

World Karate Federation Higashi KaiKan

Tutorial



Odessa

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(Dojo etiquette, seiza, belays, striking parts of the arms/legs, stances, hitting leg)

Sensei's advice

The main mistake that parents and children make is that parents and children do not want to practice karate, which sensei teaches, parents and children need their own karate and confuse it with a nanny. The approach of parents to education is different from the education of a sensei, for a sensei children are students, carriers of knowledge and traditions of karate. Therefore, you need to reckon with the fact that now your children have duties and rules that must be followed. Show in the classroom: Respect Patience Attention Diligence Discipline How to get rid of mistakes and comments: Just pay attention to comments and mistakes and do not repeat them. The main reason for the difficulties is you yourself, do not be stubborn, do not argue, do not be lazy, you need knowledge, your success depends on you. Do not forget about the parents who provide for you and sacrifice everything so that you do not need anything, your results, victories, awards and good grades at school are a reward for your work and a joy for your parents. Ask yourself: Why did you come to the dojo? Why do you need a sensei? Harmful words and thoughts: I can't I don't want I'm tired I forgot I didn't have time I was late Think about what is more important? In karate, it is important to defeat not an opponent, **and their weaknesses and bad habits**, they will become an obstacle in your way. Dear parents! With the difficulties that your children face in karate classes, it is a lack of your upbringing that the sensei has to correct in order to convey information and knowledge. Parents who pay attention to: discipline, attention, patience, diligence, respect achieve success faster; than those whose parents: pamper, late, skip classes, arrogance, ego, do not respect, achieve results longer and more difficult.

Certifications, seminars and competitions- the main part of training and development, which helps to expand the worldview, consolidate knowledge and purposeful movement of the student. This helps the child already now to see the result of his work and go independently along the chosen path.

Success depends on the following rules:

1. Do not be late for classes, by this the student expresses respect for: Sensei, who helps to go through a difficult path, comprehending karate. In case of absence from the lesson (more than 1 week), parents are obliged to provide a certificate for the next lesson.
2. Arrive at the dojo 15 min. before the start of the lesson (to calmly change clothes, go to the toilet and tune in to the lesson).

3. Listen attentively
4. watch carefully
5. Carefully carry out the tasks of the sensei (in the dojo and at home, this works out: diligence, responsibility, error control, patience, attention, a serious attitude to classes).
6. Carefully control your mistakes (in the dojo and at home, this develops self-discipline, attention, patience, self-control).

What is success but a state of mind!

Who knows people is prudent

Who knows himself is enlightened

He who overcomes people is strong

He who conquers himself is mighty

Self-hypnosis formula

"I have made up my mind to live attentively and profoundly.

I carefully look and listen, clearly understand life, I am focused on the knowledge of my soul.

I watch my thoughts, feelings, desires and urges. I give up habits that prevent me from recognizing the main thing, from seeing the true meaning and purpose of my life.

My mind and my feelings are in harmony with the divine spirit in me, I meditate and pronounce the Name of God - for God and His Name are one.

God is the inner light in me; it lights my path, gives me the answers I seek, leads me to success in thought, word and deed."

"Because motivation precedes and guides action, controlling motivation is the best way to prevent impulsive and potentially harmful actions and statements." Buddhist practice

Basic principles

President of the World Karate Federation Higashi KaiKan Steblovsky Alexander Valerievich VI Dan contact karate, took the tradition of contact karate schools as a basis. Higashi KaiKan - (transl. Rebirth/Birth of Truth). The World Karate Federation Higashi KaiKan is all-style and is not tied to a specific style. The organization belongs to the section of contact karate Higashi Kai and covers a wide course of studying the preparation of a student in different sections of karate, incorporating more effective ones: striking techniques, defense techniques, throwing techniques, painful, suffocating techniques, focusing on training and development: harmonious , spiritually, physically and technically developed personality of the student. A variety of techniques help the student quickly, make decisions and adapt to a changing situation (environment). Based on work experience, the used technique and training methodology has been tested and shown to be different, practical and effective; The "World Karate Federation Higashi KaiKan" is distinguished by its attentive approach and development: spiritual,

BRIEF INFORMATION ABOUT THE FOUNDER

World Karate Federation Higashi KaiKan

Steblovsky Alexander Valerievich

President of the World Karate Federation Higashi Kai Kan VI Dan in contact karate.

Judge of the "**International category**" by WGKF.

Instructor of the "**International category**" in WKFHKK.

From **1988 - 2009** he mastered the direction:

- Judo;
- Hand-to-hand combat school "Sen-e";
- Contact karate school "Shimmey-do".

IN **1991** Received the title of the CMS of the USSR in hand-to-hand combat.

In **2005** he graduated from the South Ukrainian State Pedagogical University. K.D.

Ushinsky, received a higher education in the specialty "Physical Education and Sports".

In **2009**, President of the Odessa Regional Federation "Higashi-Kai Karate".

In **2021** President of the World Karate Federation Higashi KaiKan from Japanese "Birth of Truth".

Teaching martial arts is 33 years old.



Goals and objectives:

Goals:

- create a friendly, close-knit team of students, parents and representatives.
- **instill interest in karate as an art.**
- **help identify and control their mistakes and weaknesses.**
- to develop a universal training system for contact karate Higashi Kai.
- conducting training camps.
- carrying out: educational-attestation and referee seminars.
- holding competitions at various levels.
- development of universal rules for competitions in contact karate Higashi Kai.
- assignment of ranks of different levels.

Tasks:

Train:

- the basic principles and stages of the development of contact karate Higashi Kai.
- the main spiritual principles.

develop: - a creative approach to the study of karate. – basic motor, technical and physical skills. - the ability to independently unleash tactical tasks. - the ability to analyze your actions, mistakes and results. – interest in learning and expanding the worldview.

Foster:

- a comprehensively developed personality of the student.
- a serious attitude to contact karate Higashi Kai.
 - independent, responsible, conscious, spiritually developed person.

Poetry

My friend, not only techniques and achievements should be brought up by a student, you need to see the beautiful and inside yourself - it expresses our culture, traditions and state of mind.

Not the one who has seen a lot will understand,
But the one who has lost a lot.
Forgive not the one who did not offend,
But the one who forgave a lot

Everyone who is not able
To give way to another will condemn,
Only the one in whose veins
The blood will never boil is jealous

And someone else's pain will not be able to take Who lives by his own benefit, And
sadness at night does not disturb Those who do not know love

And the happiness of the meeting does not know Who did not breathe parting. Only the
one who loses a lot And knows the price of a lot ...

***Oleg Borisovich Kalinyuk. Manifesto of love "Odessa" Three letters

I can do everything. I can do everything. I'll survive. I'll be ill. I'm turning over. I'll make
it. But I'll get mine. I won't fall. I won't drown. I'll break out of the mud. I can. Pererev.
I'm overdoing it. And the smile shines again. Yes, it's not easy. I don't argue it's hard.
But it is quite possible to live on.

HOPE

Are you able to surprise, Are you able to be surprised?

Or maybe you can't get through Nothing, and neither to be nor to seem You don't want
to - there's no sense in anything - neither in love, nor in learning: The most important
secret is known In the earthly common destiny.

What is bad and what is good - Everyone judges from three bell towers, Where and from
where he came, What he knew and what he was worthy of ...

And everyone goes his own Way, Where everything is known from the beginning, But
still the chest is agitated From the music - bright, wonderful!

And the world will not go into tartars, Salvation is given to people - Under the crust of
ice up to a couple Sprout awaits Spring awakening! ***Oleg Borisovich Kalinyuk
Manifesto of love "Odessa" Three letters

Path

My path is a ruthless teacher. He is strict with those who take a step. Strive for power
and abundance, Forgetting who is the worst enemy?
What is the meaning of life, Why good? The answer will find you along the way. When
you give all of yourself, love and creation.
*** Poetry author. Steblovsky A.V.

Choice of Path

Let the path be difficult and insidious Take it as a test Be a worthy student Fight do not lose your desire
Standing on it, feel it from the inside. Accept your destiny. It is more important that at the end of the
path. Find the essence of truth, meaning.
The temptation is great, to know the illusion of being. Do not be afraid to make a choice without
looking back Shakespeare said: - "To be or not to be" And time hid from conjecture.
*** Poetry author. Steblovsky A.V.

KARATE

Karate doesn't choose The choice is already made over Karate doesn't blame it the way you test.
Karate invites you to appear in all its glory Karate unites, Everyone will be welcome in the dojo.
In karate, we are all equal before choosing the path, all students on it, To understand themselves, to
find.
Step by step deep into the top Everything can happen all of a sudden As you do, they know from above
to make a choice do not sleep.
In the moment when insight comes on the day appointed by fate, everything that happened to you was
part of the test.
*** poems by the author Steblovsky A.V.

DOJO

The place of comprehension of the Way of the warrior (bu-jutsu dojo) is a hall where
martial arts are practiced. The name "dojo" came to the martial arts from Buddhist and

Shinto monasteries, where the halls for meditation and various rituals were called the “place of comprehending the Way” ki energy is present. It is necessary to be constantly attentive, ready to feel and control the situation, as in a real duel. Only in this way can one learn to overcome fear and defeat by forcing oneself to fight to the end, even with minimal chances of victory. Only this can be the true Way of the warrior. Realizing this, the student is more diligent in fighting his shortcomings and weaknesses, overcomes difficulties and obstacles. Leaving a piece of his soul: tears of success and failure, listening to the instructions of the sensei; this is what helps the student to feel what the dojo is, imbued with the depth of awareness of the chosen path, sacrificing himself. The dojo is divided by a threshold into the spiritual and material worlds (in the spiritual sense). The spiritual world - (in the dojo) brings up in a person: respect, attention, patience, diligence, discipline, self-control, etc. The material world - (outside the dojo) laziness, idleness, selfishness, deceit, megalomania, arrogance, irresponsibility.

THE MEANING OF THE LOTUS ON THE EMBLEM

The Higashi eroglyph itself consists of several eroglyphs: "East" is the place where the Sun rises -(subsidiary meaning: "Sun", "Tree/Root", "Beginning", "Source", "Book"). Higashi (translated from Japanese East). "Lotus" closes its petals in the evening and returns back to the muddy swamp water to emerge and open only at sunrise, shining, personifying unsullied beauty and untouched purity in a polluted environment. The lotus exists in three elements (earth, water and air), so a person lives in three worlds: material, intellectual and spiritual. Moreover, the water where the lotus grows means the changing world of illusions, as a symbol of creation and knowledge. This is an image of the source of the world, a symbol of rebirth / the sun, beauty and spirituality, the renewal of vitality, the return of youth, immortality, enlightenment (wisdom). Lotus has three stages of human spiritual growth: 1st ignorance, 2nd attempt to overcome it and gain understanding. The blue lotus is a symbol of the victory of the spirit over feelings, a symbol of the wisdom of the possessor of knowledge, energy center "Ajna". The green lotus is a symbol of happiness and joy, harmony and peace, good luck and prosperity, the Anahata energy center.

Dojo Etiquette

1. Students bow and say os when they enter the school building and dojo practice room. Upon entering the dojo, students should bow and say Oss towards the Tinden, and bow and say Oss towards the students already in the room.

2. Students must give all their best during training. Latecomers to the start of training should bow and say Oss towards the center of the hall and sit in the position of Seiza facing the wall opposite Tinden with closed eyes and lowered head. Latecomers must sit until they are invited to join the group. After the invitation, latecomers, being in the position of Seiza, must bow and say shitsurei shimasu (jap.失礼します sorry for the inconvenience). Then latecomers should stand at the end of the group, trying not to pass in front of the group, especially in front of the elders.
3. Students must keep themselves and their uniforms (dogs, linings, gloves, shells, etc.) in a clean, tidy condition. It is allowed to wear only clean white dogi for training. The official emblems of Higashi-kai karate should be affixed to the left side of the dogi's chest. All torn areas must be carefully sewn up. The permanently untidy and unrepaired uniform shows the student's careless and disrespectful attitude towards his group mates and towards the dojo.
4. It is not allowed to correct the dogs during training without a command. If it became necessary to correct the form during training, you need to do it quickly and without fuss, turning your back on Tinden.
5. All students of a higher athletic level, as well as older ones, should be given appropriate respect. All students must stand up and say Oss when the senior in position appears.
6. When addressing or greeting a senior student or instructor, the student should say Oss and bow. The same must be done after the end of the conversation or appeal. This ritual must also be observed outside the dojo, as students must always respect their elders. If you do not know the position or sports level of your interlocutor, you should always refer to him as a senior.
7. When shaking hands with each other, use both hands, showing trust and modesty, and say Oss. A similar ritual is also observed outside the Dojo, especially in relation to seniors.
8. In training, students should work at full strength, quickly responding to the commands of the instructor or senior in level, loudly saying Oc. Slow and inattentive execution of a command is considered impolite.
9. During the training, students should fully concentrate on performing the technique or other tasks of the instructor and not be distracted by extraneous topics, show the deepest respect and benevolent attitude towards the instructor and their Dojo comrades. Never do karate without a serious attitude.
10. In the process of training, students are sometimes allowed, on command, to “relax sitting” by taking the “Turkish pose” Fudoza kamae. During this time of

relaxation, students should sit quietly and not be distracted by conversations or other extraneous activities.

11. Students are not allowed to leave the hall or line up without the permission of the sensei. This must be done politely and properly.
12. To prevent possible injury, students should not wear jewelry, watches, or other sharp objects to practice. It is allowed to be in training with glasses prescribed by a doctor, but during freestyle combat, glasses must be removed or replaced with contact lenses. Personal protective equipment is also recommended: gloves, groin shell, use of ankle pads (feet), bibs for girls.
13. Traditionally, the training hall is a revered place, so students should not be in the hall in hats, street shoes, and use rude and obscene language. It is not allowed to chew gum, eat or drink in the hall. Smoking is prohibited throughout the Dojo.
14. All students clean the room after training. Students should look after the training hall as a special and respected place.
15. Students must respect the camaraderie in the dojo and not harm the image of the Higashi KaiKan with unsportsmanlike or unseemly behavior, and also not show hostility towards a partner in the process of freestyle combat in order to avoid possible injury.
16. All members of the Dojo must refrain from gossip, disparaging and derogatory remarks about other schools and styles of martial arts.
17. All students must conduct themselves with dignity inside and outside the dojo in order to adequately represent the Higashi KaiKan Karate Federation. Students must not use martial arts to deliberately injure any person. The exception is cases when the life of the student or the life of people close to him is in immediate danger.
18. Students should strive to be gentle and balanced in daily life, to remain collected, sane and considerate in all actions. Students should not forget the main thing when practicing martial arts: "Keep your head low (be humble), your eyes high (be ambitious), be restrained in words (be accountable for what is said) and kind in heart (treat others with respect and benevolence) . Treat your parents with respect."

