includes five parts: Warm-up, basic movements, one-step sparring, formal exercise, and free-style sparring. The karate clubs meet an average of 3.44 days per week with each session lasting an average of one hour and fifty-five minutes. The survey includes sixteen additional techniques or parts of the practice session which are not listed above. Five of the major ones are bag kicking techniques, self-defense techniques, special reaction drills and sparring sessions, lecture classes on the history and mental aspects of karate and its connection to everyday life, and research and analysis of movement pertaining to special techniques and beginning forms.

The actual division of the practice session is found in Table II. It also includes the average number of minutes in each division and the procedure in which these are scheduled. The percentage indicates the order in which the divisions are arranged most frequently.

TABLE II
KARATE PRACTICE SESSION

Divisions	Average Number of Minutes	Procedure in Order	Percent
Warm-Up	15	1	100
Basic Movements			
Leg Techniques	15	2	46
		3	46
Hand Techniques	15	2	60
		3	32
One-Step Sparring	20	3	15
		4	45
		5	15
Formal Exercise	25	4	30
		5	39
		6	18
Free-Style Sparring	25	5	21
		6	67

Warm-Up Exercises

The first division of the practice session is the warm-up. This includes a variety of exercises found in Table III. Also included is the number of instructors and the percentage of the total number of instructors utilizing these exercises. There are twenty-one other exercises included in the study. The exercises most frequently mentioned include the deep knee bend, the hip rotation, leg lifts, neck rotation and sit-ups. In Table III the exercises utilized by the largest percent of instructors are the leg spreading exercise and the leg swinging exercise. The two exercises receiving the lowest percentages are the peacock stretch and the hurdlers stretch. Six

percent of the instructors include all of the warm-up exercises in the practice session.

TABLE III

WARM-UP EXERCISES USED IN A KARATE PRACTICE SESSION

Exercise	Number	Percent
Leg Spreading Exercise	64	92
Forward Leg Exercise With Feet Together	48	69
Push Ups	60	86
On Knuckles	60	86
On Fingertips	38	55
Crotch Stretch	56	80
Hurdlers Stretch	28	40
Arm Stretching	49	70
Leg Swinging	66	95
Front Leg Lift	63	90
Side Leg Lift	60	86
Rabbit Hopping	35	50
Leg Stretching	59	85
Sitting on floor with legs apart, touch head to floor.	52	75
Sitting on floor with legs apart, touch shoulder to leg.	36	52
Standing with legs together, grasp ankles, touch head to knees.	48	69
Peacock Stretch	18	26

Basic Movements

The basic movements consist of both hand and leg techniques.

When the karate course first begins the various stances and blocking

techniques are also included in this period. It is during this time that the basic movements of each technique are learned and then continually practiced.

Basic Movements - Hand Techniques

The study indicates that thirty-three percent of the instructors include all of the techniques listed in Table IV in a practice session.

TABLE IV
HAND TECHNIQUES UTILIZED IN A
BEGINNING TRAINING SESSION

Technique	Number	Percent
Forefist Middle Thrust	64	92
Inverted Fist Strike	54	77
Forefist Strike to Chin	64	92
Front Inverted Fist Strike	45	65
Knife-Hand Strike to the Face	57	82
Upper Elbow Strike	63	90
Knife-Hand Strike to the Collarbone	62	89
Rising Elbow Strike	59	85
Forefist Straight Punch	67	96
Spear-Hand Straight Thrust	54	77
Close Punch	50	72
Double Fist Punch	51	73
Ridge-Hand Strike	58	83
Palm-Heel Strike	60	86

The techniques most often employed are the forefist middle thrust, the forefist straight punch and the forefist strike to the chin. The

techniques utilized by the smallest percent of instructors are the close punch, the double fist punch and the front inverted fist strike. The karate instructors include twenty-nine hand techniques other than the ones listed in the survey. Many of these are variations of the techniques listed in Table IV. The ones most frequently listed are the elbow strike, the back-fist strike, the back-hand strike, the finger strike, the groin grab, the hammer-fist strike, and the tiger claw.

Listed in Table IV are various hand techniques included in a beginning practice session. Also included is the number and percentage of instructors which utilize these techniques.

Basic Movements - Leg Techniques

A number of leg techniques frequently employed in a beginning training session are found in Table V. Also included is the number and the percentage of instructors which utilize these techniques. The instructors utilize twenty leg techniques which are not listed in the survey. Several of these techniques are difficult to execute and would first require a working skill of the techniques listed in Table V. The ones most commonly listed are the jump kick, the knee kick, the side snap kick, the flying side kick, the flying roundhouse kick, the flying rear thrust kick, the flying front snap kick, the flying back kick, the double side flying kick, and the double front flying kick.

In Table V, forty percent of the instructors include all of the techniques listed in a practice session. The techniques utilized by the largest percent of instructors are the front snap kick, the roundhouse kick, the side kick, and the back kick. The technique least utilized by the instructors is the ankle kick.

TABLE V
LEG TECHNIQUES UTILIZED IN A
BEGINNING TRAINING SESSION

Technique	Number	Percent
Front Snap Kick	70	100
Front Thrust Kick	61	87
Roundhouse Kick	70	100
Spin Thrust Kick	53	76
Back Kick	69	99
Side Kick	70	100
Ankle Kick	38	55
Crescent Kick	60	86
Spin Back Kick	64	92
Turn Heel Kick	54	78

Karate Stances and Blocking Techniques

One of the first steps in the procedure of a beginner's training session is the introduction of the various stances. The blocking techniques are then executed from these different positions.

Listed in Table VI are several of the stances used in a beginning class. Also included in this table are the number and percent of instructors employing these. The study also contains fourteen stances not listed in this table. The stances included most frequently are the attention stance, the crane stance, the hook stance, the hour glass stance, the jungle stance, the normal sparring stance and the square stance. In Table VI, forty-six percent of the active instructors employ all of the stances in the survey. The stance most often utilized is the front stance. The stance least utilized is the side stance.

Also included in this table are a number of blocking techniques which are usually employed in a practice session. There are twenty-six techniques included in the study which are not listed. Many of these are similar to the ones in Table VI. The blocking techniques included most frequently are the crescent kick block, the elbow block, the foot block, the knee block, the sweeping block, and the wrist block. Forty-five percent of the instructors surveyed employ all of the blocking techniques in Table VI. The techniques utilized by the largest percent of instructors are the upper block, the low block, and the inside middle block. The techniques employed by the least percent of instructors are the thigh block and the palm-heel blocks.

Listed in Table VI are various karate stances and blocking techniques employed by beginning students in the basic training period. Also listed is the number and percentage of instructors employing these techniques.

TABLE VI
KARATE STANCES AND BLOCKING TECHNIQUES EMPLOYED
IN A BEGINNING PRACTICE SESSION

Technique	Number	Percent
Stances		
Open-Leg Stance	48	69
Straddle Leg Stance	55	79
Forward or Front Stance	64	92
Back Stance	55	79
Cat Stance	54	78
Side Stance	47	68
Blocking Techniques		
Upper Block	69	99
Outside Middle Block	67	96
Inside Middle Block	66	95
Low Block	69	99
Palm-Heel Block	46	66
Cross Block	55	79
Thigh Block	44	63
Knife-Hand Block	64	92

Ranking System

In karate the degree of achievement is usually designated by a belt color and a particular class distinction as shown in Table VII. The

lowest class of achievement is indicated by a white belt or tenth class, while the highest degree is indicated by a black belt or completion of all ten classes. Once a student receives a black belt,

TABLE VII
RANKING SYSTEMS IN KARATE

Class	Belts	Number	Percent	Months in Training		
				Low	High	Average
10	White	24	100	0	3	.5
9	White	23	74	0	6	1.5
8	White	28	48	0	9	3.2
	Yellow	3	14			
	Green	5	9			
7	White	4	6	0	12	4.3
	Yellow	33	52			
	Green	3	13			
6	Yellow	3	5	1	18	6.8
	Green	16	25			
	Blue	32	51			
5	Green	47	75	2	20	9.8
	Blue	6	10			
4	Green	9	14	6	24	12.8
	Blue	9	14			
	Purple	32	51			
	Brown	6	10			
3	Brown	51	81	12	48	16.5
2	Brown	57	91	12	48	27
1	Brown	57	91	18	60	27
1st. Degree	Black	63	100	24	60	33.8

the ranking system changes from class to degree. From first degree black belt, the student can progress as high as tenth degree black belt. The first six degrees of black belt represent skill and perfection

in the physical aspects of karate and the last four degrees represent outstanding accomplishments and devotion to karate. The study includes five different ranking systems. Three percent of the instructors have no class divisions, twenty-four percent have ten class divisions, eleven percent have nine class divisions, forty-two percent have eight class divisions and seven percent have seven class divisions. The major belt colors are white, yellow, green, blue, purple, brown, and black.

