

# TSA Karatedo Syllabus 2020-2021

Karatedo at TSA is taught as a traditional Japanese martial art. Students will be learning Goju Ryu (Hard Soft Style) which is one of several traditional Okinawan/Japanese styles that is practiced around the world. You will be expected to fully participate in all of the following activities:

1. **Preparation** (Junbiundo, 準備 運動 ) – Every class students will prepare themselves for Karatedo training by stretching their muscles and tendons, and strengthening their bodies by doing exercises such as sit-ups, pushups, etc.
2. **Basics** (Kihon, 基本) – Students will regularly practice the basic techniques of karatedo – blocks (uke 受け), kicks (keri 蹴り), punches (tsuki 突き), strikes (uchi 打ち), and stances (dachi 立ち). Along with the basic techniques, students will practice the movement (ido 移動) which is used in traditional karatedo.
3. **Art** (Kata, 型) – The word Kata means *form*, and it is used in many Japanese arts including Chado (the Tea Ceremony), Kabuki (theater), Iaido (sword), Judo, and Karatedo. The kata that students will be studying come from Goju Ryu (剛柔流) or Hard-Soft Style which was developed by Chojun Miyagi Sensei. However, it must be noted that whereas kata is an art form, it is not a dance or theatrical performance. It must be performed with a demonstration of an understanding of the principles of the self-defense techniques it contains.
4. **Self-Defense** (Bunkai, 分解) – Karate is a martial art and cannot be separated from its self-defense origins. Bunkai is the analysis and application of the self-defense techniques which are often disguised or hidden within each kata. To some extent, students will practice these Bunkai applications in prearranged scenarios (yakusoku kumite).
5. **Sport** (Jiyu Kumite, 組手) – In order for the student of karatedo to experience the feeling of a self-defense situation in a safe environment, students will engage in free sparring (jiyu kumite).
  - When engaging in Jiyu Kumite (free sparring), the USANKF or the Japan Karatedo Federation (JKF) Goju Kai rules regarding target areas, contact, scoring, etc. will be observed.
  - The USANKF is the US Olympic Committee's National Governing Body for sport karatedo. This organization's web site is [www.usankf.org](http://www.usankf.org)

- The JKF is the oversight body for all of the styles of Japanese karatedo, and the JKF Goju Kai is a member of this organization: [http://www.karatedo.co.jp/jkf/jkf-eng/e\\_index.htm](http://www.karatedo.co.jp/jkf/jkf-eng/e_index.htm)
- **Mouth-guards** (for all participants) and **cups** (for males) are required. Other safety equipment will be provided by TSA.
- These two slightly different formats for sparring have been proven to be safe. Target areas are limited to the head, abdomen, and back. Furthermore, only skin-touch contact is allowed to the face and head. However, we realize that some parents/guardians may not want their child to participate in sport kumite (sparring) due to a medical condition. If you desire to opt out of this activity, please indicate that by signing on the final page.
- **Required Performance** – All students will be required to participate in a required public performance of both kata and kumite. This Shiai will be in the Toledo area and will be sponsored in part by TSA Great Lakes Seiwa Kai. Failure to participate will result in the student writing a fifteen paragraph essay for partial credit. Writing about karate is not commensurate to participating in karate. “One can talk about water, but the mouth never becomes wet.”
- Additionally, TSA students will be eligible to participate in selected karate tournaments and seminars. At these events, students will be helped and coached by an experienced black belt instructor. However, tournament fees and transportation to and from the event is the responsibility of the student. This activity is not a requirement of the TSA karatedo class. Sport competition is offered as an extra benefit for TSA students.

6. **Self-Improvement** – The goal of all education, including an education in the martial arts, should be to improve the character of the participants. Karatedo Master, Gichin Funakoshi, expressed this concept succinctly when he explained: "Each person must strive for the perfection of one's character." To this end, several things will be expected of you.

- Show Respect: 空手道は礼に始まり礼に終る事を忘るな  
“Karatedo begins and ends with respect.” This is a belief that permeates throughout the entire traditional martial arts community. Respect is demonstrated by a bow (礼). We will bow three times at the beginning and the end of each class, and you will be expected to participate in this practice. Moreover, you will be expected to demonstrate respect to all of the people in your karatedo class.

- Give Your Best Effort: Students are expected to dress for class every day, and participate to the best of their ability. If you are ill or injured you will be expected to participate to the degree that your illness or injury permits. Only a doctor's note or a note from the school medical authority can excuse a student from participation. Choosing to not participate in class three times in any single grading period, without a note from a medical official, may result in a failure for that grading period.
- A traditional **all white** karate gi (uniform, 着) is required for class. This can be borrowed from TSA or purchased by the student at a reduced cost. (A separate order form has been given to each student.) Not dressing in a gi for class may result in a deduction from your participation grade for that day.
- Take Responsibility: Each person is responsible for his or her behavior. Each student is responsible for ensuring that their gi is properly laundered and clean. Moreover, each student is expected to be responsible for certain classroom activities such as bowing in and bowing out of class or leading the class in junbiundo.
- Make Academic Connections: Students are required to participate in activities related to their academic classes such as learning the Japanese terminology that is used in class and analyzing and writing about the of karatedo.

Each student's grade in karatedo class will be determined by the degree to which they participate in and show competency with the six aforementioned activities. The TSA grade scale is as follows:

A+ 100 – 98%	A 97 – 95%	A- 94 – 92%
B+ 91 -89%	B 88 – 86%	B- 85 83%
C+ 82 – 80%	C 79 -77%	C- 76 -74%
D+ 73 -71%	D 70 -68%	D- 67 -65%

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## **COVID-19 Addendum:**

### **Virtual Instruction**

#### Attendance at virtual classes

- Show up at the scheduled time for your class (Tardiness will result in a loss of participation points.)
- Show up in appropriate dress for class. If you have an all-white karate-gi, wear it. (Colored karate-gis are inappropriate.)
- If you do not have a karate-gi, wear loose fitting clothing such as sweats. (Improperly dressing for class will result in a loss of participation points.)
- If you want to order an all-white unmarked karate-gi, I can provide information on ordering one. Ordering at least one size larger is a good idea.

#### We will practice

- Junbiundo
- Kihon
- Kata
- The public performance requirement does not apply while we are on virtual instruction.

### **In-person training**

- A mask is to be worn at all times covering both the mouth AND nose.
- There will be no Kumite or Bunkai practiced.
- We will practice junbiundo, kihon, and kata
- Social distancing will be maintained in class. An area for each student to stand in will be designated with tape on the floor.
- Social distancing will also be maintained while changing into your karate-gi.
- The public performance requirement does not apply while there is a substantial risk of covid-19 infection.

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**TO BE RETURNED TO MR. CRAMER**

**To confirm that you have read this by stating “I have read the TSA Karatedo Syllabus” and emailing it to me at [mcramer@ts4arts.org](mailto:mcramer@ts4arts.org)**

Printed name of student \_\_\_\_\_

Date \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Student signature \_\_\_\_\_

Printed name of parent/guardian \_\_\_\_\_

Signature of parent/guardian \_\_\_\_\_

Date \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

**Due to a medical condition, my child cannot participate in jiyu kumite (sport free sparing).**

Name of student \_\_\_\_\_

Brief description of the student’s medical condition and a note from the student’s Doctor \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Signature of the parent or the guardian \_\_\_\_\_