



# “Ryukyu Te”

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# Rampulla's - The Karate Family



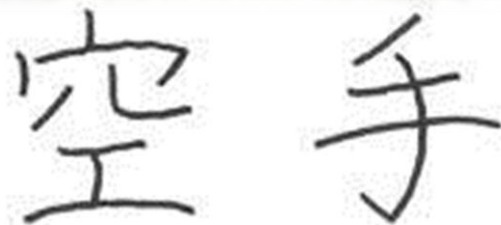
# What is Karate?

Karate can also be described as a martial art, or fighting method, involving a variety of techniques, including blocks, strikes, evasions, throws, and joint manipulations.

Karate practice is divided into three aspects: kihon (basics), kata (forms), and kumite (sparring).

The word *karate* is a combination of two Japanese characters: **kara**, meaning empty, and **te**, meaning hand; thus, karate means "**empty hand**." Adding the suffix "-do" (pronounced "doe"), meaning "way," i.e., karate-do, implies karate as a total way of life that goes well beyond the self-defense applications. In traditional karate-do, we always keep in mind that the true opponent is oneself.

Rampulla's Martial arts is style free. We call the Karate that we practice "**Ryukyu Te**"

The image shows the Japanese kanji for 'Karate', which are '空' (Kara) and '手' (Te). The characters are written in a traditional, slightly stylized black ink on a white rectangular background. The '空' character is on the left and the '手' character is on the right.

Kanji for "Karate"



# The Meaning...

## Kanji

Used in the Japanese writing system since the 5<sup>th</sup> century. Each Kanji has a separate meaning

## Karate Styles

Whatever style you practice ,be sure to respect its history and appreciate that it is the product of Much thought and hard work. The Karate style practiced at Rampulla's is called **Ryukyu Te**.

## Sensei

*Sen* means “ahead” or “Precede” and *sei* means “life”..translated as “one who is ahead of you in life” Your Sensei, your teacher, is your elder and is deserving of your respect.

## Shomen

Every Dojo or place of practice has a side called *Shomen*. *Sho* means “proper” or “correct” while *Men* means “side” or “face”. The Shomen orients the dojo in space. The Shomen is the most important side of the dojo and the students bow towards the Shomen at the beginning and end of each class

## Gi

Means “Clothing” ,the uniform worn during class. The belt “**Obi**” worn around the Gi represents your level of experience In Karate. It's not the belt that is important , but what it represents.

## Dan

Means “level” or “step” . A stairway is called a *kaidan* or “series of steps” . Black belt levels are referred to as Dan's A first degree blackbelt is called a *Shodan* ,*Sho* meaning “beginning” . A Student in Japan who has his *Shodan* would be considered a beginner. This is true for students at Rampullas too; we are all beginners , just at various stages.

## Senpai

A name given to students who have been studying Karate longer than the other students in the class but who has not yet achieved the rank of Black belt. A *Senpai* therefore is a colleague who pre-ceeds you within a group. A student teacher; someone you can confide in and use as an aid to improving your technique.

## Mokuso

*Moku*, Meaning “silence” and *So* means “to think” . *Mokuso* ,means “silent thoughts”, a little like meditation ,but rather than emptying your mind, *Mokuso* is you becoming aware of your own thoughts. Mostly used after practice to reflect on your time in class.



# Behind The Words...



**Seiza** *Sei* Meaning “Proper” and *za* which means “seat”. To sit in the Seiza position , kneel on the floor with your insteps flat and sit back on your heels .Your back is straight and your hands should rest lightly on your lap .You should be sitting in Seiza during Mokuso.

**Kihon** Means “Basics” . *Ki* means “foundation “ and *Hon* means “Base”. This word reflects the importance the Japanese place on mastering the basic skills of a discipline.

**Tsuki** (Pronounced Zuki).Means to “thrust” or to “Jab” ,as in gyaki-zuki or “reverse punch” .It implies that the first punch or strike should be your best. That in life there are rarely second chances, so make the Tsuki count.

**Tanden and Ki** Refers to the human bodies centre of gravity, which is just below the navel. This area also relays a form of energy called *Ki*. *Ki* is the energy that moves and changes all things in the universe. The greatest power comes from lower body where the Tanden is located.

**Kumite** Means training with a partner. *Kumi* means to “cross” and *Te* means “hand”. *Kumite* therefore means “crossing hands” with the person you are working with. It is when partners practice fighting techniques.

**Zanshin** A state of mind, after you have finished an attack ,you pause for a few seconds to ensure your opponent has been dealt with properly .It’s this reflection that is Zanshen. Zanshen will get you in the habit of maintaining your guard, until you are sure everything is safe.

**Budo** The Japanese refer to the modern Martial arts as Budo, meaning the “martial way” or the “way of the Warrior” *Do* means “The way” ,the path the human spirit travels through life. The emphasis on spirituality.

**Zen** A form of Buddhism that originated in China in the sixth century. Zen stresses the importance of living our daily lives to the fullest. Zen also practices self reflection through meditation.