TERMINOLOGY

Teams: (at the beginning of the lesson)

Seiretsu - build.

Shinden nirei - bow to the shrine of the school, to the altar

Nirei - bow to the
Sensei (senpai) nirei - bow to the teacher (senior student)
Otagai ni rei - bow to all
Kiritsu - get up, stand up
Seiza - take a kneeling position
Dodze ni rei - bow to the venue of the
Mokuso class - close eyes
Mokuso - yame - open eyes
Arigato - sayonara - henko - thank you, goodbye, change clothes
Konnitiva - hello, good afternoon
Kombonwa - good evening

GENERAL COMMANDS

Yoi– attention, get ready
Hajime – start
Yame – finish, stop
Mawatte – turn
Hantai – change stance
Yasume – relax
Naore – return to starting position
Dojo – practice room "**the place of comprehension of the chosen path**".
Renraku - combination
Kata - form, complex
Kumite - sparring
Sanbon - kumite - conditional training sparring for 3 steps
Ippon - kumite - conditional training sparring for 1 step.
Tameshiwari - breaking hard objects
Os - the traditional form of greeting, understanding, agreement and readiness
Kamae (te) - taking the position of the hands in the position of the struggle.
Kihon - kumite - construction for working out in pairs.
Conditioning – load
Obi – belt
Keiko belt (jacket) - gi (trousers) - kimono

PARTIES

Hidari (ni) - left, left

Migi (ni) - right, right
Mae (ni) - forward, direction
Ushiro (ni) - back
Yoko (Saiu) - side / side

LEVELS

Jodan (J) - upper level
Chudan (Bd) - intermediate level
Gedan (Gd) - lower level

PARTS OF THE FOOT

Koshi - bulge under the toes
Sokuto - outer side of the foot
Kakato – heel
Teisoku - inner notch of the sole
Asi – sole
Heisoku - instep

WAZA (TECHNIQUE)

Uke - Waza - defense technique
Te (tsuki) - Waza - hand technique
Tai - Waza - position (rack)
Gary - Waza - Foot Technique
Ukemi - Waza - Falling Technique
Nage - Waza - Throwing Technique

COUNT

Ich - 1.
Ni - 2
San - 3
Si (yon) - 4
Go - 5
Rock - 6
Sich - 7
Khach - 8
Kyu (ku) - 9

Zyu (zi) - 10
Zyu ich - 11
Nizyu - 20
Sanzyu ich - 31
Yonju ich - 41

UKE - WAZA (block technique)

Uchi - from the inside out
Soto - inside
Gedan ude - uke - lower block with the forearm.
Jodan ude - uke - upper forearm block
Uchi ude - uke - horizontal forearm block (**from inside to outside**)
Soto ude - uke - horizontal forearm block **outside inside**
Morote - uke - double block
Haito - uke - block with the outer edge of the palm.
Haishu - uke - block with the back of the hand
Teisho - uke - block with the base of the hand
Koken - uke - block with the wrist.
Shuto - uke - block, protection with the outer edge of the palm
Hizo - spleen
Ude - forearm

TE - WAZA (hand technique)

Uchi-uchi - cutting blow from the inside
Ago - up (**chin**)
Age - lifting
Oi – of the same name
Gyaku - opposite
Te (tsuki) - hand
Age tsuki - punching from the bottom up
Shita - punching in Chd (opened fist with thumb up)
Tate - vertical fist
Seiken - basic fist
Uraken - back side of the fist
Hiraken - elongated fist (with phalanges of fingers)
Shuto - inner edge of hand

Kake - hook with wrist
Koken – hand bent at the wrist
Haito - outer edge of palm
Haishu - base of the palm
Teisho - back of the hand
Tetsuyi - heel of fist "hammer hand"
Juji - cruciform block with
Nukite - open palm with straightened fingers "spear hand".
Nihon - nukite - straightened two fingers forward
Empi - elbow
Jun - clean, no distortion

TAI - WAZA (positions)

Musubi – dachi – open stop positions
Fudo – dachi – strong stance
Kiba– dachi – rider stance
Zenkutsu– dachi – front stance
Sanchin – dachi – hourglass fortress stance
Kokutsu – dachi – back inclined stance
Nekoashi – dachi – cat stance
Siko– dachi - sumo fighter stance
Jiyu kamaete - standard fighting stance (equal)
Tsuruashi - dachi - heron stance

GARY - WAZA (foot technique)

Oroshi - top down
Mawashi - circular (lateral) direction of the kick
Ura - back
Geri - leg
Tobi (jump) - geri - kick in the jump
Mae - geri - kick forward
Yoko - geri - kick to the side
Ushi - geri - kick back
Kekomi - punching blow in a straight line
Utikomi - driving in, driving in
Keage - swinging

Fumikomi - punching down.

Orosi - geri - lowering kick

Mawasi - geri - circular kick from outside to inside

Ura mawashi - geri - kick from inside to outside

Teisoku mikazuki - geri - kick in a vertical circle from outside to inside

Ura mikazuki sokuto - geri - kick in a vertical circle from inside to outside

Hidza – knee

Sune - shin.

UKEMI - WAZA (falling technique)

Straight

Straight with a turn

Sides

Back

somersault h / h shoulder forward

somersault h / h shoulder back forward

somersault with a bend with access to the legs

NAGE - WAZA (throw technique)

Back roll

Back leg snatch

Morote - Gari (front leg snatch)

Tai - Otosi (front rollover)

Osoto - Gari - (rear sweep)

O - Goshi (big throw through the thigh)

Uti - Mata (throw through the thigh out)

Tani - Otoshi - (side rollover)

Kouti - Gari (small internal sweep)

Outi - Gari - (internal heel hook)

Kosoto - Gari (small external sweep)

Deasi - Harai (sweeping sweep of the exposed leg)

Tomoe - Nage - (circle throw)

ABBREVIATED TERMINOLOGY

KKD - Kokutsu Dati

FD - Fudo Dati

br. – throws

MD– Musubi Dati

k.at. - counterattack

DZK - Jiyu - kamae

k.br. – counterthrows

ZKD – Zenkutsu Dati

NKD – Nekoashi – Dati

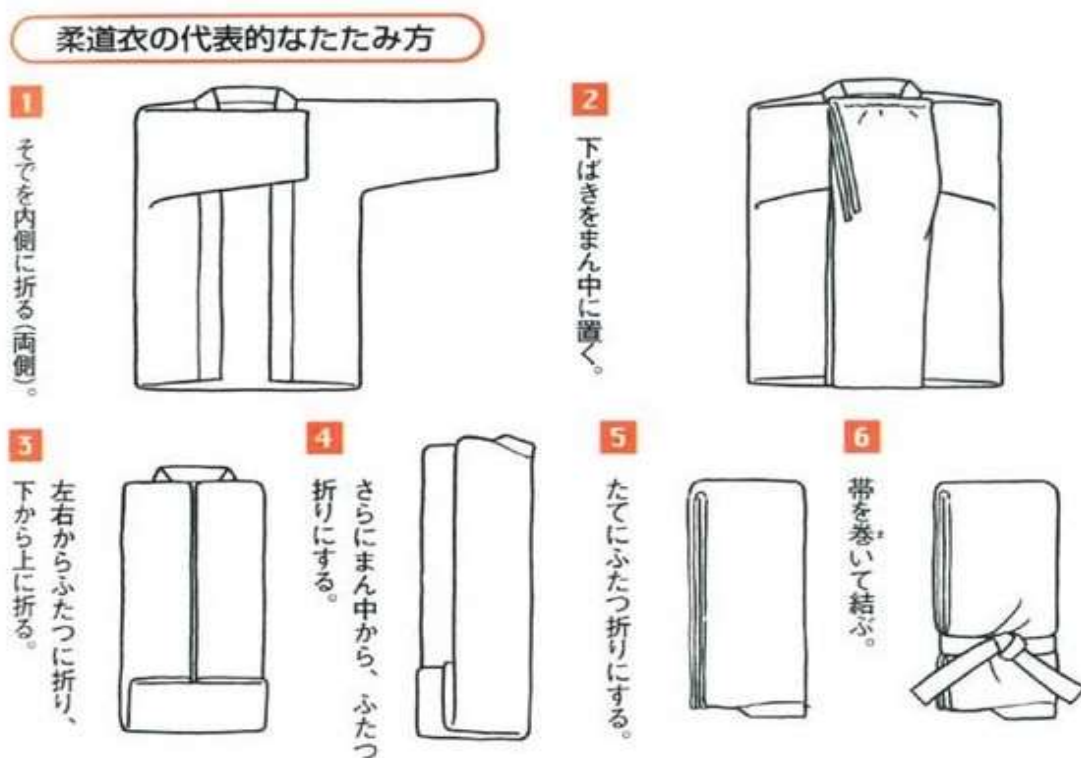
KD – Kiba – Dati

SD – Shiko – Dati

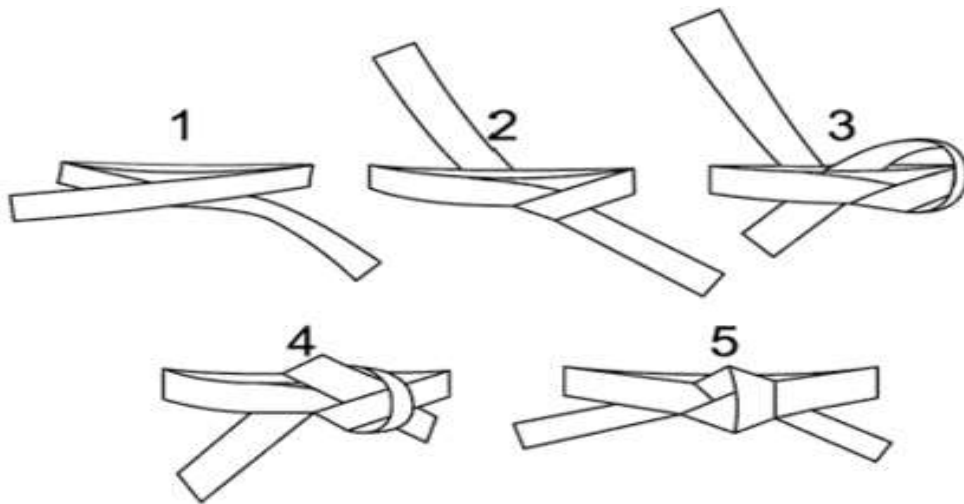
SchD – Sanchin Dati

Folding Kimano (Keiko gi)

Meaning of White Kimano- Birth, equality, realizing that we are all students, on the chosen path. The white kimano is a symbol of inner and outer purity. **Inner Purity-** purity of thoughts, control of actions. **External purity** - appearance, purity of the body - a reflection of the internal state. Kimano and Student, like Student and Karate are one, which is connected by a belt (obi), like the "Way".



Belt tying (Obi)



Basic requirements for the training program

Primary requirements: preparing students for: certification, advanced training (seminars), held 2-3 times a year, depending on the level of belt qualification, which is indicated in the certification program and is divided into two parts: Basic and Applied technology (theoretical and practical); where the student expands his worldview, gets acquainted with the meaning and meaning of techniques, kata "Bunkai", competitions - the only way to consolidate knowledge: (check the effectiveness: defense, counterattacks, attacks, etc.), see your mistakes. Participation in summer health training camps. This is an opportunity for children and the sensei to strengthen friendships and instill an interest in taking karate seriously. In the first year of training, athletes learn to master, maneuvering (moving) simpler attacking and defensive movements. From 2 - 3 years of training, athletes learn to use more complex and diverse defensive, attacking, counterattacking actions. Technique and tactics of the fight varies from the requirements in the chosen version (rules, age), assessment of technical actions (preference for throwing or striking technique) and the individual characteristics of the athlete.

From 6 years old - Semi contact kumite, Self-Defense, Kata; From 9/10 years old - Light contact kumite; From 12 years old - Full contact kumite;

"The true path, the path of a worthy disciple"

Author's words

Motto

Know yourself

find your way.

To breathe joy and love.

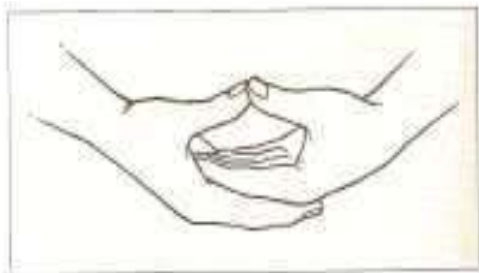
The meaning of the belt qualification



The belt classification is based on the principle of location of the energy centers of the body (Chakras), in which hidden abilities are hidden. Knowing about the chakras will help you control and improve health, as well as develop the abilities associated with them, which can be blocked by our emotional state and affect health and our ability to make decisions. The information

provided will help to open horizons and learn more about the abilities hidden in each of us. You just need to open the curtain. Chakras are the energy centers of the human etheric body, which in itself is an energy structure that interacts with the physical body and goes beyond it. The word chakra is Sanskrit and means wheel or disk. The physical body itself is endowed with these qualities, and on the basis of this connection of the spirit with the body, we perceive the external world, which, in turn, consists of five primary qualities, the elements of earth, water, fire, wind and space (ether). Each chakra serves a specific mental purpose and also performs a specific task for the body. The five lowest chakras are associated with the five elements, and 5 fingers are also subordinate to them. 1. Nameless - root chakra, earth. 2. Little finger - sacral chakra, water. 3. Large - solar plexus chakra, fire. 4. Index - heart chakra, air. 5. Middle - throat chakra, ether

(sky). Mudras that stimulate the energies of the original elements stimulate (activate) the corresponding chakras. The 6th and 7th chakras are not associated with the fingers, but there are mudras to activate them. The color and shape of the mandala have a strong effect on the emotional, physical and



spiritual condition of a person. With the help of mandalas, you can also develop and open your energy centers - chakras.

