

Knowledge Test Information - From Sensei's Flashcards

Who suggested the name Isshin Ryu	1954 Senior Student Eiko Kaneshi
Shimabuku 3 Dojo Rules	Every one works Nothing is free All start at the bottom
What are the 3 branches of Shorin Ryu	Ko bayashi, Sho bayashi, Matsu bayashi
Kobayashi means	Young Forrest School
Shobayashi means	Small Forrest School
Matsu bayashi means	Pine Forrest School
Two branches of Naha-Te	Goju Ryu & Ueichi Ryu
Goju Ryu	hard/soft style
Ueichi Ryu	named after its founder, Kanbun Uechi, Style of Ueichi
4 stages of Kata development (A N H S): Stage 1 Are kezuri means	Are kezuri means rough shaping
4 stages of Kata development: Stage 2 Naka kezuri means	Naka kezuri means middle planning, removing more
4 stages of Kata development: Stage 3 Hosozuki means	Hosozuki means Fine Planning or sanding
4 stages of Kata development: Stage 4 Shi yagi means	Shi yagi means Finished
Kichero Shimabuku	Who was the first born of Shimabuku
Who is the current head of the world Isshinryu Karate Assn.	Kichero Shimabuku
Dojo Kun	Rules of the Dojo (training hall)
Kobudo	Weapon systems of martial arts, to include bo, sai, tonfa, etc...
Karate	Empty Hand style of martial arts to include, strikes, blocks, and kicking
Goju Ryu was founded by	Chojun Miyagi
Soke means	Head of a school of Martial Arts

Who designed the first patch or emblem	AJ Advincula
Who was Shimabuku primary weapons instructor	Tiara Shinken
Shimabuku was born and died when	Born 9-19-08 Died 5-30-75
Master Shimabuku died how?	He died of a stoke
Shihan Glover earned his green belt	under Tatsuo Shimabuku in 1971
Isshin Ryu was founded	on 1-15-54
Isshin-ryu is	Close-in fighting style
Mizu-gami is one name for the symbol, what is another name	Megami
Don Nagle	Founded 1st Isshin Ryu Dojo in Jacksonville, Won the all Okinawan Championship as a white belt, awarded his 10th dan in Isshin Ryu, Police Officer in NJ
Early American Pioneers of Isshin-ryu	A.J. Advincula, Steve Armstrong, Don Bohan, Harold Long, Harold Mitchum, and Don Nagle
Traits of Isshin Ryu	High Stances, Vertical Punch, Lower Kicks, 2 bone/muscle blocks, Snapping punches, Close in Tech., Best of two styles, balance of hand and foot tech in kata, Hard & Soft blocking, Multi purpose Tech,(blow is a block, a block is a blow)

Strikes		
Name of Strike	Pronunciation	Strike
Seiken	sey kin	Front Two Knuckles
Ipponken	ipon kin	One Finger Fist punch
Hiraken	Hi ray kin	2nd Knuckle Punch
Uraken	U Ray Kin	Back Fist
Kentsui	Kint Su I	Hammer Fist
Teisho	Ti Show	Palm Heel
Shuto	shoe to	Knife Hand
Haito	Hi To	Ridge Hand
Nukite	Nu Ki Te	Tips of Fingers
Empi	Empi	Elbow
Jodan Zuki	Joe Dan Zu Key	Upper Cut
Gedan Uki	Gay Dan Uki	Lower block
Chudan Uke	Chew Dan Uki	Middle block
Jodan Uke	Joe dan uki	Upper block
Suki		Opening or opportunity to strike
Jo...Chu...Ge...		Upper.....Middle.....Lower

Kicks	
Name of Kick	Kick
Mae Geri	Front Kick
Yoko Geri	Side Kick
Mawashi Geri	Round House Kick
Uchiro Geri	Back Kick
Hiza Geri	Knee Kick
Kensetsu Geri	Front Angle Kick
Mae Kaki Geri	Front Heel Thrust
Fumikome	Cross Heel Stomp Kick
Yoko Mae Geri	Side Front Kick
Kake Geri	Hook Kick
Tobi Yoko Geri	Flying Side Kick

