

北 良 糸 東 流

Hokushin (the North Star), which is known as Fudo Sei (不動星), means the immovable star. In the ancient time, the leader of the travelers must take the correct path and keep the followers away from any danger by observing the Hokushin. Hanshi M. MIKI named his organization as the star. He wishes that all JKO members will be leaders for the people of the world.

Itosu, Yasutsune (1832 – 1916) O'Sensei Itosu from Shuri Okinawa, creator of Heian (Pinan) Okinawa Kata 1-5 used in 1905 PE curriculum.

Higaonna, Kanryu (1853 – 1917) O'Sensei traveled to the Fukien Providence in China, during the 19th Century, to develop his knowledge of karate, and returned to Ryukyu (Okinawa) to teach.

Ryu = Style

Kenwa Mabuni (1889 – 1952), the founder of Shito Ryu, practiced under Itosu from 1903 and under Higaonna from 1908. In 1908, he became a marshal and learned from many instructors. In 1915, Kenwa Mabuni was certified from both Itosu and Higaonna. In 1916, he began teaching in his home. He retired as a marshal and became a karate-do instructor at many different schools in 1924. The following year (1925), he opened the first Karate Dojo in Okinawa, called "Karate Studying Association," which later became "Okinawa Karate Studying Club." In 1934, he established "Nippon Karate-do Kai Shito Ryu." Kenzo Mabuni, his 2nd son succeeded his organization.

日本空手道会 北辰系東流

系東流名称起源

摩文仁賢和

MABUNI, KENWA (1889-1952)

is the founder of **SHITO-RYU**.

He created this system from two major grand masters.

糸州 安恒、

ITOSU, YASUTUNE (1832-1916)

東恩納 寬量

HIGAONNA, KANRYO (1853-1917)

ITOSU emphasized speed and agility,

whereas

HIGAONNA emphasized power and hardness of
body.

MABUNI respected both masters.

He took both Masters' initials and named his style:

糸**SHI** (ITO), 東**TO** (HIGASI) and 流**RYU** (STYLE)

Shito-Ryu was the first methodology to be formalized
into a style. Now, it is one of the four major styles of
Karate-Do practiced in the world.

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*Quoted by Soke Kenzo Mabuni
(The heir of Founder Kenwa Mabuni)*

五道心: GO DO SHIN

(Five States of Mind)

初心: Sho Shin

(Initial Motivation)

努力心: Doryoku Shin

(Endeavor)

礼節心: Reisetsu Shin

(Politeness and Discipline)

常心: Jo Shin

(To live with the way of Karate-Do)

和心: Wa Shin

(Harmony)

JKO Recommended Equipment List

In order to ensure the safety of each practitioner, participants are recommended to have and bring the following items to each practice session:

- () JKO Passbook
- () JKO International Warm-Up
- () JKO T-Shirts
- () JKO Polo Shirts
- () JKO Gym Bags
- () JKO Patch
- () Competition Gi
- () Mouthpiece
- () Fist Guards
- () Arm Guards
- () Head Gear
- () Shin/Instep Guard
- () Groin Cup
- () Chest Protector

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Dojo Etiquette

In Japanese, the word “**Dojo**,” “Do” (*dough*) the “way of” and “jo” (*Joe*) “the place,” was originated from Zen Buddhism. The “Dojo” is where one finds his/her life enlightenment; Buddhist monks practice their meditation there. Karate-Do has no religious significance, but still uses the word “Dojo” for individuals to self-improve. Therefore, the Dojo is like a sacred place and its etiquette must be rigidly maintained. Etiquette is also a way to show respect for Karate-Do and for our training partners. A few rules of Dojo etiquette are:

- Always keep your Karate-gi clean: The Karate-gi is white in color, to denote purity. The white color gets dirtier, but we keep it clean to show the purity of the curriculum. It is also an international rule to wear a white uniform. The specification is in the WKF (World Karate Federation) rules.
- Keep proper hygiene with fingernails and toenails trimmed.
- Keep the Dojo clean and neat. This is where you practice.
- Arrive on time. However, if you must be late, it is better to practice than not attend. Sit and practice “Mokuso” (meditation) before requesting permission from the instructor to join the class. If you must leave the training floor, the same procedure is followed in reverse order.
- When you enter the Dojo, bow (a polite Japanese custom) to the front, bow to your training partners, and bow to the instructor.
- Keep your equipment together and clean. It is your responsibility to keep your Karate-gi and equipment in your possession and in good condition. Parents must teach their children to keep their equipment together; they need close attention and encouragement at all times.
- Do not arrive at the Dojo without shoes on your feet, as you will be asked to wash the parking lot debris from your feet before stepping onto the training floor.