- Dhyani-Mudra (Dhyana-Mudra) Gesture of meditation, immersion [in oneself]. This is the Mudra of prosperity and longevity, it harmonizes the whole body, freeing the mind from thoughts. Technique: Both hands lie like a bowl on your knees: The left lies in the right, and the thumbs touch. The arms form a closed circle of energy, which also corresponds to the position of the legs (when sitting in the classic meditation posture). Both hands that form the cup symbolically communicate that you are free, clean and empty inside to receive everything that you need on the spiritual path. The Universe will fill this void with new energy - your thoughts and feelings determine the quality of this filling. Therefore, it is very important that you be free from evil thoughts and open to the world. Mudra "Dhyana" helps to free the mind from any thoughts. But it's hard to get it right away. therefore, direct all your attention to the breath and concentrate completely on it, observe, contemplate it. Breathing: Normal, even. Visualizations: If your thoughts are still too often distracted from the contemplation of breathing or you feel even the slightest hint of negative thoughts, then imagine a symbol of the Divine (light, triangle, wheel, flower, stone) in front of you. This should serve as an anchor for you to connect with the Divine. Affirmations: I accept everything that happens with love and gratitude. flower, stone). This should serve as an anchor for you to connect with the Divine. Affirmations: I accept everything that happens with love and gratitude. flower, stone). This should serve as an anchor for you to connect with the Divine. Affirmations: I accept everything that happens with love and gratitude.

1. (Muladhara)main chakra

Coccygeal plexus.



It is located in the lower part of the spinal column, between the anus and reproductive organs. This is where the energy comes from. She is responsible for survival, she is blocked by fear, what are you most afraid of?

know your fears. You want to survive, but you need to get rid of these fears, let them go with the flow.Blockage of Qi energy in this chakra leads to aggressiveness and mental problems.

a lack ofenergy leads to chronic pain in the lower back. **oversupply**energy can be the cause of a violent,

uncontrollable

behavior. This name comes from the ancient Kh'Aryan language:

"Mu" is peace, joy, sound, the beginning of life;

"Lad" - a harmonious state;

"Ha" - positive force (energy),

"Ra" - radiance, the basis of energy.

Many traditions consider this place at the base of the back as a point through which we can take the energy of the Earth into our body, improve our physical well-being and increase strength. Energy fluctuation frequency the environment of the chakra corresponds red color-**strength, energy, purpose.**

On the hand- forefinger.

chakra element- Earth.

Bija symbol- the syllable "LAM".

Sound- "Do" note.

When this syllable is pronounced correctly, a blockage is created in the first chakra that prevents the energy from passing down, and when M-M-M is sounded at the end of the syllable, vibrations are created in the upper part of the head.

Chakra mantra: WAM KSHAM SHAM SAM

2. Svadhisthana in trans. heavenly deed)

sacral chakra



Located at the top of the pubic bone. Governs sensuality, creativity, inspiration, aesthetics, spiritual perception.

This chakra is responsible for joy, it is blocked by guilt, and now let's remember everything that oppressed you? what do you blame yourself for? accept reality! All this has already happened, but don't let it poison your energy, if you want to help this world you need to forgive yourself. Body organs - liver (partially), kidneys, spleen, pancreas. Physically, taste sensations, as well as blood

and other fluids, correlate with the chakra. Chi blockage at this level can lead to obsessions and pedantry. If the sacral chakra does not function well, a person of any gender can develop diseases in the hip part of the body. Stimulation of this chakra enhances your ability to give and receive physical, mental and spiritual pleasure. It can also affect the reproductive system. The vibrational frequency of the energy environment of the chakra corresponds to the orange color - creativity, inspiration.

"Sva" is Heaven; "D" is an act; "Hi" - lunar streams, or moons (plural); "Stan" - the place of gathering; "A" is the measure. On the hand is the little finger. The element of the chakra is water (taste). The symbol of the bija is the syllable "VAM". The note is "RE". When concentrating on svadhisthana, this particular sound should be pronounced, its vibrations remove obstacles to the flow of energy in the lower body.

Chakra Mantra: BAM BHAM MAM YAM RAM LAM. The vibrational frequency of

the energy environment of the chakra corresponds to the orange color - creativity, inspiration. "Sva" is Heaven; "D" is an act; "Hi" - lunar streams, or moons (plural); "Stan" - the place of gathering; "A" is the measure. On the hand is the little finger. The element of the chakra is water (taste). The symbol of the bija is the syllable "VAM". The note is "RE". When concentrating on svadhisthana, this particular sound should be pronounced, its vibrations remove obstacles to the flow of energy in the lower body. Chakra Mantra: BAM BHAM MAM YAM RAM LAM. The vibrational frequency of the energy environment of the chakra corresponds to the orange color - creativity, inspiration. "Sva" is Heaven; "D" is an act; "Hi" - lunar streams, or moons (plural); "Stan" - the place of gathering; "A" is the measure. On the hand is the little finger. The element of the chakra is water (taste). The symbol of the bija is the syllable "VAM". The note is "RE". When concentrating on svadhisthana, this particular sound should be pronounced, its vibrations remove obstacles to the flow of energy in the lower body. Chakra Mantra: BAM BHAM MAM YAM RAM LAM. The element of the chakra is water (taste). The symbol of the bija is the syllable "VAM". The note is "RE". When concentrating on svadhisthana, this particular sound should be pronounced, its vibrations remove obstacles to the flow of energy in the lower body. Chakra Mantra: BAM BHAM MAM YAM RAM LAM. The element of the chakra is water (taste). The symbol of the bija is the syllable "VAM". The note is "RE". When concentrating on svadhisthana, this particular sound should be pronounced, its vibrations remove obstacles to the flow of energy in the lower body. Chakra Mantra: BAM BHAM MAM YAM RAM LAM.

3. (Manipura-lane city of precious stones)solar plexus chakra



The chakra is located in the lumbar region above the navel.

This chakra is responsible for willpower, it is blocked by shame, what are you ashamed of? when you disappointed yourself. You will not find balance if you reject a part of your life. It defines the “core” of a person, his “I-consciousness” and connection with inner strength. Organs of the body - stomach, liver (partially). Blockage of Qi energy in this area causes an unpleasant sensation in the solar plexus, stress and nervous tension. Blockages in this chakra can manifest as

stomach ulcers, indigestion, diabetes, hepatitis. Since this chakra is associated with thinking abilities, when the chakra is disturbed, there may be difficulties in the ability to reason or make decisions. The development of this chakra is associated with the acquisition of strength and wisdom. She is given the most important role in martial arts, as well as in meditation. chakras correspond to yellow color - a high self-

evaluation. "Mani" is like an open cosmos, literally: the energy of the surrounding outer space; "Pura" - as if absorbing radiance, "pu" is absorption, "ra" - radiance. Literally: absorbing the radiance of the energy of the surrounding outer space. Through it, a person receives the cosmic energy of life. The sound is the note "Mi". On the hand is a thumb. The element of the chakra is fire (associated with vision and the sun). The symbol of the bija is the syllable "RAM". When pronouncing this sound, one should focus on the navel, which helps to improve digestive functions and thus longevity. Chakra mantra: DAM DHAM NAM TAM THAM DAM DHAM MAM PAM PHAM. Can be used with Mudra and chant the Ram mantra.

4. (Anahata - means "sound, not extracted, but audible") Chakra of the

heart. Be at the level of the heart. She is responsible for her love is blocked by grief. Remember all the sorrow you've had in your life. You experienced a great loss, but love is also a form of energy and it is everywhere, those claws you love have not



disappeared from this world, they remained in your heart and were reborn thanks to new love. Let the pain run through you. Governs self-esteem, love, joy, self-respect, protection, giving, participation, caring for others. Organs of the body - heart, lungs. In the bodily area is to regulate the work of the heart and blood circulation. Blockage of Qi energy in this chakra leads to selfishness, communication difficulties. The heart chakra balances the energy of all chakras, as it is located in the center of the lower and upper chakras. This chakra

corresponds to green color- love, compassion, peace. "Ana" is creativity, creation; "Ha" is a positive force; "Ta" - means approved by the Gods: the rune "Firmly" (affirmation) and the rune "Az" (God). Literally: the positive force of creative creation, approved by the Gods. Through this chakra flows a creative positive force, approved by the Gods (the creative energy of creation). On the hand is an index finger. The element of the chakra is air (touch). The sound is "F". The symbol of the bija is the syllable "YAM" (YAM) When pronouncing this sound, the tongue seems to hang in the mouth, and the heart becomes the center of concentration. Chakra Mantra: KAM KHAM GAM GHAM NGAM CHHAM CHHAM JAM JHAM INYAM TAM THAM.

5. (Vishuddha-trans. "Purity", "Purification") Neck Chakra



The chakra is located in the throat area, almost above the larynx (thyroid gland). She is responsible for the truth, she is blocked by a lie, the lie that we pronounce ourselves, you cannot lie to yourself. Body organs - neck, arms, mouth, tongue, face. Blocking at this level of Qi energy leads to the fact that a person speaks with others in a commanding tone, behaves excessively overbearingly or inability to stand up for himself. Its function is to regulate growth. In the mental realm, it determines our ability to

communicate, the communicative aspect of creative activity and awareness of individuality. The impact on the chakra helps to cope with our stubbornness, which is directly related to the non-plasticity of the muscles in this part of the body. Frequency of vibrations of the energy mediumchakras are blue- expression and communication."Vish" is the Supreme system (Vishnu); "Ud" - sensory system; "Ha" is a positive force. Literally: a place through which the positive energy of sensory images flows. On the hand is the middle finger. The element of the chakra is ether (hearing, sounds are connected). The sound is salt. The bija symbol is the syllable "Shyam" (HAM). Chakra mantra: AM AAM IM IIM UM UUM RIM RIIM LRIM LRIIM EM AIM OM AUM and two with breath AM AMX

6. Ajna - "Order", "leadership")

forehead chakra It is located between the eyebrows (third eye), hypothalamus (coordination of endocrine glands). She is responsible for enlightenment, she is blocked by an illusion, the greatest illusion in this world is the illusion of disunity. External differences are only appearances, the essence of things is the same, combinations, we are all one people, but we live as if they are different, we are all connected, everything in the world is connected. Even the separation of the four



elements is an illusion. If you open your mind, you will understand all the elements of a single whole, part of a whole, even metal is just a part of the earth, just a purified earth. It determines our volitional efforts, intuition and intelligence, as well as the conscious aspect of creativity. Organs of the body - sight, hearing. Blockage at this level of Chi energy leads to a feeling of insecurity in life, distrust of one's intuition or ability to perceive realities. May suffer

from insomnia, fatigue, **This chakra corresponds to a dark blue color.- self-**

knowledge, wisdom. Here is an abbreviation consisting of the sounds of individual runes: A, D, F, N, A. Literally: "ajna" - means a look into another dimension, state. The color of the chakra is dark blue. The sound is "La". The element of the chakra is self-consciousness or the will power of the Universe. The symbol of the bija is the syllable "KSHAM". Chakra mantra: "HA THA".

7. (Sahasrara - "thousand petals")

Crown or crown chakra. WITH The seventh chakra is located in the center of the



head ("above the fontanel"). Responsible for the coordination of vital processes, connecting the bodily, spiritual and mental nature of a person. The organ of the body is the brain (nucleus). Chi blocking at this level leads to a loss of spiritual orientation and a feeling that life does not matter. Chakra disorder also leads to nervous disorders, including multiple sclerosis. After you open this chakra, you will be able to enter a state in which you will

completely control your actions by an effort of will. The thought chakra is responsible for cosmic energy, it is blocked by earthly attachments, think about what keeps you in this world. Now let go of these attachments, let them dissolve in the stream, forget them. Learn to let go, otherwise the energy of the cosmos will not be able to penetrate you. **purple (bright white) color-capacity for superior insight and knowledge.** "Sa" - moving, radiating; "Ha" is a positive force; "C" - connecting; "Ra" - radiance. Literally: a driving, radiating positive force that connects two radiances. It switches the streams of thinking to work. Through this chakra, a person receives from the Family, from the Gods, the energy of life and thoughts. The color of the chakra is purple (bright white) The sound is "Si." The symbol of the bija is the syllable "OM" (AUM).

BASIC CERTIFICATION REQUIREMENTS

This program is intended as a textbook for students and instructors of the World Karate Federation Higashi KaiKan, specially selected and studied, incorporating everything necessary to prepare a high level of student skill. To date, a system has been established consisting of 10 student degrees (kyu) - from white to brown belt (1 kyu is a candidate for 1st Dan, An adult is given), or (1st and 2nd Dan Youth, depending on age, this stage of preparation is the completion of the student's level of preparation). The gradation of the master's degree begins at the age of 18 (at this stage, its

improvement begins). Technical standards in the "World Federation of Karate Higashi KaiKan" are practically exhausted by III - m Dan. Subsequent master's degrees are awarded on the basis of special achievements in the development of contact karate Higashi Kai and merits to the school.

All kyu are considered temporary! If a student stops training before he receives a black belt and does not resume them within six months, his title will be canceled. If a student violates or disrespects the rules and traditions of the school, the sensei has the right to remove the belt until his mistake is completely corrected, the belt will be returned at the discretion of the sensei (kyu is not removed).

Belt classification corresponds to the following gradations

10kyu White belt - Shimoza

9 kyu White belt with 1^{Ouch} red stripe - shimoza

8 kyu Red belt - shimoza

7 kyu Orange belt - shimoza

6 kyu Yellow belt - shimoza

5 kyu Green belt - shimoza

4 kyu Blue belt - shimoza

3 kyu Blue belt with 1st brown stripe - shimoza

2 kyu Brown belt - kohai

1 kyu Brown belt 1 white stripe - kohai

– **I Dan junior** (black belt 1 red stripe) 14-15 years old - kohai.

– **II Dan junior** (black belt 2 red stripes) 16-17 years old – kohai.

– **I Dan** (from 18 black belt 1 white stripe) – Senpai;

– **II Dan** (z 20 black belt 2 white stripes) – Senpai;

– **III Dan** (z 23 black belt, 3 golden stripes) – Sensei;

– **VI Dan** (z 27) – Sensei;

– **V Dan** (z 32-35) - Sihan 13 years old - not less than 35;

– **VI Dan** (z 38-40) – Sihan 18 years old – minimum 40;

– **VII Dan** (z 40-45) – Sihan Minimum 40.

If desired, the student can shorten the period of attestation, having previously coordinated his intention with Sensei.

Senpai can become a sensei from the moment he opens his own club or organization.

