



Shido-kan Karate Shorin Ryu

Waterloo, Ontario

Balance. Focus. Learning.

志道館

YOUR NAME

Student Manual

Shido-kan Requirements

Including Additional Information

Grand River Karate is a not-for-profit
community organization

Members of the
North American Beikoku
Shido-kan Karate Association



www.grkarate.com

Patience

***To have patience
where one can have patience
is not real patience...***

***But to have patience
where it is intolerable,
then this is real patience.***



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Grand River Karate

**St. Louis Auditorium
53 Allen Street Waterloo
Ontario, Canada**

**Mailing Address:
62 Golden Meadow Crescent
Kitchener, ON N2N 2L9**

**Tel 519-749-8880
shidokan@grkarate.com
www.grkarate.com**

Class Hours

Teen/Adult

Tuesday & Thursday 7:30pm to 9:00pm

Saturday: All belts 9:00am to 10am

Advanced belts 10:00am to 11:00am

Kids 7 yrs to 12 yrs

Advanced kids Tuesdays 6:30pm to 7:15pm September to June

All Belt Kids Thursdays 6:15pm to 7:15pm 8 week sessions

Note: Advanced kids must participate in All belt Kids class as well

SHIDO-KAN BELT LEVEL OVERVIEW

All new members start at white belt level. Members must complete the number of classes and know required content for each level for promotion. Stripe gradings will be at the end of a class. Belt gradings as scheduled.

Kyu	Belt	No. of Classes
	White belt 1st stripe	6
	White belt 2nd stripe	7
	White belt 3rd stripe	7
10th	Purple Belt	Minimum 20
	Purple belt 1st stripe	10
	Purple belt 2nd stripe	10
	Purple belt 3rd stripe	10
9th	Yellow Belt (also called Gold belt)	Minimum 30
	Gold belt 1st stripe	12
	Gold belt 2nd stripe	12
	Gold belt 3rd stripe	12
8th	Orange Belt	Minimum 36
	Orange belt 1st stripe	12
	Orange belt 2nd stripe	12
	Orange belt 3rd stripe	12
7th	Blue Belt	Minimum 36
	Blue belt 1st stripe	14
	Blue belt 2nd stripe	14
	Blue belt 3rd stripe	14
6th	Green Belt	Minimum 42
	Green belt 1st stripe	14
	Green belt 2nd stripe	14
	Green belt 3rd stripe	14
5th	Green Belt (black tip)	Minimum 42
	Green belt 1st stripe (black tip)	14
	Green belt 2nd stripe (black tip)	14
	Green belt 3rd stripe (black tip)	14
4th	Green Belt (Black middle)	Minimum 42
	Green belt 1st stripe (black middle)	14
	Green belt 2nd stripe (black middle)	14
	Green belt 3rd stripe (black middle)	14
3rd	Brown Belt	Minimum 42
	Brown belt 1st stripe	14
	Brown belt 2nd stripe	14
	Brown belt 3rd stripe	14
2nd	Brown Belt (black tip)	Minimum 42
	Brown belt 1st stripe (black tip)	20
	Brown belt 2nd stripe (black tip)	20
1st	Brown Belt (Black middle)	Minimum 40

Black Belt Dan gradings are held in March, July and November at Iha Sensei's dojo in Lansing, Michigan. You must be recommended for grading by your Sensei.

REQUIREMENT DETAILS

Notes

All new students start at white belt level

To achieve
10th Kyu Purple

White belt 1st Stripe - After 6 classes

- KATA - Kihon ichidan
- DRILL - Chart 1, Drill 1
- PUNCHES - Four parts
- BLOCKING - All blocks

White belt 2nd stripe - After 7 classes

- KATA - Kihon nidan
- DRILL - Chart 1, Drill 2 & 3
- KICKS - All kicks
- STANCES - All stances

White belt 3rd stripe - After 7 classes

- KATA - Kihon sandan
- DRILL - Chart 1, Drill 4 & 5
- KUMITE - Number 1

Plus 2 to 4 weeks to go for belt grading

*Teachers open the door,
but you must enter by yourself.*

Chinese Proverb

10th kyu Purple Belt Requirements

CLASSES - MINIMUM 20

KATA - Kihon ichidan, nidan, sandan

DRILLS - Chart 1, Numbers 1, 2, 3, 4 & 5

KUMITE - Number 1

PUNCHES - Four parts

- Elbow travels in a straight line
- Wrist is straight
- Strike with the first two knuckles
- Turn fist at the end of the punch

BLOCKS (Uke)

High = jodan uke Outside = soto uke Inside = uchi uke Low = gedan barai),
Double = morote uke

KICKS (Geri)

Front kick = Mae geri Side kick = Yoko geri Back kick = Ueshiro geri
Roundhouse = Mawashi geri Stomp Kick = Fumi komi Knee strike = Hiza uchi

STANCES (Dachi)

Front = Zenkutsu dachi Back = Kokutsu dachi Stable = Uki ashi dachi)
Straddle = Shiko dachi Iron horse = Naihanchi dachi

