



Welcome to Wado Ki Kai ®

KARATE-DO

at

EDISON ELEMENTARY SCHOOL



In cooperation with the

Alameda Education Foundation

After School Program

Head Instructor: Sensei, Anthony Corpuz 6th Degree Black Belt

Asst. Instructor: Sensei, Mark Lantz, 1st Degree Black Belt

Introduction

Welcome to our Karate Program! This booklet has been prepared to help provide an orientation to the martial arts by anticipating and answering questions you may have. However, if after browsing, you still have questions, please contact your head instructor, Anthony Corpuz at 510/219-4004.

Head Instructor

Sensei Anthony Corpuz, a 6th Degree Black Belt in Japanese Karate has been training in the martial arts since 1971. He has experience in Karate, Jujitsu (grappling) and Arnis (Filipino Stick Fighting). Anthony is a long time resident of Alameda. He currently teaches adult karate, cardio-kickboxing and self-defense classes at the Harbor Bay Club.

Asst. Instructor

Sensei Mark Lantz, a 1st Degree Black Belt. Mark was inspired by his daughter to try out Karate. In November 2010 Mark was awarded his 1st Degree Black Belt. Training under Sensei Ferol Arce, Sensei Geoffrey Bradley and Sensei Anthony Corpuz, Additionally Mark is training in Medical Qi Gong and Arnis (Filipino Stick Fighting).

Who Can Do Karate?

Karate is designed for everyone, old or young, tall or short, or anyone in between. Rank requirements are the same for everyone, regardless of size and/or gender. Traditional karate training focuses on technique rather than on strength or size. The reason is that the key to force and power in a technique is rooted in how it is executed. Although rather easy to imitate these movements, you will find that they require a considerable amount of practice and discipline to become adept at them.

Karate and Wado Ki Kai®

Karate allows us many personal benefits. It is challenging - both mentally and physically, offers us a great way to stay in shape, relieves stress, gives us the opportunity to meet new people, and it's a way for us to enjoy ourselves and have fun. At this dojo (school, studio, or center) we practice a style of karate called Wado Ki Kai. The English translation means "to learn from all things." This system of karate is a combination of our late teacher's (Master John Pereira, 8th Dan) traditional and contemporary styles of training. Wado Ki Kai® is primarily an Okinawan-Japanese system, but it incorporates other aspects of different styles of martial arts. Traditional katas from Shorinji-Ryu, Shotokan, Gojuikai, and Wado-Ryu are included. In addition, Okinawan weaponry, Chinese Kung-Fu weapons, and Korean kicking techniques from Tae Kwon Do are included. Sensei Pereira passed away in 1993. It is our hope to carry on the legacy he left and share it with others.

Karate Overview

The History of Karate

Although the exact beginnings of karate are somewhat uncertain, a combination of archeological evidence, written documentation, and oral history shows us that what we today call "Karate" is Okinawan. In fact, it was not introduced to the rest of the world until the great Okinawan karate master, Gichin Funakoshi, who is called the "Father of Karate", first introduced it in Japan in the 1920's. Records indicate that the Okinawans combined several Chinese boxing styles with their own indigenous systems in order to fight armed occupation troops throughout several periods of their history dating back to the 1500's (i.e. rein of Sho Hashi and later, the nearly 250 year rule by the Japanese).

Since then, Karate has undergone a scientific revolution in Japan. All available knowledge in the study of anatomy, the laws of physics and human psychology were applied for its further research and development in Japan. And, finally today, what is called modern Karate is the result of this study.

What is Karate?

Karate is a martial art, which was founded on the effective use of every part of the body for the purpose of self-defense. It is a weaponless art, which employs various techniques of punching, striking and kicking. Without saying, Karate throughout its history has provided an excellent means of self-defense. It is possible for one to develop a power equivalent to some weapons with systematic training of its techniques.