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掃除 (Soji)

SOJI is the practice of keeping the training hall (Dojo) neat, clean, and safe. SOJI must not be neglected, as it is an important component of Karate's teaching and demonstrates the student's respect for his/her training. All students are expected to engage in SOJI in an organized matter or as each individual sees a need. SOJI can be considered as a KATA, in that there is a right way and a wrong way to perform the task. The benefit to the dojo is a safe and clean environment, while the benefit for the student is the process. SOJI should become a habit within and beyond the dojo.

SOJI as part of Karate Training:

- 1) **Safety:** Practitioners must learn to maintain optimal physical condition, avoiding further injuries, by maintaining a safe and clean environment.
- 2) **Understanding your Surroundings:** Understanding your surroundings is critical to the art of Karate-Do. By wiping the Dojo floor, the student gains a better sense of the floor's dimensions as well as its surface bumps and irregularities.

SOJI tasks include, but are not limited to:

- 1) Lining shoes up according to the prescribed fashion.
- 2) Sweeping the Dojo floor, prior to class.
- 3) Wiping down the training floor after each workout.
- 4) Polishing Dojo mirrors.
- 5) Removing trash from the Dojo (deposit in dumpster).
- 6) Sweeping Dojo sidewalks.
- 7) Picking up litter in the Dojo parking lot.
- 8) Carefully clean, polish, and know your equipment.

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How to Wear Your Karate-Gi

Karate-Gi

The Karate-gi is traditionally white and a part of international rule. It denotes purity of spirit and conformity of mind.

The Karate-gi should be tailored, washed, and pressed. It is an important discipline for every Karate practitioner – a responsibility that should be taken seriously.

Proper Fit and Style

JKO Emblem: The JKO patch must be attached on the left chest. It is the symbol of your instructional affiliation; wear the emblem proudly, as you belong to the premier Karate-Do Organization.

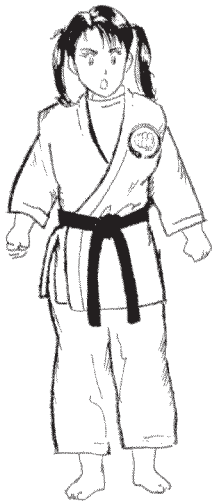
Top Coat: The jacket should be long enough to cover buttocks completely.

Female Students must wear a white tank top, white sports bra, or white T-shirt under their top coat.

Sleeves: The proper length is a little above your wrist, and usually requires alteration.

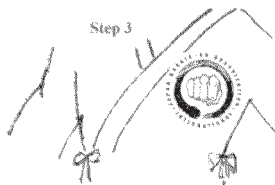
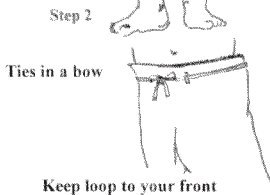
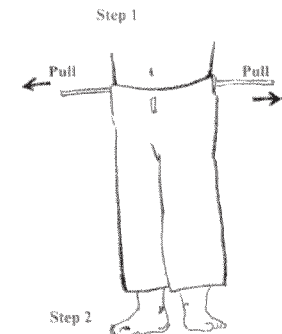
Pants: The proper length is a little above your ankles, and usually requires alteration.

Belt: Adjust it so that the ends hang between the bottom of your top coat and your knees.

