



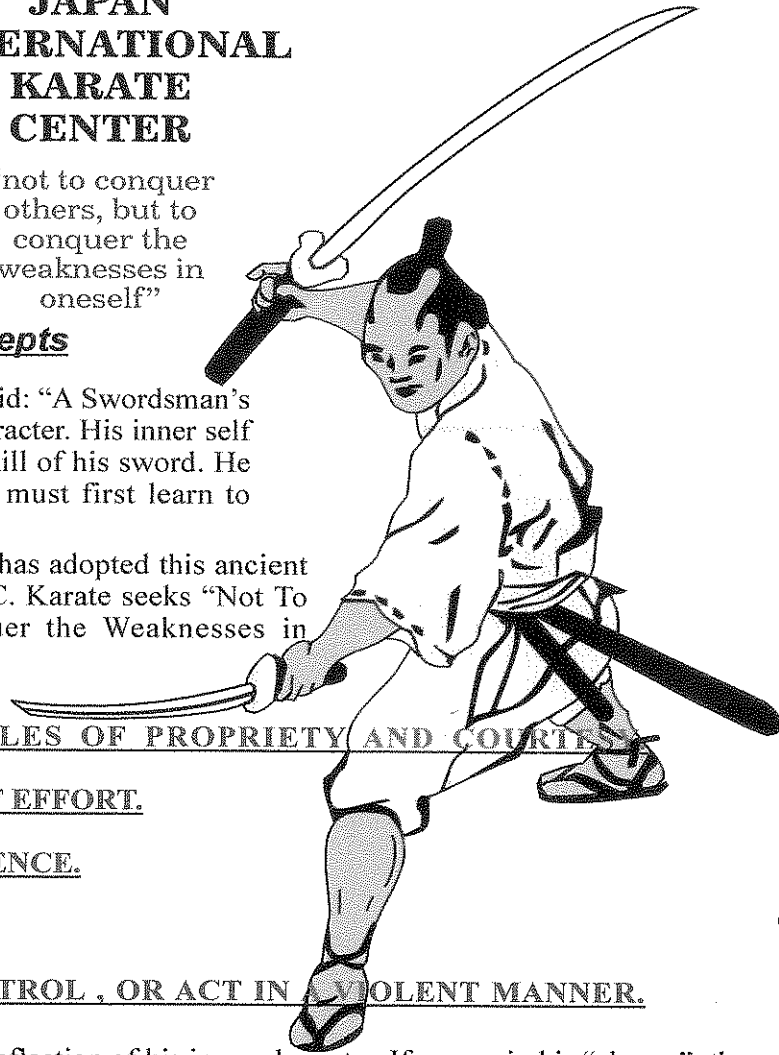
JAPAN INTERNATIONAL KARATE CENTER

"not to conquer
others, but to
conquer the
weaknesses in
oneself"

The J.I.K.C. Dojo Precepts

An Ancient Swords Master once said: "A Swordsman's skill is a reflection of his inner character. His inner self is measured by the strength and skill of his sword. He who desires to master his sword must first learn to master himself".

Japan International Karate Center has adopted this ancient wisdom and reinforce that, J.I.K.C. Karate seeks "Not To Conquer Others, But To Conquer the Weaknesses in Oneself".



- 1: UPHOLD THE PRINCIPLES OF PROPRIETY AND COURTESY.
- 2: CULTIVATE THE SPIRIT OF EFFORT.
- 3: PERFECT A MIND OF PATIENCE.
- 4: LIVE THE WAY OF TRUTH.
- 5: DO NOT LOSE SELF-CONTROL , OR ACT IN A VIOLENT MANNER.

A person's outward technique is a reflection of his inner character. If your mind is "sloppy", then your techniques become "sloppy". Likewise, if your character is "neat", then precise techniques follow. This means that character influences techniques. On the other hand, when through practice your techniques become "neat", "effective", and "strong", this develops your character to become "neat", "orderly" and "strong". This is the most significant part of J.I.K.C. Karate Learning.

The body and mind are inter-related. The mind controls the body much as the body controls the mind. This is known in Martial Art as "SHIN-GI-ITTAI". Understanding and practicing the J.I.K.C. Dojo Precepts to build strong mental and moral character will influence the body to develop strong and precise techniques. And as a person, by earnest effort and desire to learn, develops precise and effective techniques, this effort likewise influences the improvement of his total self.

An important part of this learning is that rather than concerns you with winning or losing to others, concentrate instead on overcoming yourself. True winning come from overcoming your own weaknesses such as laziness, impatience, negativeness, self-centeredness, etc. Overcoming these weaknesses you become a winner of life itself. This is the essence of the J.I.K.C. Dojo Precept, and this is what J.I.K.C. Karate is all about.

