



社団法人 豪州日本空手協会
Japan Karate Association (JKA) Australia Inc.

JAPAN KARATE ASSOCIATION of AUSTRALIA – WONGA PARK DOJO

This document is intended for people who are not familiar with Karate and would like to learn a little more about JKA Karate and our organisation, the JKAA. It should answer some of your questions but feel free to contact your instructor or JKAA representative for any other queries.

Above all, we hope that karate is an enjoyable experience and adds to your quality of life.

Karate benefits the practitioner in many ways, both physical and mental. It increases stamina and flexibility, as well as providing an outlet for stress.

These changes take time so be patient; over time you will see positive changes to your physical condition as well as an improved state of mind.

In order to improve at Karate or for that matter any physical activity, practice is required. It is recommended that you try to attend training at least twice a week if possible.

As with any activity, the greater the effort put in, the better the result achieved. We would like you to remember that not everyone is in the same shape or has the same ability so it is important to start slowly and increase your effort as your condition improves and knowledge grows.

New members often feel awkward, shy, stiff and confused however this is very normal as Karate takes time to learn. Even very good athletes find it difficult at first. However we follow the system laid out by the Japan Karate Association (JKA) HQ in Tokyo which is a very systematic, scientific approach to learning karate. Rest assured that you can and will progress with time and commitment then you will see positive results.

Above all, enjoy your training!

What actually is Karate?

Karate means 'Empty hand' and is a traditional Japanese system of self-defence that employs blocks, punches, kicks, strikes, body evasion and occasional throws. It is an effective means of protecting oneself, but it also offers many other benefits such as:

- Aerobic conditioning
- Strengthens the body
- Strengthens the mind
- Provides an outlet for stress

JKA Karate training can be broken into 3 areas of practice as follows:

- Kihon – Basic or fundamental training in all movements
- Kata – Pre-determined patterns of moves
- Kumite – Sparring

What is Shotokan?

Shotokan is the name of the style or system of karate practiced by JKAA, it literally means 'House of Shoto' which was our founder, Funakoshi Gichin Shihan's calligraphy pen name and became the name of the first official dojo in Tokyo in 1939.

Who are the JKA?

The Japan Karate Association (JKA) is the World's foremost authority on Karate. With a vast membership in over 100 countries, the JKA is the world's largest and most prestigious karate organisation. JKA Australia is a member of this global organisation led by Nishimura Takaatsu Sensei 7th Dan.

Our Philosophy?

It is our belief that although Karate has a sporting aspect it is a traditional Japanese martial art and should be practiced as such. If required it is an effective form of self-defence and that it should instil in its practitioners discipline, control and confidence. Karate training must incorporate more than just the physical aspects; it must be firmly rooted in etiquette and respect.

Our adult students tell us that karate improves sleep and increases energy. It offers a unique challenge not found in gyms. It is not just getting fit, but each level presents opportunities to learn and develop new skills.

JKA ETIQUETTE

Bowing (Rei)

The regular Bowing in a traditional Karate class is seen as a form of austere acknowledgement. It is a practice that almost all traditional Japanese martial arts follow.

Times when you bow include:

Entering/leaving the dōjō – silent standing bow to the front of the dojo

4 bows at the beginning/end of each class from seiza (kneeling position)

- Shómen ni rei – silent bow to the front
- Sensei ni rei – bow to teacher(s) accompanied with the word 'Oss'
- Sempai ni rei – bow to black belt ranks by all other ranks accompanied by the word 'Oss'
- Otagai ni rei – kneeling bow to everyone accompanied with the word 'Oss'

At the beginning/end of each kata – standing silent bow

Before Yoi (Ready) and after Yame (Stop) commands – standing silent bow

When beginning/ending a partner exercise or kumite bout accompanied with the word 'Oss'

When addressed by a Sensei or Sempai accompanied with the word 'Oss'

Kneeling bow if late for a class accompanied with the word 'Oss'

Looking after your belt

Be mindful of your belt and treat it austerely. Remember a belt is part of your uniform. One's belt should never be draped around the neck or cast unthinkingly aside. It is either tied correctly around your waist or placed neatly in your training bag.