TERMS

Sensei = teacher	Kyu = rank below black belt	Obi = Belt
Dan = black belt rank	Kiotsuke = attention	Rei = Bow
Kamae = ready position	Gi = uniform	Mo ichi do = one more time
Dojo = training hall	Modotte = return to ready position	
Geri - Kick		

GENERAL INFORMATION

Numbers 1-10: Ichi; ni; san; shi or yon; go; roku; shichi; hachi; ku; jyu

Founder of Shorin Ryu = Chosin Chibana

Grandmaster = Katsuya Miyahira, 10th Dan, Hanshi

North American Director = Seikichi Iha, 10th Dan

To achieve
9th kyu Yellow Belt
(Also called Gold belt)

Notes

Purple Belt 1st stripe - After 10 classes

KATA - Kihon yondan

DRILL - Chart 1, Drill 6

Purple Belt 2nd stripe - After 10 classes

KATA - Kihon godan

DRILL - Chart 1, Drill 7

KUMITE - Number 2

Purple Belt 3rd stripe - After 10 classes

KATA - Naihanchi shodan

DRILL - Chart 1, Drill 8

Plus 2 to 4 weeks to go for belt grading

Instructors can impact only a fraction of teaching.

*It is through your own devoted practice that the
mysteries of the art are brought to life.*

Morihei Ueshiba

9th kyu Yellow Belt Requirements

CLASSES - Minimum 30 from previous test

KATA - Kihon yondan, godan and Naihanchi shodan

DRILLS - Chart 1, Numbers 6,7 & 8

KUMITE - Number 2

TERMS	Hidari = left	Migi = right	Soto uke = outside block
	Uchi uke = inside block	Jodan uke = high block	Gedan barai = low block
	Shuto = knife edge	Nukite = spear hand	Karate = empty hand
	Kiai = shouting spirit	Uke = block	Zuki = punch
	Chudan = middle	Gedan = low	Jodan = high
	Onegaishimasu = please teach me		

GENERAL INFORMATION Shido-kan means "the way or house of the path of the warrior"

Five precepts of Shido-kan:

1. To strive for perfection of character
2. To defend the paths of truth
3. To foster the spirit of effort
4. To honour and respect one's fellows
5. To guard against impetuous courage

REVIEW OF PREVIOUS MATERIAL

To achieve
8th kyu Orange Belt

Notes

Yellow 1st stripe - After 12 classes

KATA - Naihanchi shodan oyo bunkai

DRILL - Chart 1, Drill 9

Yellow 2nd stripe - After 12 classes

OYO BUNKAI - Naihanchi shodan

DRILL - Chart 1, Drill 10

Yellow 3rd stripe - After 12 classes

KATA - Pinan Shodan

DRILL - Chart 1, Drill 11

KUMITE - Number 3

Plus 2 to 4 weeks to go for belt grading

A punch should stay like a treasure in the sleeve.

It should not be used indiscriminately.

Master Chotoku Kyan

8th kyu Orange Belt Requirements

CLASSES - Minimum 36 from previous test

KATA - Naihanchi shodan oyo bunkai; Pinan shodan

OYO BUNKAI - Naihanchi shodan

DRILLS - Chart I, Drills 9,10 & 11

KUMITE - Number 3

TERMS	Bunkai = analysis	Oyo bunkai = practical application	Hajime = begin
	Kumite = fighting	Pinan = peaceful mind	Yamae = stop
	Kagite = hooking hand		

GENERAL INFORMATION Karate ni sente nashi = In karate there is no first attack.

Numbers 11-20: jyu-ichi; jyu-ni; jyu-san; jyu-shi; jyu-go;
jyu-roku; jyu-shichi; jyu-hachi; jyu-ku; ni-jyu

REVIEW OF PREVIOUS MATERIAL

To achieve
7th kyu Blue Belt

Notes

Orange 1st stripe - After 12 classes

KATA - Pinan shodan oyo bunkai

DRILL - Chart 2, Drill 1

Orange 2nd stripe - After 12 classes

OYO BUNKAI - Pinan shodan oyo bunkai

DRILL - Chart 2, Drill 2

Orange 3rd stripe - After 12 classes

KATA - Pinan nidan

BUNKAI - Pinan shodan

KUMITE - Number 4

Plus 2 to 4 weeks to go for belt grading

*To win one hundred victories in one hundred battles
is not the highest skill. To subdue the enemy without
fighting is the highest skill.*