Certificate Program

10 Kyu (white belt)

(3 months of lessons)

Theory:

The name of the Federation and the founder of the WFKKKK Federation

5 rules of karate

Meaning of the white kimono

Meaning of the Dojo

Tai-Wadza

Musubi (Hyosoku) - Dachi, Fudo (Hyoiko) - Dachi, Seiza\Aguradza.

Uke-Wadza

Jodan ude - uke

Gedan ude – uke

Uty (te)-Wadza

Seiken - tsuki(J/Chd/Gd) Morote - tsuki(J/Chd/Gd)

Gary-Wadza (BH)

Hidza mae geri Hiza mawashi geri

Condition: (beginners)

push-ups (times) - 5 - 8

press (times) - 8 -10

squats (times) - 10-15

Children 4-8 years old pass physical training at the discretion of Sensei.

9 KYU (white belt with 1 ^{Ouch}red stripe)

(3 months of classes)

Theory:

Dojo Etiquette (briefly)

Meaning of "Waza"

Meaning of Kata "Taikyoku"

Tai-Waza

Jiyu - kamae te; Santin - Dati.

Uke - Waza

Uchi ude uke(J/Chd)

Uchi (cho) - Waza

Seiken age uchi

Shita tsuki

Tata tsuki(J/Chd/Gd)

Geri - Waza (Hg)

Hiza mawashi geri

Mawashi heisoku geri

Yoko kakato geri

Renraku (forward and backward)

I. per step Seiken g.c. Chd + m. Hidza mae - geri Chd (DZK)

II. oyi D.u.u.+ S.g.c.Chd (S.d)

Kata

Taikyoku sono ich

Ukemi - Waza

Belay (fall) - (straight, right on the turn, b / o pr., left shoulder forward / backward, on the back)

Condition:(adults) (children from 12 years old) (children 4-7)

push-ups (times) - 20 -10 - 5

press (times) - 20 -10 - 8

squats (times) - 25 -20 - 15

Children 4-8 years old pass physical training at the discretion of Sensei.

8 KYU (Red belt)

(3 months of classes)

Theory:

Meaning of "Jiyu-kumite"

Basic principles of the "World Karate Federation Higashi KaiKan" (main).

Brief information about the founder of

"Motto"

Tai-Waza

Zenkutsu - Dachi

Uke - Waza

Soto ude uke(J/Chd)

Uchi (cho) – Waza

Seiken mawashi tsuki(J/Chd)

Age tsuki

Geri – Waza (Bh)

Mae kakato geri

Mawashi heisoku Geri

May Yoko Kakato Gary

Nage - Waza: (roll through back) cr. 1 min.



Renraku (forward and backward)

I.gyaku Maeshi city (Bh) + Sn.g.c. Chd (Dzk).

II. oyi s.u.u. (Bh) + x. G.c.b. + S.g.c. Chd (ZKD)

Kata

Taikyoku sono ni

Jiko – booge

Exemption from a one-sided grip (on command for the right hand)

Protection from a knife (from above, backhand on command with the right hand)

Condition: (children from 12 years old) (children 4-7)

push-ups (times) - 25 - 15 - 8

press (times) - 25 - 15 - 10

squats (times) - 30 - 25 – 20

Kumite: (from 11 years old) -**6** fights; (children under 10 years old) -**3**fight.

Children 4-8 years old pass physical training at the discretion of Sensei.

7 KYU (Orange belt)

(6 months of classes)

Theory:

Goals: "World Karate Federation Higashi KaiKan".

Terminology (basic commands).

The value of energy centers (briefly: how many, name of centers).

Meaning of kata "Pinan".

Tai-Waza

Nekoashi – Dachi

Uchi (cho) - Waza

Uraken mae uchi

Uraken oroshi uchi

Uraken gomen uchi uchi

Uraken yoko hizo uchi(BH)

Uraken yoko uchi

Geri-Waza (BH)

Mae koshi geri

Mawashi koshi geri

Yoko sokuto geri

Renraku (forward and backward)

oyi Sn.g.ts.Chd + oyi Maeto g. + x.Mav.si (ZKD) + x. (NKD) oyi.Sto.c.u. (J) + Sn.g.ts.Chd.

Kata

Taikyoku sono san(NKD), Pinan sono ich.

Nage – Waza

c.br. from br. roll (dive under the arm br. grab legs from behind)**cr. -1 min.**



Jiko – booge

Exemption from the grip of the same name by the hand (by the right hand) on command.

Knife protection (bottom, side, straight, right hand) - on command **with a turn.**

Condition:(children under 12 years old) (children 4-7)

push-ups (times) - 30 - 15-20 – 10

press (times) - 30 - 20-25 - 15

squats (times) - 35 - 25-30 – 25

Kumite:(children from 11 years old) -**8** fights; (children under 10) - 4 combat

Children 4-8 years old pass physical training at the discretion of Sensei.

6 KYU (Yellow belt)

(9 months of classes)

Theory:

Tasks: "World Karate Federation Higashi KaiKan".

A Brief History of Karate.

Tai-Waza

Kiba - Dachi (30s - 45s) static

Uke - Waza (from goalss)

Shuto jodan uke(from head)

Shuto gedan uke

Shuto mawashi uke

Shuto soto uke(J/Chd/Gd)

Shuto juji uke(J/Gd)

Uchi (cho) – Waza

Shuto mae uchi (horizontal brush)

Shuto oroshi uchi

Shuto gomen mawashi uchi

Shuto gomen uchi

Shuto hizō uchi

Gary - Waza (J)

Mae koshi geri

Mawashi heisoku geri

Mae yoko sokuto geri

Ura mikazuki sokuto geri(BH)

Renraku (forward and backward)

I. oyi.(cd) Gn.u.b+oyi Yok_oThat(BH)

II. oyi Maek-i / Mawashi_{to-and}BH + S.c.c. Chd (ZKD)

Kata

Taikyoku sono Yon (CD), Pinan sono Ni

Nage - Waza:

Morote-gari (snatching legs) cr. - 1 min.

Jiko – booge

Exemption from the capture by two hands - on command;

Protection from a knife (from different sides) - on command with a turn.

Condition :(children under 12 years old) (children 6-9)

push-ups (times) - 30 -20-25 -15

- fixation 10 sec. - on 5 fingers, in an emphasis lying /

press (times) - 30 -20-25 - 15-20

squats (times) - 50 - 35 -40 - 25-30

Kumite:(from 11 years old) -9 battles; (children under 10 years old) -**5** fights.

Children 4-8 years old pass physical training at the discretion of Sensei.

5 KYU (Green Belt)

(12 months of classes)

Theory:

Warm-up value

Distance value

Tai-Waza

Siko - Dati.

Моротэ-гари (рынок двумя руками)



Uke - Waza

Uchi ude uke ~ Gedan ude uke.

Uchi (cho) – Waza

Jun tsuki (J/Bd/Gd).

Gary - Waza(J)

Mikazuki teisoku geri

Renraku (forward and backward)

I. (SkOD) oyi G.u.b + Sn.g.tsChdchange on the spot m. (ZKD) Mto c.

II. oyi Maetog. Chd + h. Yokotog. Gd (without lowering your legs) + m. Mavasik-ig. + SN.c. BH (Dzk)

Kata

Pinan sono san

Nage – Waza

Tai-otoshi (front overturning) kr. - **1 min.**

Тай-отоси (опрокидывание)



Jiko – booge

Liberation from grasping the chest with one hand (right hand grip)- on command;

Knife protection withrope(from above, on the wave with the right hand) on commandwith a spread

Condition:(children under 12 years old)

push-ups (times) - 35 - 20-30 times

15 push-ups on 5 fingers in an emphasis lying - fixation 10 sec. on 4 fingers

press (times) - 35 - 25-30 times

squat (times) - 60 - 35-45 times

Kumite: -**12** fights; (children under 10 years old) - **6** fights.

Children 4-8 years old pass physical training at the discretion of Sensei.

4 KYU (blue belt)

(15 months of classes)

Theory:

Construction of classes

Muscles and their functions

The meaning of the Sanchin kata

Uke – Waza

Teisho age uke (**J**)

Teisho mawashi uke (**chd**)

Teisho uke (**Gd**)

Uchi (cho) – Waza

Teisho mae uchi (**J/Chd/Gd**)

Gary - Waza (Bh)

Ushiro - geri

Ushiro mae - geri

Ushiro mae - geri kekomi

Kata

Sanchin (with Ibuki)

Nage - Waza

Osoto-gari (rear undercut from the outside) kr. -1 min.

Осото-гари
(большая подсека ногой снаружи)



Jiko - booge

Release from gripping the chest with both hands - on command; Protection from a knife with a rope (from below, straight, from the side) - on command.

Condition: (children under 12 years old)

push-ups - 40 times 10 push-ups. - 30-35 times

on 4 fingers in a lying position - fixation 10 sec. on 3 fingers in an emphasis lying

press (times) - 40 - 30-35 times

squat (times) - 70 - 55-65 times

Kumite: - **14** fights; (children from 10 years old) -7 fights.

3 KYU (Blue belt with 1st brown stripe)

(18 months of training)

Theory:

Lesson structure.

Musculoskeletal system.

First aid for bruises and sprains.

Tai-Waza

Tsuruashi - Dachi; Teiji - Dati.

Uke - Waza

Shuto mae mawashi uke (**circular**)

Juji uke (J/Gd)

Uchi (cho) - Waza

Empi keage uchi(J)

Empi oroshi uchi(J)

Empi mawashi uchi(J)

Empy ushiro uchi(BH)

Empy yoko uchi(BH)

Gary - Waza (J)

Oroshi Kakato Geri

Mikazuki ~ Yoko Geri(Bh)

Kata

Pinan sono Yon;

Nage - Waza:

O-Gosi (big throw w / h hip /to the gun) cr.-1 min.

Uchi Mata(throw c / o thigh out)

О-госи (Большой бросок через бедро)



Учи-мата (Бросок через бедро наружу)



Jiko – booge

Capture protection **behind**- on command.

Knife protection with **ropes** (from any hit)- kr. **1min.**

Condition: (children under 12 years old)

push-ups (times) - 45 - 40 times

10 times on 3 fingers in an emphasis lying - fixation 15 sec. on 2 fingers

press (times) - 45 - 40 times

squats (times) - 80 - 75 times

Kumite: (from 11 years old)-**16** fights; (children from 10 years old) - **8** fights.

2 KYU (Brown belt)

(21 months of classes)

Theory:

The meaning of terms (technique and tactics)

Recovery after physical exertion

Meaning of the Gekisai kata

First aid for a fracture

Tai-Waza

Kake Asi - Dachi; Teiji - Dachi.

Uke - Waza

Kake - uke (J)

Morote gedan uke

Morote uchi ude uke

Uchi (cho) – Waza

Hiraken gomen mae uchi

Hiraken gomen mawashi uchi (J edgewise)

Hiraken uchi uchi (J) Hiraken oroshi uchi (J)

Gary - Waza

Ura mawashi - geri (J/Chd)

Tobi hiza mae - geri (Chd)

Renraku (forward and backward)

oyi Gn.u.b. + with a distance m. Age - c. + with substep oyi G.c. (**Bh**)+ step forward oyi x. Maek-i g. (Chd) + + Mawashik-i g. (J) + Ushiro geri (Chd) + oyi Gn.u.b. + G.ts.Chd (Zkd)

Kata

Pinan sono go, Gekisai dai

Nage - Waza:

Tani-otoshi(lateral)

overturning / internal pods. / internal hook) **cr. - 2 minutes.**

Тани - отоси («падение со скалы»)



Kouchi-gari

Кочти-гари (малая внутренняя подсека)



Outi-gari

Оути-гари
(большая подсека ногой внутрь)



Jiko – booge

Knife defense with Jo (overhand, backhand) **cr.-1 min.**

Protection against capture by the hair - on command,

Knife protection (**any blow**)**cr. - 2 min.**

Condition:(children from 12 years old)

push-up times - 50. - 40-45 times

10 times wt. on 2 fingers in an emphasis lying - fixation 15 sec. on the thumb

press times - 50 - 45 times

squat times - 90 - 85 times

15 times - push-ups on the koken

blows to the paws (times): Tobi hiza mae-geri – 50

Kumite: (from 12 years old) -**18** fights; (children from 10 years old) - 9 fights.

1-th Kyu (Brown belt 1 white patch)

(24 months of training)

Theory:

The value of physical qualities.

Self-massage (ointments).

First aid: with a blow to the groin and knocking down the breath.

Meaning: "Yantsu", "Tsuki no kata".

Uke – Waza

Age - uke

Uchi (te) - Waza

Tetsuya oroshi - uchi(J)

Tetsui gomen mawashi - uchi(J)

Tetsuya gomen uchi - uchi(J/Chd)

Tetsuya hizo - uchi(BH)

Tetsuya mae yoko - uchi(Gd)

Gary – Waza

Ushiro somehow gary ura (Hd)

Ura mawashi - gary ura(J)

Toby mae - gary(BH)

Kata

Janz; Tsuki no kata.

Renraku (forward and backward):

I. O.c. + H.ts.+ Age.ts.+ Sto.ts. Chd (ZKD)

II.oyiMawashi h-kug. + O.c. + G.c. + Yoko g. (J), (in Dzk)

Nage - Waza

Deasi-harai (external undercut / with a hook)**cr.-2 minutes.**

Дзаси-харай
(сметающая подсечка выставленной ноги)



Kosoto-gari

Косото-гари (малая внешняя подсечка)



Jiko - booge

Knife defense with jo (bottom, straight, side) -cr. 2 minutes.

Release (any capture)cr. - 2 minutes.

Condition:(up to 12 years old)

push-ups (times) -55 45 times

koken (times) -20 45 times

press (times) -70 65 times

100 times squats 90 times

kicks on the paws (Tobi): Tobi mae-geri / hiza mae-geri – from 80 - 120 times

Kumite: (from 12 years old) – **18** fights; (children from 10 years old) - **9** fights.

Black belt

junior

Sedan (black belt)(14-15 years old)

Theory:

Biomechanics of punches.

The main commands during (building, the ability to warm up).

Judging criteria for "Kata" and "Self Defense".

Kyuse-jutsu.

Uke - Waza

Haito – uke (J/Chd)

Uchi (te) - Waza

Haito gomen mawashi - uchi (J)

Gary - Waza(BH)

Tobi Mawashi – Gary

Kata

Taikyoku sono Ichi – Yon ura/Saifa

Dzjo no kata

Nage – Waza

Tomoe-nage (circle throw) - 3 times

Томоэ-нагэ (бросок по кругу)



Jiko - booge:

Throws (any combination of 5 bores)kr.-3min.