The Ultimate Aim of Karate-Do

The word Karate comes from the teaching of Zen, which could be considered to be the backbone of oriental philosophy since ancient times. The Japanese character (kara) means Heaven or Universe, which in addition to containing the heavenly bodies consists of a great expanse of empty space. The word (kara) when translated to Zen terms relates to human existence as the state of selflessness or nothingness (the state where the self does not exist and all selflessness and selfish thoughts are gone). In other words, we should not be overcome by trifling selfishness, but should seek instead the perfection of our moral character. This state of selflessness necessitates one's desire to become a just and moral being. For example, we should not be motivated by the quest for material wealth and power, should not be envious of others, nor become a burden to society; but live a clean, wholesome, and moral life, with pride and honor no matter what other people say. To be able to attain this state of moral perfection is the ultimate goal of Karate-do.

Wado Ki Kai® Style

Wado Ki Kai® Karate

The Wado Ki Kai® system was founded in 1976 by the late John T. Pereira, 8th degree black-belt. The English translation means "**To Learn From All Things**". Practitioners of this style refer to it as "**the complete karate system**" due to its incorporation of techniques from other styles in the martial arts. Sensei Pereira was strongly influenced by two of his teachers; Dr. Duke Moore, 10th degree black-belt in karate (a man whom also holds black belt rank in judo and ju-jitsu), and Richard "Biggie" Kim, another renowned martial artist.

Kata from the Naha-te, Goju, Shuri-te, and Shoto are all manifest in the Wado Ki Kai® system. Weapons include the Bo, Sai, Tonfa, Nunchaku, and sword. The adoption of fluid kicking techniques from Tae Kwon Do are evident when Wado Ki Kai® kumite (sparring) is observed. The most celebrated technique of this style, and one that it is best known for, is the front thrust kick. Sensei Pereira strongly advocated the incorporation of padded sparring equipment in kumite. This idea met with much opposition at the time, but Sensei Pereira nevertheless included it in the Wado Ki Kai® system, and today it is an accepted practice in the martial arts world. Today, Master Pereira's unique system of karate is being taught throughout the United States and Mexico.

Wado Ki Kai® Karate Registered Trademark

The Wado Ki Kai name and symbol became a registered trademark in 1997 under the classes of **Clothing** and **Education and Entertainment**. The trademark was first filed on November 13, 1995, was officially accepted in 1996 and published in 1997.

Dojo Procedures

Dojo

Always bow respectfully as you enter and leave the dojo. You show respect for the dojo, the art, fellow students, and the instructors, by doing so. If a class has already begun, quietly bow in at the door, enter the room, and step to the side, be seated and perform the opening ceremony silently to yourself. You may join the class at this point, as long as they too have finished the formal class bow in.

Karate Uniform and Belt

You are required to wear a karate uniform. It is called a "gi". The only additional feature allowed on our gi is the Wado Ki Kai ® emblem. Gi color other than white may be worn only by visitors from another dojo. Never wear a belt color other than the one associated with your rank. Always place the left side of your gi over the right side. Tie the belt so that you have the appropriate square knot with the ends of the belt even and resting in the center of your body (not at the side or back). Again, visitors from other dojos are exempt from this rule. Make sure your gi is always clean and ironed (if possible). Cutting off the sleeves or pant legs is not permitted. If your gi begins to look tattered, buy a new one. It is a reflection of you and your school.

Student Responsibility

Attitudes and Behavior

Respect, punctuality, helpfulness and diligence are the qualities of karate students who eventually fulfill their potential as competent martial artists. Respect for each other and the instructors promotes a healthy learning climate. Punctuality is a sign of respect as well as maximizing your training time. Be supportive and help one another in class. Treat others as you yourself would like to be treated.

Minimize Injuries

When sparring in our dojo, never kick to the knees or groin area. Kicks to the head are allowed only if they are controlled. This is true also of sweeping an opponent. Aggressive behavior, excessive contact, or a poor mental attitude will not be tolerated. Protective equipment for hands, feet, and mouth are mandatory. Shin/elbow guards, groin cup, chest protector, headgear, are optional (tournament participation may require these).