**Rei** Karate begins and ends with *Rei*, it means “Respect”, as well as “courtesy” .By showing *Rei* during class ,students and teachers are saying they appreciate the opportunity to learn from each other.



# The Dojo

Dojo is written “**A place of the way**” in Japanese.

Described as a place to train in the martial arts  
*Do* means “the way” or “the path”, while *jo* means  
“place”

## Other definitions :

A place under a bo tree where it is said that Sakyamuni (Buddha) attained spiritual enlightenment.

A place buddhist monks practice Buddhism such as a temple.

A place where a group of people gather to train and to discipline themselves in the art of Karate. Training hall.



道場

Kanji for “Dojo”



# Basic Dojo Etiquette

- Remove all jewellery before training. This is a safety requirement.
- Gi's must be kept clean and in good condition.
- Remove shoes before walking onto the dojo training floor.
- Finger and toe nails must be kept clean and short.
- Hands and feet must be clean.
- Do not talk in class. Concentrate on what Sensei is saying.
- The instructor is always referred to as 'Sensei' whilst in the dojo
- Never intentionally try to hurt anyone in training. The emphasis is always on control
- Do not be late for class!



# Dojo Kun



## **Seek Perfection of Character**

*Hitotsu! Jinkaku kansei ni tsutomuru koto.*  
(To strive for the perfection of character.)



## **Be Faithful**

*Hitotsu! Makato no michi o mamoru koto.*  
(To protect/defend the paths of truth.)



## **Endeavor to excel.**

*Hitotsu! Doryoku no seishin o yashinau koto.*  
(To foster the spirit of effort.)



## **Respect others**

*Hitotsu! Reigi o omonsuru koto.*  
(To honor the principles of etiquette.)



## **Refrain from violent behavior**

*Hitotsu! Kekki no yu o imashimuru koto.*  
To guard against impetuous courage.)




# Karate 101



As students pass through the ranks taking grading examinations they are awarded with different colored belts. The color order and which colors are used varies from school to school, as does the relationship between belt color and rank (Kyu).

The Kyu or number/rank always starts at 10 and ends at 1. Black belts ranks then increase from 1st Dan to 10th Dan. In most Karate schools beginners are automatically considered a 10th Kyu (wearing a white belt).



**The Black belt signifies the concentration of knowledge and control. At this level, the student shows a certain level of proficiency in Karate. It is only now that the true training begins.**

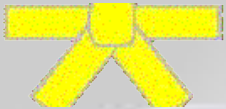
A black karate belt, knotted at the end, is shown in the foreground. The background features a faint, large illustration of a tiger's head.

# KYU Ranking

10th KYU



9th KYU



8th KYU



7th KYU



6th KYU



5th KYU



4th KYU



3rd KYU



2nd KYU



1st KYU



Dan Ranks



"We teach with a beginners mind..." Sensei Tony Rampulla



# Tying Your Belt

1



Start with one end of the belt and place it near the navel. This end will remain static for most of the belt tying procedure

2



Hold one end in place and wind the other, long end around your body

3



Place the long end over the short end while holding the short end in place in the center of your body

4



Now wrap the long end around your body a second time

5



Bring the long end towards the center

6



Place the long end of the belt over the short end

7



Push the long end under both layers of the belt

8



Now position the long end over the short end (also to the left, from your point of view).

9



Now grab the short end and move it to the other side (it was on the left, from your point of view, now pull it to the right).

10



Move the short end over the long end, we're about to tie a knot

11



Pull the long end through the loop you formed in the previous step

12



That's pretty much it, we now have the right type of knot



# The Meaning of Osu

押  
忍

Kanji for "Osu"

- In Karate every question is answered with Osu. Every greeting is Osu. Every instruction or question in class, is answered by "Osu" instead of "yes" or "I understand". When performing kihon waza (basic techniques) in class, each technique is often accompanied with a loud "Osu".
- Osu is a combination of the words: Oshi which means "Push", and Shinobu which means "to Endure". It means patience, determination, appreciation, respect and perseverance.
- It takes years to properly learn the fundamentals. The basic techniques are performed thousands of times (ren ma - "always polishing") until they are done by reflex or instinct, without conscious thought (mushin - "no mind"). It's easy to get frustrated by doing the same thing over and over again, especially when progress seems to be slow. To overcome that frustration and continue training takes patience and determination. That is Osu.
- This strength of character develops in hard training and is known as osu no seishin (the spirit of Osu). The word Osu means "to persevere whilst being pushed". It implies a willingness to push oneself to the limits of endurance, to persevere under any kind of pressure.
- The word Osu captures most accurately the ultimate in what the art of karate has to offer.. Training should first and foremost be approached in the spirit of Osu. One's daily life, and the responsibilities it holds, would be more completely lived if addressed in the spirit of Osu.
- Even for the beginner, who is conscious of his lack of training and does not necessarily want to face the demands of training, it is enough merely being aware that through perseverance and the will to continue, there comes great physical, mental, spiritual, and emotional gains. All that is needed is that special determination."