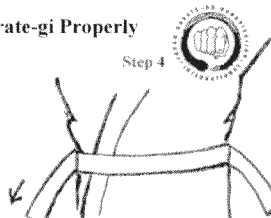


How to Tie Your "Obi"

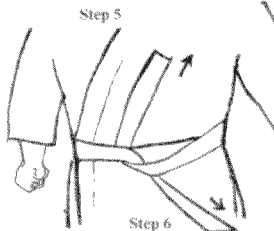
Wearing Your Karate-gi Properly



Unlike western tradition, males and females wear the same side on top; left over right.



- A) Start wearing the belt from front of your lower abdomen.
- B) With midpoint of belt at back, criss-cross for good back support.
- C) Wrap once and bring ends to front so they are equal length.



Ties in a square knot.
Ends should hang at equal length.

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To ALL JKO MEMBERS:

We do not publish all requirements of the promotion test procedure, as competing schools may copy Hanshi Miki's curriculum.

Promotion tests always require five categories:

- 1) Standing Basics
- 2) Moving Basics
- 3) Kata
- 4) Sparring
- 5) General Questions, i.e. Vocabulary, History, Ideology, etc.

Promotion requirements include:

Students must perform at 85% on the Presidential Physical Fitness requirements by orange belt and thereafter. The belt test will consist of standing basics, moving basics, kata with Bunkai & Ohyo, Kumite (Ippon, Sanbon, Gohon, and Jiyu), terminology and history. **Students testing for blue belt or above must write an essay about karate.**

Kyu (Grade) Rank Basic Requirements

White Belt All students begin at the white belt level.

12th Kyu:

White Belt

- | | |
|-----------------|---|
| (Yellow stripe) | It is recommended that students age 6 and |
| (Orange stripe) | younger progress through the 12 th Kyu |
| (Blue stripe) | levels based on Basics & Self-Defense |
| (Purple stripe) | techniques. Beginning students should focus |
| (Green stripe) | on dressing themselves properly, learning |
| (Brown stripe) | the dojo kun (student pledge), |
| (Black stripe) | and other proper dojo etiquette. |

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Kyu (Grade) Rank Basic Requirements

11th Kyu:

Yellow Belt	It is recommended that students age 8 and
(White stripe)	younger progress through the 11 th Kyu levels
(Orange stripe)	based on Basics & Self-Defense techniques.
(Green stripe)	Beginning students should focus on dressing
(Black stripe)	themselves properly, learning the dojo kun (student pledge), and other proper dojo etiquette.

Kyu (Grade) Rank Kata Requirements

10th Kyu:

Orange Belt	Taikyoku Shodan and One-step sparring
(White stripe)	Taikyoku Nidan and One-step sparring
(Purple stripe)	Taikyoku Sandan and One-step sparring
(Black stripe)	Taikyoku Yondan, Taikyoku Godan, and One-step sparring

9th Kyu:

Blue Belt	Chi-no-Kata
(White stripe)	Chi-no-Kata and Shin Sei
(Black stripe)	Shin Sei and Heian Nidan

8th Kyu:

Purple Belt	Heian Nidan: 2 Bunkai & Ohyo and Heian San Dan
(White stripe)	Heian San Dan: 2 Bunkai & Ohyo and Heian Sho Dan

7th Kyu:

Purple (Black stripe)	Heian Sho Dan: 2 Bunkai & Ohyo and Heian Yon Dan
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日本空手道会 北辰系東流

Kyu (Grade) Rank Kata Requirements

Green belts are required to attend at least 50 classes between each kyu rank.

6th Kyu:

Green Belt Heian Yon Dan: 2 Bunkai & Ohyo, and
Heian Go Dan

5th Kyu:

Green (White stripe) Heian Go Dan: 2 Bunkai & Ohyo and
Jutte

4th Kyu:

Green (Black stripe) Jutte: 2 Bunkai & Ohyo and
Jion

Brown belts are required to attend at least 60 classes between each kyu rank and are recommended to obtain a rulebook and learn the national official referee rules.