Lining Up

When class is called to order by the Sensei, students are expected to line up quickly, quietly and respectfully. Do not talk while lining up. The order of the line-up should be according to rank, and each rank should be ordered by height. The instructor(s) will begin the class by kneeling. The senior student will say the word, “mokuso”. It refers to the meditation phase of the opening.

In our school, after everyone has knelt down, there are three bows:

1. **Shomen ni rei** Bowing to the ideals and traditions of our school
2. **Sensei ni rei** Bowing to the teacher(s). Those who are here to help us learn and to share their knowledge with us.
3. **Otaga ni rei** Bowing to one another as an acknowledgement that we are all students of the martial arts, and that we all can learn from one another.

“**Yame**” is the signal to end the meditation.

Dojo Rules and Regulations

Rules and regulations have developed over the years to maximize learning the minimize injuries. The following is a partial list of some of the important rules to remember while training.

1. Be polite and respectful toward everyone in the dojo at all times.
2. Bow upon entering and leaving the dojo.
3. Bare feet only on the floor of the dojo (no street shoes). Do not go bare footed around any other area of the gym. Put your shoes on upon leaving the dojo.
4. Practice only what you have been taught by a Black Belt instructor. Do not ask higher ranking classmates to show you parts of a kata or sparring techniques that the head instructor has not shown you first.
5. Class orderliness is important both for safety and learning purposes. Clowning around interferes with everyone’s progress. Humor is at times warranted, but it is the instructor who should set the tone of each class.
6. No food or gum of any type is allowed on the floor. Please discard any of these items before entering the dojo.
7. Proper physical and oral hygiene including clipped toenails and fingernails are essential for mutual safety and respect. Plantar warts, athlete’s foot, etc. are transmittable...so if you have them, get rid of them! Wash your gi and yourself regularly. And please, use deodorant.
8. Absolutely no sparring unless a Black Belt instructor is present.

9. Remove all jewelry before class begins. It is an unhappy occurrence for all when a cherished keepsake breaks. Also, these items can cause cuts and punctures, which at times can be serious.
10. Control your temper. Physical and mental self-control are integral components of martial arts practice.
11. Do not use more “force” than is necessary to help your training partners learn their moves and techniques. Good training is built on a positive attitude not a negative one.
12. Know your own limitations. Practice should be hard. But if you become genuinely fatigued, slow down. Use your judgment. If the pace of the class is too fast for your level of fitness or for any condition or injury you might have, slow down.
13. Unacceptable language is not permitted.
14. Students should never use their skills except in self-defense.
15. If for any reason you need to leave the dojo during class, tell the Head Instructor or assistant that you are leaving and why.
16. Report all injuries to the instructor immediately regardless of how minor they may seem. Blood and body fluids should be treated as potentially infectious (HIV, hepatitis). Do not give aid to a person without taking adequate precautions, i.e., gloves. If you are injured and bleeding, leave the floor until the bleeding has completely stopped.
17. Do not wear your gi (uniform & belt) unless training.

Violation of these rules will result in:

1. Warning and reminders
2. Being asked to leave the floor for a few minutes or the remainder of class
3. Being suspended
4. Being expelled

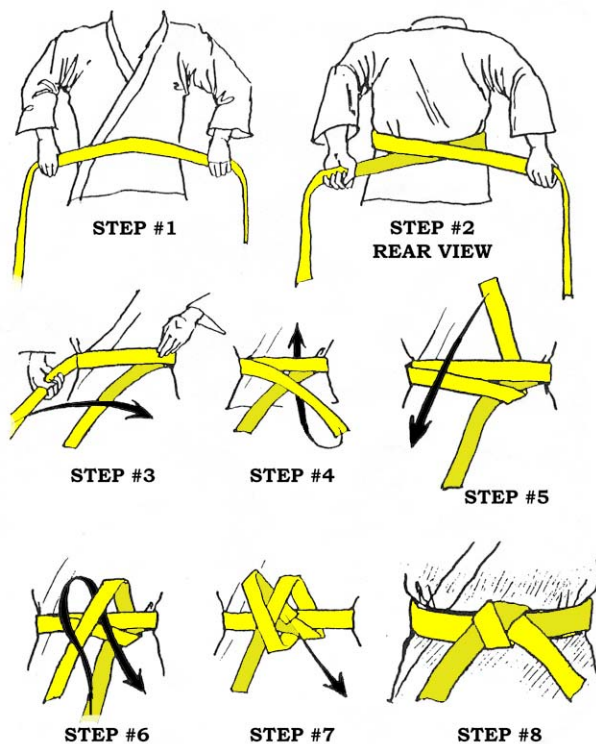
Ranking System

What does a belt represent?