**OSU ... Karate is journey and not a destination , so enjoy!**



# Funakoshi Precepts

- Karate-do begins with courtesy and ends with rei.
- There is no first strike in karate.
- Karate is an aid to justice.
- First know yourself before attempting to know others.
- Spirit first, technique second.
- Always be ready to release your mind.
- Accidents arise from negligence.
- Do not think that karate training is only in the dojo.
- It will take your entire life to learn karate, there is no limit.
- Put your everyday living into karate and you will find "Myo" (subtle secrets).
- Karate is like boiling water, if you do not heat it constantly, it will cool.
- Do not think that you have to win, think rather that you do not have to lose.
- Victory depends on your ability to distinguish vulnerable points from invulnerable ones.
- The outcome of the battle depends on how you handle weakness and strength.
- Think of your opponents hands and feet as swords.
- When you leave home, think that you have numerous opponents waiting for you.
- Beginners must master low stance and posture, natural body positions are for the advanced.
- Practicing a kata exactly is one thing, engaging in a real fight is another.
- Do not forget to correctly apply: strength and weakness of power, stretching and contraction of the body, slowness and speed of techniques.
- Always think and devise ways to live the precepts of karate-do every day



(1868-1957)

Master Gichin Funakoshi  
Introduced Karate into Japan in 1917

**"True karate is this: that in daily life one's mind and body be trained and developed in a spirit of humility, and that in critical times, one be devoted utterly to the cause of justice."**

Gichin Funakoshi



# The Facts of Kata

- Kata is often described as a set sequence of karate moves organized into a prearranged fight against imaginary opponents. The kata consists of kicks, punches, sweeps, strikes, blocks and throws. Body movement in the various kata includes, stepping, twisting, turning, dropping to the ground and jumping.
- Kata should be executed with the correct attitude first and foremost, if the student has an understanding of the kata, each fast move will be executed with speed, power and intent. The karate student will execute the technique like it's their last.
- Kata is not a performance, or a demonstration, it is for the individual to practice full techniques with 'Ikken Hisatsu' (finishing blow).
- There is most definitely a health aspect to kata, the practice of kata is great for fitness, keeping the body soft, supple and agile.



# KATA and KIAI!



The **kiai** or "**spirit cry**" as it is sometimes referred to, occurs only at certain pre-determined moments in each kata. It is precisely at these pre-determined moments that the karate-ka is required to demonstrate a total commitment of body, mind, and spirit, and to channel all of their available energy and apply it appropriately to the required technique. The **kiai** is a common thread that runs through all major styles of karate.

**Knowledge in all things is cumulative.**

**"you must learn to walk, before you can learn to run"**

As with most tasks in life, learning to walk and then to run, not only takes a certain amount of time it also takes the repeated and more importantly the successful practice of certain basic skills. These skills must all be learnt in a very specific order if the desired outcome is to be achieved within a reasonable amount of time.

The art of karate-do is no different.

One of the most important ways in which a student's skills and progress are measured, is through the quality of their **kata**. These katas are considered the "**soul**" of the **Ryukyu Te** karate system, and are taught to students in a very specific, pre-determined order, that is based not only upon the complexity of each individual kata, but also on the previous experience, and current technical ability of each individual student.



# Ranking at Rampulla's

KYU	Belt Colour	Kata Requirements
10 + 9.5	White & <b>Yellow</b> -stripe(Kids only)	Shodan
9	<b>Yellow</b>	Nidan
8	<b>Orange</b>	Sandan+ Weapons Kata
7	<b>Purple</b>	Taikyoku
6	<b>Green</b>	Yodan
5	<b>Blue</b>	Godan + Bo Kata
4	<b>Red</b>	Ni Sei Shi Sho + Sanchin + Bo Kata
3	<b>Brown</b>	Seisan + Bo Kata
2	<b>Brown</b> w/Black stripe	Bassai Dai + Tekki Shodan + Advanced Bo
1	Half <b>Brown</b> /Half Black	Kushanku+ Empi + Advanced Weapons
1 <sup>st</sup> Dan-Shodan u/16yrs- <u>Shodan Ho</u>	<b>Black (Junior Black for u 16ys)</b>	2 Man Flow Drill, Kumite Waza, Iron Jacket, Geicko Waza
2 <sup>nd</sup> Dan- Nidan	<b>Black</b>	2 Man Flow Drill, Kumite Waza, Iron Jacket, Geicko Waza + Aregaki Niseishi
3 <sup>rd</sup> Dan -Sandan	<b>Black</b>	2 Man Flow Drill, Kumite Waza, Iron Jacket, Geicko Waza +Go saiki Yodan
4 <sup>th</sup> Dan - Yodan	<b>Black</b>	At Head Instructors Discretion
5 <sup>th</sup> Dan - Godan	<b>Black</b>	At Head Instructors Discretion