Knife Defense with Jo (any blow)cr. - 3 min.

Tameshiwari

empty, cocoa (1 board x 2.5cm./punch and kick)

Condition:

push-ups (times) - 60

10 push-ups. on the thumb - fixation for 15 seconds. on the phalanx of the index finger

press (times) - 80

squats (times) - 80

Strikes on the paws (Tobi): Hidza mae geri / Mae-geri / Mawashi-geri - **4x30-120 times**

Kumite: 15 fights;

With the delivery of a set of wood; 3 items (Jo, boken, tanto). With the right to be on the front line in front of Sensei.

Black belt

junior

Nidan (black belt)(16-17 years old)

Theory:

First aid for loss of consciousness;

Rights and obligations: side referee, assistant secretary;

Ability to show and explain technique (blocks per 10 kyu).

Uke - Waza

Koken - uke(J/Chd/Gd)

Uty (te) – Waza

Koken gomen mawashi uchi(J)

Haishu uchi - uchi (J/Chd)

Gary - Waza(BH)

Tobi mae usiro – gary

Kata

Pinan sono Iti - Go ura.

Jiko – booge

Knife and grip protection (any blow)cr. - 3 min.

Tameshiwari

shuto, mow (1 board 2.5 cm.)

Condition:

push-ups (times) - 65; 10 otzh. on the phalanx of the index finger

press (times) - 90

squats (times) - 90

Strikes on the paws (Toby);

Hidza mae geri / Mae-geri / Mawashi-geri / Mae ushiro-geri - 5x30-150 times

Kumite: 15 fights

Black belt

Sedan (1 gold strip from 18 years old) (3 years of classes)

Theory:

Meaning "WAYS";

The main commands for: (building, the ability to warm up);

Judging criteria for "Kata" and "Self Defense";

Kyuse-jutsu.

Kata

Tensho, Saifa, Taikyoku sono ich - Yon ura;

Pole kata

Renraku (back and forth)

from the back m. Mawashi koshi - geri Chd + Ushiro mae - geri J + Mae koshi - geri + Yoko sokuto - geri all blows J (DZK)

Nage - Waza (1 out of 2 at Sensei's choice)

Throws (any combination of 5 bores) kr.-3min.

(c.br.) on throws cr. - 3 min.

Jiko - booge:

Knife Defense with Jo (any blow)

cr. - 3 min.

Tameshiwari empty, cocoa (1 board x 2.5 cm.)

Condition: push-ups (times) - 70

10 push-ups. on the thumb - fixation for 15 seconds.

press on the phalanx of the index finger (times) - 95

squats (times) - 95

pull-ups (1 year) - 1 time

Strikes on the paws (Tobi): Hidza mae geri / Mae-geri / Mawashi-geri - 4x50-200 times

Kumite: 12 fights.

Presentation of a set of 2 items (Katana and wakizashi). With the right to be on the right side of Sensei.

Black belt

Nidan(two white stripes from 20 years old)
(4 years of classes)

Theory:

First aid for loss of consciousness;

Conduct classes as an assistant instructor in (main and preparatory group);

The ability to show and explain the technique (blocks and strikes for 10 kyu).

Meaning of the kata "Gekisai sho, Kanku dai, Sanchin"

Uke – Waza

Morote haito - uke

Morote kake - uke

Uchi (te) - Waza

Nukite - uchi (J/Chd)

Nukite ippon - uchi (J)

Nukite nihon - uchi (J)

Gary - Waza

Tobi ushiro - gary ura (chd)

Kata

Gekisai sho, Kanku dai, Pinan sono Ichi - Go ura.

Nage – Waza

Fighting at close range **improvisation**)cr. - 3 min.

Jiko - booge(1 out of 2 at Sensei's choice).

Knife and grip protection (**any blow**)cr. - 3 min.

Protection **rope** from (any stabbing, punching and kicking).

Tameshiwari

Shuto, mow (1 board x 2.5cm)

Condition:push-ups (times) - 80, 10 push-ups. on the phalanx of the index finger

press (times) - 100

squats (times) – 100

Kumite: 21 fight.

A student who passed the 2nd dan junior, when passing the certification for the 2nd dan adult,
Pinan sleepily Ichi-Go does not pass.

Black belt

Sandan (three golden stripes) (6 years of practice)

Questions

Rights and obligations of the Referee;

Meaning of kata "Sushiho", "Seipai"

Open 1 group of physical training and 1 group of contact karate

Kata

Sushi-ho

Advanced Kata

Seipai

Tameshiwari (1 of 2 options arms and legs, at the choice of the participant) Shuto / Seiken,
Kakato / Kosi (2 boards x 2.5 cm.)

Condition:

push-ups (times) - 100

press (times) - 100

squats (times) – 100

Kumite: 20 fights.

Ju with melee combat and k.at. (no throws) with a knife.

Note: The examinee is tested for endurance, both in the previous degrees, and in the performance of all basic techniques.

The applicant must be able to teach basic techniques.

– The examinee must be physically ready to perform all the techniques.

– In kumite, injury is not an excuse to stop fighting.

– at the discretion of the examiners, standards for conditioning and kumite may be reduced.

However, the examinee must show a sufficiently high physical fitness and the ability to fight with different opponents.

Qualifying exams for student degrees (kyu) are held three times a year, taking into account the timing of training.

When passing an examination for any degree, the examinee must fulfill all previous qualification standards.

If you do not pass the exam, you must prepare at least for the next exam:

For 10-8kyu - 2 months.

For 1kyu - 6 months.

For 4-2kyu - 3 months.

For the 1st Dan - 1 year.

Rights and obligations of the panel of judges Referee Committee

Referee

Referees (shushin) have rights and duties

1. Referees (shushin) have the right to conduct fights, including announcements of when, stops and end of the match, as well as disqualify.
2. Award points by common decision of the judges
3. Explain to the Chief Referee or Jury of Appeal, if necessary, the reasons for the decision.
4. Assign punishments and announce warnings before, during, or after the fight.
5. To perceive and take into account the opinion of the judges.
6. Announce additional fights.
7. Conduct a vote of the judging panel and announce the winner.
8. Announce the winner.
9. The authority of the Referee extends not only to the competition area, but to everything around its immediate perimeter.
10. The Referee must give all commands and make all announcements.

Judges

A referee (fukushin) has the following rights and duties

1. Assist the Referee with flag systems.
2. Use the right to vote to make a decision.
3. Judges are obliged to carefully monitor the actions of the participants and show the Referee their opinion in the following cases:
 - A. when they noticed the assessed technique
 - b. when a contestant has committed a prohibited act or technique
 - V. when a member's injury or illness is noticed
 - G. when one or both participants went out of bounds
- d. on other occasions when it is necessary to draw the attention of the Referee

Protocol controller

– The scorekeeper must keep a separate record of the points awarded by the Referee and at the same time supervise the actions of the designated timekeepers and scorekeepers.

Responsibilities of the secretariat

- Provide the panel of judges, officials, press center, representatives with materials about the course of the competition (opening, protocols, number of sites with age and weight categories by day).
 - Maintain competition protocols, prepare all documentation for the next fight and materials for the chief judge's report (organization of competitions, number of teams, participants, versions, how many 1-2-3 places, the best athletes of different versions, which team performed better, points scored, judges and their assessment, injuries).
- Judge timekeeper - during the fight, follow the instructions of the referee, be in close proximity to the site, carefully monitor the progress of the fight and always ready to fulfill the referee's command. Gives a command by a gong signal or in another way about the beginning or end of the battle, monitors the net time of the battle.

Judging criteria for "Kata"

TECHNIQUE

1. **Positions** -(wide square, lane knee, back heel, back);
2. **Technique** -(direction, level);
3. **Intermediate movement** -(pause, stop);
4. **Coordination/synchronicity** - (balance, strike later or earlier than the step);
5. **Proper breathing** -(abdominal breathing, without cotton. o karategi);
6. **Focusing kime** -(concentration of attention, block / strike);
7. **The complexity of the technique;**
8. **Shape matching**– (the style of the kata being performed).

ATHLETIC PERFORMANCE

1. **Force;**
2. **Speed;**
3. **Balance;**
4. **Rhythm.**

Judging criteria for Self-Defence

1. **Practicality** - "0.5"(availability repeat.);
2. **Efficiency** - "0.5/0"(weak or no protection against hits. hand/knife, scythe) "+";
3. **Legality** - "0"(exceeding the measures of their own security);
4. **Attacker Control** - "0.5"(choke before surrender, counter. hands until the end of the reception) "+";
5. **Equilibrium** - "0.3 / 0.5"(partial or significant loss of balance);

6. **Unity - "0.3 / 0.5" (partial/ lethargy, pause or significant stop.,)"+";**
7. **Compliance with security measures - "0.5 /disqualification»(accidental/intentional)**
8. **Sports behavior - "0.5/disqualification»(random/out of control)**

Subject to all criteria and strict control of the criteria: 2/4/6. grades are awarded: "0.5/0.3"(clearly/chaotically)

Meaning of Kata

According to tradition, it is a violation in the creation of their own complexes - kata. After all, kata is a real embodiment of the spirit of wisdom of the ancient masters. All kata came to Okinawa from China. It was believed that when performing kata, a person not only works out the technique of combat, but enters into the “trace and shadow” of the ancient first sages. Kata were understood purely mystically - as a channel of contact with the esoteric essence of mastery. “The most important thing in karate is kata. They contain all the techniques of attack and defense. Therefore, you need to understand the meaning of kata well and perform them correctly. While some may think that one can ignore kata and practice only sparring, such an attitude will never lead to true progress in karate. The fact is that strikes and blocks, attack and defense techniques have thousands of variations, and it is impossible to try everything in a fight... One or two kata is the only thing a person needs, if only they are performed clearly and with the condition that they become “yours”. Then other kata will serve only to expand knowledge and for comparison. No matter how rich and extensive your experience in the field of formal exercises, it is useless without proper depth. No matter how many people learn kata, if training in them is insufficient, they will hardly be useful. Learn correctly and practice one or two kata, and when the time comes to apply them, regardless of your consciousness, they will be effective beyond all expectations. The second thing to highlight is the correctness of the training. If No matter how rich and extensive your experience in the field of formal exercises, it is useless without proper depth. No matter how many people learn kata, if training in them is insufficient, they will hardly be useful. Learn correctly and practice one or two kata, and when the time comes to apply them, regardless of your consciousness, they will be effective beyond all expectations. The second thing to highlight is the correctness of the training. If No matter how rich and extensive your experience in the field of formal exercises, it is useless without proper depth. No matter how many people learn kata, if training in them is insufficient, they will hardly be useful. Learn correctly and practice one or two kata, and when the time comes to apply them, regardless of your consciousness, they will be effective beyond all expectations. The

second thing to highlight is the correctness of the training. If the training methodology is wrong, then it doesn't matter how many fights you participated in, how many stones and boards you broke, because bad skills, in the end, will lead to defeat. However, although kata can be called the most important part of karate training, sparring and punching tests should not be neglected either. The way to real karate is to avoid idleness and practice hard, with the idea that kata is half the success and other training is the other half."

Kenwa Mabuni (1889 - 1952)

Meaning of "Ibuki" and "Nogare"

Special methods of breathing that regulate consciousness. **Ibuki** and Nogare symbolizing, as it were, two beginnings. Exhale in **ibuki** performed with the tension of the abdominal muscles during the breathing of crossed arms to the sides. This type of sonar (i.e., sound) breathing is said to activate the mind, energize the fighting spirit, and teach the concentration of ki energy. It is logically opposed by the soft and calm type of nogare breathing, the use of which is accompanied by movements of the palms. Nogare calms and, as it were, "cools" the mind, bringing the body into a state of balance.

Meaning of the Path

It's hard to know yourself if you don't know about others. All roads have their branches. Even following the true Path, eliminate small errors, because in the future they can turn into large deviations. Anything is just one path out of a million possible. Therefore, you must always remember that the path is only the path. If you feel that you shouldn't walk on it, you shouldn't stay on it under any circumstances. In order to have such clarity, you must lead a disciplined life. Only in this case will you know that any path is just a path - and that there is no absolute barrier, either for yourself or for others, to leave it, if that is what your heart tells you to do. But your decision to stay on this path or leave it must be free from fear or ambition. Look at any path carefully and deliberately. Try it as many times as you like. Before you decide to take this path, ask yourself: does this path suit your heart? If the answer is "no", then you will recognize it and you will be able to choose another way. The path that does not correspond to the heart will sooner or later turn against the person himself and destroy him. Almost no one asks themselves this question. Therefore, it often happens that when a person finally realizes that he has chosen a path that does not suit his heart, this path is already ready to kill him. At this "point of no return", only very few can

reverse their purposefulness and leave the wrong path. One path makes the journey along it joyful as long as you walk along it, you and it are one. The other way will make you curse your life. One path makes you strong, the other weakens you. A path that does not correspond to the heart is never joyful. You have to work hard even to step on it. On the other hand, the path appropriate to you is easy. You don't have to work to love him.

The meaning of the warm-up and its methods

Warm up- makes it possible to achieve the optimal concentration of neuro-psychic processes. It includes a set of exercises common for karateka, its average duration is 20-30 minutes. Under the influence of the warm-up, the excitation of the central system and the speed of the reaction increase, the activity of the internal organs improves, it helps to deal with negative emotions, with growing excitement, psychologically adjusts the karateka. In addition, warm-up is an important preventive measure against various traumatic injuries.

First part of the warm-up- warming up - enhances the body's ability to work due to the intensification of vegetative functions.

Second part warm-up prepares the athlete's body for special sports activities. This is the main means of neuro-coordination and psychological mood.

Meaning and methods of Jiyu-kumite.

Over the past three millennia of the twentieth century, many martial arts have undergone a drastic revision. Strikes have become shorter and more effective. Short economical movements (strikes) are based on the same principles as traditional long lunges in movement, with hands, feet. In modern times, the competition is an event that can bring real events closer, requiring psychological, technical and physical preparation, where you need to think quickly in a changing extreme situation. The Jiyu-kumite technique is built on the continuation of traditions, strengthening the fortitude, self-confidence, respect for the opponent, the rule of conduct, the development of psychological, technical and physical training.

Meaning of Sanbon - Kumite Develops a sense of: distance, kamae, the beginning of an attack, the rhythm of movements; stuffing of hands, complexity of attacks, decisiveness, variety and variability, reaction, strength, speed.