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KNOWLEDGE & SKILLS REQUIRED FOR JIKC WHITE BELT PERFORMANCE EXAM

Knowledge: Should know the following and be able to answer -

Purpose of seiza? Orderliness and humbleness for the mind and body
 Purpose of JIKC Karate? Not to conquer others, but to conquer the weakness in oneself
 Three factors of mental strength? Seriousness, Try hard, Never give up

Sensei? Teacher
 Shihan? Teacher of teachers
 Senpai? Assistant teacher or senior student
 Dojo? A Place of Learning
 Gi? Karate Uniform
 Obi? Belt
 First color of belt? White
 Last color of belt? Black
 Three meanings of Osu? 1) Hello (Greeting/goodbye, yes/no, I understand), 2) to show spirit, 3) to say thank you (show appreciation)
 Seiza? Proper way of sitting in the dojo
 Souke? Founder of our school

Skill: Should be able to follow commands and to perform techniques without assistance

<p>Commands: Seiza – Move into Formal Sitting Position (in 4 counts) and 2 counts back to lineup Bow–Rei Line Up–Heels together, hands at side (<i>Kiyotsuke</i>) Yame – Stop, go back to <i>yoi</i> Yoi – Move to Ready Position From line-up position hands cross in front and left foot moves one shoulder width out. As the weight shifts to even onto both feet, hands come down waist high. Outside of feet are straight with toes turned slightly in.</p>	<p>Techniques– Waza Basic #1: All from <i>Yoi</i> (ready position)</p>	<p>Basic breathing exercise Basic focus and <i>kiai</i> Parallel Punch – Heiko Zuki Two Hands Punch – Morote Zuki High Punch– Jodan Seiken Zuki Middle Punch--Seiken Zuki High Block--Jodan Uke Outward Middle Block– Chudan Soto Uke Low Block--Gedan Barai Snap Kick (from Yoi) Mae Geri</p>
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Counting:

1= ichi	6= roku
2= ni	7= hichi
3= san	8= hachi
4= shi	9= ku
5= go	10= jyu

Danger Zone – Look out for Disobedience and Arrogance: An attitude that one is above learning certain things.

Meaning of White Belt: Purity and Humbleness

OPENING AND
CLOSING CEREMONY

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<u>Questions from Sensei</u>	<u>Answers from Individual Students</u>	<u>All Dojo</u>
Purpose of seiza?	Orderliness and humbleness for the mind and body. <i>Osu</i>	Repeat
Purpose of mokaso?	(opening) To warm up the mind for training hard. <i>Osu</i> (closing) To warm down the mind after training hard. <i>Osu</i>	Repeat
Purpose of JIKC karate?	Not to conquer others but to conquer the weakness within oneself. <i>Osu</i>	Repeat
JIKC Dojo precepts?	<ul style="list-style-type: none"> ▪ Uphold the principles of propriety and courtesy. <i>Osu</i> ▪ Cultivate the spirit of effort. <i>Osu</i> ▪ Perfect the mind of patience. <i>Osu</i> ▪ Live the way of truth. <i>Osu</i> ▪ Do not lose self-control or act in a violent manner. <i>Osu</i> 	Repeat Repeat Repeat Repeat Repeat
Three basic factors for mental strength?	<ul style="list-style-type: none"> ▪ Seriousness. <i>Osu</i> ▪ Try hard. <i>Osu</i> ▪ Never give up. <i>Osu</i> 	Repeat Repeat Repeat
Three basic factors for mental attitude?	<ul style="list-style-type: none"> ▪ Initiative. <i>Osu</i> ▪ Responsibility. <i>Osu</i> ▪ Pride. <i>Osu</i> 	Repeat Repeat Repeat
Three basic factors for relations with others?	<ul style="list-style-type: none"> ▪ Appreciation. <i>Osu</i> ▪ Consideration. <i>Osu</i> ▪ Unity. <i>Osu</i> 	Repeat Repeat Repeat
Shomen Ni Rei	Bow to the Dojo to show respect for our way.	<i>Osu!</i>
Otagai Ni Rei	Bow to each other to show respect between students and Sensei.	<i>Osu!</i>



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BASIC TECHNIQUE SETS

The “ABC” of Karate! JIKC Basic Technique from Yoi Stance.

