

# Previously Unpublished Material from Karate Do Kyohan

Calligraphy by the Lord of Ryukyu-Han, His Excellency, Marquis Sho Sho

Calligraphy by His Excellency Admiral, Isamu Takeshita

Calligraphy by Former Head Officer in Attendance on His Majesty, His Excellency, General, Baron Takeji Nara

Calligraphy by His Excellency, Court Councilor, Vice Admiral, Viscount Chosei Ogasawara

Calligraphy by the Author

Picture of the Author

Forward by His Excellency, Navy Rear Admiral, Kina Kanna

Preface by the Author – March, 1931

Picture of Kumi-te between Master Funakoshi and Chairman Saigo

Picture of the Leaders of Shoto-kan

The Essence of Karate-Do

## **Chapter 2 - Kumi-te Basics**

### 1. Jo-dan Uke

Jo-dan Omote-1

Jo-dan Omote-2

Jo-dan Ura-2

Jo-dan Omote-3

Jo-dan Ura-3

Jo-dan Omote-4

Jo-dan Ura-4

Jo-dan Omote-5

Jo-dan Ura-5

### 2. Chu-dan Uke

Chu-dan Omote-1

Chu-dan Ura-1

Chu-dan Omote-2

Chu-dan Ura-2

Chu-dan Omote-3

Chu-dan Ura-3

Chu-dan Omote-4

Chu-dan Ura-4  
Chu-dan Omote-5  
Chu-dan Ura-5

3. Ge-dan Uke

Mae-Geri - Front-Kick  
Ushiro-Geri - Back-Kick  
Yoko-Geri - Side-Kick  
Ge-dan Barai  
Ge-dan Ko-sa Uke  
Ge-dan Morote Uke  
Ge-dan Hasami Uke

**Chapter 3 - Ni-dan Henka**

1. Ni-dan Variation-1
2. Ni-dan Variation-2
3. Ni-dan Variation-3
4. Ni-dan Variation-4
5. Ni-dan Variation-5
6. Ni-dan Variation-6

**Chapter 4 - San-dan Henka**

1. San-dan Variation-1
2. San-dan Variation-2
3. San-dan Variation-3

**Chapter 7 - Weapons and Karate**

1. Tan-to (Short-Sword) and Karate-1
2. Tan-to (Short-Sword) and Karate-2
3. Tan-to (Short-Sword) and Karate-3
4. Tan-to (Short-Sword) and Karate-4
5. Tan-to (Short-Sword) and Karate-5
6. Dai-do (Long Sword) and Karate-1
7. Dai-do (Long Sword) and Karate-2
8. Dai-do (Long Sword) and Karate-3
9. Bo (Staff) and Karate-1
10. Bo (Staff) and Karate-2
11. Bo (Staff) and Karate-3
12. Bo (Staff) and Karate-4
13. Bo (Staff) and Karate-5
14. Bo (Staff) and Karate-6

**Section 5 - Women's Self-Defense**

**Chapter 2 - Front Capture**

1. One-Hand Capture-1
2. One-Hand Capture-2
3. One-Hand Capture-3
4. One-Hand Capture-4
5. Both-Hands Capture
6. Front Hair Capture
7. Bear Hug Capture

### **Chapter 3 - Side Capture**

1. One-Hand Capture
2. Neck Capture

### **Chapter 4 - Back Capture**

1. One-Hand Capture
2. Collar Capture
3. Bear Hug Capture

### **Chapter 5 - Two Person Capture**

1. Left and Right Capture
2. Front and Back Capture

### **Appendix 2 - Karate Theory Collection**

Good Material for National Education – Major General Chikamatsu Oka

The True Value of Karate-Do – Colonel Tomokazu Tagashira

The Great Martial Art of Bare-Hand and Empty-Fist – Kanjun Higaonna

Karate-Jutsu from an Educational Viewpoint – Naval Surgeon Lieutenant Ryosau Hayashi

The Development of Karate – Editor-in-Chief Okinawa Times – Ankyo Sueyoshi

Miscellaneous Thoughts on Karate – Professor Hideo Yoshikawa

Discourse on the Ancient Art of Strength – Ancient Chinese Verse

The Song of Enlightenment – Ancient Chinese Verse