*Sun Tsu
The Art of War*

7th kyu Blue Belt Requirements

CLASSES - Minimum 36 from previous test

KATA - Pinan shodan oyo bunkai, Pinan nidan

BUNKAI - Pinan shodan

OYO BUNKAI - Pinan shodan

DRILLS - Chart 2, Drills 1 & 2

KUMITE - Number 4

TERMS

Kyoshi = master

Hai = yes

Kimochi = attitude

Seiken = fist

Hanshi = high master

Yoi = ready

Dozo = please

Tettsui = Hammer fist

Domo arigato = thank you

Kime = focus

Do itashimashite = you are welcome

REVIEW OF PREVIOUS MATERIAL

To achieve
6th kyu Green Belt

Notes

Blue 1st stripe - After 14 classes

KATA - Pinan sandan

DRILL - Chart 2, Drill 3

Blue 2nd stripe - After 14 classes

DRILL - Chart 2, Drill 4

BUNKAI - Pinan sandan

Blue 3rd stripe - After 14 classes

KATA - Pinan yondan

KUMITE - 5

Plus 2 to 4 weeks to go for belt grading

*No one is more confusing than someone who gives
good advice, while setting a bad example.*

Unknown

6th kyu Green Belt Requirements

CLASSES - Minimum 42 from previous test

KATA - Pinan sandan, Pinan yondan

BUNKAI - Pinan sandan

DRILLS - Chart 2, Drills 3 & 4

KUMITE - Number 5

REVIEW OF PREVIOUS MATERIAL

To achieve
5th kyu Green Belt (black tip)

Notes

Note: One end of belt to have black tip.
Other end of belt to have stripes.

Green 1st stripe - After 14 classes

KATA - Pinan yondan oyo bunkai

DRILL - Chart 2, Drill 5

Green 2nd stripe - After 14 classes

OYO BUNKAI - Pinan Yondan

DRILL - Chart 2, Drill 6

Green 3rd stripe - After 14 classes

BUNKAI - Pinan Yondan

KUMITE - Number 6

Plus 2 to 4 weeks to go for belt grading

Karate begins and ends with respect.

Master Anko Itosu

5th kyu Green Belt (black tip) Requirements

CLASSES - Minimum 42 after previous test

KATA - Pinan yondan oyo bunkai

BUNKAI - Pinan yondan

OYO BUNKAI - Pinan yondan

DRILLS - Chart 2, Drills 5 & 6

KUMITE DRILL - Number 6

REVIEW OF PREVIOUS MATERIAL

TERMS

Passai = to storm a fortress

Ryu = style or system

Shiai = match or contest

To achieve
4th kyu Green Belt (black middle)

Notes

**Green Belt (black tip) 1st stripe
After 14 classes**

KATA - Pinan godan

KUMITE - Number 7

**Green Belt (black tip) 2nd stripe
After 14 classes**

KATA - Itosu Passai (sho)

KUMITE - Number 8

**Green Belt (black tip) 3rd stripe
After 14 classes**

KATA - Itosu Passai (sho) bunkai kata

BUNKAI - Itosu Passai (sho)

Plus 2 to 4 weeks to go for belt grading

Do or do not. There is no try.

Yoda

4th kyu Green Belt (black middle) Requirements

CLASSES - Minimum 42 from previous test

KATA - Pinan godan, Itosu Passai (sho), Itosu Passai (sho) bunkai

BUNKAI - Itosu Passai (sho)

KUMITE - Numbers 7 & 8

TERMS Kusanku = Chinese diplomat
 Kama = kobudo weapon, sickle to cut grain
 Tonfa = kobudo weapon, handle from a grinding wheel
 Bo = kobudo weapon, six foot staff
 Sai = kobudo weapon, fork for picking up straw

REVIEW OF PREVIOUS MATERIAL

To achieve
3rd kyu Brown Belt

Notes

Beikoku Membership required

Note: One end of belt to have black tip.
Other end of belt to have stripes

**Green Belt (black middle) 1st stripe
After 14 classes**

KATA - Naihanchi nidan

DRILL - Chart 3, Drill 1

**Green Belt (black middle) 2nd stripe
After 14 classes**

KATA - Kusanku sho

DRILL - Chart 3, Drill 2

**Green Belt (black middle) 3rd stripe
After 14 classes**

KATA - Naihanchi sandan

DRILL - Chart 3, Drill 3 & 4

KUMITE - 9

Plus 2 to 4 weeks to go for belt grading

Fear will make you hesitate.

Hesitation will make your fear come true.

Unknown

3rd kyu Brown Belt Requirements

CLASSES - Minimum 42 from previous test

KATA - Naihanchi nidan, Kusanku sho, Naihanchi sandan

DRILLS - Chart 3, Drills 1, 2, 3 &4

KUMITE - Number 9

REVIEW OF PREVIOUS MATERIAL

2nd kyu Brown Belt (black tip) Requirements

CLASSES - Minimum 42 from previous test

KATA - Matsumura passai (dai), Kusanku dai

KUMITE - Numbers 10, 11, 12, 13

REVIEW OF PREVIOUS MATERIAL

To achieve
1st kyu Brown (black middle)

Notes

Brown Belt (black tip) 1st stripe
After 20 classes

KUMITE – 14 & 15

Brown Belt (black tip) 2nd stripe
After 20 classes

KATA - Chinto

KUMITE - 16

The only thing necessary for evil to prosper

is for good people to do nothing.