Types of distances

In karate, distances are divided into:

- **near** – at a distance of impact: **elbow, knee, throws, choke**
- **middle** – from which you can strike with your hand and foot
- **far** – you need to take a step or under a step to attack with your hand and foot

Questions about the training process

- 1. Construction of the lesson;**
- 2. The structure of the lesson;**
- 3. Meaning of terms;**
- 4. Components of physical exercises:**

- 1.** In teaching general, specially - preparatory and special exercises:

To be able to create the necessary conditions for conducting classes, clearly give commands, organize athletes to perform exercises and actions (tasks).

Combine a demonstration with a short explanation.

To be able to set tasks for the independent work of an athlete.

Evaluate the abilities revealed by athletes in individual exercises and actions, notice the mistakes of athletes and find ways to eliminate them.

Know the terminology, a variety of methodological techniques for conducting exercises and installation actions, tasks, conditional signals and signs.

Be able to build classes according to the requirements of the plan.

To conduct drill exercises, warm-up (general and specially preparatory), the main and final part of the lesson.

Rationally distribute the load for different age groups of athletes.

Correctly assess their performance of exercises and actions, be able to analyze the lesson.

- 2. Preparatory part of the lesson.** It is divided into: 1) physiological warm-up and 2) improvement in specialized tasks.

1) Physiological warm-up has for the purpose:

a) preparation of the central nervous, vegetative functions of the body, activating the activity of the cardiovascular system and respiration;

b) preparation of the motor apparatus for actions that require significant muscle tension.

2) Improvement in specialized tasks helps the athlete to master the skills of the exercise, preparing for the unleashing of the main tasks of the training session. Specialized preparatory exercises are selected depending on the level of preparedness, the age of the students, the period of preparation and the focus of

the lesson. In the preparatory part, as a rule, exercises of gradual intensity are used. This part of the classes significantly increases the mobility of nervous processes and creates optimal conditions for performing complex exercises with greater intensity. Looking at this in the preparatory part, one should not pay serious attention to the development of such qualities as strength and endurance.

- The main part of the lesson

In the main part, the largest part of the lesson, the following tasks are unleashed:

- a) mastering and improving technical and tactical skills;
- b) psychological preparation, the possibility of high mental stresses;
- c) development of high-speed reaction, rational actions, coordination, dexterity, speed-strength qualities and speed endurance.

Exercises are built along an increasing physiological line:

- training and improvement of techniques;
- increased nervous and physical tension;
- decrease in nervous tension, but increase in physical activity.

- The final part of the lesson

In this part, the body approaches a relatively calm state, soothing exercises are practiced in it (light running, walking with breathing exercises, muscle twitching and relaxation), additional exercises (attention, calm outdoor games, etc.)

3. Karate technique

By karate technique, we mean a set of techniques with the actions of an athlete, performed with complete accuracy and efficiency. The concept of technique includes: the ability to quickly and easily move around the court to create convenient favorable positions for an attack or counterattack, the art of accurate strikes, the ability to defend well, to be out of reach of the opponent's blows, to use defense for active counterattacks from different positions.

Karate Tactics

Karate tactics is the art of applying technical options, using one's physical abilities in a duel with opponents of different styles and manners, under the influence of factors that change. It is embodied in attacking and counterattacking actions: the skillful use of methods to call for an attack, deceptive techniques to mislead the enemy, violate his battle plan, and make his actions unexpected. According to the tactical orientation of the athlete's actions can be divided into three groups: preparatory, offensive and defensive.

4. Athlete action speed

The advantage in a fight is the one who reveals the intention of his opponent

earlier, reacts faster to his actions, which is measured by the time from the start of the movement to its end.

- Power qualities of an athlete

The concept of "strength" is primarily physical. With its help, specific motor tasks are solved. The speed is directly proportional to the force and time of its action and inversely proportional to the mass of the body. Those, so that increase the speed of the body, it is necessary to increase the force applied to it and the duration of its action.

- Endurance athlete

Endurance is the ability to perform a specific activity for a long time without reducing its effectiveness, i.e. ability to resist fatigue.

There are 3 main types of fatigue:

sensory - (as a result of the intense activity of analyzers, for example, visual ones);

emotional - (as a result of intense emotional experiences among athletes, mainly before the fight and during the fight);

physical - (caused by muscular activity).

- Athlete's Agility

A necessary quality for a karateka is dexterity, which gives the right to strike the enemy, but to remain inaccessible to him attacks.

Dexterity is the speed of actions, the accuracy of their coordination.

- Athlete coordination

Coordination is one of the main components of agility. This is optimal combination of movements of individual parts of the body as a whole, a common action, for example, a blow with the translational movement of the body forward to the required distance or oblique action with legs and body.

The restorative properties of honey after physical exertion

Honey is not just a tasty thing, but also a carbohydrate that is most effectively absorbed by the body before and after physical exertion. Honey breaks down easily and enters the system evenly, the level of glucose, thus, remains constant in the blood, and it is impossible to achieve such an effect by eating sugar. The effect produced by carbohydrates on our body can only be compared with the fuel through which the work of, say, a car takes place. Sometimes hunger, fatigue, the desire to eat something sweet are the result of improper intake of carbohydrates. If sugar is used as a carbohydrate fuel, there will be sharp drops in blood glucose in the body, which is the

cause of fatigue, hunger, cravings for sweets. If you use complex carbohydrates or honey, The problems mentioned above will not occur. Of course, when our body trains intensively, he needs to get carbohydrates in sufficient quantities. And here, by the way, honey falls, as it significantly increases the endurance of the human body. The use of honey along with products containing protein, after active training, favors the most rapid recovery of muscle mass and general body tone. Having learned the useful information that was given above, you may have questions: How much honey should I eat after a workout or before it? A partner of the All-Ukrainian Fitness Forum and FitnessSunday, Tvoe Zdorovye magazine talks about how simple everything is to the point of banality. It is necessary to make sure that honey becomes a constituent element of your daily drink, which you drink 2 hours before and 2 hours after the end of your workout. The recipes for such drinks are very similar to special drinks for athletes that the food industry produces. So, we offer two recipes for drinks.

Orange with honey

- honey - 1 teaspoon;
- orange juice (squeezed by you personally) - 200 ml;
- water - 50 ml.

When mixing the ingredients, first dissolve the honey completely in warm water, then cool the mixture and add orange juice.

Lemon with honey

- honey - 1 teaspoon;
- lemon juice (squeezed by you personally) - 30 ml;
- water - 50 ml.

Of course, you can use honey in other ways. Honey is very useful as one of the constituent elements of your breakfast. Just add to cereals or cottage cheese dishes, spread on cheeses or bread. You can have fruit and honey snacks between main meals. One teaspoon of honey contains 64 kcal, 17 gr. carbohydrates and many minerals and vitamins.

In conclusion, I would like to emphasize that honey is very useful for your figure. Try replacing sugar with honey and you can reduce

the amount of calories that are completely useless to you.

Cocoa

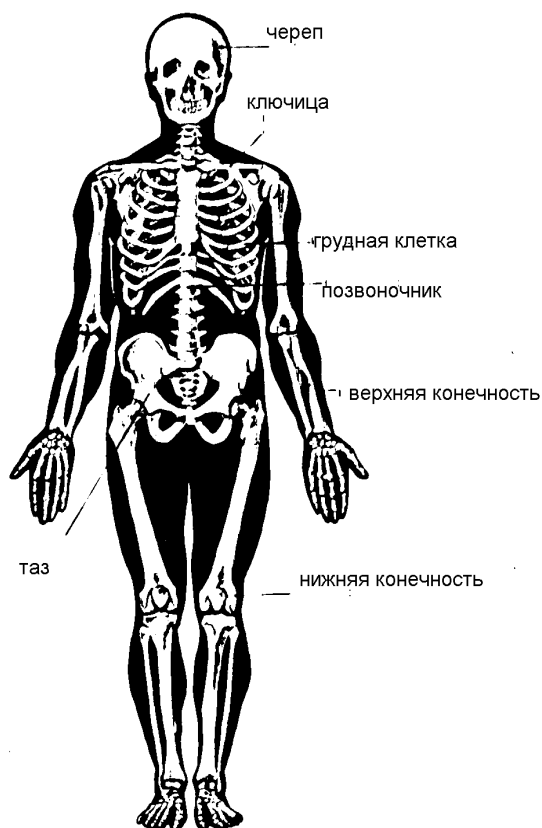
After drinking cocoa, the muscles of athletes recover faster than when drinking other liquids. Cocoa contains the amount of proteins necessary for muscle recovery, as well as carbohydrates that replenish the energy supply of muscle tissue. In addition, the use

of milk (before use, check for compatibility) allows you to replenish the supply of water and various ions (potassium, calcium and magnesium) that are secreted by the sweat glands during physical exertion.

Drinking sweet coffee is also good for muscle recovery. Caffeine helps the muscles absorb glucose and significantly increases the rate of recovery of muscle glycogen stores after heavy physical exertion.

Functions of the musculoskeletal system

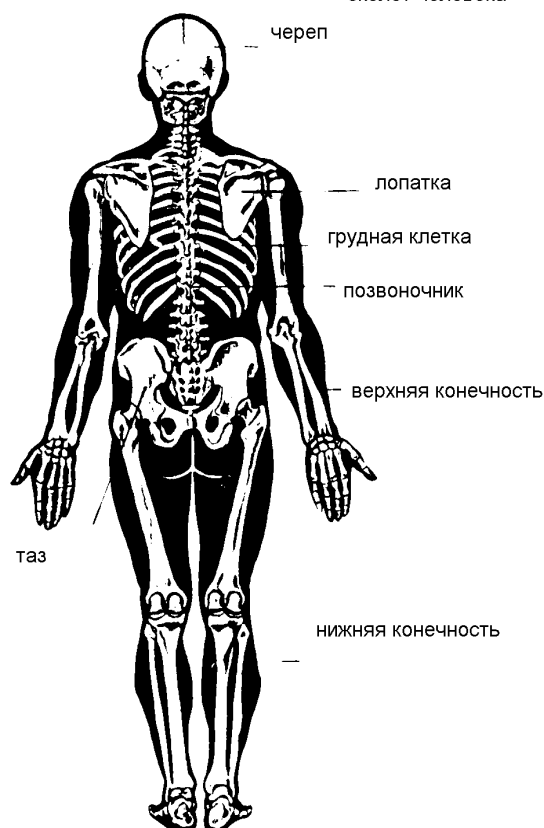
опора и движение



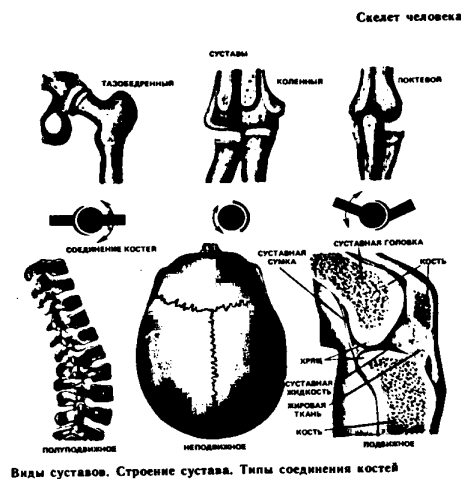
скелет (вид спереди)

скелет человека

скелет человека



скелет (вид сзади)



Skeleton and muscles- supporting structures and organs of human movement. They perform a protective function, limiting the cavities in which the internal organs are located. Thus the heart and lungs are protected by the chest and the muscles of the chest and back; abdominal organs (stomach, intestines, kidneys) - lower spine, pelvic bones, muscles of the back and abdomen; The brain is located in the cranial cavity, and the spinal cord is located in the spinal canal. The bones of the human skeleton are formed by bone tissue. The bone

substance is able to rebuild under the influence of the load acting on the skeleton. The greater the load on the skeleton, the more active the renewal processes are and the stronger the bone substance. The skeleton of an adult human consists of approximately 220 bones, which are interconnected by a cartilage pad.

Connection bones are divided into:

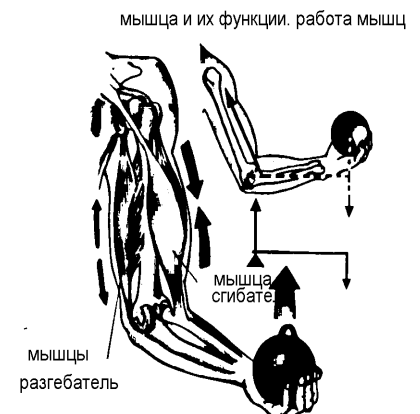
- **motionless** (skull);
- **mobile** (hip, knee, elbow joints);
- **semi mobile** (spine).

Muscle For the implementation of various movements in the human body.