The class and belt color are indicated in Table VII. The number and percentage of instructors utilizing these are also listed. The time required to achieve each class or belt is indicated by low, high, and average. The time element involved depends entirely upon the students' ability. In most cases there is no specific time required before rank may be achieved.

Additional Comments

The study indicates that ninety percent of the instructors express the opinion that karate should be offered to high school students. There are various suggestions as to the administration of this program. Several instructors suggest that no adaptations be made to the program or that changes should be based upon the needs of the students. The other suggestions designate a program with major emphasis in four different areas: Physical fitness, basic techniques, self-defense and sparring techniques and formal exercise. There are also suggestions pertaining to the procedure used in managing the program. Some

instructors feel the program should operate as a club only, conducting karate tournaments between club members in other schools, while others feel the program should be administered on the same level as other varsity sports. The last suggestion is that the karate class be conducted for a period of six weeks each semester and then continued in the local karate gymnasium. Many of the instructors stress the importance of discipline and seriousness in the administration of the program and that the program should stress the code of ethics such as good sportsmanship, pride, honor, and team competition.

The study also includes various suggestions for the organization of a college program. Karate should first be promoted on the campus. After a proper image has been constructed, endeavor to interest staff members in the program. When student and staff member interest for the program has been achieved, the program should be presented to the administration for approval. The program itself should be conducted a minimum of twice a week and administered with strict discipline always stressing the importance of good sportsmanship and self-control.

CHAPTER IV

THE PROGRAM

The beginning training session will consist of techniques utilized in the survey. The major limitation to this program is the time available in each session. The session is arranged to meet twice a week for one hour and five minutes.

Listed below is the beginning karate course which is utilized by the Division of Health, Physical Education, and Recreation at Eastern Montana College:

- I. Stances
 - A. Parallel ready stance
 - B. Horse riding stance
 - C. Forward stance
 - D. Back stance
 - E. XO stance
- II. Fundamental Movements and Techniques
 - A. Basic block
 - 1. Down block
 - 2. Middle block
 - 3. Up block
 - 4. Side block
 - B. Basic strike
 - 1. Middle strike
 - 2. Up strike
 - 3. Down strike
 - 4. Side strike
 - C. Basic kicks
 - 1. Forward rising kick
 - 2. Side rising kick
 - 3. Side to front adduction
 - 4. Front to side adduction

5. Front snap kick
6. Front thrusting kick
7. Side thrusting kick
8. Back thrusting kick
9. Turning kick
10. Reverse turning kick
11. Flying front kick
12. Flying side kick
13. Flying turning kick

III. Basic Combination Techniques

- A. Block
- B. Strike
- C. Kick

IV. Basic Forms

- A. Basic form Number 1, 2, 3, and 4 (20 movements)
(Attention, bow, ready position)

V. Sparring

- A. Three-step sparring
- B. Two-step sparring
- C. One-step sparring
- D. Free sparring
- E. Practical techniques and suggestions for free-style sparring

VI. Promotional Contest¹⁰²

The beginning training session developed from the research consists of twenty-eight training periods. It is organized with major emphasis on the development of the basic movements. These techniques are then utilized in the one-step and semi-free style sparring and finally the formal exercises. The basic movements are taught during the first training session and are practiced throughout the entire program. The one-step sparring is introduced during the fifth week

¹⁰²Based on personal correspondence between Jae Ho Park, Eastern Montana College, and David Jordan.

and continues through the eleventh week. The semi-free sparring begins during the twelfth week and continues for three weeks. The formal exercise is introduced into the program the eighth week and continues throughout the program.

Listed below is an outline of the exercises and techniques included in the training program. Following the outline is a lesson plan for each of the twenty-eight training periods.

I. Warm-Up Period

A. Exercises

1. Trunk Twist
2. Side stretch
3. Arm stretch
4. Hip exercise
5. Leg stretch
6. Peacock stretch
7. Stomach stretch
8. Crotch stretch
9. Back stretch
10. Forward bend
11. Split
12. Push-ups - fingertip, knuckles, regular
13. Sit ups - bent-leg, straight-leg
14. Front leg swing
15. Side leg swing

II. Basic Movements

A. Stances

1. Attention stance
2. Straddle leg stance
3. Square stance
4. Front stance
5. Side stance
6. Back stance
7. Cat stance
8. Ready stance

B. Blocks

1. Low block
2. Upper block
3. Inside middle block

4. Outside middle block
5. Knife-hand block
6. Cross block
7. Thigh block

C. Hand Techniques

1. Straight punch
2. Reverse punch
3. Vertical punch
4. Knife-hand strike
5. Spear-hand thrust
6. Back-hand strike
7. Back-fist strike
8. Elbow strike
9. Palm-heel strike
10. Hammer-fist strike
11. Ridge-hand strike

D. Leg Techniques

1. Front snap kick
2. Front thrust kick
3. Side kick
4. Roundhouse kick
5. Spin thrust kick
6. Back kick
7. Spin back kick
8. Knee kick

III. Formal Exercise

- A. H-form number I
- B. H-form number II

IV. Sparring Techniques

- A. One-step sparring
- B. Semi-free style sparring

Karate Training Period Number 1

Date _____

Procedure	Time	Comments
I. Warm up exercises	15	1. Demonstrate exercises
A. Exercises 1-15		2. Sets (1) 10 repetitions per side
II. Basic Movements	15	1. Demonstrate stances
A. Stances		2. Move to the front and rear executing the front stance
1. Attention		
2. Straddle leg		
3. Square		
4. Front		
B. Blocks	10	1. Demonstrate technique
1. Low block		2. Sets (2) 10 repetitions per side, Three counts per repetition 10 repetitions per side, 1 count per repetition
C. Hand technique	10	1. Demonstrate technique
1. Straight punch		2. Straddle leg stance
		3. Demonstrate proper technique in fist formation.
		4. Sets (1) 10 repetitions per side, 1 repetition per count
D. Kicking technique	15	1. Demonstrate the technique
1. Front snap kick		2. Front stance
		3. Define striking area of foot
		4. Sets (2) 10 repetitions per side, 3 count per side 10 repetitions per side, 1 count per repetition.

Karate Training Period Number 2

Date _____

Procedure	Time	Comments
I. Warm up exercises	15	1. Demonstrate exercises
A. Exercises 1-15		2. Sets (1) 10 repetitions per side
II. Basic Movements	10	1. Demonstrate and review the stances
A. Stances		2. Move to the front and rear executing the front stance.
1. Attention		
2. Straddle leg		
3. Square		
4. Front		
5. Side		
B. Blocks	10	1. Demonstrate the block
1. Low block		2. Straddle leg stance
		3. Sets (2) 10 repetitions per side, 3 counts per repetition
		10 repetitions per side, 1 count per repetition
C. Hand technique	10	1. Demonstrate the technique and review the fist formation
1. Straight punch		2. Stances
2. Reverse punch		1. Square stance
		2. Front stance
		3. Sets (1) 10 repetitions per side, 1 count per repetition
D. Kicking technique	20	1. Demonstrate and review of foot position
1. Front snap kick		2. Stances
2. Front thrust kick		1. Front stance
		2. Front stance
		3. Sets (2) 10 repetitions per side, 3 counts per repetition
		10 repetitions per side, 1 count per repetition

Karate Training Period Number 3

Date _____

Procedure	Time	Comments
I. Warm up exercises	15	1. Demonstrate the exercises
A. Exercises 1-15		2. Sets (1) 10 repetitions per side
II. Basic Movements	10	1. Demonstrate and review the stances
A. Stances		2. Move to the front and rear executing the front stance
1. Back		
2. Straddle leg		
3. Square		
4. Front		
5. Side		
B. Blocks	15	1. Demonstrate the block
1. Low block		2. Stances
2. Upper block		1. Straddle leg stance
		3. Sets (2) 10 repetitions per side, 3 counts per repetition 10 repetitions per side, 1 count per repetition
C. Hand technique	10	1. Demonstrate the technique
1. Straight punch		2. Stances
2. Reverse punch		1. Square stance
3. Vertical punch		2. Front stance
		3. Front stance
		3. Sets (1) 10 repetitions per side, 1 count per repetition
D. Kicking technique	15	1. Demonstrate the technique and review foot position
1. Front snap kick		2. Stances
2. Front thrust kick		1. Front stance
		3. Sets (2) 10 repetitions per side, 3 counts per repetition 10 repetitions per side, 1 count per repetition

Karate Training Period Number 4

Date _____

Procedure

Time

Comments

I. Warm up exercises	15	1. Demonstrate the exercises
A. Exercises 1-15		2. Sets (1) 10 repetitions per side
II. Basic Movements	10	1. Demonstrate the stances
A. Stances		2. Move to the front and rear executing the first three stances
1. Front		
2. Back		
3. Cat		
4. Ready		
B. Blocks	15	1. Demonstrate the blocks
1. Low block		2. Stance
2. Upper block		1. Straddle leg stance
3. Inside middle block		3. Sets (2) 10 repetitions per side, 3 counts per repetition 10 repetitions per side 1 count per repetition
C. Hand technique	10	1. Demonstrate the technique
1. Straight punch		2. Stances
2. Reverse punch		1. Square stance
3. Vertical punch		2. Front stance
4. Knife-hand strike		3. Back stance
		4. Cat stance
		3. Sets (1) 10 repetitions per side, 1 count per repetition
D. Kicking technique	15	1. Demonstrate the technique
1. Front snap kick		2. Stances
2. Front thrust kick		1. Front stance
3. Side kick		2. Front stance
		3. Side stance
		3. Sets (2) 10 repetitions per side, 3 counts per repetition 10 repetitions per side, 1 count per repetition