Edmond Burke

1st kyu Brown (black middle)

CLASSES - 40 from previous test

KATA - Chinto

KUMITE DRILLS - Numbers 14, 15 & 16

REVIEW OF PREVIOUS MATERIAL

SHODAN (BLACK BELT)

Notes

Unless there are special circumstances, all black belt gradings will be done by Hanshi Seikichi Iha, 10th Dan, at a regular grading usually held in March, July and November of each year in Michigan. You must be recommended for grading by Sensei.

CLASSES - At Sensei's discretion

KATA - Gojushiho - Plus all previous kata

DRILLS - All drills

KUMITE DRILLS - All kumite drills

We are like blades of grass or trees of the forest, creations of the Universe, of the spirit of the Universe, and the spirit of the Universe has neither life nor death. Vanity is the only obstacle to life.

Master Matsumura

DRILL OVERVIEW

Chart 1 Drills	Chart 2 Drills	Chart 3 Drills
1. Front kick back leg only (nagashi uke)	1. Front kick, side kick opposite leg (nagashi uke)	1. High/low punch same hand, high/low punch opposite hand, (block high/low)
2. Side kick back leg only (nagashi uke)	2. Front kick, high roundhouse opposite leg (nagashi uke)	2. Front kick, high/low punch same hand, high/low punch opposite hand, (block high/low)
3. Step, punch (step back, outside block)	3. Front kick, back kick opposite leg (nagashi uke)	3. Front kick, side kick, high (tate zuki)/low punch same hand, high/low punch opposite hand, (block high/low)
4. Step, punch (step back, inside block)	4. Front kick, step behind side kick - same leg (nagashi uke)	4. Front kick, back kick, high (uraken)/low punch same hand, high/low punch opposite hand, (block high/low)
5. High/low punch (block high/low)	5. Front kick, step front middle roundhouse - same leg (nagashi uke)	
6. Front kick, high low punch	6. Front kick, middle punch, (nagashi uke, kotekitae)	
7. Step, middle punch (nagashi uke)		
8. Front kick, middle punch (nagashi uke on both)		
9. Step, high punch (kagite block)		
10. Front kick, high punch (nagashi uke, kagite)		
11. Kotekitae		

REFER TO SHIDO-KAN VIDEOS AND DVDS

Drills are also shown in detail on Shido-kan Videos and DVD's as a visual reference.

KUMITE OVERVIEW

The following Kumites are based on attacking right side. It is also required to know attacks using left side.

KUMITE	ATTACKER - USING RIGHT SIDE	DEFENDER
1.	Step right, middle punch, step left middle punch, step right, high-low punch.	Step back right, left outside block, step back left, right inside block, step back right, left high-low block, right middle punch.
2.	Right step, left step, right step & grab opponents' left shoulder with right hand, turn opponent, left low punch.	Walking away from attacker; right step, left step, right step, left turn, left outside block, left low cover block, shuffle right, right middle punch.
3.	Right kick & right middle punch, left kick & left middle punch, right kick & right high punch, left low punch.	Step back 45° left, block kick, right outside block. Step back 45° right, left outside block. Step back 45° left, block kick, right high-low block, right middle punch.
4.	Right kick, right high punch, left middle punch, right inside block. Left front kick, right 45° side kick, left high punch, right low punch.	Step back right, block kick, left outside block & right high block, right inside block, left middle punch. Shuffle back block kick, step 45° left, block kick, right high-low block, left middle punch.
5.	Kick right, right high punch, left low punch, right middle punch, block kick.	Step back right, block kick, left high-low block, right circle block, right short front kick.
6.	Right front kick, left spinning back kick, left back fist punch, step forward (position right foot behind & outside opponents right foot), shuffle & throw.	Step back left block kick, step back right block kick, high X-block. Be thrown.
7.	Step right, right middle-low punch, step left, left middle-low punch, step right, right high punch. Grab opponents hands to your chest, step behind opponent into kiba dachi stance, twist to throw.	Step back right, left forearm block. Step back left, right forearm block. Shuffle back left, right circle block & step behind opponent, grab around chest. Be thrown.
8.	Right front kick, left round house kick, left high taté punch, block kick.	Step back right, block kick. Step back left, right high round house block, right inside block (cover), right snap side kick.
9.	Right front kick, right taté punch, left back spin into kiba dachi stance, throw.	Step back right, block kick, high X-block. Be thrown.
10.	Left round house kick, right front kick. Right high punch, left low punch, right middle punch. Be thrown.	Step back right, left high round house block. Step back left, block kick. Right high-low block, left outside block, right outside block. While maintaining control of forearm, place left hand on opponents left shoulder. Step behind opponents left foot into kiba dachi stance and throw.
11.	Right kick, right high-low punch. Left shuffle back, block kick, right middle round house kick.	Step back right, left high-low block. Right kick, right middle round house block.
12.	Right kick, right punch, block kick, right punch, right down block.	Shuffle back left 45°, block kick, right circle block, right front kick, right circle block and switch feet – left foot forward, left low punch.
13.	Right kick, right high-low punch. Left shuffle back, block kick. Right high-low block, left middle punch, middle left round house kick.	Step back right, left high-low block. Right kick, right high punch, left low punch. Right outside block, step back right, left middle round house block.
14.	Right front kick, left round house kick, left high taté punch, block kick, shuffle right 45°, block kick. Left high-low block, right high punch, right middle round house kick.	Step back right, block kick. Step back left, high right round house block, right inside block (cover), right snap side kick, left 45° front kick. Left high punch, right low punch, left outside block, step back left into kiba dachi, left middle round house block.
15.	Right front kick, left back kick, right high round house kick, right middle round house block.	Step back right, block kick. Step back left, block kick. Step back right, left high round house block, right middle round house kick.
16.	Right front kick, left round house kick, left taté high punch, block kick, shuffle left, block kick. Right high low block, left middle punch, right middle punch. Be thrown.	Step back right, block kick. Step back left, high right round house block, right inside block (cover), right snap side kick, left ? turn, left back kick, left high punch, right low punch. Right outside block, left inside block. Right ? turn into kiba dachi stance, throw opponent.