<p>Basic #1: <i>(Beginner)</i></p> <p>Straight Punch - Seiken Tsuki High Block - Jodan Uke Outward Middle Block - Chudan Soto Uke Inward Middle Block - Chudan Uchi Uke Low Block - Gedan Barai Open Hand Block - Shuto Uke Front Snap Kick - Mae Keagi Geri</p>	<p>Basic #2: <i>(Beginner)</i></p> <p>Closed Hand Block - Morote Uke Hammer Strike - Tettsui Round Block - Mawashi Uke Elbow Block - Hiji Uke Back Hand Strike - Uraken Scooping Block - Sukui Uke Round House Kick - Mawashi Geri</p>
<p>Basic #3: <i>(Novice)</i></p> <p>Vertical Punch - Tate-zuki Reverse Punch - Ura-zuki Hook Punch - Kagi-zuki Roundhouse Punch - Mawashi-zuki Rising Punch - Age-zuki Scissor Punch - Hasami-zuki Side Snap Kick - Keage Yoko Geri</p>	<p>Basic #4: <i>(Intermediate)</i></p> <p>High Spear Hand - Jodan Nukite Middle Spear Hand - Chudan Nukite Open-Hand Inward Strike - Shuto Uchi Open-Hand Outward Strike - Soto Shuto Uchi Upward Elbow Strike - Tate Empi Uchi Side Elbow Strike - Yoko Empi Uchi Back Elbow Strike - Ushiro Empi Uchi Front Round Block - Mae Mawashi Uke Back Kick - Ushiro Geri</p>

<p><i>Beginner (0 - 9 month)</i></p> <p><i>New Student White Belt Yellow Belt Orange Belt</i></p>	<p><i>Novice (9 - 17 month)</i></p> <p><i>Purple Belt Green Belt Blue Belt</i></p>	<p><i>Intermediate (17 - 27 month)</i></p> <p><i>3 Kyu Brown Belt 2 Kyu Brown Belt 1 Kyu Brown Belt Pre-Shodan Red Belt</i></p>	<p><i>Advanced (27+ month)</i></p> <p><i>Black Belt</i></p>
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Rule & Etiquette for the JIKC Dojo

1. Avoid Eating heavy at least one hour before karate training.
2. Be at the Dojo at least 10 minutes before class time.
3. Always wear a proper clean “Gi” for training. Shorts are not considered proper attire. “JIKC Karate T-Shirt” is O.K. Traditional White uniform is the proper “Gi” for JIKC. Women must wear a “T-Shirt” or “Tank-Top” under their Gi-top.
4. All uniforms must be kept clean and in good condition. Students are required to replace their “Gi” as necessary. It is a good idea to keep an extra uniform.
5. Student may practice with lightweight footwear in the Dojo.
6. Shoes and slippers that are removed before training should be neatly placed in the proper designated area.
7. Students are responsible for their training gear and should not abuse it in any way.
8. Any training gear in the Dojo will be treated with respect and only used with the permission of the Sensei, this includes weapons, training bag, pads, equipment, and even others student gear.
9. All students are responsible for personal hygiene, ;;;i.e., bodies clean, nails trimmed.
10. Students must not wear any type of jewelry or sharp objects when training.
11. Line-up, Bow and say “Osu” when entering and exiting the training.
12. Always greet your instructors with a strong “Osu”, their title and name. (Example: Osu! Sensei Roy, Osu! Sensei Marha, Osu! Sensei Michael, Osu! Sensei Robert, etc)
13. Greet each others with a strong “Osu”.
14. Student will show proper respect and attitude at all times.
15. There is to be no loud or excessive talking in the Dojo. There will be no talking in the training area while class is in session.
16. Students in class will always sit in the formal karate position of “Seiza”. (Do not show laziness in the Dojo, like leaning on the wall)
17. Never leave the training floor without permission from the Instructor in charge.

Rule & Etiquette for thr JIKC Dojo

18. Always follows the instructions.
19. During class, students will direct questions and comments to the instructor only at the proper times.
20. When arriving late for class, follow these procedures:
 - a. Enter the training area quietly and sit in “Seiza” in the back of the class.
 - b. Quietly go through the “Opening Class Ceremony”.
 - c. Remain in “Seiza” until the Instructor asks you to join the class.
21. Take the initiative to help lower ranking students, when they need help.
22. Do not bring food or drink onto the training area of the Dojo.
23. Do not leave any food, food container, and drink or drink container in or on the Dojo premises.
24. Student must attend classes at least twice a week in order to test on time. All missed classes, must be made up. Please call the Dojo if you are going to miss class. (Common courage)
25. Home training will made a difference in the Dojo training. Practice, Practice, and Practice.
26. As a JIKC Student, you should always be representative of JIKC, Its philosophy and precepts in the Dojo, Home, School, and in the general public.
27. **REMEMBER THIS IS YOUR DOJO! TAKE PRIDE IN IT!**

