

Karate Dō Kyōhan

TABLE OF CONTENTS

Introduction by Gishō Funakoshi - Nephew to Author, Master Gichin Funakoshi	
Calligraphy by the Lord of Ryūkyū-Han, His Excellency, Marquis Shō Shō	<i>Frontispiece 1</i>
Calligraphy by His Excellency Admiral, Isamu Takeshita	<i>Frontispiece 2</i>
Calligraphy by Former Head Officer in Attendance on His Majesty, His Excellency, General, Baron Takeji Nara	<i>Frontispiece 3</i>
Calligraphy by His Excellency, Court Councilor, Vice Admiral, Viscount Chōsei Ogasawara	<i>Frontispiece 4</i>
Calligraphy by the Author	<i>Frontispiece 5</i>
Picture of the Author	<i>Frontispiece 6</i>
Forward by His Excellency, Navy Rear Admiral, Kenwa Kanna	<i>Front Matter 1</i>
Preface by the Author	<i>Front Matter 3</i>
Table of Contents	<i>i - v</i>
Picture of Kumi-te between Master Funakoshi and Chairman Saigō	
Picture of the Leaders of Shoto-kan	<i>vi</i>
The Essence of Karate-Dō	<i>vii - xi</i>

SECTION 1 ● Introduction

1

Chapter 1 ● Kara-te – Táng-Hand and Empty-Hand.....	2
Chapter 2 ● From Technique Toward the Way	4
Chapter 3 ● The History of Kara-te.....	7
Chapter 4 ● Kara-te Schools and Types.....	9
Chapter 5 ● Kara-te Open to the Public.....	10
Chapter 6 ● The Value of Kara-te.....	13

SECTION 2 ● Construction of Karate

17

Chapter 1 ● How to Make a Fist	18
Chapter 2 ● Nuki-te and Shu-tō (Piercing-Hand and Hand-Sword)	20
Chapter 3 ● Stances	22
Chapter 4 ● Hand Technique	24
Chapter 5 ● Leg and Foot Technique	27

SECTION 3 ● Basic Kata

31

Chapter 1 ● Names of the Katas	32
Chapter 2 ● Training Instruction	35
Chapter 3 ● The Demonstration Line	40
Chapter 4 ● Basic Katas	42
1. Hei-an Sho-dan - Peace-First (Pin-an Ni-dan)	43
2. Hei-an Ni-dan - Peace-Second (Pin-an Sho-dan)	51
3. Hei-an San-dan - Peace-Third (Pin-an San-dan)	57
4. Hei-an Yon-dan - Peace-Fourth (Pin-an Yon-dan)	62
5. Hei-an Go-dan - Peace-Fifth (Pin-an Go-dan).....	67
6. Bassai Sho-dan - Penetrating a Fortress (Bassai)	72
7. Kan-kū - Sky Gazing (Kū-shan-kū)	80
8. Kiba-dachi Sho-dan - Horse-Mounting Stance, First (Nai-han-chi Sho-dan).....	91
9. Kiba-dachi Ni-dan - Horse-Mounting Stance, Second (Nai-han-chi Ni-dan)	101
10. Kiba-dachi San-dan - Horse-Mounting Stance, Third (Nai-han-chi San-dan).....	107
11. Han-getsu - Half-Moon (Sei-shan)	113
12. Jitte - Ten Hands (Jit-te)	120
13. En-pi - Flying Swallow (Wan-shū).....	125
14. Gan-kaku - Crane on a Rock (Chin-tō)	131
15. Ji-on - Mercy and Compassion (Ji-on).....	137

SECTION 4 ● Kumi-te

145

Chapter 1 ● The Meaning of Kumi-te	146
Chapter 2 ● Kumi-te Basics	147
1. Jō-dan Uke - High-Section Block	147
I. Jō-dan Omote-1 - High-Section Front	147
II. Jō-dan Ura-1 - High-Section Back	149