3rd Kyu:

Brown Belt Jion: 2 Bunkai & Ohyo and
Jiin

2nd Kyu:

Brown (White stripe) Jiin: 2 Bunkai & Ohyo and
Bassai Dai

1st Kyu:

Brown (Black stripe) Bassai Dai: 2 Bunkai & Ohyo and
Seienchin

Dan (Degree) Rank Kata Requirements

Students must pass the written national referee test with an 80% or better, prior to the Sho Dan Ho test. (Age 16+)

Sho Dan Ho:

Interim Black Belt: Seienchin: 2 Bunkai & Ohyo and
Kou So Kun Dai: 2 Bunkai & Ohyo

Record of Member's Ranking

Rank	Belt	Date	Examiner
	White (Start)		
12 th 級 kyu	White-Yellow Stripe		
	White-Orange Stripe		
	White-Blue Stripe		
	White-Purple Stripe		
	White-Green Stripe		
	White-Brown Stripe		
	White-Black Stripe		
11 th 級 kyu	Yellow		
	Yellow-White Stripe		
	Yellow-Orange Stripe		
	Yellow-Green Stripe		
	Yellow-Black Stripe		
10 th 級 kyu	Orange		
	Orange-White Stripe		
	Orange-Purple Stripe		
	Orange-Black Stripe		
9 th 級 kyu	Blue		
	Blue-White Stripe		
	Blue-Black Stripe		
8 th 級 kyu	Purple		
	Purple-White Stripe		
7 th 級 kyu	Purple-Black Stripe		
6 th 級 kyu	Green		
5 th 級 kyu	Green-White Stripe		
4 th 級 kyu	Green-Black Stripe		
3 rd 級 kyu	Brown		
2 nd 級 kyu	Brown-White Stripe		
1 st 級 kyu	Brown-Black Stripe		
初段補 Shodan Ho	Black		
初段 Shodan	Black		
段 Dan	Black		

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White Belt Terminology

Counting:

1.....Ichi	6.....Roku
2.....Ni	7.....Shichi
3.....San	8.....Hachi
4.....Shi	9.....Ku
5.....Go	10.....Ju

Commands and Statements:

Anza.....	Sit with your legs crossed
Domo arigato gozai mashita.....	Thank you very much
Hajime.....	Begin
Kamae.....	On guard
Kiai.....	Physical focus and mental concentration expressed in a spirit-unifying shout
Kiotsuke.....	Attention
Mawatte.....	Turn
Mokoso.....	Close your eyes to meditate
Naotte.....	Return to original position
Onegai shimasu.....	Please grant my request, do me a favor, I humbly ask you to teach me
Ossu.....	Push/Patience; I will try my hardest to do everything asked of me; I understand
Otagai ni.....	Face each other
Rei.....	Bow
Seiza.....	Sit on your knees
Yame.....	Stop
Yoi.....	Ready
Zanshin.....	Remaining mind; Awareness of your opponent

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White Belt Terminology

Uke - Blocks:

Age uke..... Upper block

Gedan barai uke..... Lower sweeping block

Yoko uke Side block

Uchi uke Inside block

Tsuki - Strikes:

Seiken zuki Fore knuckle punch

Oi zuki Stepping front punch

Gyaku zuki Reverse punch



Basic Hand Forms



正拳(Sei-ken)
Fist



拳槌(Ken-tsui)
Hammer Fist



平拳(Hira-ken)
Flat Fist



掌底(Shou-tei)
Palm



貫手(Nuki-te)
Gouge



背手(Hai-Shu)
Back of Hand



手刀(Shu-to)
Chop



裏拳(Ura-ken)
Back Fist



背刀(Hai-to)
Back Chop



肘(Hiji) = Elbow

White Belt Terminology

Dachi - Stances:

Heisoku dachi.....	Feet together stance
Musubi dachi.....	Closed stance
Heiko dachi.....	Parallel shoulder stance
Uchi hachiji dachi.....	Toes inward stance
Hachiji dachi.....	Toes outward stance
→ Shiko dachi.....	Side stance



Heisoku Dachi - Feet together, close toed stance.



Musubi Dachi - Closed stance, Heels together, open toed stance.



Heiko Dachi - Parallel shoulder stance, feet your hip width, toes straight.



Uchi Hachiji Dachi - Toes inward stance, Inner Japanese letter "Λ" stance, feet you hip width, toes inward.



Hachiji Dachi - Toes outward stance, (Sotohachiji Dachi) Outer Japanese letter "Λ" stance, feet shoulder width.