Karate Training Period Number 5

Date _____

Procedure	Time	Comments
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I. Warm up exercises	10	1. Sets (1)
A. Exercises 1-15		10 repetitions per side
II. Basic Movements		
A. Blocks	20	1. Demonstrate the block
1. Low block		2. Stances
2. Inside middle block		1. Straddle leg stance
3. Upper block		3. Sets (2)
4. Outside middle block		10 repetition per side
		3 counts per repetition
		10 repetitions per side,
		1 count per repetition
B. Hand technique	15	1. Demonstrate the technique
1. Straight punch		2. Stances
2. Knife-hand strike		1. Straddle leg stance
3. Ridge-hand strike		2. Back stance
4. Spear-hand thrust		3. Front stance
		4. Front stance
		3. Sets (1)
		10 repetitions per side,
		1 count per repetition
C. Kicking technique	20	1. Demonstrate the kick
1. Front snap kick		2. Stances
2. Front thrust kick		1. Front stance
3. Side kick		2. Front stance
4. Back kick		3. Side stance
		4. Ready stance
		3. Sets (2)
		10 repetitions per side,
		3 counts per repetition
		10 repetitions per side,
		1 count per repetition

Karate Training Period Number 6

Date _____

Procedure	Time	Comments
I. Warm-up exercises	10	1. Sets (1)
A. Exercises 1-15		10 repetitions per side
II. Basic Movements		
A. Blocks	15	1. Demonstrate the block
1. Low block		2. Stance
2. Upper block		1. Square stance
3. Inside middle block		3. Sets (2)
4. Outside middle block		10 repetitions per side,
		1 count per repetition
		10 repetitions per side,
		2 repetitions per count
B. Hand technique	15	1. Demonstrate the technique
1. Straight punch		2. Stances
2. Knife-hand strike		1. Straddle leg stance
3. Ridge-hand strike		2. Back stance
4. Spear-hand thrust		3. Front stance
5. Back-hand strike		4. Front stance
6. Back-fist strike		5. Straddle leg stance
		6. Straddle leg stance
		3. Sets (1)
		10 repetitions per side,
		1 count per repetition
C. Kicking technique	25	1. Demonstrate the technique
1. Front snap kick		2. Stances
2. Front thrust kick		1. Front stance
3. Side kick		2. Front stance
4. Back kick		3. Side stance
5. Roundhouse kick		4. Back stance
		5. Side stance
		3. Sets (2)
		10 repetitions per side,
		3 counts per repetition
		10 repetitions per side,
		1 count per repetition

Karate Training Period Number 7

Date _____

Procedure	Time	Comments
I. Warm up exercises	10	1. Sets (1)
A. Exercises 1-15		10 repetitions per side
II. Basic Movements		1. Demonstrate the block
A. Blocks	15	2. Stance
1. Low block		1. Straddle leg stance
2. Upper block		3. Sets (2)
3. Inside middle block		10 repetitions per side,
4. Outside middle block		1 count per repetition
		10 repetitions per side,
		2 repetitions per count
B. Hand technique	20	1. Demonstrate the technique
1. Straight punch		2. Stances
2. Reverse punch		1. Straddle leg stance
3. Vertical punch		2. Back stance
4. Ridge-hand strike		3. Front stance
5. Knife-hand strike		4. Back stance
6. Back-fist strike		5. Front stance
		6. Square stance
C. Kicking technique	20	1. Demonstrate the technique
1. Front snap kick		2. Stances
2. Front thrust kick		1. Front stance
3. Side kick		2. Front stance
4. Back kick		3. Side stance
5. Roundhouse kick		4. Ready stance
6. Spin thrust		5. Back stance
		6. Side stance
		3. Sets (1)
		10 repetitions per side,
		1 count per repetition

Karate Training Period Number 8

Date _____

Procedure	Time	Comments
I. Warm up exercises A. Exercises 1-15	10	1. Sets (1) 10 repetitions per side
II. Basic Movements A. Blocks	10	1. Demonstrate the blocks 2. Stance 1. Straddle leg stance 3. Sets (2) 10 repetitions per side, 1 repetition per count 10 repetitions per side, 2 repetitions per count
B. Hand technique	20	1. Demonstrate the technique 2. Stances 1. Straddle leg stance 2. Back stance 3. Back stance 4. Front stance 5. Front stance 6. Square stance 3. Sets (1) 10 repetitions per side, 1 count per repetition
C. Kicking Technique	25	1. Demonstrate the technique 2. Stances 1. Front stance 2. Front stance 3. Side stance 4. Ready stance 5. Back stance 6. Side stance 3. Sets (1) 10 repetitions per side, 1 count per repetition

Karate Training Period Number 9

Date _____

Procedure	Time	Comments
I. Warm up exercises	10	1. Sets (1)
A. Exercises 1-15		10 repetitions per side
II. Basic Movements		
A. Blocks	10	1. Stance
1. Low block		1. Straddle leg stance
2. Upper block		2. Sets (2)
3. Inside middle block		10 repetitions per side, 1 repetition per count
4. Outside middle block		10 repetitions per side, 2 repetitions per count
B. Hand technique	15	1. Stances
1. Straight punch		1. Front stance
2. Reverse punch		2. Back stance
3. Vertical punch		3. Front stance
4. Knife-hand strike		4. Back stance
5. Ridge-hand strike		5. Front stance
6. Spear-hand thrust		6. Front stance
		2. Sets (1)
		10 repetitions per side, 1 count per repetition
C. Kicking technique	15	1. Stances
1. Front snap kick		1. Front stance
2. Front thrust kick		2. Front stance
3. Side kick		3. Side stance
4. Back kick		4. Ready stance
5. Roundhouse kick		5. Side stance
6. Spin thrust kick		6. Side stance
		2. Sets (1)
		10 repetitions per side, 1 count per repetition
III. Sparring technique	15	1. Demonstrate technique
A. Formal challenge		2. Sets (1)
B. One-step sparring		3 repetitions per technique
1. Upper block - reverse punch		
2. Inside middle block - side kick		

Karate Training Period Number 10

Date _____

Procedure	Time	Comments
I. Warm up exercises	10	1. Sets (1)
A. Exercises 1-15		10 repetitions per side
II. Basic Movements		1. Stances
A. Blocks		1. Straddle leg stance
1. Low block		2. Sets (2)
2. Upper block		10 repetitions per side,
3. Inside middle block		1 repetition per count
4. Outside middle block		10 repetitions per side,
		2 repetitions per count
B. Hand techniques	15	1. Stances
1. Straight punch		1. Front stance
2. Reverse punch		2. Back stance
3. Vertical punch		3. Front stance
4. Knife-hand strike		4. Back stance
5. Back-hand strike		5. Straddle leg stance
6. Back-fist strike		6. Straddle leg stance
		2. Sets (1)
		10 repetitions per side,
		1 count per repetition
C. Kicking technique	15	1. Stances
1. Front snap kick		1. Front stance
2. Front thrust kick		2. Front stance
3. Side kick		3. Side stance
4. Back kick		4. Ready stance
5. Roundhouse kick		5. Side stance
6. Spin thrust kick		6. Side stance
		2. Sets (1)
		10 repetitions per side,
		1 count per repetition
III. Sparring technique	15	1. Demonstrate technique
1. Formal challenge		2. Sets (1)
2. One-step sparring		3 repetitions per technique
1. Upper block-reverse punch		
2. Inside middle block - Side kick		

Karate Training Period Number 10

Date _____

Procedure	Time	Comments
3. Upper block - straight punch		
4. Outside middle block - round- house kick		

Karate Training Period Number 11

Date _____

Procedure	Time	Comments
I. Warm up exercises	10	1. Sets (1)
A. Exercises 1-15		10 repetitions per side
II. Basic Movements		
A. Blocks	10	1. Stance
1. Low block		1. Square stance
2. Upper block		2. Sets (2)
3. Inside middle block		10 repetitions per side,
4. Outside middle block		1 repetition per count
		10 repetitions per side,
		3 repetitions per count
B. Hand technique	15	1. Stances
1. Straight punch		1. Front stance
2. Reverse punch		2. Back stance
3. Knife-hand strike		3. Back stance
4. Ridge-hand strike		4. Front stance
5. Back-hand strike		5. Straddle leg stance
		2. Sets (1)
		10 repetitions per side,
		1 count per repetition
C. Kicking technique	15	1. Stances
1. Front snap kick		1. Front stance
2. Front thrust kick		2. Front stance
3. Side kick		3. Side stance
4. Back kick		4. Ready stance
5. Roundhouse kick		5. Side stance
6. Spin thrust kick		6. Side stance
		2. Sets (1)
		10 repetitions per side,
		1 count per repetition
III. Sparring technique	15	
A. One-step sparring		1. Demonstrate the technique
1. Upper block - straight punch		2. Sets (1)
2. Outside middle block - roundhouse kick		3 repetitions per side

