

Beginners Guide



WORLD
MARUDÀO
KARATE
ORGANISATION.

469 Adelaide Road,
Berhampore, NZ

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Welcome to New Members

Getting Started

People start Karate for many reasons such as increasing fitness, building self-confidence or being able to defend themselves. Whatever the reason for starting these things cannot be achieved overnight. Time and dedication is required to achieve your personal goals. Simply, the more you put into your training, the more you will get out of it.

You will find that the longer you train your stress levels will decrease, you will be more coordinated, confident and focused in all aspects of your life.

For those who are looking for physical competition or challenge, they will find it but, as Master Funakoshi said, *"The ultimate aim of the art of karate lies not in victory or defeat, but in the perfection of the character of its participants"*. As you train more with us you will find that this will be the ultimate aim in continuing on in karate.



Marudào Karate Founder



Shihan Tony Gaeta is the founder and Head of Marudào Karate.

Shihan Tony has over 40 years of martial arts training and has spent 15 years of that time overseas where he trained in different martial arts throughout South East Asia. Having won many tournaments in Kata, weapons and sparring both throughout NZ

and overseas Shihan Tony brings a wealth of knowledge and ability to his dojo and its students.

What does ‘Marudào’ mean?

Maru: The Japanese word Maru means circle.

Dào: The Chinese word Dào means the path or the way.
More importantly ‘to leave from’ and ‘to arrive to’.



The Marudào Emblem

The Marudào emblem is designed as a circle, to represent



growth, with an opening at the top showing there is always room for expansion and growth. If the top of the circle is closed, we stop learning. This leads to complacency and ego.

Inside the circle the arms are linked together to bring together the three principles of Marudào Karate.

The Marudào Principles

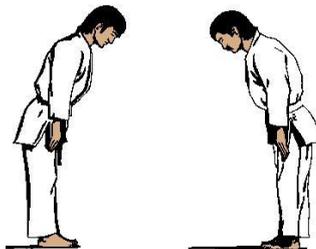
Marudào Karate is not just about the kicks and punches, it is based on the three principles of Ka-zoku | Family, Ai | Love and Shi-ji | Support. These are the foundations for training. As you continue in your



training the knowledge and understanding of the principles deepens along with the understanding that what we learn in the dojo can be taken into your day to day experiences.

Formalities in training

Marudào Karate is a martial art based in traditions of Japanese Karate and Chinese Wushu. It is not a sport or health club and there are certain formalities and procedures that we ask all students to observe while training. When you start training you may be uncomfortable with some of these formalities but given time you get used to them.



Because Marudào is based on traditional martial arts, the dojo formalities and etiquette are based on these customs. Almost all commands are given in Japanese, the counting is in Japanese and there is a lot of bowing to the shinzen (the focal point of the training hall or dojo) and to each other.

Bowing in the dojo is not an act of subservience and has no religious implications either but rather bowing is like saluting an officer in the army or navy in our western culture.

What to wear



You do not need expensive clothes or gear to train in. Wear comfortable clothes (shorts, track suit pants and tee-shirt) that will enable you to stretch, kick and punch. You will also train in bare feet.

However, if you decide to be more committed in your training (that is, train over a few years) then it is recommended that you buy a gi (karate uniform). You can purchase a gi are available at our front counter.

Grading System

In Marudào Karate, we believe it is better for students to learn the basics (punching, kick and blocking) in a controlled way before practicing on moving targets. The syllabus and grading system are designed to allow students to learn the fundamentals of karate prior to kumite (sparring).

