

MAINE TRADITIONAL KARATE, LLC DOJO HANDBOOK



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BRANCH OF THE ELLSWORTH HAMEL DOJO

A Note from your Sensei

Welcome to the Maine Traditional Karate-Do. You have made a wise decision by deciding to study the Matsumura system. It is one of the oldest forms of Karate in the world, and we are fortunate to have a direct access to the highest rank in the world in Matsumura Karate style. Fusei Kise is the 10th degree master of our system. You are a beginner! It is difficult being a beginner in anything. However, within a couple of classes, you will perform more comfortably, so hang in there and let's start working on what you came to the dojo for.....to train!

You will notice that the class works vigorously at what ever they are doing. This is the fashion in which Karate is practiced and the key to benefit from this art. Karate is not by any means a gift nor something that can be gained through politics. Karate is indeed an accomplishment. This accomplishment is something only you can gain by attending class regularly, training hard, and paying strict attention to the Sensei's teachings. As time goes on, you will gain from Karate what you put into it and nothing more.

If you have any problems or do not understand a particular tradition, technique, exercise, ect. Feel free to ask for assistance from one of the upper ranking belts. It is their obligation and honor to assist you.

We are looking forward to having you as a student in our dojo as it takes a special person to be a Karate student. It takes a person with high moral, values, desire and respect for one's self and others. If you wish to be one of these people, you can. It is up to you!

Yours in Karate –Do,

Sensei Apsega, Sandan

BASIC VOCABULARY & TERMINOLOGY

Karate terms:

1. **Karate**- empty hand or the art of fighting empty hand
2. **Karate-do**; the traditional way of karate
3. **Dojo**- place or school where karate is taught
4. **Hanshi**- a karate instructor holding the rank of 9th or 10th degree black
5. **Shihan**- a karate instructor holding the rank of 7th degree or above
6. **Sensei**- a karate instructor holding the rank of 4th degree or above
7. **Sempai**- a karate instructor holding the rank of 1st degree and 3rd degree
8. **Karateka**- a student that practices the art of karate.
9. **Kobudo**- the use or practice of traditional Okinawan weapons (farm tools)
10. **Kata**- a series of moves performed at various angles against an opponent
11. **Kumite**- sparring or fighting another person with empty hand or weapons
12. **Kiai**- Sharp yell, comes from the low stomach area
13. **Kyu**- a rank below black belt
14. **Gi**- uniform worn by a karate student while training.
15. **Obi**- a belt worn to signify one's rank in karate
16. **Dan**- Degree or rank of black belt
17. **Name of the style**- Shorin-Ryu Matsumura Karate & Kobudo
18. **Shorin-Ryu**: Little pine forest style, **Ryu** means methods of learning in Shaolin School.
19. **Kenshin Kan**- a place in which to study the Karate-do for the essence of human nature and humanity. (heart, fist, and place)
20. **Name of the Federation**-Okinawa Shorin-Ryu Matsumura Karate & Kobudo Federation. (**OSMKKF**)

Other terms:

1. **Judo**- the martial art primarily involving throwing and grappling
2. **Jujutsu**- the martial art primarily involving punching, kicking, throwing, and takedowns.
3. **Tuide**-the secret art of pressure points and takedowns.

Note: a combination of Karate and Judo came from the tuide.

Weapons in this system:

1. **Sai**- metal three pronged weapon, used to pick yams in Okinawa
2. **Bo**- a six foot stick, used to carry water in the fields of Okinawa
3. **Kama**- short handled tool with sharp blades for cutting grass in Okinawa

Bowing in ceremony terms :(beginning of the class said by the highest rank)

1. **Seiretsu**-(say-de-tsu) "line up"
2. **Ushiro O Muite Gi Toh Obi O Naosu**: (u-she-doe-O moo-ee-tay gee to obi o nay-o-sue) "turn fix your obi and gi"
3. **Shomen**- (show-men) "turn face the front"
4. **Seiza**-(say-za) "Kneel down"
5. **Sensei Ni Rei**-(sen-say knee ray) "bow to Sensei"
6. **Onegai Shimasu**- (said at the beginning of class) "please teach me"
7. **Domo Aragato Goziamashita**-(said at the end of class) "thank you very much"
8. **Do-i-tai-she-ma-she-ta**: Sensei says you very welcome

other terms:

1. **Rei**- to bow
2. **Kioski**- attention, prepare to bow
3. **Yoi**- ready or to prepare
4. **Kamai**- to set, have posture
5. **Hajime**- to begin
6. **Yame**- to stop