Karate Training Period Number 11

Date _____

Procedure

Time

Comments

-
3. Inside middle
block -
reverse punch
 4. Outside middle
block - back-
fist strike

Karate Training Period Number 12

Date _____

Procedure	Time	Comments
I. Warm up exercises	10	1. Sets (1)
A. Exercises 1-15		10 repetitions per side
II. Basic Movements		
A. Blocks	10	1. Demonstrate knife-hand block
1. Low block		2. Stances
2. Upper block		1. 1-4 - Straddle-leg stance
3. Inside middle block		2. 5 - Back stance
4. Outside middle block		3. Sets (3)
5. Knife-hand block		1-4 - 10 repetitions per side, 2 repetitions per count
		5-10 repetitions per side, 2 counts per repetition
		10 repetitions per side, 1 count per repetition
B. Hand technique	15	1. Demonstrate lunge punch and double punch
1. Straight punch		2. Stances
2. Knife-hand strike		1. Front stance
3. Back-hand strike		2. Back stance
4. Elbow strike		3. Straddle leg stance
5. Back-fist strike		4. Front stance
		5. Square stance
		4. Sets (1)
		10 repetitions per side, 1 count per repetition
C. Kicking technique	15	1. Demonstrate spin back kick
1. Front snap kick		2. Stances
2. Front thrust kick		1. Front stance
3. Side kick		2. Front stance
4. Back kick		3. Side stance
5. Roundhouse kick		4. Ready stance
6. Spin thrust kick		5. Side stance
7. Spin back kick		6. Side stance
		7. Side stance
		3. Sets (3)
		1-6 - 10 repetitions per side, 1 count per repetition

Karate Training Period Number 12

Date _____

Procedure	Time	Comments
I. Warm up exercises		7 - 10 repetitions per side,
A. Exercises 1-15	10	2 counts per repetition
II. Basic Movements		10 repetitions per side,
A. Blocks	10	1 count per repetition
1.		
2.		stance
III. Sparring technique	15	1. Demonstrate technique
A. One-step sparring		2. Sets (1)
1. Inside middle block - reverse punch		3 repetitions per side
2. Outside middle block - back-hand strike		3 - 10 repetitions per side,
3. Knife-hand block - front snap kick		2 counts per repetition
4. Knife-hand block - knife-hand strike	10	10 repetitions per side,
1.		1 count per repetition
2.		Demonstrate elbow strikes
1.		1. Front stance
2.		2. Back stance
3.		3. Straddle leg stance
4.		4. Front stance
5.		5. Front stance
6.		6. Front stance
7.		7. Sets (1)
8.		10 repetitions per
9.		1 count per
C. Kicking technique		1. Demonstrate spin
1. snap kick		2. Stances
2. thrust		1. Front
3.		2. Front
4.		3. Side
5.		4. Ready stance
6.		5. Side stance
7.		6. Side stance
8.		7. Side stance
9.		8. Side stance
10.		9. Side stance
11.		10. Side stance
12.		11. Side stance
13.		12. Side stance
14.		13. Side stance
15.		14. Side stance
16.		15. Side stance
17.		16. Side stance
18.		17. Side stance
19.		18. Side stance
20.		19. Side stance
21.		20. Side stance
22.		21. Side stance
23.		22. Side stance
24.		23. Side stance
25.		24. Side stance
26.		25. Side stance
27.		26. Side stance
28.		27. Side stance
29.		28. Side stance
30.		29. Side stance
31.		30. Side stance
32.		31. Side stance
33.		32. Side stance
34.		33. Side stance
35.		34. Side stance
36.		35. Side stance
37.		36. Side stance
38.		37. Side stance
39.		38. Side stance
40.		39. Side stance
41.		40. Side stance
42.		41. Side stance
43.		42. Side stance
44.		43. Side stance
45.		44. Side stance
46.		45. Side stance
47.		46. Side stance
48.		47. Side stance
49.		48. Side stance
50.		49. Side stance
51.		50. Side stance
52.		51. Side stance
53.		52. Side stance
54.		53. Side stance
55.		54. Side stance
56.		55. Side stance
57.		56. Side stance
58.		57. Side stance
59.		58. Side stance
60.		59. Side stance
61.		60. Side stance
62.		61. Side stance
63.		62. Side stance
64.		63. Side stance
65.		64. Side stance
66.		65. Side stance
67.		66. Side stance
68.		67. Side stance
69.		68. Side stance
70.		69. Side stance
71.		70. Side stance
72.		71. Side stance
73.		72. Side stance
74.		73. Side stance
75.		74. Side stance
76.		75. Side stance
77.		76. Side stance
78.		77. Side stance
79.		78. Side stance
80.		79. Side stance
81.		80. Side stance
82.		81. Side stance
83.		82. Side stance
84.		83. Side stance
85.		84. Side stance
86.		85. Side stance
87.		86. Side stance
88.		87. Side stance
89.		88. Side stance
90.		89. Side stance
91.		90. Side stance
92.		91. Side stance
93.		92. Side stance
94.		93. Side stance
95.		94. Side stance
96.		95. Side stance
97.		96. Side stance
98.		97. Side stance
99.		98. Side stance
100.		99. Side stance

Karate Training Period Number 13

Date _____

Procedure	Time	Comments
I. Warm up exercises	10	1. Sets (1)
A. Exercises 1-15		10 repetitions per side
II. Basic Movements		
A. Blocks	10	1. Demonstrate knife-hand block
1. Low block		2. Stances
2. Upper block		1. 1-4 - Square stance
3. Inside middle block		5 - Back stance
4. Outside middle block		3. Sets (3)
5. Knife-hand block		1-4 - 10 repetitions per side, 2 repetitions per count
		5 - 10 repetitions per side, 2 counts per repetitions
		10 repetitions per side, 1 count per repetition
B. Hand technique	15	1. Demonstrate elbow strike
1. Straight punch		2. Stances
2. Knife-hand strike		1. Front stance
3. Back-hand strike		2. Back stance
4. Ridge-hand strike		3. Straddle leg stance
5. Elbow strike		4. Front stance
		5. Front stance
		3. Sets (1)
		10 repetitions per side, 1 count per repetition
C. Kicking technique		1. Demonstrate spin back kick
1. Front snap kick		2. Stances
2. Front thrust kick		1. Front stance
3. Side kick		2. Front stance
4. Back kick		3. Side stance
5. Roundhouse kick		4. Ready stance
6. Spin thrust kick		5. Side stance
7. Spin back kick		6. Side stance
		7. Side stance
		3. Sets (3)
		1-6 - 10 repetitions per side, 1 count per repetition

Karate Training Period Number 13

Date _____

Procedure	Time	Comments
I. Warm-up exercises	1	7 - 10 repetitions per side, 2 counts per repetition
A. Exercises 1-15		10 repetitions per side, 1 count per repetition
II. Basic Movements	10	
A. Blocks		
1. Side block		
2. Stances		
III. Sparring technique		
A. One-step sparring	15	1. Demonstrate technique
1. Knife-hand block - front snap kick		2. Sets (1)
2. Knife-hand block - knife-hand strike		3 repetitions per side
3. Upper block - Side elbow strike	15	
4. Upper block - Ridge-hand strike - reverse punch		
B. Stances		
1. Front stance		
2. Back stance		
3. Square stance		
4. Front stance		
5. Front stance		
6. Sets (1)		
7. 10 repetitions per side, 1 count per repetition		
C. Demonstrate knee kick		
1. Stances		
1. Front stance		
2. Front stance		
3. Side stance		
4. Ready stance		
5. Side stance		
6. Side stance		
7. Side stance		
8. Front stance		
9. Sets (1)		
10. 10 repetitions per side, 1 count per repetition		

Karate Training Period Number 14

Date _____

Procedure	Time	Comments
I. Warm-up exercise	10	1. Sets (1)
A. Exercises 1-15		10 repetitions per side
II. Basic Movements		
A. Blocks	10	1. Demonstrate knife-hand block and cross block
1. Low block		2. Stances
2. Upper block		1. 1-4 - Square stance
3. Inside middle block		2. 5-6 - Back stance
4. Outside middle block		3. Sets (2)
5. Knife-hand block		1-4 - 10 repetitions per side, 2 repetitions per count
6. Cross block		5-6 - 10 repetitions per side, 1 repetition per count
B. Hand technique	15	1. Stances
1. Straight punch		1. Front stance
2. Knife-hand strike		2. Back stance
3. Back-fist strike		3. Square stance
4. Elbow strike		4. Front stance
5. Palm-heel strike		5. Front stance
		2. Sets (1)
		10 repetitions per side, 1 count per repetition
C. Kicking technique	15	1. Demonstrate knee kick
1. Front snap kick		2. Stances
2. Front thrust kick		1. Front stance
3. Side kick		2. Front stance
4. Back kick		3. Side stance
5. Roundhouse kick		4. Ready stance
6. Spin thrust kick		5. Side stance
7. Spin back kick		6. Side stance
8. Knee kick		7. Side stance
		8. Front stance
		3. Sets (1)
		10 repetitions per side, 1 count per repetition