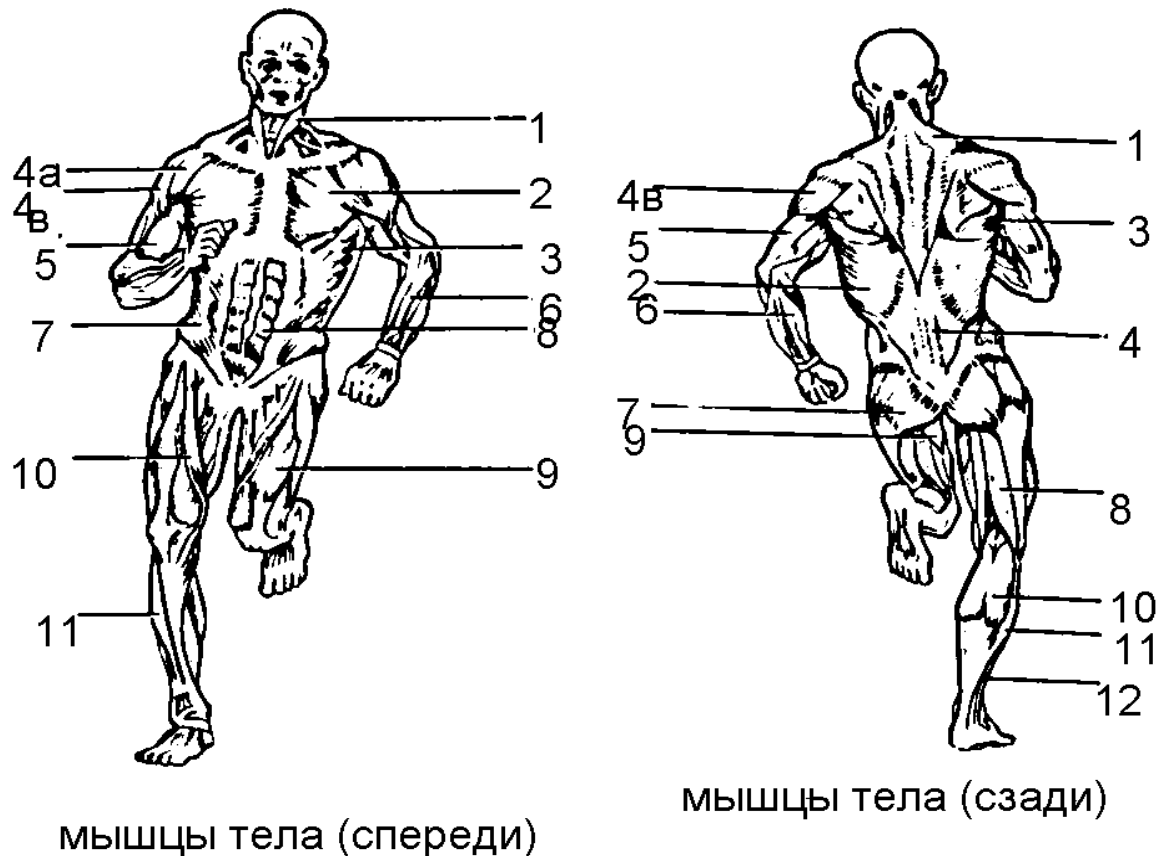


Muscle Composition:

1. Tendon;
2. Nerve;
3. Sheath;
4. Blood vessels;
5. Muscle bundles;
6. Muscle fibers.



In the performance of any movement by a person, two groups of oppositely acting muscles take part: the flexors and extensors of the joints. With a large rhythm of contractions, fatigue develops more quickly. It is very important to choose the average value of the rhythm and load or change to another type of activity. Then productivity will be high, and fatigue comes later.



The figure demonstrates the "specialization" of human muscles (front view):

1. Sternocleidomastoid muscle - (turns and tilts the head)
2. The pectoralis major muscle - (brings the hand to the body and turns it in the middle, with a motionless hand raises the chest).
3. Serratus anterior - (pulls the shoulder girdle down forward).
4. Deltoid muscle: consists of three bundles: **anterior bundle** 4a raises his hand forward, **average** 4b takes his hand to the side, **rear** 4c takes the raised arm back.
5. Biceps brachii/biceps - flexes the arm at the elbow joint.
6. Elbow extensor of the wrist (extensors of the hand and fingers).
7. External oblique muscle of the abdomen (tilts the body to the sides).
8. Rectus abdominis (flexes and tilts the body forward).

9. The rectus quadriceps femoris muscle is the strongest muscle - it extends the lower leg at the knee, flexes the thigh at the hip joint.
10. Tailor muscle (flexes the thigh and partly the lower leg, at the same time slightly abducts the leg).
11. Anterior tibialis femoris, extensors of the feet and fingers (raise the foot and fingers up).

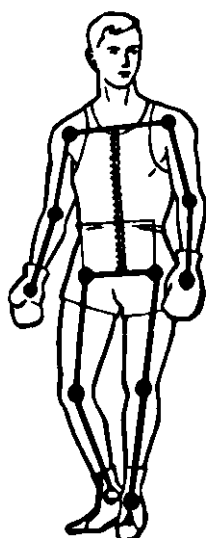
The figure demonstrates the "specialization" of human muscles (rear view):

1. Trapezius muscle (raises the shoulders up - back).
2. The latissimus dorsi muscle (takes the arm back and down, at the same time turns it in the middle; expands the chest).
3. Large round muscle (presses the arm to the body, pulls it back and down, takes part in the extension of the shoulder).
4. Deep long muscles of the back (extensor of the spine) - located above the latissimus dorsi and round) - unbends the spinal column and takes the head back; the posterior bundle of the deltoid muscle takes the raised shoulder back 4c.
5. The triceps muscle of the shoulder / Triceps - unbends the forearm at the elbow joint, takes part in bringing the shoulder to the body. A. lateral head; b. long, back head; V. medial, inner head.
6. Brachioradialis - Flexors of the hand and fingers.
7. Gluteus maximus muscle - (extends the hip in the hip joint, turns it slightly outward, straightens the body, tilting it back).
8. Biceps femoris / Biceps femoris - (flexes the lower leg at the knee joint, unbends and adducts the thigh).
9. Semitendinosus and semimembranosus muscle of the thigh - (extends the thigh at the hip joint, adducts it and flexes the lower leg at the knee joint).
10. Calf muscle - (flexes the foot at the ankle joint).
11. Soleus muscle - Flexors of the foot and toes.
12. Short peroneal muscle - (takes the foot outward).

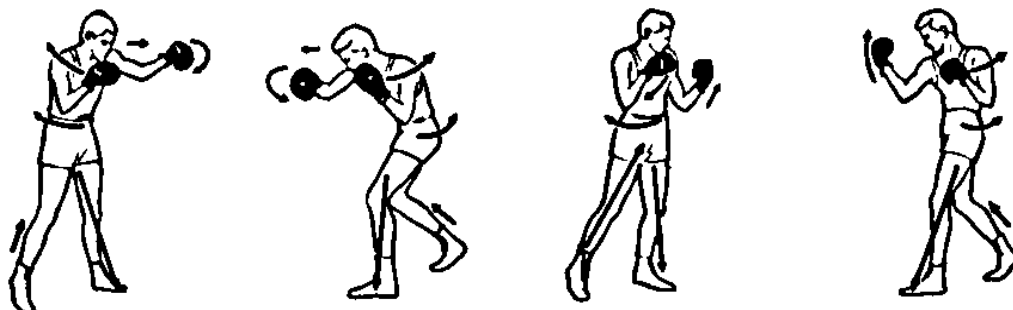
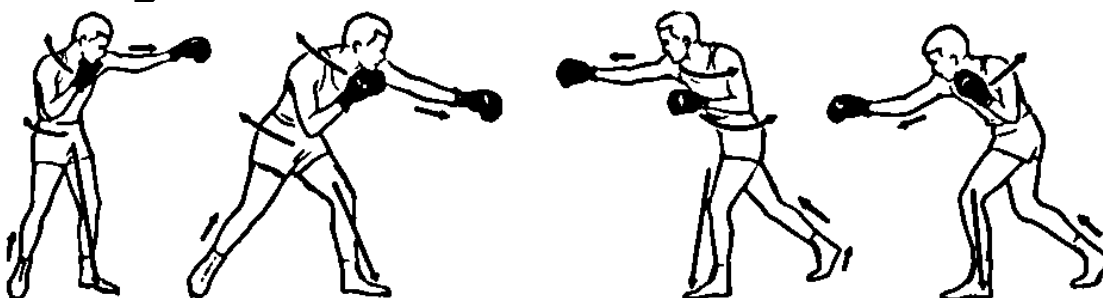
Biomechanics of punches

If you look at the kinematic structure of the human body, it is easy to imagine the axis of rotation and fulcrum when striking. All strikes are performed by the following kinematic chain:

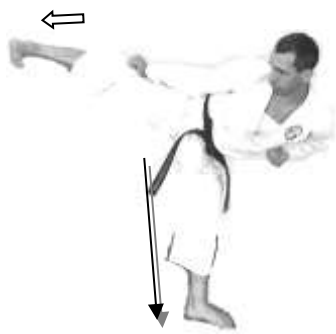
1-foot, 2-shin, 3-thigh, 4-shoulder, 5-forearm, 7-hand (when hit by hand);



1 - foot, 2 - lower leg; 3-knee, 4-thigh, 5-shin, 6-foot the body serves as a stabilizer of balance and direction (when kicked). The large muscles transmit the motion to the small ones, which contract faster than the large ones, but have to be strong enough to maintain the consistent effect of the large muscles and speed up the action, i.e. increase the impact. Knowing the features, placement and functions of the muscles, it is not difficult for the teacher-coach to determine which of them should be paid attention to for their qualitative, purposeful development, how to choose methods for each karateka.



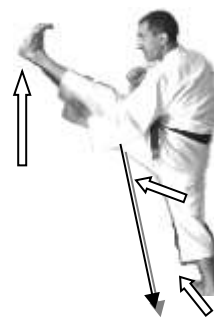
Направление силы при ударах-прямых, боковых и снизу.



yoko

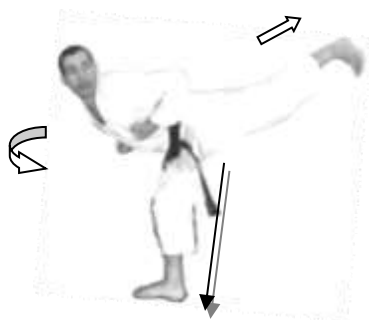


mawashi

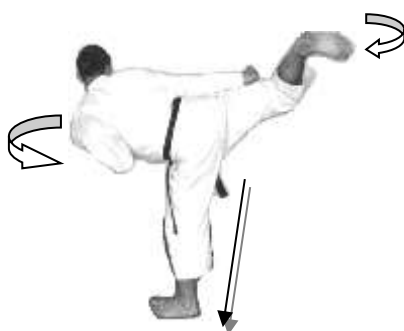


irrigate

mae



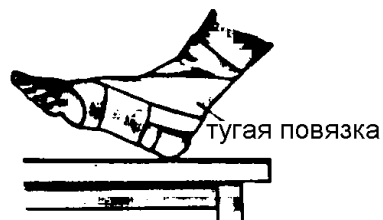
cheers-mawashiusiro, ura-mawashi



usiro

First aid

With sprain, dislocation, bone fracture, loss of consciousness, artificial respiration, indirect heart massage, blow to the stomach, perineum, kidneys.



As a result of awkward movements or bruises, the ligaments that connect the bones in the joint can be damaged. Swelling appears around the joint, sometimes

hemorrhage, severe pain occurs. This joint injury is called a sprain. When indicating help, an ice pack or a towel moistened with cold water should be applied to the damaged area. Cooling relieves pain, prevents the development of edema, and reduces the volume of internal hemorrhage. When the ligaments are sprained, a tight fixing bandage is also needed. It is impossible to stretch, pull or heat the injured limb. After giving first aid, you need to see a doctor.

An awkward movement in the joint can cause a strong displacement of the bones - dislocation. With a dislocation, the articular head comes out of the articular cavity. There is a stretching, and sometimes a rupture from the ligaments, which is accompanied by severe pain. Trying to repair a dislocation without a doctor can cause even more serious damage. First aid for a dislocation is, first of all, to ensure complete rest for the joint. The hand should be hung on scarf or bandage, and put a splint on the leg using improvised means (planks, strips of thick cardboard). To reduce pain, an ice pack or cold water should be applied to the injured joint. Then the victim must be taken to the doctor. Despite the strength, with injuries, severe bruises, falls, the bones sometimes break. Most often, fractures of the bones of the extremities occur. If a fracture is suspected, only complete immobility of the damaged part of the body will relieve pain and prevent the displacement of bone fragments that can damage surrounding tissues with sharp edges.



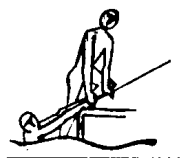
The broken limb is immobilized with a splint bandage. Sometimes from fright, concussion, severe pain, bleeding, a prolonged or short-term loss of consciousness can occur. Loss of consciousness is preceded by dizziness, darkening of the eyes, tinnitus. The person turns pale, the temperature of his extremities decreases, profuse sweat appears, the pulse weakens, breathing becomes superficial. Immediate assistance for loss of consciousness is extremely important to save a person's life. To do this, the victim should be laid so that the head is lower than the body. If vomiting (or bleeding)

has opened, the victim should be placed on his side or stomach so that he does not choke on vomit, unfasten his clothes, or sprinkle with cold water and give a sniff of cotton wool moistened with ammonia or vinegar.

Artificial respiration. Artificial respiration is used in the provision of first aid to drowned people, in case of electric shock, lightning, carbon monoxide poisoning and other accidents. When rendering assistance, the victim is placed on his back, freeing his neck, chest and stomach from the pressing parts of the clothing (unfasten the collar, remove the tie, belt). Under the shoulder blades, he should put some soft bundle, throw back his head, and push his lower jaw forward. After that, you should begin to blow air into the mouth or nose of the victim covered with a handkerchief. Such injections are made approximately 16 times in 1 min.

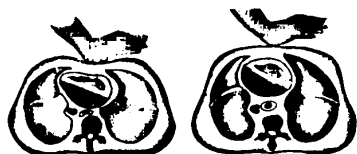


искусственное дыхание



Help a drowning man

It is necessary to ensure that after each artificial "breath" the victim's chest descends. The duration of such an "exhalation" should be more than an "inhalation"



непрямой массаж сердца

approximately twice. If the heart does not beat, it is necessary to combine this technique with an indirect heart massage: after one blowing of air into the lungs, produce 4-5 quick jerky pressures on the lower third of the sternum in a direction perpendicular to the spine. The sternum is displaced in adults by 4 -5 cm, and in young children - by 1.5 -2 cm in the rhythm of 70 - 90 pressures in 1 min. After 4 - 5 pressures, air should again be blown into the mouth or nose of the victim.

Resuscitation measures can be considered to have achieved the goal if the victim's pupils narrowed, the skin turned pink, and a pulse appeared. First aid should not be stopped until the victim begins to breathe on his own and regains consciousness.

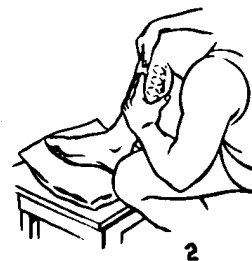
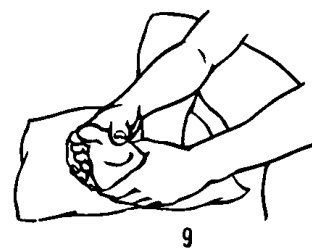
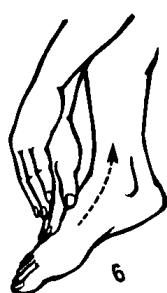
Rehabilitation after a blow to the stomach, perineum, kidney area.