To begin with, each student should realize that a belt is merely a symbol of one's knowledge and experience. A belt does not mean that one person's worth is any different from another's. People progress at different rates. Some learn faster than others, some have more time to invest, some are physically or mentally more adapt at katas (forms), while others seem more skillful at kumite (sparring). An objective of this program is not to see how high a rank you can achieve, but how much knowledge you can gain. A beginner could go to a store and buy a black belt and put it around his/her waist. Would this individual have the knowledge of a person who had earned the rank of black belt? Certainly not. At the other end of the spectrum, a person with 40 years of experience could put a white belt around his/her waist. Would they lose the 40 years of knowledge they had attained simply by putting on a lower ranking belt? Indeed not. Again, a belt is only a symbol.

The beginner wears a white belt. The color is symbolic -- meaning the beginning of a transition. The color white is, perhaps, the most important color, for it is the first step. A colored belt not only carries a rank with it but also responsibilities. These duties involve teaching, being an exemplary model for lower ranking students, and being a wholesome representative of the dojo. The details of these responsibilities will be explained to you as your rank gets higher.

Tying Your Belt



Ranking System

With our program, the ranking system is as follows:

WHITE	Kata: Taikyoko Shodan, Nidan, Sandan, Yondan 4 Shinko-Katas Training Period: Minimum 6 months
YELLOW	Kata: Pingan Shodan, Nidan, Sandan 3 Shinko-Katas, 1 Two-Man Shinko-Kata Training Period: Minimum 1 Year Kumite
ORANGE	Kata: Pingan Yondan, Godan, Nahanchi Shodan 3 Shinko-Katas, 1 Two-Man Shinko-Kata Training Period: Minimum 1 1/2 Years Kumite
GREEN	Kata: Jion, Saiffa 4 Shinko-Katas Training Period: Minimum 2 Years Kumite
BLUE	Kata: Potsai Dai, Chinto 4 Shinko-Katas, 1 Two-Man Shinko-Kata Training Period: Minimum 2 1/2 Years Kumite
PURPLE	Kata: Unsa, Empi 3 Shinko-Katas, 1 Two-Man Shinko-Kata Training Period: Minimum 3 Years Kumite
BROWN 3RD KYU	Kata: Siesan, Bo (Sushi No Sho) , Sai (Gay Pa) Training Period: Minimum 3 1/2 Years Kumite
BROWN 2ND KYU	Kata: Kusanku Sho, Sai (Soea) Training Period: Minimum 4 Years Kumite
BROWN 1ST KYU	Kata: Kusanku Sho, Bo(Sakagawa Bo), Sai (Giokerin) Training Period: Minimum 4 1/2 Years Kumite
BLACK 1ST	Kata: Matsumura-Potsai, Matsumura-Jion, Nijushiho, and Kusanku-Dai Training Period: Minimum 6 Years
BLACK 2ND	Kata: Unsu, Useishi, and Seinchin Training Period: Minimum 7 1/2 Years One year teaching

Testing

Rank and corresponding belt colors are achieved on the basis on performance examinations in the areas of kata, shinko katas, kumite, and bunkai-oyo. Each level of katas is associated with a particular set of shinko-katas, kumite, and bunkai-oyo. As a student advances up through the ranks, they are expected to become more proficient at them and have a greater understanding of what they are doing. In our school system, promotionals, or testing for the next belt level, are held every six months. Testing can be done at any of our schools.

Shinko-Katas

These are the basic techniques which accompany each kata. They consist of blocks, parries, strikes, kicks, punches, etc., which make up the moves of karate. The longer a student trains, the more complex and demanding the shinko-katas become.