Judo Throws	
Name of Throw	Process
Osoto Gari	Large leg sweep with heel. Opponent swings with lead punch and you block, then step in to sweep opponent lead leg
Osoto Gaeshi	Counter to Osoto Gari. The opponent follows your sweep and counters
O Goshi	Belly to back shoulder hip toss. Opponent swings a lead punch, you step in, block, grab and turn your back to opponent.
Kosoto Gari	"Nahanchi style" foot sweep. Counter to O Goshi...as opponent steps in for O Goshi, you shift to the 90 degree and foot sweep.
Harai Goshi	Hip toss, Grab the obi, put your outer leg outside of his outer leg, belly to back, load weight on your hips, put outer leg (side kick) to block the toss.
Uchi Mata	Inner leg throw, same as Harai Goshi, but you put your one leg between the opponents legs. Load weight on your hips, shift weight on lead leg, toss, putting your closest leg between his legs.
Sumi Gaeshi - Corner Throw	Grappling, you put your one leg between and against one of the opponents legs, shift your opponents body weight on the other leg. as you drop down, your other leg slides to the outside of the opponents leg in the direction of the throw.
Tomoe Nage- over head toss	Basic overhead throw....grab the opponent, drop down and put knee or foot in the opponent stomach and throw over head.
Osoto Gari --- Osoto Gaeshi	Step in, sweep leg heel to heel. Counter to this move
O Goshi --- Kosoto Gari	Belly to back shoulder toss ; this counter side steps, uses Nahanchi sweep

Judo Throws (cont'd)	
Name of Throw	Process
Harai Goshi	Throw with leg on outside
Uchi Mata	Throw with leg between other legs
Sumi Gaeshi	Corner
Tomoe Nage	Overhead

The Karate Creed

I come to you with only Karate - my empty hands. I have no weapons. But should I be forced to defend myself, my principles, or my honor - should it be a matter of life or death, right or wrong, then here are my weapons: karate. My empty hands.

The Eight Isshin-Ryu Codes

A Person's Heart is like Heaven and Earth
 The Blood Circulating is like Moon and Sun
 The Manner of Drinking and Spitting is either hard or soft
 A person's unbalance is the same as a weight
 The body should be able to change directions at any time
 The time to strike is when the opportunity presents itself
 The eye must see all sides
 The ear must listen in all directions

The 10 Objectives of a Karate Student

Live Karate Daily	Correct all errors
Look, Act and Feel Sharp	Give 100% effort at all times
Learn from one's mistakes	Know nothing is free or easy
Be efficient and seize opportunity quickly	Rely on oneself
Block hard, Hit hard	To have self control

Back Up Information - BLACK BELT TEST NOTES

Isshinryu karate is the offspring of two major karate disciplines that are native to the island of Okinawa: Goju-ryu and Shorin-ryu. Shorin-ryu, which was formerly known as Shuri-te, eventually splintered into three schools: Shobayashi-ryu (small forest style), Kobayashi-ryu (young forest style), and Matsubayashi-ryu (pine forest style). Naha-te also spawned two major schools: Uechi-ryu, named after its founder, Kanbun Uechi, and Goju-ryu, which literally means hard/soft style. Soke Tatsuo Shimabuku considered Goju-ryu to be the father style of Isshinryu and Shorin-ryu the mother style. Chotoku Kiyan (1870-1945) of the Shobayashi-ryu family, Chojun Miyagi (1888-1953), founder of the Goju-ryu style, and Choki Motobu (1871-1944) of the Kobayashi-ryu branch headed the parent styles.

After having spent some thirty years mastering these styles, as well as becoming very proficient with the bo, sai, and tonfa, under Tiara Shinken, one of the island's leading kobudo masters, and Yabiku Moden, a contemporary of Tatsuo Shimabuku, Shimabuku began contemplating his own style. This was not out of a vain desire for recognition, but, rather of a desire to blend what he felt to be the best of what he had mastered, culling the least effective or weaker techniques and modifying or improving the most effective ones. It should also be noted that Master Kiyan also was instrumental in teaching the sai to Master Shimabuku.

The official date given to Isshinryu's "birth" differs slightly among Isshinryu scholars. All sources acknowledge the mid-fifties and usually agree to the month of January. The earliest birth year is 1953 and the latest is 1956 with 1954 as the middle ground. Most reliable sources seem to support January 15, 1956, as the official birth date of Isshinryu. An interesting note is that Master Shimabuku was not certain as to what he should name his newly founded style. While discussing this dilemma with one of his top students, Eiko Kaneshi, he suggested that it be given the name Isshinryu. Shimabuku wholeheartedly agreed. Kaneshi left Isshinryu shortly after Master Shimabuku's death, returning to Shorin-ryu, taking some of the Isshinryu ways with him. Upon Soke's death, his son Kichero became the head of Isshinryu and the newly formed Isshinryu World Karate Association.

As a result of World War II and American forces being stationed on Okinawa, Isshinryu had opportunity to take root quickly when Master Shimabuku received a contract to teach the American Marines. Many of these men soon returned to the states helping to spread Isshinryu far from its homeland. Some of these early pioneers were A.J. Advincula (credited with the design of the Isshinryu emblem), Steve Armstrong, Don Bohan, Harold Long (founder of the International Isshinryu Karate Association), Harold Mitchum, and Don Nagle (who opened the first Isshinryu dojo in the U.S.A.).