Late arrival for a class

If you arrive late for a class the following procedure should be followed:

- Take a position at the Dójó entrance and kneel in the Seiza position
- Be sure that it is possible for the instructor to be aware of your presence
- When the instructor acknowledges your presences usually by way of a quick bow and or the word Oss, you return the bow from the Seiza position and quickly join the class

This is a good opportunity to practice posture, etiquette and readiness.

Expressing Undue Emotion

If you are feeling discomfort from the arduousness of training then it is considered impolite to express this openly. There will be opportunities to catch your breath during class time but this does not mean you can drop your guard or demonstrate bad posture. Remain still and breathe deeply while still maintaining class format. It is important in the beginning to remember to train within your limits.

The one emotion which will not be tolerated is aggression; this must be controlled at all times in the dōjō.

Cleanliness and maintenance of Dogi (Uniform)

Hands and feet must be clean and nails trimmed neatly. It is also considered bad manners to train in an unclean Dogi.

It is a simple matter of being aware that if your Dogi smells then there is a good chance that this will increase the discomfort of other students who are forced to train near you. Remember to air your Dogi after training.

Through the course of your training it is common for a Dogi to become torn and/or discoloured; it is considered important that a Dogi is maintained correctly like any other uniform.

All Dogi should be white with only one badge worn which is the association badge and positioned at the left side of the chest. Ladies are permitted to wear a white t-shirt under their Dogi but men are not.

Wearing Jewellery

Karate training is a very austere and respectful art form. A major element in its practice is the homogeneous nature of everyone taking part. Karate is seen as a means of spiritual improvement and it can therefore stand to reason that items of Jewellery and even cosmetics are seen as a distraction from the spiritual goal of Karate.

Wearing Jewellery can also be seen as discriminatory, by leading to a sense of segregation between rich and poor and it is for a similar reason why uniforms are worn at some schools and companies. Jewellery can also cause an injury to the wearer or other students so it must be removed or taped securely if removal is not an option.

Sōji (Cleaning the Dōjō)

It is general practice in the Dōjō to clean the floor at the beginning and/or end of each training session. Often this is looked towards as an unfavourable chore however the underlying sentiment is that when you use something it should be maintained so that whoever uses the facility after you can experience the same sense of comfort as you experienced.

Excessive Contact (Kumite Training)

This is perhaps one of the hardest protocols of all to follow. When practicing Kumite a boundary of limitation must be adhered to. What this means is that when striking your opponent, the right

amount of force and contact must be applied. If your techniques are too soft neither you nor your opponent get the benefits of training. If you are too hard then the same can also be said to be true. It is all too easy to hit too hard and cause injury. Apply as much force as your opponent can comfortably handle. A common sense rule applies here when squaring off against different opponents of different sizes and strengths.

Bowing to Seniors

It is courteous for all junior grades (kohai) on entering the Dójó prior to training to bow to senior grade (Sempai) 1st Dan Black belts and higher. Japanese Karate operates in a similar manner to how the military does with saluting. Kohai should bow to Sempai as a sign of respect.

Dojo Kun

道場訓 – Dojo Kun – The Dojo Kun are recited at the end of each class and should be regarded and thought upon as rules to incorporate into your daily life. The Dojo Kun is a very important and highly regarded aspect of karate, and should not be considered just sayings. When reciting the Dojo Kun put effort and energy into each announcement, which helps lift the spirit of the class.

一、人格完成に努むること

(Hitotsu) Jinkaku kansei ni tsutomuru koto

Seek Perfection of Character

一、誠の道を守ること

(Hitotsu) Makoto no michi o mamoru koto

Be Sincere

一、努力の精神を養うこと

(Hitotsu) Doryoku no seishin o yashinau koto

Put maximum effort into everything you do

一、礼儀を重んずること

(Hitotsu) Reigi o omonzuru koto

Respect Others

一、血気の勇を戒むること

(Hitotsu) Kekki no yuu o imashimuru koto

Develop Self Control