Karate Training Period Number 14

Date _____

Procedure

Time

Comments

III. Sparring Technique	15	1. Demonstrate technique
A. One-step sparring		2. Sets (1)
1. Upper block - side elbow strike		3 repetitions per side
2. Upper block - ridge-hand strike		
3. Cross block - front snap kick		
4. Cross block - spear-hand thrust		

Karate Training Period Number 15

Date _____

Procedure	Time	Comments
I. Warm-up exercises	10	1. Sets (1)
A. Exercises 1-15		10 repetitions per side
II. Basic Movements		1. Demonstrate knife-hand
A. Blocks	10	block and cross block
1. Low block		2. Stance
2. Upper block		1. Straddle leg stance
3. Inside middle block		3. Sets (2)
4. Outside middle block		1-4 - 10 repetitions per side, 2 repetitions per count
5. Knife-hand block		5-6 - 10 repetitions per side, 1 repetition per count
6. Cross block		
B. Hand technique	15	1. Demonstrate palm-heel strike
1. Straight punch		2. Stances
2. Knife-hand strike		1. Front stance
3. Back-fist strike		2. Back stance
4. Elbow strike		3. Square stance
5. Palm-heel strike		4. Front stance
		5. Front stance
		3. Sets (1)
		10 repetitions per side, 1 count per repetition
C. Kicking techniques	15	1. Stances
1. Front snap kick		1. Front stance
2. Front thrust kick		2. Front stance
3. Side kick		3. Side stance
4. Back kick		4. Ready stance
5. Roundhouse kick		5. Side stance
6. Spin thrust kick		6. Side stance
7. Spin back kick		7. Side stance
8. Knee kick		8. Front stance
		3. Sets (1)
		10 repetitions per side, 1 count per repetition
III. Sparring technique	15	1. Demonstrate technique
A. One-step sparring		2. Sets (1)
1. Cross block - front snap kick		3 repetitions per side

Karate Training Period Number 15

Date _____

Procedure	Time	Comments
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- | | | |
|--|--|--|
| 2. Cross block
spear-hand
thrust | | |
| 3. Inside middle
block - knee kick | | |
| 4. Upper block
palm-heel strike | | |

Karate Training Period Number 16

Date _____

Procedure	Time	Comments
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I. Warm-up exercises	10	1. Sets (1)
A. Exercises 1-15		10 repetitions per side
II. Basic Movements		
A. Blocks	10	1. Demonstrate the palm-heel strike
1. Low block		2. Stance
2. Upper block		1. Straddle leg stance
3. Inside middle block		3. Sets (1)
4. Knife-hand block		10 repetitions per side,
5. Cross block		2 repetitions per count
B. Hand technique	15	1. Demonstrate hammer fist strike and roundhouse punch
1. Straight punch		2. Stances
2. Knife-hand strike		1. Front stance
3. Elbow strike		2. Back stance
4. Palm-heel strike		3. Front stance
5. Hammer-fist strike		4. Front stance
		5. Front stance
		3. Sets (1)
		10 repetitions per side,
		1 count per repetition
C. Kicking technique	15	1. Demonstrate heel kick, and ankle kick
1. Front snap kick		2. Stances
2. Front thrust kick		1. Front stance
3. Side kick		2. Front stance
4. Back kick		3. Side stance
5. Roundhouse kick		4. Ready stance
6. Spin thrust kick		5. Side stance
7. Spin back kick		6. Side stance
8. Knee kick		7. Side stance
		8. Front stance
		3. Sets (1)
		10 repetitions per side,
		1 count per repetition

Karate Training Period Number 16

Date

Procedure	Time	Comments
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III. Sparring technique	15	1. Demonstrate technique
A. One-step sparring		2. Sets (1)
1. Inside middle block - knee kick		3 repetitions per side
2. Upper block palm-heel strike		
3. Outside middle block - round- house kick		
4. Outside middle block - side kick		

Karate Training Period Number 17

Date _____

Procedure	Time	Comments
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I. Warm up exercises	10	1. Sets (1)
A. Exercises 1-15		10 repetitions per side
II. Basic Movements		
A. Blocks	10	1. Demonstrate thigh block
1. Low block		2. Stances
2. Upper block		1. Straddle leg stance
3. Inside middle block		3. Sets (2)
4. Outside middle block		1-4 - 10 repetitions per side,
5. Thigh block		2 repetitions per count
		5 - 10 repetitions per side, 1 repetition per count
B. Hand technique	15	1. Demonstrate hammer fist strike, roundhouse punch
1. Straight punch		2. Stances
2. Knife-hand strike		1. Front stance
3. Palm-heel strike		2. Back stance
4. Hammer-fist strike		3. Square stance
5. Back-fist strike		4. Front stance
		5. Straddle leg stance
		3. Sets (1)
		1 repetition per side, 1 count per repetition
C. Kicking technique	15	1. Demonstrate heel kick and ankle kick
1. Front snap kick		2. Stances
2. Front thrust kick		1. Front stance
3. Side kick		2. Front stance
4. Back kick		3. Side stance
5. Roundhouse kick		4. Ready stance
6. Spin thrust kick		5. Side stance
7. Spin back kick		6. Side stance
		7. Side stance
		3. Sets (1)
		10 repetitions per side, 1 count per repetition

Karate Training Period Number 17

Date _____

Procedure	Time	Comments
III. Sparring technique		
A. One-step sparring	15	1. Demonstrate technique
1. Outside middle block - round- house kick		2. Sets (1) 3 repetitions per side
2. Outside middle block - side kick		
3. Upper block - hammer-fist strike		
4. Inside middle block - front snap kick - reverse punch		

Karate Training Period Number 18

Date _____

Procedure	Time	Comments
I. Warm up exercises	10	1. Sets (1)
A. Exercises 1-15		10 repetitions per side
II. Basic Movements		
A. Blocks	10	1. Stances
1. Low block		1. Straddle leg stance
2. Upper block		2. Sets (2)
3. Inside middle block		1-4 - 10 repetitions per side, 2 repetitions per count
4. Outside middle block		5 - 10 repetitions per side, 1 repetition per count
5. Cross block		
B. Hand technique	10	1. Stances
1. Straight punch		1. Front stance
2. Knife-hand strike		2. Back stance
3. Hammer-fist strike		3. Front stance
4. Back-hand strike		4. Straddle leg stance
		2. Sets (1)
		10 repetitions per side, 1 count per repetition
C. Kicking technique	15	1. Stances
1. Front snap kick		1. Front stance
2. Front thrust kick		2. Front stance
3. Side kick		3. Side stance
4. Back kick		4. Ready stance
5. Roundhouse kick		5. Side stance
6. Spin thrust kick		6. Side stance
7. Spin back kick		7. Side stance
		2. Sets (1)
		10 repetitions per side, 1 count per repetition
III. Sparring technique	10	1. Demonstrate technique
A. One-step sparring		2. Sets (1)
1. Upper block - hammer-fist strike		3 repetitions per side
2. Inside middle block - front snap kick - lunge punch		

Karate Training Period Number 18

Date _____

Procedure	Time	Comments
3. Knife-hand block- side kick- vertical punch		
IV. Formal exercise	10	1. Demonstrate formal exercise
A. H-form Number I		2. Execute each movement by the number.

Karate Training Period Number 19

Date _____

Procedure	Time	Comments
I. Warm-up exercise	10	1. Sets (1)
A. Exercises 1-15		10 repetitions per side
II. Basic Movements		
A. Blocks	10	1. Stance
1. Low block		1. Straddle leg stance
2. Upper block		2. Sets (1)
3. Inside middle block		10 repetitions per side,
4. Outside middle block		2 repetitions per count
5. Knife-hand block		
B. Hand technique	10	1. Stances
1. Straight punch		1. Front stance
2. Knife-hand strike		2. Back stance
3. Back-hand strike		3. Straddle leg stance
4. Reverse punch		4. Side stance
C. Kicking technique	15	1. Stances
1. Front snap kick		1. Front stance
2. Front thrust kick		2. Front stance
3. Side kick		3. Side stance
4. Back kick		4. Ready stance
5. Roundhouse kick		5. Side stance
6. Spin thrust kick		6. Side stance
7. Spin back kick		7. Side stance
		2. Sets (1)
		10 repetitions per side,
		1 count per repetition
III. Sparring technique		
A. One-step sparring	10	1. Demonstrate technique
1. Inside middle block - front thrust kick - palm-heel strike		2. Sets (1)
		3 repetitions per side

Karate Training Period Number 19

Date _____

Procedure	Time	Comments
-----------	------	----------

- | | | |
|---|--|--|
| 2. Outside middle
block - knife-
hand strike -
reverse punch | | |
|---|--|--|

- | | | |
|---------------------|----|---|
| IV. Formal exercise | 10 | 1. Demonstrate formal exercise |
| A. H-form Number I | | 2. Execute each movement by
the number |

ht punch
strike

1.
2.