The 16 Kumites are difficult to explain in text. Referring to the Videos or DVDs is recommended.

ABOUT GRAND RIVER KARATE

No Registration Fees, No Stripe Grading Fees, Friendly Atmosphere

Grand River Karate is a not-for-profit community organization that serves the Waterloo Region and outer area by teaching a pure traditional Okinawan martial art called Shorin Ryu Shido-kan Karate-do. The program is designed for young and old who wish to enhance their fitness level, spirit and confidence. Our black belt volunteer instructors who have been training from 10 years to over 25 years and range in degrees from 1st degree to 4th degree. The style we teach is based on natural body movements making it very fluid and efficient and practical for all ages. There are a standard set of traditional forms, drills and applications taught in the program with a focus on partner and group work to promote co-operation and friendship.

For more information on Grand River Karate and what it has to offer go to www.grkarate.com

Class Hours

Teen/Adult Classes: Tues/Thurs 7:30pm to 9:00pm

All belt Classes: Sat. 9:00am to 10:00am

Advanced Classes: Sat 10:am to 11:00am

Kids Classes

Ages 7 to 12 years old

Tuesday Advanced kids 6:30pm to 7:15pm

All Kids Thursdays 6:15pm to 7:15pm

8 week sessions – See our website for dates

Parents may participate as well for FREE.

Advanced kids must participate in the All Belt Kids class.

Includes the GRK Focus Program™. Each child will have an assignment every week. Two examples.

1. The child member is asked to keep their bedroom clean for a week

2. Child asked to prevent small arguments from getting bigger for a week.

Location

St. Louis Auditorium, 53 Allen Street Waterloo, Ontario, Canada

Contact Us

Call Fortunato Restagno at Tel 749-8880

Email: shidokan@grkarate.com

For more information go to www.grkarate.com

Updated Info and Events

To be on our email list for club information updates please email shidokan@grkarate.com

Association Information

Grand River Karate is one of 3 affiliated Shido-kan dojos in Ontario. Others include London Shido-kan Karate Dojo, Sensei Larry Bowlby and Shido-kan Canada Karate Dojo, our Canadian headquarters, Sensei Roy and Sensei Margaret Paul.

The head of Shido-kan North America, Seikichi Iha Sensei.

www.grkarate.com

BOOK US

Add something unique and valuable to your organization or seminars. Grand River Karate is available for seminars and demonstrations for your company or educational institute.

Grand River Karate is a not-for-profit community organization that supports other organizations by teaching seminar classes that build team work, self esteem, confidence, health and a general form of spirituality all in one package. Our program can be part of a workshop or a stand-alone seminar. Grand River Karate is also available to do demonstrations for your event.

Our instructors are available for

- Company workshops
- Elementary schools
- High schools
- Colleges
- Universities
- Community organizations
- Company events
- Other

Contact us

Tel 519-749-8880

Email: shidokan@grkarate.com

For more information go to www.grkarate.com



Focus on one spot. Only then
will your technique improve.

SHIDO-KAN ASSOCIATION HEADS



Katsuya Miyahira Sensei, Hanshi, 10th Dan

The Shorin-Ryu Shido-kan Miyahira Dojo was founded by Katsuya Miyahira in 1951. The fortieth year anniversary was held in Naha, Okinawa, in March of 1990. Miyahira Sensei started with Chibana Sensei in 1933. He was originally a school teacher and was sent to Manchuko (Manchuria) during W.W.II.

Upon the death of Chibana Sensei, Miyahira Sensei received the hanko (seal) and presidency of the Okinawa Shorin-Ryu Karate-Do Kyokai. He is still the president and holds annual Taisai celebrations at the time of Chibana Sensei's death.



Seikichi Iha Sensei, Hanshi, 10th Dan

Iha Seikichi was born in Nishihara City, Okinawa Prefecture on July 9, 1932.