Shiko Dachi - Side stance, about double hip width

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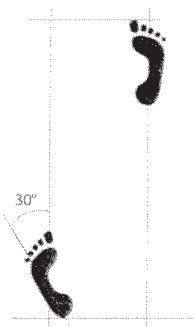
Dachi – Stances (Continued):

- Han zenkutsu dachi Half front stance
- Renoji dachi Back stance
- Zenkutsu dachi Front stance
- Kokutsu dachi Back knee bent stance
- Nekoashi dachi Cat stance



Han Kenkutsu Dachi - Half front stance,
Parallel stance hip width (natural
walking one step out length.)

Renoji Dachi - Back stance, Japanese
letter "r", back leg
straight, "re" in Katakana.

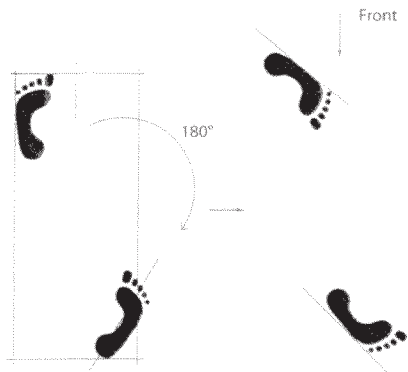


Zenkutsu Dachi - Front stance (front knee
bent stance) your hip width.

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Dachi – Stances (Continued):

- Kokutsu dachi Back knee bent stance
Nekoashi dachi Cat stance



Kokutsu Dashi - Back knee bent stance,
your hip width turn 180°



Nekoashi Dachi - Cat stance

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White Belt Terminology

Keri - Kicks:

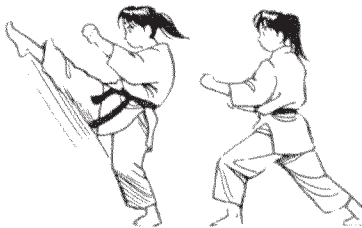
Mae geri.....	Front kick
Mawashi geri.....	Roundhouse kick
Yoko geri.....	Side kick
Ushiro geri.....	Rear kick

Levels:

Jodan.....	Face level
Chudan	Stomach level
Gedan	Lower level

Kata - Forms:

Taikyoku Shodan.....	Down block
Taikyoku Nidan.....	Side block
Taikyoku Sandan.....	Upper block
Taikyoku Yondan.....	Down block + Side block
Taikyoku Godan.....	Chop block + Front kick + Punch



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Heian Nidan	
Hand Techniques:	Gedan Shuto Barai Uke Kentsui Uchi Otoshi
Stances:	Nekoashi Dachi Shiko Dachi Zenkutsu Dachi Han Zenkutsu Dachi
Heian Sandan	
Stances:	Kokutsu Dachi Shiko Dachi Heiko Dachi, Suri Ashi
Hand Techniques:	Chudan Hiji Uke Chudan Ninoude Barai Uke Chudan Nukite Chudan Uraken Uchi Hijiate Waki Gamae
Heian Shodan	
Hand Techniques:	Jodan Kamae & Chudan Yoko Uke Chudan Uchi Barai Yoko Uchi Chudan Shuto Uke & Chudan Kamae Yonhon Tate Nukite Chudan Gyakuzuki Hiji-Sasae Uke

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Heian Yondan	
Stances:	Heisoku Dachi Kosa Dachi
Hand Techniques:	Chudan Kote Uke Gedan Kosa Uke Wakigamae Chudan Yoko Barai Chudan Hijiate Chudan Sukui Uke, Jodan Kamae Gedan Shotei Osae Uke Jodan Uraken Uchi Chudan Ni-ren Zuki Chudan Kakiwaki
Foot Techniques:	Hizageri Fumioroshi
Heian Godan	
Hand Techniques:	Chudan Hijiate Chudan Zuki Chudan (Kagizuki) Kamae Jodan Kosa Uke (Te Dori) Chudan yoko barai, Chudan zuki Chudan yoko barai, (kaishu) Chudan Hijiate Migi chudan yoko uke, Hidari chudan Kamae, Jodan yoko gamae, Gedan Kosa uke, Chudan hijisasae uke, Gedan barai uke, Jodan yoko gamae
Stances:	Kosa Dachi, Re no ji dachi, Ko kutsu dachi