Karate Training Period Number 20

Date _____

Procedure	Time	Comments
I. Warm-up exercises	10	1. Sets (1)
A. Exercises 1-15		10 repetitions per side
II. Basic Movements		
A. Blocks	10	1. Stance
1. Low block		1. Square stance
2. Upper block		2. Sets (1)
3. Inside middle block		10 repetitions per side,
4. Outside middle block		2 repetitions per count
5. Cross block		
B. Hand technique	10	1. Stances
1. Straight punch		1. Front stance
2. Elbow strike		2. Front stance
3. Knife-hand strike		3. Cat stance
4. Back-hand strike		4. Square stance
		2. Sets (1)
		10 repetitions per side,
		1 count per repetition
C. Kicking technique	15	1. Stances
1. Front snap kick		1. Front stance
2. Front thrust kick		2. Front stance
3. Side kick		3. Side stance
4. Back kick		4. Ready stance
5. Roundhouse kick		5. Side stance
6. Spin thrust kick		6. Side stance
7. Spin back kick		7. Side stance
		2. Sets (1)
		10 repetitions per side,
		1 count per repetition
III. Sparring technique		
A. One-step sparring	10	1. Demonstrate technique
1. Knife-hand block - side kick - palm-heel strike		2. Sets (1)
2. Front snap kick - knee kick - knife-hand strike		3 repetitions per side

Karate Training Period Number 20

Date _____

Procedure

Time

Comments

IV. Formal exercise	10	1. Demonstrate H-form
1. H-form number I		2. Execute each movement by the number

Karate Training Period Number 21

Date _____

Procedure	Time	Comments
I. Warm-up exercises	10	1. Sets (1)
A. Exercises 1-15		10 repetitions per side
II. Basic Movements		
A. Blocks	10	1. Demonstrate wedge block
1. Low block		2. Stance
2. Upper block		1. Straddle leg stance
3. Inside middle block		3. Sets (1)
4. Outside middle block		10 repetitions per side,
		2 repetitions per count
B. Hand technique	10	1. Stances
1. Straight punch		1. Front stance
2. Hammer-fist strike		2. Front stance
3. Back-fist strike		3. Square stance
4. Vertical punch		4. Front stance
		2. Sets (1)
		10 repetitions per side
		1 count per repetition
C. Kicking technique	15	1. Stances
1. Front snap kick		1. Front stance
2. Front thrust kick		2. Front stance
3. Side kick		3. Side stance
4. Back kick		4. Ready stance
5. Roundhouse kick		5. Side stance
6. Spin thrust kick		6. Side stance
7. Spin back kick		7. Side stance
		2. Sets (1)
		10 repetitions per side,
		1 count per repetition
III. Sparring technique	10	1. Demonstrate technique
A. One-step sparring		2. Sets (1)
1. Upper block - knife-hand strike - knee kick		3 repetitions per side
2. Ridge-hand strike - side kick - reverse punch		

Karate Training Period Number 21

Date _____

Procedure

Time

Comments

IV. Formal exercise	10	1. Demonstrate H-form Number I
A. H-form Number I		2. Execute each movement by the number

Karate Training Period Number 22

Date

Procedure

Time

Comments

I.	Warm-up exercises	10	1.	Sets (1)
	A. Exercises 1-15			10 repetitions per side
II.	Basic Movements			
	A. Blocks	10	1.	Stance
	1. Low block			1. Square stance
	2. Upper block		2.	Sets (1)
	3. Inside middle block			10 repetitions per side,
				2 repetitions per count
	4. Outside middle block			
	B. Hand technique	10	1.	Stances
	1. Straight punch			1. Front stance
	2. Knife-hand strike			2. Back stance
	3. Spear-hand thrust			3. Front stance
				4. Front stance
	4. Palm-heel strike		2.	Sets (1)
				10 repetitions per side,
				1 count per repetition
	C. Kicking technique	15	1.	Stances
	1. Front snap kick			1. Front stance
	2. Front thrust kick			2. Front stance
				3. Side stance
	3. Side kick			4. Ready stance
	4. Back kick			5. Side stance
	5. Roundhouse kick			6. Side stance
	6. Spin thrust kick			7. Side stance
			2.	Sets (1)
	7. Spin back kick			10 repetitions per side,
				1 count per repetition
III.	Sparring technique	10	1.	Demonstrate technique
	A. One-step sparring		2.	Sets (1)
	1. Upper block - front snap kick - knife-hand strike			3 repetitions per side
	2. Outside middle block - side kick - back-fist strike			

Karate Training Period Number 22

Date _____

Procedure

Time

Comments

IV. Formal exercise

A. H-form Number I

10

1. Demonstrate H-form Number I.
2. Execute each movement by the number.

Karate Training Period Number 23

Date _____

Procedure	Time	Comments
I. Warm-up exercises	10	1. Sets (1)
A. Exercises 1-15		10 repetitions per side
II. Basic Movements		
A. Blocks and hand techniques	15	1. Stances
1. Low block		1-4. Straddle leg stance
2. Inside middle block		5. Back stance
3. Outside middle block		6. Square stance
4. Straight punch		2. Sets (2)
5. Knife-hand strike		1-4. 10 repetitions per side
6. Back-hand strike		2 repetitions per count
		5-6. 10 repetitions per side
		1 count per repetition
B. Kicking technique	15	1. Stances
1. Front snap kick		1. Front stance
2. Front thrust kick		2. Front stance
3. Side kick		3. Side stance
4. Back kick		4. Ready stance
5. Roundhouse kick		5. Side stance
6. Spin thrust kick		6. Side stance
7. Spin back kick		7. Side stance
		2. Sets (1)
		10 repetitions per side
		1 count per repetition
III. Sparring technique		
A. Semi-free sparring	15	1. Demonstrate technique
1. Side kick - spin thrust kick - back-fist strike - reverse punch		2. Sets (1)
2. Roundhouse kick - spin back kick - back-hand strike - spear-hand thrust		5 repetitions per side

Karate Training Period Number 23

Date _____

Procedure

Time

Comments

IV. Formal exercise

A. H-forms I and II

10

1. Introduce H-form Number II
2. Execute each movement by the number

Karate Training Period Number 24

Date _____

Procedure	Time	Comments
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- | | | |
|----------------------|----|-------------------------|
| I. Warm-up exercises | 10 | 1. Sets (1) |
| A. Exercises 1-15 | | 10 repetitions per side |

II. Basic Movements

- | | | |
|-------------------------------|----|------------------------------|
| A. Blocks and hand techniques | 15 | 1. Stances |
| 1. Upper block | | 1. Straddle leg stance |
| 2. Inside middle block | | 2. Sets (2) |
| 3. Outside middle block | | 1-3. 10 repetitions per side |
| 4. Straight punch | | 2 repetitions per count |
| 5. Ridge-hand strike | | 4-6. 10 repetitions per side |
| 6. Back-fist strike | | 1 count per repetition |
| B. Kicking techniques | 15 | 1. Stances |
| 1. Front snap kick | | 1. Front stance |
| 2. Front thrust kick | | 2. Front stance |
| 3. Side kick | | 3. Side stance |
| 4. Back kick | | 4. Ready stance |
| 5. Roundhouse kick | | 5. Side stance |
| 6. Spin thrust kick | | 6. Side stance |
| 7. Spin back kick | | 7. Side stance |
| | | 2. Sets (1) |
| | | 10 repetitions per side, |
| | | 1 count per repetition |

III. Sparring techniques

- | | | |
|--|----|---------------------------|
| A. Semi-free sparring | 15 | 1. Demonstrate technique |
| 1. Spin thrust kick - spin back kick - knife-hand strike - reverse punch | | 2. 5 repetitions per side |
| 2. Side kick - spin back kick - back-hand strike - reverse punch | | |

Karate Training Period Number 24

Date _____

Procedure	Time	Comments
IV. Formal exercise		
A. H-form Number I and II	10	1. Demonstrate H-form Number II 2. Execute each movement by the number