Kumite

Kumite, or sparring, is a way of practicing karate techniques with a partner. There are two primary types of kumite: pre-arranged (yakusoku) and free (ju). We will focus primarily on yakusoku, which is divided into four classifications: basic one-step sparring, three-step sparring, five step sparring, and semi-free one-step sparring. Although our school does not emphasize sport karate, sparring is an important aspect of our training in the development of technique, attitude, coordination, distance and judgment.

Bunkai-oyo

This refers to the analysis of kata moves and their self-defense applications. It is the traditional way of practicing karate. At our school, we practice bunkai-oyo on a regular basis so that students understand what they are doing and why. However, the first test which includes this as a component of an examination is first degree black belt. The candidate will be asked to explain and demonstrate with a partner(s), the application of some of the moves of any given kata.

Technique

The technique components which give karate moves force and power, such as, focus, breathing, muscle tension/relaxation, will be examined thoroughly in class sessions.

Test Criteria

Strength is a fundamental criterion when testing, and is based primarily on a student's training level. The techniques, movements, power, and force a student exhibits should be commensurate with a student's experience and rank. This is the immediate concern of the actual test. One is also measured by personal growth. Development of impulse control, humanness toward others, etc. are closely looked at. These attributes are on-going concerns throughout martial arts training, and hopefully, throughout our lives.

Judging

The judgment as to whether the student meets the minimum standards of performance for his/her prospective rank is made by a group of judges. The judges consist of experienced black belts from the different schools of the Wado Ki Kai ® system, and occasionally, from other instructors (black belts) from different karate styles. The judges meet periodically throughout the year to discuss a variety of topics concerning the martial arts, but also to examine the progression of their students in achieving the goals defined for each semester.

Rationale

Emotionally, we respond to real life self-defense situations in much the same way as we respond to test taking. By putting our bodies through the correct karate movements and techniques during formal examinations, we are better preparing ourselves for real life situations. Karateka who have survived both life- threatening attacks and the rigors of martial art examinations will tell you that they have experienced few emotional differences between the two; fear, anxiety, anger, etc. We therefore value formal testing as a way of learning to direct these emotions into proper and practiced defense.

Japanese Terminology

The name of this school is “Karate-Do”. The Japanese word “Karate” means “empty hand”. The second Japanese word “Do” means “way”. In English: **The Way of the Empty Hand**. The style of karate that is taught here is “Wa-Do-Ki-Kai”. The combination of these Japanese words mean **To Learn From All Things**.

Here is a general list of common terms used in martial arts, karate, and of course Wado Ki Kai®. These terms have been defined as they pertain to our style.

Counting in Japanese

Ichi	(e-che)	#1
Ni	(ne)	#2
San	(san)	#3
Shi	(she)	#4
Go	(go)	#5
Roku	(ro-ku)	#6
Shichi	(she-che)	#7
Hachi	(ha-che)	#8
Ku	(ku)	#9
Ju	(ju)	#10

Words in Japanese

Some of the techniques taught in the white belt class are:

	English	Japanese
1.	Lower Block	Gedan-Barai
2.	Step and Punch	Oi-Zuki
3.	Rising Block	Age-Uke
4.	Reverse Punch	Gyaku-Zuki
5.	Front Kick	Mae-Geri
6.	Forearm Block	Ude-Uke
7.	Knife Hand Strike	Shuto
8.	Side Middle Punch	Yoko Chudan Zuki
9.	Palm Block	Shotei-Uke
10.	Back Hand Strike	Uraken
11.	Outside Forearm Block	Soto Ude-Uke
12.	Forward Elbow	Mai Hiji
13.	Upward Elbow	Age Hiji
14.	Side Elbow	Yoko Hiji
15.	Forward Stance	Zenkutsu Dachi
16.	Back Stance	Kokutsu Dachi
17.	Horse Stance	Kiba Dachi

These techniques are practiced in three basic ways:

1. Stationary (in stance) -- Dachi
2. Moving Forward/Backward -- Shinko-Kata
3. In Patterned Movements -- Kata

Japanese – followed by English translation of meaning:

DOJO, Literally "place of the Way." Also "place of enlightenment." The place where we practice Karate. Traditional etiquette prescribes bowing in the direction of the designated front of the dojo (SHOMEN) whenever entering or leaving the dojo.