Greetings of the day:

1. **Ohayo Goziamashita**- "good morning"
2. **Konnichi Wa**- "good afternoon or good day"
3. **Konban Wa**- "good evening"
4. **Mata Ashita**- "see you tomorrow"
5. **Sayonora**- "good bye"

other important terms to remember:

1. **Three main groups of Okinawan karate-do**
 - Shuri-Te
 - Tomari-Te
 - Naha-Te

2. Japanese counting (1-10)

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

3. Four reasons why we kiai?

- Keep the wind from getting knocked out
- Intimidate or scare your opponent
- Gives you extra power
- *spirit call*

4. Three things done when you are doing your kata or exercises

- look**
- step**
- move**

PROTOCOL

The traditional protocol that is described below is a part of a culture very different from ours in the United States and may take time to understand and get used to. The etiquette of the Okinawan culture has strong roots and is the key to one of the biggest factors in karate-respect.

If the rules typed here do not cover a particular situation, do not panic! Do what you would consider to be the most respectful and polite thing to do. If unsure, ask one of the Sempai in class and he or she will be more than happy to assist you.

Above all, train hard and enjoy the teachings of your Okinawan Karate-do endeavor.

BOWING

1. Always bow to acknowledge Sensei and greet him, i.e. Good morning, Good afternoon, Good evening.
2. Always bow with eyes down, your hands in an open position to your side and your heels together.
3. Do not slap your thighs when bowing.
4. Bend at the waist about 30 degrees.
5. Do not turn your back after bowing to a black belt. Step back about 3-4 steps then turn and continue walking.
6. Always bow and say thank you after receiving instructions or corrections.
7. Always face Sensei and bow when he is entering or leaves the dojo. The highest ranking student will call the class to

attention when Sensei enters or leaves. If Sensei is not expected in class, or if there are many high ranking black belts attending class, bow and greet only the highest expected black belt.

8. Always bow to the front when entering or leaving the dojo, even if only going into the bathroom.
9. Never bow with your eyes straight ahead or hands in a fist. You should bow with your eyes straight ahead when facing an opponent in tournament kumite.

GI AND OBI

1. Your obi should never be placed on the ground. Avoid letting your obi touch the ground while tying it around your waist. The belt is a symbol of the style and of your own work and should be treated with respect.
2. If your gi or obi comes undone or loose during class, you must readjust them. Never face a higher ranked student while adjusting or tying your gi or obi. If you are surrounded by higher ranking students and can not move; kneel down to adjust your belt.
3. Do not wear your obi outside the dojo; this is considered a form of Bragging.
4. Be sure that your obi is always tied properly and is always tight at the knot.
5. A complete white gi must be worn, including an obi. Only Black belts may wear a combination of black and white. Only Sensei may wear a complete black gi.
6. Gi's must be kept clean. Do not wash your obi; washing will cause Unsightly bunching.

SHOWING RESPECT FOR YOUR INSTRUCTORS

1. When Sensei is teaching or observing the class, never walk between Sensei and the class.
2. During break Sensei should receive water first then all the sempais.
3. Only Sensei will decide if you are ready for testing. It is highly disrespectful for a student to ask if they are ready.
4. Instructors that are First to Third Dan are referred to as Sempai; those that are Fourth to Sixth Dan are Sensei. Our head instructor is Sensei Steve Apsega.
5. Never disagree with higher ranking students.
6. When handing weapons to Sensei or other higher ranking students, always hand the handle or grip first so that you are at the disadvantage.
7. Sensei should always come first at all functions both inside and outside the dojo.
8. Show proper respect to Sensei and upper ranking students.
9. The chain of command shall be observed and respected. That is, Sensei or the highest ranking student makes decisions which shall be observed by all other karateka in class.

DOJO ETIQUETTE

1. When sitting on the floor, sit crossed-legged and never show the bottoms of your feet.
2. If you should get to class late and the class is bowing in, follow along in your street clothes then quickly dress into your gi.
3. After changing (see #2), wait in the back of the class at attention until you are recognized and allowed to join the class
4. Receiving a certificate, belt, ect. When your name is called, respond with a loud "Hai!" (yes) to indicate your presence. Walk quickly behind the line you are in (to the left) and up to the front. Stop and bow. Walk across to the middle of the front line, stop and bow, approach Sensei in a straight line and receive your certificate, belt, ect. with both hands, back up 3-4 steps then bow. Back up to the left corner of the front row then bow again. Turn and go back to your space in line. Do not place your certificate, belt, ect. On the floor, even when bowing at the end of class. Place them on your lap instead.
5. Footwear is not allowed of the mats in the dojo; shoes should be placed on the foot rack neatly.
6. The dojo is to be kept neat; clean and respectable at all times.
7. Do not lean on or against walls, weapons rack, ect.
8. Do not touch or use anyone else's weapon's without their permission.