Karate Training Period Number 25

Date _____

Procedure	Time	Comments
I. Warm-up exercises	10	1. Sets (1)
A. Exercises 1-15		10 repetitions per side
II. Basic Movements		
A. Blocks and hand techniques	15	1. Stances
1. Low block		1. Straddle leg stance
2. Upper block		2. Sets (2)
3. Inside middle block		1-3. 10 repetitions per side
4. Straight punch		2 repetitions per count
5. Knife-hand strike		4-6. 10 repetitions per side
6. Hammer-fist strike		1 repetition per count
B. Kicking techniques	15	1. Stances
1. Front snap kick		1. Front stance
2. Front thrust kick		2. Front stance
3. Side kick		3. Side stance
4. Back kick		4. Ready stance
5. Roundhouse kick		5. Side stance
6. Spin thrust kick		6. Side stance
7. Spin back kick		7. Side stance
		2. Sets (1)
		10 repetitions per side
		1 count per repetition
III. Sparring techniques		
A. Semi-free sparring	15	1. Demonstrate technique
1. Side kick - front snap kick - palm-heel strike		2. Sets (1)
2. Spin thrust kick - spin back kick - knife-hand strike - reverse punch		3 repetitions per side
IV. Formal exercise	10	1. Execute each movement by the number
A. H-forms I and II		

Karate Training Period Number 26

Date _____

Procedure	Time	Comments
I. Warm-up exercises	10	1. Sets (1)
A. Exercises 1-15		10 repetitions per side
II. Basic Movements		
A. Blocks and hand techniques	15	1. Stances
1. Cross block		1. Front stance
2. Low block		2. Square stance
3. Thigh block		3. Straddle leg stance
4. Knife-hand block		4. Back stance
5. Straight punch		5. Front stance
6. Spear-hand thrust		6. Front stance
B. Kicking techniques	15	2. Sets (1)
1. Front snap kick		10 repetitions per side
2. Front thrust kick		1 count per repetition
3. Side kick		1. Stances
4. Back kick		1. Front stance
5. Roundhouse kick		2. Front stance
6. Spin thrust kick		3. Side stance
7. Spin back kick		4. Ready stance
		5. Side stance
		6. Side stance
		7. Side stance
		2. Sets (1)
		10 repetitions per side
		1 count per repetition
III. Sparring techniques		
A. Semi-free sparring	15	1. Demonstrate techniques
1. Spin thrust kick - spin back kick - knife-hand strike		2. Sets (1)
2. Spin back kick - back-hand strike - side kick - reverse punch		5 repetitions per side
IV. Formal exercise		
A. H-forms I and II	10	1. Execute each movement by the number

Karate Training Period Number 27

Date _____

Procedure	Time	Comments
I. Warm-up exercises	10	1. Sets (1)
A. Exercises 1-15		10 repetitions per side
II. Basic Movements		
A. Blocks and hand techniques	15	1. Stance
1. Low block		1. Straddle leg stance
2. Upper block		2. Sets (2)
3. Inside middle block		1-4. 10 repetitions per side
4. Outside middle block		2 repetitions per count
5. Straight punch		5-6. 10 repetitions per side
6. Knife-hand strike		1 count per repetition
B. Kicking techniques	15	1. Stances
1. Front snap kick		1. Front stance
2. Front thrust kick		2. Front stance
3. Side kick		3. Side stance
4. Back kick		4. Ready stance
5. Roundhouse kick		5. Side stance
6. Spin thrust kick		6. Side stance
7. Spin back kick		7. Side stance
		2. Sets (1)
		10 repetitions per side
		1 count per repetition
III. Sparring techniques		
A. Semi-free sparring	15	1. Demonstrate techniques
1. Side kick - front snap kick - knee kick		2. Sets (1)
2. Side kick - roundhouse kick - reverse punch		5 repetitions per side
IV. Formal exercise		
A. H-forms I and II	10	1. Execute each movement without the number

Karate Training Period Number 28

Date _____

WRITTEN TEST

1. Who is given credit for introducing karate into the United States in 1946, and what organization did he form two years later:

Robert A. Trias - United States Karate Association

2. The oldest records concerning unarmed combat are:

Hieroglyphics from the ancient Egyptian pyramids

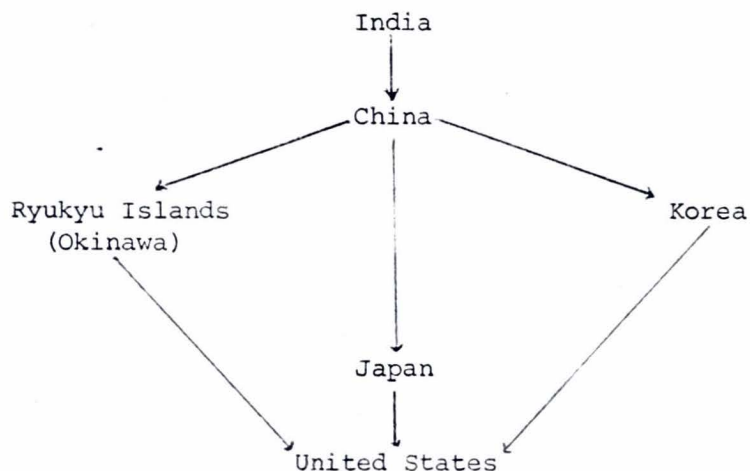
3. India appears to be the birthplace of a bare-handed martial art called:

Vajramushti

4. Who is given credit for introducing karate to China?

Bodhidharma

5. By using a chart, illustrate how karate was introduced from India to the United States:



6. What are the three different aspects of karate:

1. Karate as a physical art
2. Karate as a sport
3. Karate as self-defense

7. Name six psychological needs and principles which can be fulfilled by karate:

1. Feeling of self-confidence
2. Need of personal identity
3. Self-discipline
4. Fortitude
5. Sportsmanship
6. Self-reliance

8. Name five physical characteristics which may be improved by karate:

1. Balance
2. Speed
3. Agility
4. Coordination
5. Flexibility

9. Name six techniques each utilizing a different part of the hand as a striking point:

1. Knife-hand strike
2. Palm-heel strike
3. Spear-hand thrust
4. Ridge-hand strike
5. Straight punch
6. Hammer-fist strike

10. Name four techniques each utilizing a different part of the foot as a striking point:

1. Front snap kick
2. Front thrust kick
3. Crescent kick
4. Back kick

11. Name five blocking techniques:

1. Upper block
2. Low block
3. Inside middle block
4. Outside middle block
5. Cross block

12. Name five different karate stances:

1. Front stance
2. Back stance
3. Straddle leg stance
4. Cat stance
5. Side stance

13. Name eight hand techniques which utilize the knuckles of the middle finger and forefinger as the striking point.

1. Straight punch
2. Reverse punch
3. Vertical punch
4. Back-hand strike
5. Back-fist strike
6. Lunge punch
7. Double punch
8. Close punch

14. List ten one-step sparring combinations. Include one blocking technique and two striking techniques in each of these combinations.

15. List ten semi-free style sparring combinations. Include three movements in each of these.

CHAPTER V

SUMMARY, CONCLUSION, RECOMMENDATION

Summary

The first fighting technique with karate-like movements involved is called vajramushti. India appears to be the birthplace of this barehanded martial art. Bodhidharma is given credit for introducing this fighting style to China. While in China, Bodhidharma developed the shao-lin-ssu method of fighting. This style of fighting was ultimately converted into shao-lin-ssu kempo.

The use of shao-lin-ssu kempo spread rapidly throughout China. As a result of this popularity it was carried to Korea by Buddhist monks. In the following decades shao-lin-ssu kempo was modified and in 1945, Korean karate was re-styled and given the name of tae-kwon-do.

Shao-lin-ssu kempo was also introduced to the Ryukyu Islands from China. The inhabitants assimilated a number of individual fighting techniques and combined these with shao-lin-ssu kempo to develop the characteristic Okinawa karate or Okinawa-te.

Okinawa-te was introduced to Japan in 1924. In 1948, the Japan Karate Association was organized with Gichin Funakoshi elected president. Today there are more than one hundred different styles of karate in Japan.

In 1948, the United States Karate Association was established with Robert A. Trias elected president. It was the first nationally

recognized karate association in the United States. Since 1948, karate has experienced a tremendous growth as a sport, a physical art, and as a means of self-defense. Part of this popularity results from the many psychological needs and principles which can be fulfilled by the practice of karate. Several of these needs are self-confidence, self-discipline, fortitude, patience, self-control and personal identity. As a result of this popularity several colleges and universities are now offering a karate program in their curriculums. This popularity is indicated in the survey in which the seventy instructors interviewed listed sixty-one colleges and universities offering a karate program to the students. Forty-nine of these programs are non-credit courses and twelve are included in the curriculum for course credit.

There are several basic principles underlying karate techniques. These relate to form, balance, center of gravity, power, speed, rhythm and timing. All of these are essential in perfecting the various karate techniques, and are emphasized in each training session.

A karate training session can be organized in various ways. A typical one usually consists of a warm-up period, basic movements involving hand and leg techniques, formal exercise and sparring techniques.

The warm-up period is necessary since karate involves a large amount of physical activity. The study indicates the warm-up period

lasts an average of fifteen minutes. Several exercises which may be included in this period are: trunk twist, side stretch, arm stretch, hip exercise, leg stretch, peacock stretch, stomach stretch, crotch stretch, back stretch, forward bend, split, push-ups, sit ups, front leg swing and side leg swing.