III. Jō-dan Omote-2 - High-Section Front	150
IV. Jō-dan Ura-2 - High-Section Back	151
V. Jō-dan Omote-3 - High-Section Front	152
VI. Jō-dan Ura-3 - High-Section Back	153
VII. Jō-dan Omote-4 - High-Section Front	154
VIII. Jō-dan Ura-4 - High-Section Back	155
IX. Jō-dan Omote-5 - High-Section Front	156
X. Jō-dan Ura-5 - High-Section Back	157
2. Chū-dan Uke - Middle-Section Block	158
I. Chū-dan Omote-1 - Middle-Section Front	158
II. Chū-dan Ura-1 - Middle-Section Back	159
III. Chū-dan Omote-2 - Middle-Section Front	160
IV. Chū-dan Ura-2 - Middle-Section Back	161
V. Chū-dan Omote-3 - Middle-Section Front	162
VI. Chū-dan Ura-3 - Middle-Section Back	163
VII. Chū-dan Omote-4 - Middle-Section Front	164
VIII. Chū-dan Ura-4 - Middle-Section Back	165
IX. Chū-dan Omote-5 - Middle-Section Front	166
X. Chū-dan Ura-5 - Middle-Section Back	167
3. Ge-dan Uke - Low-Section Block	168
I. Mae-geri - Front-kick	169
II. Ushiro-geri - Back-kick	169
III. Yoko-geri - Side-kick	169
IV. Ge-dan Barai - Low-Section Sweep	170
V. Ge-dan Kō-sa Uke - Low-Section Cross Block	171
VI. Ge-dan Morote Uke - Low-Section Both Hand Block	172
VII. Ge-dan Hasami Uke - Low-Section Clamping Block	173
Chapter 3 ● Ni-dan Henka - Second-step Variation	174
1. Ni-dan Variation-1	174
2. Ni-dan Variation-2	175
3. Ni-dan Variation-3	176
4. Ni-dan Variation-4	177
5. Ni-dan Variation-5	178
6. Ni-dan Variation-6	179
Chapter 4 ● San-dan Henka - Third-step Variation	181
1. San-dan Variation-1	181
2. San-dan Variation-2	183
3. San-dan Variation-3	184
Chapter 5 ● I-ai - Sitting-Together	185
1. Front Capture-1	185
2. Front Capture-2	187
3. Front Capture-3	188
4. Front Capture-4	189
5. Back Capture-1	190
6. Back Capture-2	191
Chapter 6 ● Nage-Waza - Throwing Techniques	192
1. Byō-bu Dasohi - Folding-Screen Topple	192
2. Koma-nage - Spinning-Top Throw	194
3. Kubi-wa - Neck-Ring	195
4. Kata-sha-rin - Shoulder-Wheel	196

5. Tsubame-Gaeshi - Swallow-Return	197
6. Yari-Dama - Spearing-Through	198
7. Tani-Otoshi - Gorge-Drop	199
8. Ude-Wa - Arm-Ring	200
9. Gyaku-zuchi - Upside-Down Hammer	201
Chapter 7 ● Weapons and Kara-te	202
1. Tan-tō (Short-Sword) and Kara-te-1	202
2. Tan-tō (Short-Sword) and Kara-te-2	204
3. Tan-tō (Short-Sword) and Kara-te-3	205
4. Tan-tō (Short-Sword) and Kara-te-4	206
5. Tan-tō (Short-Sword) and Kara-te-5	207
6. Daitō (Long Sword) and Kara-te-1	208
7. Daitō (Long Sword) and Kara-te-2	209
8. Daitō (Long Sword) and Kara-te-3	210
9. Bō and Kara-te-1	211
10. Bō and Kara-te-2	212
11. Bō and Kara-te-3	213
12. Bō and Kara-te-4	214
13. Bō and Kara-te-5	215
14. Bō and Kara-te-6	216

SECTION 5 ● Women's Self-Defense

217

Chapter 1 ● The Meaning of Women's Self-Defense	218
Chapter 2 ● Front Capture	219
1. One-Hand Capture-1	219
2. One-Hand Capture-2	220
3. One-Hand Capture-3	220
4. One-Hand Capture-4	221
5. Both-Hands Capture	221
6. Front-Hair Capture	222
7. Bear-Hug Capture	222
Chapter 3 ● Side Capture	224
1. One Hand Capture	224
2. Neck Capture	224
Chapter 4 ● Back Capture	225
1. One-Hand Capture	225
2. Collar Capture	225
3. Bear-Hug Capture	226
Chapter 5 ● Two Person Capture	227
1. Left and Right Capture	227
2. Front and Back Capture	22

SECTION 6 ● Vital Points

230

Chapter 1 ● What are the Vital Points?	231
Chapter 2 ● Explanation of the Vital Points	233
1. Vital Points of the Front (High-Section)	233
2. Vital Points of the Front (Mid-Section)	235
3. Vital Points of the Front (Low-Section)	238
4. Vital Points of the Back Jō-dan (High-Section)	242
5. Vital Points of the Back Chū-dan (Middle-Section)	242
6. Vital Points of the Back Ge-dan (Low-Section)	244

APPENDIX 1 ● How to Make a Straw Bundle

245

Chapter 1 ● The Standing Straw Bundle	245
Chapter 2 ● Straw Bundle Drum	246

APPENDIX 2 ● Kara-te Theory Collection

247

Good Material for National Education
The True Value of Kara-te-Dō
The Magnificent Martial Art of Bare-Hand and Empty Fist
Kara-te-Jutsū from an Educational Viewpoint
The Development of Kara-te
Miscellaneous Thoughts on Kara-te
What Karate Students Should Know
The Eight Main Requirements of Shadow Boxing
The Ancient Moral Standard
The Song of Enlightenment