KAMAE, may also connote proper distance (Ma-ai) with respect to one's partner. Although "KAMAE" generally refers to a physical stance, there is an important parallel in Karate between one's physical and one's psychological bearing. Adopting a strong physical stance helps to promote the correlative adoption of a strong psychological attitude. It is important to try so far as possible to maintain a positive and strong mental bearing in Karate.

KAMAE-TE, A command given by the instructor for students to get into position. .

KARATEKA, A practitioner of Karate.

KATA, A "form" or prescribed pattern of movement. (But also "shoulder.")

KI, Mind. Spirit. Energy. Vital-force. Intention. (Chinese "chi") The definitions presented here are very general. KI is one word that cannot be translated directly into any language.

KIAI, A shout delivered for the purpose of focusing all of one's energy into a single movement. Even when audible KIAI are absent, one should try to preserve the feeling of KIAI at certain crucial points within Karate techniques. Manifestation of KI (simultaneous union of spirit and expression of physical strength). In each of the four Taikyokus (white belt katas) there are two kiais. "Ki" means spirit and "ai" means harmony. This refers to the harmony of the abdomen. The purpose of the kiai is both physical and mental. By exhaling you help to tense the muscles of the body. (At the completion of a karate technique the body must be tense.) The purpose of the sound is more of a spiritual expression of the will. It also serves to momentarily startle or distract and opponent.

KUMITE, Kumite or sparring is a way of practicing karate techniques with a partner. There are two primary types of kumite: pre-arranged (yakusoku), and free (ju). We focus primarily on yakusoku which is divided into four classifications: basic one-step sparring, three-step sparring, five-step sparring, and semi-free one-step sparring. Although our school does not emphasize sport karate, sparring is an important aspect of our training in the development of technique, attitude, coordination, distance, and judgement.

MAWAT-TE, A command given by the instructor for students to turn around.

REI, "Respect". A method of showing respect in Japanese culture is the Bow. It is proper for the junior person bows lower than the senior person.

SENSEI, Teacher. It is usually considered proper to address the instructor during practice as "Sensei" rather than by his/her name. If the instructor is a permanent instructor for one's DOJO or for an organization, it is proper to address him/her as "Sensei" off the mat as well.

SHINKO-KATA, These are the basic techniques which accompany each kata. They consist of blocks, parries, strikes, kicks, punches, etc. which make up the moves of karate. The longer a student trains, the more complex and demanding the shinko-katas become.

YAME, Stop!

YASUMI, Rest. A term used by the instructor to have the students relax, normally following a long series of drills.

YOI, Ready.

Wado Ki Kai® Head Instructor



Anthony Corpuz

Sensei Corpuz, a 6th Degree Black Belt in Japanese Karate has been training in the martial arts since 1971. He has experience in Karate, Jujitsu (grappling) and Arnis (Filipino Stick Fighting). Anthony is a long time resident of Alameda. He currently teaches the adult karate program, cardio kickboxing and self defense classes at The Harbor Bay Club. For more information, call 510/219-4004.

Harbor Bay Karate-Do Class Information

Head Instructor - Anthony Corpuz

Harbor Bay Club, 200 Packet Landing Rd., Alameda, CA 94502 (510)521-5414

MON	TUE	WED	THU	FRI	SAT
7:45 - 9:30PM White & Above (*HBC)	4:00 - 6:00PM Kids Karate* (*Bay Farm School)	3:30-4:30PM Kids Karate (CCS S/L)	7:45 - 9:30PM White & Above (*HBC)	4:00 - 6:00PM Kids Karate* (*Bay Farm)	No Class

Organization Affiliates

American Teachers Association of the Martial Arts (A.T.A.M.A.)

International Society of Okinawan/Japanese Karate-Do (I.S.O.K.)