

ST ANN SEIDO KARATE BEGINNER'S GUIDE



ST ANN SEIDO KARATE
Main Street Salem
PO Box 158
973-4035 or 317-2198

WELCOME TO NEW MEMBERS

Welcome to Seido Karate. We hope that you enjoy your time with us.

Seido Karate has its headquarters in New York, United States of America, with branches worldwide. *Kaicho* Tadashi Nakamura is the founder of *Seido Karate*.

WHAT TO WEAR

Wear comfortable clothes to train in so that you can kick and punch easily.. Clothes could be shorts, or track suit pants, and a tee-shirt, We do train in bare feet.

Please remember to take your jewellery and watches off before class.

If you decide you really like karate then you should buy a karate uniform called a *Gi*. New *Gi*'s are available through any Martial Arts shop, see inside the back cover of this guide for their addresses. Second hand *Gi*'s may sometimes be available from the Dojo. Please ask.

WHAT DOES SEIDO MEAN?

SEI means truth, honesty and sincerity

DO means the way, road or path to follow

JUKU means special or unique place

THE SEIDO EMBLEM

The symbol we wear on our left sleeve of our *gi* is *Kaicho* Nakamura's family emblem of the plum blossom. The three circles enclosed by the petals stand for LOVE RESPECT and OBEDIENCE. These are the three underlying principles of SEIDO karate

TITLES USED IN SEIDO KARATE

KAICHO Means 'Chairman' and is used for the head of Seido Karate

SHUSEKI SHHAN Means 'Head or Chief' of a Regional Area.
SHIHAN Means 'Master' and is given to sixth degree black belts.
KYOSHI Means 'Senior Teacher' and is given to fifth degree black belts
SENSEI Means 'Teacher' and is given to fourth degree black belts.
SENPAI Means 'Senior' and is given to first, second and third degree

FORMALITIES IN SEIDO KARATE

Seido is a Japanese martial art that was brought to Japan from the islands of Okinawa in about 1920. Most commands are given in Japanese, and all counting is in Japanese.

In Seido Karate we show a lot of respect during our training.. At the start and end of a class we bow to the Shinzen to the front of the Dojo and to the founder and teachers of Seido Karate. This bowing shows respect and is like saluting an officer in the army.

IMPORTANT CONCEPTS

OSU The word **OSU** is a shortened form of the Japanese word *Oshi Shinobu*

which means *Keep Patience*. This is very important for student to understand. To train can at times require a lot of patience as you learn new moves and techniques.

Within Seido Karate, **OSU** is used as a greeting and as a reply to commands from your teacher. When you see a senior student, particularly a black belt, greet them by saying OSU. This recognizes their knowledge, ability, and dedication to Seido Karate. Saying it loud and clear also reaffirms your commitment to train hard and improve yourself.

KIAI A **KIAI** is a loud yell that we make when we do our basic techniques. In karate, we **KIAI** to show the strength of our karate, to frighten an opponent and at the same time to build our own courage. A **KIAI** also at the right moment also helps to tense the whole body, thereby adding power to your technique.

RESPECT

What we do in the Dojo is based on respect. Respect for our teachers is very important. Greet them with the word OSU. When you enter the dojo, remove your shoes and bow saying OSU. Also bow OSU when you step onto the Dojo floor. Remember to do the same when you leave the dojo floor and before you step out of the dojo. Always OSU when a black belt enters the dojo. This acknowledges their experience and dedication and that they pass on their knowledge to you. You are responsible for keeping the dojo clean and tidy. After each class, you will clean the Dojo floor with the cloths provided.

BEING LATE TO CLASS

Always try to be at class on time, it disrupts the class when someone is late.

However, there are times when being late is unavoidable for genuine reasons, so being late to class is better than not being there at all.

If you are late, get changed and sit in seiza at the back of the dojo floor. You should sit facing the sides of the Dojo and wait to be acknowledged to join the class by the instructor. When the instructor asks you to join the class, answer by saying "OSU senpai/sensei".

Sometimes, you may be asked to do a few press ups before you join the class. This is not a punishment but just a way of showing that you are here to train hard. When you join in, go to your normal place in the line.

LINING UP FOR CLASS

When going onto the Dojo floor, let your seniors go on before you and say OSU as you step on to the dojo floor. Always line up in order of grade, according to rank.

If someone is the same grade as you, line up in the order of date graded and then by age (oldest first). When lining up always ensure that your lines are straight.

When you kneel for the greet at the start and end of each class, always go down on the left knee first, then the right. You should kneel after the black belts.

ON THE DOJO FLOOR

Don't talk in class unless you are spoken to. It makes it difficult to hear what your instructor is saying when lots of people are talking. Answer OSU when your instructor talks to you or gives you instructions. When moving around the Dojo floor always go around the outside of any lines, never through the middle.

If you wish to ask a question during class, wait for an appropriate moment and say OSU to attract attention. Before and after you train with a partner in class, bow to each other and say OSU.

When you are asked to sit down in class, always sit in seiza.

When your instructor talks to you answer by saying OSU KYOSHI / SENSEI / SENPAI.

When told to line up, do so quickly and in order of grade. Always ensure that your lines are straight.

PAYMENT OF FEES

Training fees are paid on a calendar month basis. If you only train for a portion of a month you must still pay for the whole month. You can also pay quarterly and yearly.

Payment of fees: can be paid by cash or cheque

YOUR FIRST GRADING

Before you can grade you need to have gone to at least fifteen classes and to understand your punches, blocks, kicks and the first kata *Sanbon Tsuki*. You will also need to purchase a training manual. This manual is on a DVD.

Your first grading will be very much like a normal class. You will bow in normally, and then warm up. You will be asked to show the punches, blocks and kicks that you have learnt in class and to demonstrate your fitness in relays.

Your grading will last for about an hour and a half. After it is finished the higher grades will continue with their grading and demonstrate their techniques and kata. At the end of the grading everyone will come together on the Dojo floor to learn the results of the grading.

If you go up one grade you will be given a blue tab to add to your obi, or belt. If you go up more than one grade you will need to get a new belt and possibly a tab for the new belt.

THE GRADING SYSTEM IN SEIDO KARATE

There are ten coloured belt grades in Seido Karate covering beginners to black belts.

These ten coloured, or kyu, grades are:

KYU GRADE BELT COLOR COMMON TERM

10th Kyu White Belt 1st White

9th Kyu White Belt - Blue Tip 2nd White

8th Kyu Blue Belt 1st Blue

7th Kyu Blue Belt - Yellow Tip 2nd Blue

6th Kyu Yellow Belt 1st Yellow

5th Kyu Yellow Belt - Green Tip 2nd Yellow

4th Kyu Green Belt 1st Green

3rd Kyu Green Belt - Brown Tip 2nd Green

2nd Kyu Brown Belt 1st Brown

1st Kyu Brown Belt - Black Tip 2nd Brown