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Jutte	
Hand Techniques:	Chudan Tsukami Gamae Chudan Haishu Uke Chudan Osae Uke Chudan Age Zuki Chudan Shokento Uchi Chudan Shuho Uchi Chudan Sukui Uke Morote Gakubarai Uke Migi Jodan Yoko Uke & Hidari Jodan Uraken Gamae Morote Chudan Uchi-uke Nigiri Kamae Morote Shotei Osae Uchi
Jion	
Hand Techniques:	Wa Uke Jodan Yoko Uke & Chudan Ura Zuki Morote Chudan Yoko Barai Chudan Barai & Chudan Zuki
Bassai Dai	
Hand Techniques:	Ken sasae Uke Tsuki Dome Chudan Kake Uke Chudan Nagashi Uke Morote Jodan Age Uke Morote Chudan Kentsui Uchi Morote Zuki Sukui Dome Kakete Uke

Title

正拳

(解題空手道)

空手道の業は、人なり。
心、正しからざれば、
業、また、正しからず、
業を、学ばんと欲すれば、
まず、心より学ぶべし。

鍛練

千日を、以って、
鍛とし、
万日を、以って、
練とす。
が、
勝負は、一瞬。

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範士 八段 三木 美濃武

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Title (Translation)

Sei Ken (Righteous Fist)

(The Art of Karate-do)

The execution of physical technique is by a human. Without ethics and morals, one's performance will never be right.

If one's physical execution seeks to be correct, one must first, foster their mind with ethics and morals.

Tan Ren (The training)

It takes one thousand days of monotonous physical training and then it's called training.

It takes ten thousand days of monotonous physical drills and then it's called physical discipline.

Execution will then take less than a split second.

Japan Karate-Do Organization
Shito-Ryu Hanshi 8th Degree Minobu Miki

日本空手道会 北辰系東流

Japan Karate-Do Organization, International HOKUSHIN SHITO-RYU Schools and Chief Instructors

UNITED STATES

JKO Carlsbad, CA Dojo HQ

Hanshi M. Miki, 8th degree

JKO Virginia, VA Dojo

Kyoshi Howard Smith, 7th degree

JKO Tennessee, TN

Renshi Ron Ervin, 7th degree

JKO San Diego, CA Dojo HQ

Shihan Dai Angela Miki, 4th degree

JKO Stockton, CA Dojo

Shihan Lim Sison, 6th degree

JKO Mountain View

Shihan Rob Alverais, 5th degree

JKO Iowa, IA Dojo

Shihan Dai, Dale Parker, 4th degree

JKO North Carolina, NC

Shihan Dai, ED Craft, 4th degree

Shihan Dai, Henry Norris, 4th degree

JKO Cincinnati, OH Dojo

Shihan Dai Kyle Quinn, 4th Degree

Sensei Mike Quinn, 3rd Degree

JKO Oceanside, CA Dojo

Shihan Dai, Jorge Lopez, 4th degree

JKO Lexington, VA Dojo

Shihan Dai, Tate Jarvis, 4th degree

JKO East Lake, CA Dojo

Sensei Luis Cortez, 4th degree,

JKO Kentucky, KY

Sensei Ron Brashear, 3rd degree

JKO Texas, TX

JKO Vallejo, CA

Sensei Raul Flaviano

INTERNATIONAL

JKO Mexico:

Shihan Pedro Lozano, 6th degree

Shihan Dai Benjamin Hernandez, 4th Degree

Chairman of Baja CA of Mexican federation

Shihan Dai, Francisco Martinez, 4th degree

Sensei Hector Ortiz, 4th degree

JKO Philippines

Shihan Lim Sison, 6th degree

JKO Italy

JKO Slovak / Czech Republic

JKO Argentina

JKO Brazil

JKO Germany

JKO Guatemala

JKO Japan

JKO Paraguay

JKO Romania

JKO South Africa

JKO Trinidad / Tobago