He presently runs his own dojo, the Original Okinawa Karate Dojo, in Lansing, Michigan. He was promoted to Hanshi 10th Dan by his teacher, Miyahira Katsuya on March 25, 2001. He is the U.S. Branch Chief for the Okinawa Shorin-ryu Karate-do Association. Iha Sensei is the senior most practitioner of Okinawa Shorin-ryu residing in the United States and is ranked a Hanshi 10-Dan by the Okinawa Shorin-ryu Karate-do Association of Naha, Okinawa. He teaches Chibana-style Shorin-ryu and refers to his method as Okinawa Shorin-ryu Shido-kan Karate-do.

In 1950 he was accepted as a formal student of Gusukuma Shinpan. Gusukuma was a student of the famous Itosu Ankoh and was a well respected authority of Shuri-te. After Gusukuma's death, Iha was accepted as a student with Miyahira Katsuya. Miyahira was very much like Gusukuma in that he was a school teacher with a very scientific method of teaching karate-do. Iha Sensei has developed a worldwide reputation for his indepth knowledge of kata and its applications (bunkai) and he continues to inspire karate ka of all styles.



Sensei Roy M. Paul, 5th Dan

Roy Paul is the Chief instructor for Shido-kan Canada Karate Dojo in Guelph Ontario. Sensei Roy has been involved in Shorin-ryu karate since 1987. He received his Shodan (1ST Degree Black Belt) in 1992. In 1998 Senseis Miyahira and Iha appointed him Canadian director for Shido-kan. On March 19th, 2005 Hanshi Iha promoted him to 5th Degree Black Belt. Sensei Paul trains regularly with Hanshi Iha and brings Iha Sensei to Canada twice each year for seminars.



Sensei Fortunato Restagno, 4th Dan

Fortunato is the Chief Instructor for Grand River Karate. Sensei Fortunato has been study various karate styles since 1979 and received his Shodan (1ST Degree Black Belt) in 1983. He started with Grand River Karate as a board member in 1995 and became the Chief instructor in 1998. Fortunato was active in karate kata and kumite competition up until 1992. Tournament territory was Ontario, Quebec and New York State. He received approximately 150 awards during is competitive days. Fortunato now focuses on Shido-kan Karate under direction of the Canadian head instructors Sensei Roy Paul and Sensei Margaret Paul and under the direction of Iha Sensei.

For more info on Shido-kan Karate go to www.grkarate.com

NATIONAL TRAINING SEMINAR (NTS)

Every summer the annual NTS is held and brings Shido-kan karate-ka from around the world to Michigan State University for a 3-day training event. All Grand River Karate students are welcome to participate. Accommodations and meals are included at the campus for a special rate. The weekend is packed with seminars, a tournament, training stations, bbq's and evening socializing at a very affordable rate. It's an excellent opportunity to learn from some of the best karate-ka and it's an opportunity to meet new friends.

Details will be announced in the spring.

For more information speak to Sensei Scott Agar or Sensei Fortunato Restagno.

Go to www.ihadojo.com for further NTS info.



PIECE OF MIND

By Fortunato Restagno



I come with empty hands.

GUIDE FOR NEW STUDENTS

by Seikichi Iha Sensei, Hanshi, 10th Dan



Welcome

You've just begun a new chapter in your life that could have a significant impact on your future. How significant? That depends on your commitment to serious training, consistently, in the Way of Karate-do. This beginning guide will help you get started in the right direction. By choosing to start, you've made the first step. Now you need patience, humility, and the stubbornness not to quit.

Friendship - Cooperation - Partnership

An important part of your training is promoting friendship among your fellow dojo partners. No student is better than another. Only through mutual cooperation and partnership will you be able to truly improve. You must train with an open and empty mind. That's why our gi (uniform) is white...to remind us to be empty.

When to Bow

Bowing, for a beginning student, is probably one of the more confusing practices to understand. You either will bow too much or not enough. Watching your sempai (senior students) is one of the best ways to learn. Here's a list of "when to bow"s to help you get started:

- When entering or leaving the training area.
- At the beginning and ending of a class.
- To the instructor during class when he/she provides corrections or information.
- To fellow students after class.
- To your sempai (senior) after receiving instruction.
- After performing a kata.
- To your partner(s) at the beginning and ending of training drills and sessions.
- To Sensei.

In order to keep track of your training consistency, attendance cards are marked each time you attend a class. Before class begins make sure that you have retrieved your card. Just prior to the start of class, the instructor will collect the cards personally from each student and mark your attendance.

Care of the Dojo

This is not a commercial business, so don't expect to see a janitor cleaning the bathrooms, emptying the trash, or sweeping the floor. There's more to budo (martial way) than just training. You're part of a traditional dojo and everyone is expected to help out. It's no different than a home. Things need fixing and there are a lot more people to make it dirty. If you arrive early, look for something that needs to be done. After class, everyone should pitch in and clean up, making sure that the change rooms and bathrooms are left cleaner than you found them. Don't wait to be asked to help, or leave without doing your share. In addition, there are many opportunities for students to provide additional help based on their occupation and special talents.