9. Do not ask or question katas, techniques, ect. That are above your rank.
10. Idle talk and horseplay will not be tolerated.
11. Students are expected to pay strict attention, listen to instructions and train hard during class.
12. Students will not be permitted to boast or brag of their ability or strength inside or outside the dojo.
13. Refrain from making critical comments about other styles, dojos, or Instructors.
14. Always conduct yourself in a formal and respectful manner at all times.

SAFETY RULES

1. Mouthpiece and hand protection are required when participating in kumite, as well as groin protection.
2. No techniques directed to the head(face, throat/neck) groin, knees, joints, back(spine or kidneys) are allowed. The target areas are clearly that which is discovered by the gi top, with the above exceptions. No techniques are to be executed below the belt during sparring.
3. No jewelry is to be worn during class as it could cause injury.
4. Good personal hygiene is to be observed.
5. Fingernails and toenails are to be kept trimmed and short.
6. Never show unnecessary roughness or show an ill temper during class.
7. Safety is to be the #1 priority in every student's mind at all times.

PRIVATE KARATE LESSONS AGREEMENT
MAINE TRADITIONAL KARATE, LLC

Private Karate Lessons are made available to each and every student. Fees for the private lessons are subject to affordability and or resources. Private Lessons will be arranged at the convenience of the instructor and the student. The instructor pledges that he or she will be available at scheduled time and date unless ample notification has been given to the student for cancellation. If the instructor does not give ample notification and the student shows up at the scheduled time, then the student will receive a **FREE PRIVATE LESSON**. In addition, if the student does not give proper notification to the instructor and the instructor is available at the scheduled time, the student will be responsible for payment of that **PRIVATE LESSON FEE**. Consideration of the student and instructor with regard to cancellation of the private lesson is absolutely essential. The instructor and the student must be given time to make other arrangements if cancellation is necessary.

Yours in Karate-Do,

Sensei Steve Apsaga, Sandan

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Addendum was implemented on 3/7/07

ADULT FEES

Monthly Class Fees	Monthly (1- night per week)	2 or more classes	3- Month (1 -night per week) save \$20.00	3- Month (2-nights per week) save \$25.00
1 st Adult	\$70.00	\$90.00	\$190.00	\$245.00
2 nd and 3 rd Adult	\$60.00	\$75.00	\$180.00	\$225.00

YOUTH FEES

Monthly Class Fees	Monthly (1- night per week)	2 or more classes	3- Month (1 -night per week) save \$20.00	3- Month (2-nights per week) save \$25.00
1 st Youth	60.00	\$75.00	\$160.00	\$200.00
2 nd and 3 rd Youth	\$55.00	\$70.00	\$160.00	\$200.00

Membership dues to the O.S.M.K.K.F. will now be the responsibility of each individual student. There will be an annual fee of \$24.00 per person due January 1st of each year. This fee goes directly to Grand Master Kise, and helps maintain the day to day operation of the Federation.

Membership Benefits

Direct link to Hanshi Kise (with all rights & privileges)

Open invitations to all OSMKKF events, i.e. Hanshi's annual visit, all dojo workouts with Shihan Lazarus, 7th Dan, tournaments, and seminars. (note: does not include event fees or gratuities)

New certification fees for the United States		
Rank	Junior rank fees	Adult rank fees
White belts (12-10 kyu)	15.00	15.00
Blue belt (9 kyu)	35.00	35.00
Blue belt (8-7 kyu)	30.00	30.00
Green Belt (6 kyu)	40.00	40.00
Green Belt (5-4 kyu)	35.00	35.00
Brown Belt (3 kyu)	50.00	50.00
Brown Belt (2 kyu)	50.00	50.00
Brown Belt (1 kyu)	55.00	55.00

Effective October 1st, 2005

KARATE CREED

"I COME TO YOU WITH KARATE.
MY HANDS ARE EMPTY, BUT I
FEAR NO MAN. SHOULD I BE
FORCED TO DEFEND MYSELF, MY
HONOR, OR MY PRINCIPLES;
SHOULD IT BE A MATTER OF
RIGHT OR WRONG, LIFE OR
DEATH-THEN HERE ARE MY
WEAPONS, MY EMPTY HANDS."