Master Shimabuku loved Isshinryu karate and wanted it to flourish. He saw the need not only for physical development, but also for development of good character. He left us the Code of Isshinryu, Objectives of a Karate Man [karateka], Four Aspects of Karate, and the Dojo Kun or Rules of the Dojo, which is also widely accepted outside of Isshinryu. Some of them, he adapted to Isshinryu. He also left us the only Isshinryu kata, Sunsu adapted from his second nickname Sunnu-su which was given to him in 1952 by the mayor of Kiyan village.

Dojo Kun

- We will train our hearts and bodies for a firm, unshaken spirit.
- We will pursue the true meaning of the martial way so that in time our senses maybe alert.
- With true vigor, we will seek to cultivate a true spirit of self-denial.
- We will observe the rules of courtesy, respect our superiors and refrain from violence.
- We will pay homage to our Creator and never forget the true virtue of humility.
- We will look upwards to wisdom and strength, not seeking other desires.
- All our lives, through the disciplines of karate, we will seek to fulfill the true meaning of the way.

Grandmaster Tatsuo Shimabuku
Founder of Isshinryu Karate

Four Aspects Which Karate Should Develop in a Person

1. To develop the mind, the body, and spirit to its fullest extent.
2. To develop self-confidence and gain control of your life.
3. To develop self-discipline along with self-respect.
4. To develop a way of defending yourself and your loved ones

Grandmaster Tatsuo Shimabuku
Founder of Isshinryu Karate

“If you want to know something in a short period of time, you will know nothing good.”

Some Interesting Tidbits of Information

- The Isshinryu patch is also referred to as Megami
- The lady in the design is also sometimes referred to as the E q u a lizer
- Technically, Kichero Shimabuku is the inheritor of all Isshinryu, and therefore should be considered the Head of Isshinryu
- Only a few of the first generation American students of Master Shimabuku are living today
- Isshinryu has very few practitioners on Okinawa compared to other Okinawan karate styles
- Master Shimabuku never wore the Mizu gami on his gi
- Master Shimabuku really didn't like traveling, so after his second visit to the United States in the late sixties, he asked his son-in-law, Angi Uezu, to represent him
- Eizo Shimabuku, Tatsuo's younger brother, inherited Shobayashi Shorinryu
- The main island of Okinawa is only about 60 miles long and 30 miles wide
- Shihan Glover earned his green belt under Tatsuo Shimabuku in 1971 Compiled for your benefit by Kyoshi Tim Cunningham, Summer 2014

At 23 Cunningham studied with	Chotoku Kyan
At 28 he studies with	Chojun Miyagi (Naha Te ~Goju Ryu
At 30 he studies with	Choki Motobu
Harold Long - JC Burris	Taught Cunningham to yellow belt
AJ Advincula - Chuck Chau	Taught Cunningham to black belt
Russell Best/Don Bohan - Glover	Taught Cunningham to upper black belt ranks
Cunningham began training in 1975	In Tenn under Sensei JC Burris
Cunningham shifted to MS for training in 1976	Under Sensei Chuck Chau and obtained black belt in 1981
Cunningham moved to NC	Opened a Dojo in 1982 in Tarboro

Cunningham began training under	Sensei Glover in 1987 in Jacksonville.																								
Eizo Shimabuku (Tatsuo younger brother)	Is associated with Shobayashi Shorin Ryu																								
The 5 modes of execution	S T P A F Speed, Tempo, Power, Accuracy and Fluidity																								
Speed	Speed must come later, after you have learned the technique. Neither accuracy or fluidity should be sacrificed by the addition of speed.																								
Tempo	Never will the movements of a form be performed exactly the same, however the speed and power of the movements fluctuate proportionate to the change in tempo																								
Power	when performed accurately, augmented by speed and fluidity, potential power is the result. For power to be present, there must be continual abrupt termination of movement.																								
Accuracy	Denotes the ability to perform a specific movement exactly as it was intended																								
Fluidity	The form is performed correctly when all individual movements, collectively become one continuous action.																								
Name Time Movements	<table border="0"> <tr> <td>Seisan</td> <td>60</td> <td>130</td> </tr> <tr> <td>Seiuchin</td> <td>55</td> <td>126</td> </tr> <tr> <td>Naihanchi</td> <td>35</td> <td>67</td> </tr> <tr> <td>Wansu</td> <td>45</td> <td>48</td> </tr> <tr> <td>Chinto</td> <td>55</td> <td>56</td> </tr> <tr> <td>Sanchin</td> <td>117</td> <td>29</td> </tr> <tr> <td>Kusanku</td> <td>65</td> <td>84</td> </tr> <tr> <td>Sunsu</td> <td>65</td> <td>87</td> </tr> </table>	Seisan	60	130	Seiuchin	55	126	Naihanchi	35	67	Wansu	45	48	Chinto	55	56	Sanchin	117	29	Kusanku	65	84	Sunsu	65	87
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