Paying Dues

It's your obligation to pay your agreed upon dues in a consistent and timely manner. Being sick or injured does not excuse you from your commitment. If you're having temporary financial difficulties, you should discuss it with Sensei and let him know when you plan on returning to pay your fair share. If he wants you to continue training he will let you know, but don't assume or expect his cooperation. In the event that you have to leave temporarily, continue training on your own so that you are prepared when you return.

The Shido-kan Patches

Shido-kan is the specific style of Okinawa Shorin-ryu karate that we study, and is identified by the patches on your uniform. The Shido-kan Beikoku seal patch is applied to the left arm immediately below the shoulder seam. The Shido-kan kanji patch should be placed on the left side of the jacket over your breast so that the patch is straight up and down after the jacket has been tied with the belt. As you progress in your training, you'll have an opportunity to become an official Shido-kan association member.

Basic Techniques

As a beginning student, you should become familiar with the following basic techniques. They are the foundation of your training.

Basic Stances

- Attention stance - musubi dachi
- Natural stance - hachiji dachi
- Basic stance - kihon dachi
- Back stance - ukiashi dachi
- Straddle stance - shiko dachi
- Forward stance - zenkutsu dachi
- Horse riding stance - kiba dachi
- Leaning back stance - kokutsu dachi

Basic Blocks

- High block - jodan uke
- Outside block - soto uke
- Inside block - uchi uke
- Low block - gedan barai
- Hooking hand block - kagite uke

Basic Punches & Strikes

- High punch - jodan zuki
- Middle punch - chudan zuki
- Knife hand strike - shuto uchi

Basic Kicks

- Front snap kick - mae geri
- Side kick - yoko geri
- Roundhouse kick - mawashi geri
- Back thrust kick - ushiro geri
- Stomping kick - fumikomi geri

Terminology

These are the basic terms that you'll commonly hear and use while training in the dojo. Make a point to learn their meaning and correct pronunciation.

karate-do	way of the empty hand
sensei	someone older and wiser, instructor
sempai	senior
kohai	junior
dohai	equal rank
dojo	place to learn the way
rei	bow
yoi	ready
hajime	begin
yame	stop
hai	yes
kime	focus
seiza	formal seated position
mokuso	meditation
jodan	upper area
chudan	middle area
gedan	lower area
kamae	combative posture
kata	pre-arranged formal exercise
kumite	pre-arranged drill or sparring
bunkai	application of kata
makiwara	punching board
gi	training uniform
obi	belt
sensei rei	to the instructor, bow
one-gaishi-masu	please help or teach me
arigato gozaimasu	thank you very much

Counting In Japanese

Numbers	Pronounced When Counting
1. ichi	ich'
2. ni	ni
3. san	san
4. shi	shi
5. go	go
6. roku	rok'
7. shichi	shich'
8. hachi	hach'
9. ku	ku
10. ju	ju



Of course no students came. Last class you said the best form of self defense is not to be there.

DOJO MANNERS & RULES

The dojo is a special place where we train ourselves both physically and mentally. Students should respect each other and the dojo by observing the following manners and rules:

1. Always show courtesy, politeness, respect, and kindness to all.
2. Observe the training schedule by arriving early and being prepared for class. If you're late, change immediately, and then wait for permission from the instructor before entering the training area.
3. Shoes should be removed when entering the dojo and placed neatly in the area provided.
4. When entering or leaving the training area, show your respect by bowing.
5. Your gi should be kept clean and neat. Wearing jewelry or hair ornaments is not allowed and your fingernails and toenails should be kept short to prevent injury to other students and yourself.
6. When the instructor calls for training to begin, line up quickly, facing the Shomen (front of the dojo).
7. Bow to the instructor, senior students, and each other with appreciation and respect.
8. Training with cuts or open sores is strictly prohibited unless properly covered. If injured while training, stop immediately and ask permission to obtain first aid supplies.
9. When adjusting your clothing or wiping perspiration from your face, always turn away from the instructor.
10. During class, kata should be performed with kime (focused power). If you become tired, rather than proceed weakly, rest for a short period and then continue.
11. Never leave the class for water, or early dismissal, without first getting permission.
12. Listen carefully to the advice and instructions given to you. Don't forget to thank the instructor and senior student(s) to show that you have heard and understood their comments.
13. Sempai (senior students) are responsible for setting the example of cooperation and conduct in the dojo. Kohai (junior students) should observe closely the actions of the sempai to correctly further their learning.
14. Don't talk in class except to ask or answer a question. While observing training, always stand, kneel, or sit in a proper way and do not bother others by talking.
15. No sparring is allowed below 1st kyu rank without permission. Fooling around can result in injuries and is absolutely prohibited.
16. Any outside activities (fighting, etc.) that bring discredit to Sensei, the school, karate-do, or the student are sufficient reason for dismissal. Any incident that occurs should be reported to Sensei immediately.
17. If injured, it is recommended that you still come to the dojo and learn by observing training.
18. You should advise Sensei if you have to temporarily discontinue your training.