The grading system is based on a ten kyu system whereby there are ten grades of belts that one must attain before going for black belt. The ten kyu grades used are;

Grade	Common Term	Time ¹
10 th Kyu	White Belt	3 Months
9 th Kyu	White Belt – Advanced	3 Months
8 th Kyu	Blue Belt <i>(Sparring for Adults)</i>	3 Months
7 th Kyu	Blue Belt – Advanced	3 Months
6 th Kyu	Yellow Belt	3 Months
5 th Kyu	Yellow Belt – Advanced	3 Months
4 th Kyu	Green Belt <i>(Sparring for Kids)</i>	6 Months
3 rd Kyu	Green Belt – Advanced	6 Months
2 nd Kyu	Brown Belt	6 Months
1 st Kyu	Brown Belt – Advanced	18 Months

Sparring Protection

In Marudào Karate you start sparring at Blue Belt for adults and green belt for kids. If you do not have the correct sparring gear then you should advise the instructor who has the discretion to excuse you from the session or allocate an alternative form of training.

Sparring gear consists of a minimum of:

- Gloves
- Mouth Guard
- Footpads (toes must be covered)
- Chest protection (for women)
- Groin Guard (for men)



¹ Time in grade if a student attends all classes, trains hard and understands the syllabus

All though not compulsory, it is also recommended you wear head protection when you first start.

Black Belt Grades

Black belts use the Dan system to distinguish the different ranks. Grading up through the ranks is by invite only. Shodan gradings are open for general viewing however after that the gradings are closed. When addressing a black belt, it is important to address them by the correct title.

Dan	Title	Meaning
First, Second or Third	Senpai	Senior
Forth	Sensei	Teacher
Fifth	Kyoshi	Senior Teacher
Sixth	Shihan	Chief Instructor or Master

Karate Concepts

Osu

The word OSU is a shortened form of the Japanese word ***Oshi Shinobu*** which means *Keep Patience*. This concept is very important for martial artists to understand. Some people who study the martial art give easily and quickly, and will find all kinds of reasons (excuses) why they should not train. This is not the way to study the martial arts, nor anything else that requires effort - and definitely not the way to study karate-do. You must have strong patience, for this is how you overcome difficulties, through a strong spirit and a strong OSU. Within the dojo, it can be used as a greeting or as a way to recognize that ***"I am here. I try hard, I respect and I won't give up"***. When you see a senior student, particularly a black belt, acknowledge them by saying OSU. This is **not an act of subservience**, but recognition of their knowledge, ability, and dedication to the particular martial art. Saying it loud and clear also reaffirms your commitment to train hard and improve yourself.

Dojo



This is the name given to a training hall where karate (or any other martial art) is practiced. It is a special place where we learn and grow through our training. The dojo has a shin-zen which is a little raised area at the end of the dojo. This is a symbolic centre of the training hall and when entering or leaving the dojo, face the shin-zen, bow and say OSU. This has no religious implication whatsoever, but only based on a Japanese custom of respect - respect to a place where people from all-walks-of-life, regardless of age, sex, capability or background come together to learn martial art.

Kiai

This is the loud yell we produce when we shout as we do our basic techniques hard and fast. Perhaps, one of the most common questions a person asks when coming into contact with karate for the first time is "Why do they shout when they kick or punch?" The funny thing is that the same person would not ask the same question when a discus thrower shouts as he/she throws the discus or when a weight-lifter yells as he lifts his weight. A roar-like shout is utilized in many sports today.

In karate, we 'kiai' because, explosively exhaling from the lungs at the right moment helps to tense the whole body, thereby adding power to the technique. A powerful kiai can also have a shock-like effect on an opponent's brain with a result ranging from distracting to temporarily freezing the opponent's ability to react. The kiai can also have the effect of frightening an opponent at the same time as building one's own courage, much the same as a battle-cry was used when charging the enemy. The Kiai and Kime go hand in hand and form the basis of the inner power utilized in karate.

Kime (Focus)

To obtain maximum power, one must focus all one's power at the moment of impact. This is done by first relaxing the body, then only the muscles required to perform the technique are brought into play, so that maximum acceleration can be obtained. If any other muscles are tensed, they will have a braking effect and the power in the technique will be reduced. At the moment of impact, one exhales, tenses the whole body and concentrates the mind so that they are one. The body is then immediately relaxed in preparation for the next technique.



Etiquette

Etiquette plays an important part in our training in Marudào Karate. It makes us aware of what is going on around us as well as reminding us of our responsibility in being part of society. Etiquette is just common courtesy, a basic feature of life which is noticeably missing from society today.