The basic movements consist of hand and leg techniques. The hand techniques involve strikes, blocks, punches, and thrusts. Several techniques included in this category are the low block, the upper block, the inside middle block, the outside middle block, the knife-hand block, the cross block, the thigh block, the straight punch, the reverse punch, the vertical punch, the knife-hand strike, the spear-hand thrust, the back-hand strike, the back-fist strike, the elbow strike, the palm-heel strike, the hammer-fist strike, and the ridge-hand strike.

The leg techniques involve a number of kicks which include front snap kick, the front thrust kick, the side kick, the roundhouse kick, the spin thrust kick, the back kick, the spin back kick, and the knee kick.

The stances would also be included with the leg techniques since these are chiefly concerned with the position of the lower part of the body. Several stances which would be included in a training session would be the attention stance, the straddle leg stance, the square stance, the front stance, the side stance, the back stance, the cat stance, and the ready stance.

The formal exercise is composed of a number of basic forms. These forms consist of an organized series of techniques performed in a set sequence. The techniques performed include hand and foot techniques, and body shifting movements necessary for execution.

The sparring techniques consist of three parts: The one-step sparring, the semi-free style sparring, and the free-style sparring. The beginning student first begins to apply various techniques in one-step sparring. The techniques are then executed in semi-free style sparring. The student begins free-style sparring only when the basic techniques are perfected.

Information pertaining to each of the different parts of a training session is included in the analysis of the data. The results were tabulated from seventy karate instructors representing twenty-three styles of karate and twenty-seven karate associations. Most of the information is concerned with the number and percent of instructors utilizing the various techniques.

The ranking system used by various styles of karate is also included in the study. Five different systems were employed. In karate, the degree of achievement is usually designated by a belt color and a particular class distinction ranging from tenth class to first degree.

The study also consists of information concerning the organization of high school and college karate programs. Ninety percent of the instructors expressed the opinion that a karate program should be

offered to high school students. The study also includes various suggestions concerning the organization of a college program, such as developing the proper image of karate, endeavoring to interest staff members and achieving student interest for the program.

As a result of the data from the survey and review of related literature, a karate program was designed for college and university students. This program consists of twenty-seven different training periods. The program is scheduled to meet twice a week for one hour and five minutes. Major emphasis in this program is placed on the basic techniques and the applications of these in one-step and semi-free style sparring.

Conclusion

Based on the analysis of data in this study, the findings support various conclusions. Findings indicate that most karate training sessions are composed of five major phases, the warm-up, basic movements, one-step sparring, formal exercise, and free-style sparring. In the basic movement phase of the beginning training session the study indicated that in the various styles of karate many of the hand and leg techniques are basically the same with some styles utilizing a different terminology to describe these techniques.

The survey revealed that the average training session was conducted for one hour and fifty-five minutes. In order for a beginning student to achieve rank in one semester the training session organized in the study should also be conducted a longer length of time.

There are numerous ranking systems utilized by various styles of karate. The study indicated that the different ranking systems in these styles of karate offer a definite disadvantage to students which change instructors.

The public relations factor and lack of qualified instructors will determine the admittance of a karate program into the university curriculum.

Recommendation

As a result of this study of related literature and the survey of seventy karate instructors, the following recommendations have been made:

1. That a universal karate ranking system be established in the United States.
2. That a common terminology, utilizing the English language, be used to designate the various techniques in karate.
3. That a study be made to distinguish the difference in the various styles of karate.
4. That a study be made on the historical background of karate in the United States.
5. That a scientific study be made on the effectiveness of karate as a means of physical fitness.
6. Finally, that an extension of this research be continued to develop an advanced training program with major emphasis placed on free-style sparring techniques for intercollegiate competition.

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Letters

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Eastern Montana College, Personal correspondence between Jae Ho Park, Instructor, and David Jordan.

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Sul Ross State University Karate Club, Personal correspondence between Patrick Smith, Instructor, and David Jordan.

APPENDIX A

NAME:

DATE:

RANK:

1. What style of karate do you instruct?

2. To what karate organization or association do you belong?
(Your position?)

3. Which of the following would be improved in a karate program?
Check the following ones.

- | | |
|--|---|
| <input type="checkbox"/> a. Speed | <input type="checkbox"/> f. Physical fitness |
| <input type="checkbox"/> b. Agility | <input type="checkbox"/> g. Cardiovascular endurance |
| <input type="checkbox"/> c. Coordination | <input type="checkbox"/> h. Circulo-respiratory endurance |
| <input type="checkbox"/> d. Flexibility | <input type="checkbox"/> i. Conditioned reflex |
| <input type="checkbox"/> e. Strength | <input type="checkbox"/> j. Timing |

4. In your opinion, if karate were offered at the college level for credit, should it be offered as a self-defense program or as a regular karate program with advancement?

- ☐ a. Self-defense
☐ b. Regular karate program

5. Do you instruct karate at any college or university?
Are any for college credit?

College

Number in Class

6. Do you have a karate handbook available to your students?

Title

Cost per copy

KARATE PRACTICE SESSION

1. How often does your club workout? _____
2. How long is each session? _____
3. How is the practice session organized?

Minutes

Procedure
(Number in order)

- | | |
|----------------------------------|-------|
| a. Warm-up | _____ |
| b. Basic movements | |
| 1. Leg techniques | _____ |
| 2. Hand techniques | _____ |
| c. One-step sparring
or wazas | _____ |
| d. Beginners or
advance forms | _____ |
| e. Free-style sparring | _____ |
| f. Others | |
| 1. | _____ |
| 2. | _____ |
| 3. | _____ |

4. Which of the following blocking techniques do you practice?

- | | |
|----------|----------------------|
| _____ a. | Upper block |
| _____ b. | Outside middle block |
| _____ c. | Inside middle block |
| _____ d. | Low block |
| _____ e. | Palm-heel block |
| _____ f. | Cross block |
| _____ g. | Thigh block |
| _____ h. | Knife-hand block |
| _____ i. | Others |

1. _____
2. _____
3. _____

5. Which of the following hand techniques do you practice?

- _____ a. Forefist middle thrust
- _____ b. Inverted-fist strike
- _____ c. Forefist strike to chin
- _____ d. Forefist roundhouse strike
- _____ e. Front inverted-fist strike
- _____ f. Knife-hand strike to the face
- _____ g. Upper elbow strike
- _____ h. Knife-hand strike to the collarbone
- _____ i. Rising elbow strike
- _____ j. Forefist straight punch
- _____ k. Spear-hand straight thrust
- _____ l. Close punch
- _____ m. Double fist punch
- _____ n. Ridge-hand strike
- _____ o. Palm-heel strike
- _____ p. Others

1. _____
2. _____
3. _____
4. _____

6. Which of the following leg techniques do you practice?

- _____ a. Front snap kick
- _____ b. Front thrust kick
- _____ c. Roundhouse kick
- _____ d. Spin thrust kick
- _____ e. Back kick
- _____ f. Side kick
- _____ g. Ankle kick
- _____ h. Crescent kick
- _____ i. Spin back kick
- _____ j. Turn heel kick
- _____ k. Others

1. _____
2. _____
3. _____

7. Which of the following stances do you use in your practice?

- _____ a. Open-leg stance
- _____ b. Straddle leg stance
- _____ c. Forward or front stance
- _____ d. Back stance
- _____ e. Cat stance
- _____ f. Side stance
- _____ g. Others

1. _____
2. _____
3. _____

8. Which of the following warm-up exercises do you practice?

- _____ a. Leg spreading exercise
- _____ b. Forward leg exercise with feet together (head to knees)
- _____ c. Push ups
 - _____ 1. On knuckles
 - _____ 2. On fingertips
- _____ d. Crotch stretch
- _____ e. Hurdlers stretch
- _____ f. Arm stretching
- _____ g. Leg swinging
 - _____ 1. Front leg lift
 - _____ 2. Side leg lift
- _____ h. Rabbit hopping
- _____ i. Leg stretching
 - _____ 1. Sitting on floor with legs apart - touch head to floor
 - _____ 2. Sitting on floor with legs apart - touch shoulder to leg
 - _____ 3. Standing with legs together - grasp ankles touch head to knees
 - _____ 4. Peacock stretch
- _____ j. Others

1. _____
2. _____
3. _____

9. Please explain your ranking system as to the class, belt, color, and approximate time required to advance.

Class	Belt color	Time required
10		
9		
8		
7		
6		
5		
4		
3		
2		
1		
1st Dan	Black	

10. In preparation for karate at the college level, do you feel karate should be offered to high school students?

_____ Yes _____ No

If yes, list some adaptations that you feel should be made.

11. Additional comments:

Would you please include a copy of your rank requirements if available.

Any additional information you could offer for the organization of a college karate program would be appreciated.

Vita was removed during scanning