SUPPORT INFORMATION

Saturday morning Informal Training

9:30am to 11:00am

Saturdays is a great opportunity to work one on one with some of our black belts, work on finer points of the art or prepare yourself for a grading.

Videos and DVD's

Sensei Roy and Margaret Paul have created the comprehensive tools that includes all the katas, Bunkai, oyo bunkai, drills and kumites. It is a great reference tool to support at home training.

See Sensei Scott Agar or Sensei Fortunato Restagno to order.

Affiliated dojos

The Canadian Shido-kan headquarters is located in Guelph, Ontario. The dojo is run by Sensei Roy and Margaret Paul. Grand River Karate members are welcome and encouraged to take classes to get first hand instruction in Shido-kan karate. Our black belts take turns training with Sensei Roy and Margaret. Feel free to catch a ride or visit on your own. Per class fees may apply.

**Shido-kan Canada Dojo
Karate Dojo
Roy and Margaret Paul
Tel 519-362-7745**

**6920 Wellington Road 124
Guelph, Ontario N1H 6J4**

**London Shido-Kan Karate Dojo
Larry Bowlby
519-495-7039**

**10 Centre Street
London, Ontario**

See following page for directions



SHIDO-KAN DOJO DIRECTIONS

Direction to Guelph dojo

Shido-kan Canada Dojo
Karate Dojo
Roy and Margaret Paul
Tel 519-362-7745

Address:
6920 Wellington Road 124
Guelph, Ontario N1H 6J4

Victoria St to Guelph (Hwy 7)

Pass Lackner

Pass River Rd

Pass lights at Breslau

Right on Shantz Station Rd to end

Left on Kossuth to end
(Pass Beaverdale Golf Club on left)

Left on Wellington Rd (old Hwy 24)

Pass Mikes Meats on left, 1/4 mile on.

Driveway on left between 2nd & 3rd
hydro tower

Fire #6920

Directions to Waterloo Dojo

Grand River Karate
Shido-kan Karate
Fortunato Restagno
Ho. 519-749-8880
Scott Agar
Ho. 519-885-1348

Address:
St Louis Auditorium
53 Allen Street East
Waterloo, Ontario

401 East from London
401 West from Toronto
Take exit Kitchener Waterloo
Hwy 8

Take the right cut off Hwy 7 East / 85
North Waterloo

You'll pass the following cut offs
Ottawa St
Frederick St
Wellington St

***Take the next cut off Bridgeport Rd**

Merge right

Pass 4 streets

Left on Weber

Pass Erb St

Next right on Allan St

Pass 2 streets

Next left on Willow

See School on Corner

Quick right into parking lot

You'll see a big white building at back
of lot.

That's us. Entrance right corner.

Directions to London dojo

London Shido-Kan Karate Dojo
Larry Bowlby
519-495-7039

Address:
10 Centre Street
London, Ontario

401 West from Toronto
401 East from U.S.
Take exit #186B to Exeter Rd

Turn right on Wellington Rd.
go north

Turn left on Commissioners Rd
go west

Turn right on Wharncliffe

Pass Baseline Rd

Look for The Mufflerman on of
corner of Wharncliffe and Centre
Street

Left on Centre Street

Dojo is the first building on right
"Mr Kenpo" sign in upstairs window.

International dojo contact info. go
to www.grkarate.com

THE KARATE CREED

Understanding the spirit of karate

No attacks are initiated by a karate practitioner. Instead, there is love of peace, seeking of harmony, non-aggression, and respect of humanity.

Karate begins and ends with courtesy

Strict practice of courtesy towards your superiors, equals, and beginners in the art must be adhered to. It is part of the training of the karate character.

Practice must be done in utmost sincerity

Practice of kata and kumite must be done with the sincere belief that you are facing an actual enemy. Only then will your karate character of courage and respect toward your opponent advance with your skill. It is a necessity.

Follow the instructions of your Sensei and seniors to the best of your ability

Do not hold a critical attitude toward your instructors, or your efforts will be half-hearted and your practice will suffer. If you are not satisfied with the instruction, ask your instructor to explain.

Do not attempt to advance too rapidly – there are no short cuts

A solid foundation must be built carefully and cannot be rushed. Practice must be continued without slackening of effort. Your seniors have worked hard and continuously to acquire their skill.

Do not become self-satisfied

Only dedicated practice will bring definite results. To be humble of your skill begets more practice and thus more skill. To be boastful and conceited is to be a self-satisfied slacker with results to match.

Have a goal

The spirit and the art must become united...as in the meditations of Zen ...to realize your true self. Skill in the art of karate is limitless, and yet you must have a goal. The goal? As in any art or skill there is no ultimate. The goal is to realize the successful union of the karate spirit and the art of karate.



Grand River Karate

**St. Louis Auditorium
53 Allen Street Waterloo
Ontario, Canada**

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62 Golden Meadow Crescent
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Shido-kan Karate
Waterloo, Ontario
Shorin Ryu



Members of the
North American Beikoku
Shido-kan Karate Association

志道館

www.grkarate.com