Etiquette must not be seen or interpreted as an act of subservience. You cannot respect others unless you can respect yourself first. For those who have no difficulty in practicing the dojo etiquette, you must respect other's discomfort in practicing some (if not all) of the etiquette rules required in the dojo. Like acquiring karate techniques, let them progress at their own pace.

Dojo etiquette is based on respect. Respect for *Shihan Tony* (Head of Marudào), *Kyoshi*, *Sensei* or *Senpai* is paramount. Acknowledge them by saying *Osu*. We are privileged to be able to train in this dojo and therefore our surrounds should also be respected. Some of the ways we show respect are;

- Before you enter the dojo, remove your shoes, hats and overcoats and bow saying *Osu* as you enter.
- If higher graded people enter the dojo with you, you should let them go first as a sign of respect for their grade. This includes going in and out of the changing rooms.
- Always *Osu* when a black belt enters the dojo or walks past you as a sign of respect and an acknowledgement of their experience. In most cases they also pass on their knowledge and experience to you when they instruct the class.

Starting Class

You are not permitted to leave a training session just any time you feel like it. Once the session starts, you must ask permission if you wish to leave for any reason. If you can only train for part of the session, inform the instructor at the beginning of the class so that



he/she can tell you to leave at a convenient moment without disrupting the class.

No jewellery of any type is allowed to be worn during class to avoid causing an injury, especially when engaged in an activity with a partner.

Lining up for class

When going onto the dojo floor let your senior go on before you and say *osu* as you enter the dojo floor. Always line up in order of grade, according to rank. If someone is in the same grade as you, then line up in the order of date graded and then by age (eldest first). When lining up always ensure that your lines are straight, that is, you are not standing ahead of your seniors.

When kneeling for the greet always go down onto the left knee first, then the right.

Kyu grades should kneel after the black belts.

Being Late to class

Always endeavour to be at class on time, it disrupts the class when someone is late. However, there are times when being late is unavoidable for genuine reasons, so being late to class is better than not being there at all.

If you are late, get changed and sit in *seiza* at the back of the dojo floor. Ensure that you are facing away from the *shinzen*, but your back is not to the *shinzen*, and wait to be acknowledged to join the class by the instructor.

Sometimes, you are asked to do a few press ups before you join the class. This is not a punishment but is a way of saying to the rest of the class *"I'm sorry I'm late, but I'm here now to train hard with you"*. When joining in, go to your normal place in the line up order.

When on the floor

There is no talking in class unless asked, it is a sign of respect that you listen to the instructor taking the class. Remember to respond with *osu* to any commands or instructions from your instructor. When moving to your place during the class always go around the class, never move through the middle of a line.

When told to partner up always partner your senior grade first. If they have a partner, that is, their senior grade, then your partner will be your nearest junior grade.

When in partners, the junior partner should always be the one to collect and return equipment, for example, punching bags. When joining or leaving your partner always greet and shake hands as a way of thanking him / her for the opportunity in working out together.

When told to sit down in class, sit in seiza unless told to sit relaxed.

When addressed in class personally (this includes being corrected) acknowledge that you have heard by answering "Osu". This is also a way of appreciating the fact that your instructor has taken interest in seeing that you do the techniques properly. There is nothing worse than being ignored in class, especially when you have been doing the techniques incorrectly.

Tidying up your Gi

Always keep your Gi clean and tidy. Repair any rips or tears. When on the floor, tidy your Gi when told to do so by your instructor. If you find it necessary to tidy your Gi during a class, raise your hand and when acknowledged ask permission to tidy up.



When tidying up your Gi go down onto your left knee and ensure that you are facing away from the shinzen, but that your back is not facing towards the shinzen.

After Class

Dojo comes from a word meaning "place of enlightenment". We respect this place by keeping it clean and tidy. All equipment and gear should be removed from the dojo floor after the class and put away.

The dojo includes the changing rooms, toilets and the warm-up and social areas. These should be kept clean and tidy at all times.

The dojo floor is wiped with rags after every class. It is the responsibility of the senior kyu grade in the class to start the cleaning of the floor.

If you see a senior doing any cleaning, offer to help them, or do the work for them.

Outside the Dojo



Just as etiquette plays an important part of our training, it is equally important outside the dojo. The principles and values of Marudào Karate such as family, love, support, remaining open to learning and being egoless are all completely transferable.

An example of this is when offering or receiving any object. This could be a weapon or, in a more social environment, a glass. It is Japanese tradition to offer or accept using two hands, which demonstrates trust and openness.

When addressing a Black Belt outside the dojo you should call them by their title, unless otherwise told by that person to refer to them on a first name basis.

When sitting for a meal or having drinks; it is common courtesy to wait until Shihan or other seniors, whoever is present at the time, has started first.

Absence from the Dojo

All students should make an effort to have your apologies passed on if unable to make your regular class.

Should you not be able to train for a period of time you should let the instructor know so that they are not left wondering if there is a problem. It is customary to maintain paying your fees while you are not training.

If you stop training for three months or more, it is a requirement and a sign of courtesy to wear a white belt upon your return. You will still maintain your position in the line up. By wearing your white belt you acknowledge your absence from the dojo and at the same time demonstrate your respect to your fellow karateka who have continued to train during your absence. Shihan or Kyoshi will inform you at the appropriate time when to begin wearing your coloured belt again.

How often should you train

When starting karate, you will be concentrating on learning basic techniques, getting fitter and more coordinated, so training once or twice a week is adequate during beginner and intermediate grades (10th -5th kyu). However, as you get to senior levels (4th kyu and above), you will be learning more advanced techniques which require more time. Training at least three times a week is highly recommended at higher grades. This is not only to maintain your fitness and technical skills, but also to learn and practice new skills required for each senior level.



At senior levels, training twice a week is known as maintenance training while training at least three times a week is progressive training. However, having said all that, it is also important that you maintain the balance of your quality time for other commitments in your life (family, friends, or work). You know such balance – your karate instructors don't.

Administrative Issues

Recording your classes

When you decide to join Marudào, you will be allocated a membership number which will be emailed to you. A computer is situated on the counter to record your classes. Use the following procedure to sign yourself into a class:

- Type in your number and password, then press ENTER.
- Read any sign-in messages, then press ENTER.
- Type in the number of your class(es) you will be doing, then press ENTER

Payment of Fees

Training fees are paid on a calendar month basis. If you only train for a portion of a month you still pay for the whole month, as expenses still have to be paid, for example, building rent, power and phone. You can also pay quarterly and yearly.

Marudào Karate accepts the following methods for payment of fees:

- Automatic Payments
- Cash
- Eftpos

If you wish to pay by Automatic Payment please download an Automatic Payment form.

Extended period of absence

If you are not going to be training for more than three months please notify Shihan Tony to place your membership on hold.

Contact

Founder and Head	Shihan Tony Gaeta (6th Dan)		
Honbu Address	469 Adelaide Road, Berhampore, Wellington, 6023		
Phone:	04 389 4605	Mobile	021 052 4493
email	tony@marudao.nz	Web	www.marudao.nz

Basics

Stances

Heisoku dachi	Closed Toe Stance
Heiko dachi	Parallel Open Stance
Shiko dachi	Sumo Stance
Zenkutsu dachi	Forward Leaning Stance
Tsuruashi dachi	Crane Stance
Nekoashi dachi	Cat Stance

Musubi dachi	Open-toes Stance
Fudo dachi	Ready Stance
Kiba dachi	Straddle Stance
Kokutsu dachi	Back Leaning Stance
Sanchin dachi	Pigeon-toe Stance
Kake dachi	Hooked Stance

Kicks

Mae geri	Front snap kick
Hiza geri	Knee kick
Kensetsu geri	Side kick to the knee
Ushiro geri	Back kick
Mae keage	Front Straight-leg kick

Mawashi geri	Roundhouse kick
Kin geri	Groin kick
Yoko geri	Side kick above the waist
Kake geri	Hook kick
Yoko keage	Side Straight-leg kick

Strikes and Punches

Seiken chudan zuki	Forefist Middle Thrust
Seiken jodan zuki	Forefist Upper Thrust
Seiken ago uchi	Forefist Jaw Strike
Seiken mawashi uchi	Forefist Roundhouse Strike
Gyaku zuki	Reserve Punch
Shuto ganmen uchi	Knife Hand Temple Strike
Shuto sakotsu uchi	Knife Hand Collarbone Strike
Shuto sakotsu uchi komi	Knife Hand Driving Strike
Shuto hizo uchi	Knife Hand Spleen Strike

Uraken shomen uchi	Inverted Fist Strike
Uraken sayu uchi	Inverted Fist Side Strike
Uraken hizo uchi	Inverted Fist Spleen Strike
Uraken shita zuki	Inverted Fist Low Strike
Uraken mawashi uchi	Inverted Fist Roundhouse Strike
Hiji jodan ate	Upper Elbow Strike
Hiji chudan ate	Middle Elbow Strike
Hiji age uchi	Rising Elbow Strike
Hiji oroshi uchi	Descending Elbow Strike

Commands

Mokuso	Close eyes
Mokuso yame	Open eyes
ni rei	Bow
Seiza	Kneel

Hajime	Begin
Naore	Return to ready position
Kiai-te	Do techniques with a shout
Yoi	Ready to begin

Parts of the Body

Ago	Jaw
Ganmen	Face
Atama	Head
Ashi	Leg
Hisa	Knee
Kin	Groin
Shotei	Palm Heel
Chudan	Abdomen Level
Chusoku	Ball of Foot

Ken	Fist
Koken	Wrist
Hiji	Elbow
Goshi	Hip
Uraken	Inverted Fist
Tai	Body
Kaka	Heel
Teisoku	Arch of Foot
Kaka	Heel

Jodan	Head Level
Gedan	Groin Level
Haisoku	Instep
Sokuto	Foot Edge
Seiken	Fore fist
Shuto	Knife hand
Tettsui	Edge of fist
Haito	Inner Knife hand

Commonly used terms

Gi	Karate Uniform
Obi	Belt
Uke	Block
Gyaku	Reverse

Kiai	Yell
Kata	Form
Tsuki	Strike
Dachi	Stance

Ibuki	Exhaling Strongly
Kumite	Sparring
Geri	Kick
Uchi	Inside

Mae	Front
Soto	Outside

Ushiro	Back
Hidari	Left

Migi	Right
Mawate	Turn around

Counting

Ichi	One
Ni	Two
San	Three
Shi	Four
Go	Five
Roku	Six
Shichi	Seven
Hachi	Eight
Ku	Nine
Ju	Ten

Ju-Ichi	Eleven
Ju-Ni	Twelve
Ju-San	Thirteen
Ju-Shi	Fourteen
Ju-Go	Fifteen
Ju-Roku	Sixteen
Ju-Shichi	Seventeen
Ju-Hachi	Eighteen
Ju-Ku	Nineteen
Ni-Ju	Twenty

Ni-Ju-Ichi	Twenty One
Ni-Ju-Ni	Twenty Two
Ni-Ju-San	Twenty Three
Ni-Ju-Shi	Twenty Four
Ni-Ju-Go	Twenty Five
Ni-Ju-Roku	Twenty Six
Ni-Ju-Shichi	Twenty Seven
Ni-Ju-Hachi	Twenty Eight
Ni-Ju-Ku	Twenty Nine
San-Ju	Thirty

Ju	Ten
Ni-Ju	Twenty
San-Ju	Thirty
Yon-Ju	Forty
Go-Ju	Fifty
Roku-Ju	Sixty
Nanna-Ju	Seventy
Hachi-Ju	Eighty
Ku-Ju	Ninety
Hyaku	One Hundred