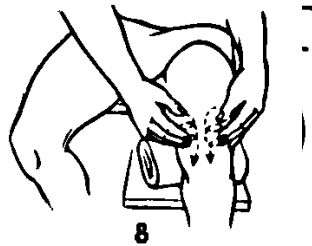
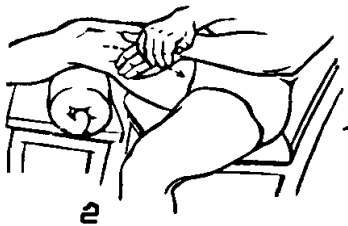
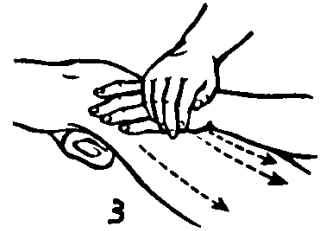
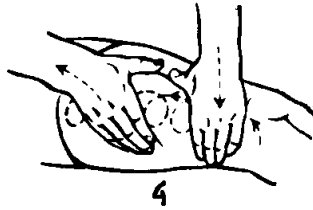
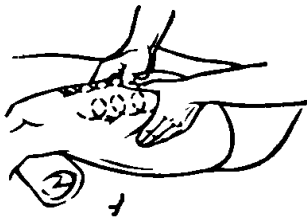
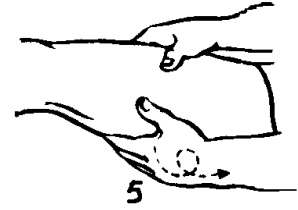
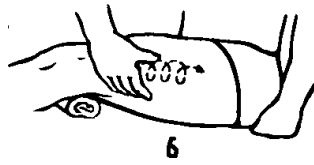
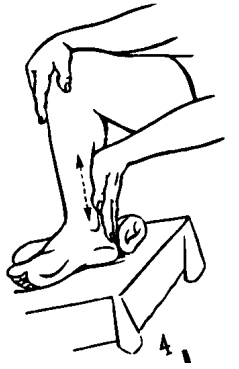
- 1) In most cases, after a blow to the groin, lower abdomen, kidney area. Pain can be transferred by jumping up and landing on straightened legs with heels hitting the floor.
- 2) With a stronger blow to the groin, put the victim on the floor, stand behind him, put your knees on his back and stepping back, lift and release him to the floor from a

height of 10 -15 cm. 6 - 8 times at intervals of 20 - 30 seconds.

3) If the victim has pallor, bends over in pain, tries to sit on the floor. Put the victim on the floor, stand to his right. Lift his right leg with your left hand, try to straighten it and place it on your left thigh. The foot of your left foot should be placed under the right in the middle of the arch of the sole of the victim (paleness and pain should pass). After that, it is recommended to rub the point (Yun - Quan) - 1 - with the thumb of the kidney meridian located in the recess, which is clearly visible if you tighten your fingers and foot.

Self-massage





Self-massage is effective for nervous fatigue, after heavy physical and mental stress. It will help strengthen muscles, ligaments, maintain vigor, increase vitality, health.

Attention! massage should be performed only with warm hands, relax as much as possible and not be distracted by extraneous stimuli.

EARS - Use two fingers to massage the ears up and down 18 times. Then close your ears with your palms, and attach your fingers to the back of the head, bringing the tips together; lightly tap the back of the head with two fingers up to three times.

This massage tones the cerebral cortex.

NOSE - Rub the area of the nose on the outer I fingers until a feeling of warmth appears. Then do 18 massage movements with II fingers along the nose on both sides.

Protects against colds.

NECK - Cross your fingers at the back of your head, raise your head, look up, try to bend your neck with your hands (neck muscles prevent this movement) do from 3 to 9 times.

Improves blood circulation in the head, the movement of cerebrospinal fluid.

Shoulder joint - with the palm of your left hand, grab your right shoulder and make

18 circular movements with your hand in a clockwise direction. Do the same with your right hand.

Normalizes the nervous system, sleep.

Spine - Standing (you can sit), slightly clench your palms into fists, bend your arms at the elbows. Swing left and right 18 times, observing the rhythm of movement.

The activity of internal organs increases, the elasticity of the lungs improves.

Loin - Standing, rub your palms together until warm, then massage the lower back 18 times with one hand.

Relieves back pain.

Thigh - Sitting on a chair, with both hands, massage the muscles of the left and right thighs from the knee up.

Fatigue is removed.

Abdomen - Warm palms. With the left hand, make a light massage of the anterior abdominal wall 20-30 times, clockwise and then with the right hand 20-30 times counterclockwise.

The absorption of food from the blood circulation of the abdominal organs improves.

Knees - With both hands, massage around each knee in a clockwise direction 20-30 times.

Calms down the nervous system, relieves pain and swelling in the joints.

Feet - Sitting or lying down, bend the feet at the phalangeal and metatarsophalangeal joints, trying to bring the toes closer to the sole and straining the ligaments of the arch of the foot. Flexion and extension movements should be rhythmic 30-50 times.

Types of ointments and rubbing (basic)

During massage, various warming agents are used. They improve gliding, contribute to the rapid appearance of reddening of the skin, reduce inflammation and pain in injured areas. Method of their application: After a thorough warming up of the inflamed (bruised) area, a thin layer of ointment is applied and carefully rubbed into the skin. If necessary, a dry bandage or compress is applied after the massage.

Anesthetic liquid - contains menthol, novocoin, anesthesin, alcohol. It is used for radiculitis, myositis (muscle inflammation), sprains, bruises, etc.

Apizartron - contains bee venom - apitoxin, 10% methyl salicylate and 1% mustard essential oil. They are used for myositis, radiculitis, bruises, neuralgia, etc.

Viprosal - contains viper poison, camphor, salicylic acid, fir oil, petroleum jelly, glycerin, paraffin. Applied externally for rheumatic pains, neurology, sciatica, lumbago, myositis, etc. Apply 5-7 gr. on painful places and rubbed into the skin 1-2 times a day.

A Brief History of Karate



Before talking about the history of karate. We must not miss the fact when Japan was torn apart by internecine wars and the world was still not fully explored. At that time, there was a struggle for undeveloped lands in the world. All sea routes that were captured by Portugal and Spain were guarded in strict secrecy. The kings of Spain and Portugal signed an important treaty that divided the land in a new light, the entire undiscovered world, between them. Japan fell into the Portuguese half. This treaty gave the king the right to declare the newly discovered land, if it is non-Catholic, his property. Everything to the east was Portuguese, everything to the west was Spanish. The main task was to overthrow the

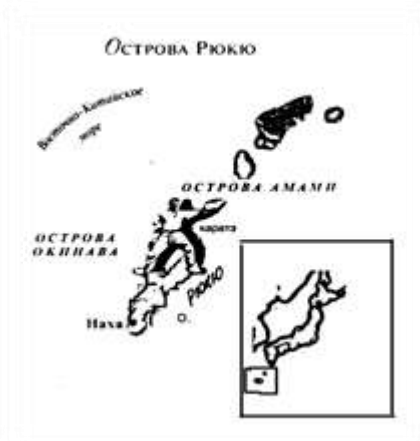
legitimate rulers and enrich themselves at the expense of the loot, receiving in return titles and % of the loot. All these rights were granted to them by the Pope - as the vicar of Christ on earth. Thank you for spreading the word of God.

- Pope Alexander VI drew the first dividing line in 1493.
- In 1506, Pope Julius II approved amendments to the Treaty of Tordesillas, signed by Spain and Portugal in 1494, which slightly changed the frontiers.
- Pope Clement VII authorized the 1529 Treaty of Zaragoza, which almost 70 years ago established another border that cut off the southern tip of Japan. This gave Portugal the exclusive right to use them "by any means" in exchange for the spread of Catholicism, to all the lands of Japan and China to Africa. Initiating Japanese Daimyos into Christianity, the priests did not openly interfere in the internal politics of the country, supporting the uprisings, in one of which she played a significant role, during the battle of Sekigahara, thereby strengthening the power of Tokugawa Ieyasu, becoming the "Shogun" the sole ruler of Japan. Okinawa is part of the Ryukyu archipelago. From the coast of China, the island is located approximately at the same distance as from Japan. With one end approaching the Chinese island of Taiwan, and with the other end against the southern tip of Japan. For a long time, the Ryukyu Islands existed as a separate kingdom. The Chinese protectorate was partly formal. Relations with Japan were tense, the Japanese were annoyed by the independence of the small kingdom. Having become the new shogun of Japan, Tokugawa Ieyasu, he decided to expand his possessions of the state (April 5, 1609) and forever put an end

to the uncertain situation of the Ryukyu kingdom. Okinawa was conquered almost without a fight and became part of Japan.

In China in 1644. the Manchu dynasty reigns (Qing - pure). This was the reason for the active resettlement (refugees) of northerners to the fertile south of China, and then

even further, to the islands in the South China and East China Seas. They gradually made their way to Okinawa, bringing with them new carefully thought-out methods of land use, building houses, spiritual culture, a carefully developed cult of ancestors, family education, observance of all Confucian norms, as well as the traditions of northern schools (wushu), including the style shaolinquan. Thanks to the kinship line of Chinese settlers, it promoted active trade with South China (salt, Fujian tea, silks, and other materials). In the south of the island is the capital of Okinawa - the city of Naha. Naha



- Shuri, Tomari - in Okinawa were small villages. Today, Shuri and Tomari have already become part of the city of Naha. Okinawa island, called "the cradle of karate" - a real, and symbolic bridge between the martial arts of China and Japan. The most common name for martial arts in Okinawa was "tode" - "the hand of the [dynasty] Tang." But "tode", "Okinawa - te", sometimes just "te" - "hand" - all this is nothing more than a local designation of martial arts. And "Okinawa - te" - "Okinawan hand" - arose in the 20-30s. 20th century After the start of a sharp confrontation between Japan and China, which ended in the war of 1937 -1945 And everything related to China was forbidden to use, so the use of the term "Okinawa - te" was very successful. But in Japanese reading, the term "tode" sounded like "karate", which was later used by Funakoshi Gichin, replacing the first hieroglyph "to" or "kara" (meaning "Tan") with a hieroglyph of the same sound "empty". This is how the world-famous "empty hand", or karate, was born. What style names or first masters are unknown, since Okinawan masters were trained by Chinese fighters and often came "for training" to China. Although in the genealogical books of Fujian families we can find that one of the first wushu masters who taught in Okinawa in the 17th century. Wang Jialin is from Putian County, in the Shuri District of the "Crying Crane Style" (suhequan). At the same time, Guan Shanfu, Ye Wangyi and many others were discovered. In the second half of the 18th century. on the island, a massive passion for martial arts begins, most of it is Chinese Wushu. At the same time, we will not find any primordially local styles and clearly defined schools. And "tode", "karate" and "Okinawa - te", as well as Shuri - te, Tomari - te, Naha - te "style from the village of

Naha, etc." featured varieties of Chinese Wushu, which gradually changed over time. The Japanese decree prohibiting the carrying and making of weapons has been introduced repeatedly:

- 1. prohibition of the law "kinbu" Sho Hasi (1429 - 1439).**
- 2. prohibition of Sho Shin (1477 - 1526)**
- 3. prohibition of "katana - gari" - "hunting for swords" Toyotomi Hideyoshi 1588.**
- 4. ban Tokugawa Ieyasu 1609**

In real life, it did not affect the Okinawans in any way: the peasants did not carry swords anyway, and most importantly, there was no ban on martial arts, it was never introduced either in the history of Okinawan, or in the history of China or Japan. Tode schools were open and publicly available, and the stories that Okinawan masters worked at night, hid from some pursuers, are not very plausible. Many tode masters of that era were by no means commoners, but belonged to the wealthy peasant class or even to the local aristocracy. Kempo in Okinawa, as well as wushu in China, served as a way of self-determination, the locals gaining psychological independence in relation to the samurai, such a “cultural factor”, the Okinawans were proud of the kempo classes that the samurai were not dedicated to. But not as a way to protect against the samurai or the ban on carrying weapons, it became a reason for practicing martial arts. “Kempo” is a copy of the Chinese “quanfa”, and it is a mistake to think that “kenpo” refers to all martial arts in general. And in conclusion, I note that in our time, martial arts is an opportunity to touch the ancient art as an art, to continue the traditions of education and spiritual education. Today, the Japanese are engaged in martial arts not for self-defense, but as a respect for the traditions of their ancestors. that in our time, martial arts is an opportunity to touch the ancient art as an art, to continue the traditions of training and spiritual education. Today, the Japanese are engaged in martial arts not for self-defense, but as a respect for the traditions of their ancestors. that in our time, martial arts is an opportunity to touch the ancient art as an art, to continue the traditions of training and spiritual education. Today, the Japanese are engaged in martial arts not for self-defense, but as a respect for the traditions of their ancestors.

Meaning of kata names

Taikyoku— “Great Limit” (similar to Chinese Tai Chi). The kata were created by Gichin Funakoshi. Oyama compared learning kata to mastering crawling before a

child learns to walk along the path of Karate. The name Taikyoku is associated with the ability to see the whole without focusing on the details.

Pinan- "Peace and tranquility." These kata were created by Itosu Anko in 1905 as a simplified version of the more complex Chinese Tao forms to teach children. In addition to mastering military equipment, the purpose of kata is to find harmony in the body and spirit.

Santinor the Chinese complex "San ting" "three steps forward" or "three attacks". It is the oldest karate kata, brought from China to Okinawa by Higaonna Kanryo and became famous in the style of goju-ryu. Sanchin is an isometric kata in which each movement is performed with full concentration and powerful breathing (ibuki). The purpose of the kata is to strengthen the muscles of the body, develop a strong stance and proper breathing. At the same time, internal energy (ki) develops and the unity of spirit and body takes place.

Tensho- "rotating palm". Oyama considered it the most valuable of all kata.

Sayfa- "ultimate destruction" or "big wave". The name implies the expression of the ultimate bodily power, as well as the determination and fortitude of Budo, crushing any barriers.

Tsuki no kata- "kata tsuki". Kata contributes to the development of impact force in any direction (provided that the destruction of the barrier is presented at each impact). With constant efforts aimed at solving life's problems, the achievement of happiness and good luck is associated, which does not come to those who simply wait.

Yantsu- "Three Tranquility". This implies that in the daily struggle of life it is necessary to strive to overcome one's own weakness and maintain peace and purity of spirit.

Gekisai - give and sho- "large and small destruction of the fortress." Kata promotes the development of strength in movement and combinations, as well as mobility and fluidity of movement. A smooth transition from attack to defense gives an advantage over brute force.

Kanku- "contemplation of the sky", where "ku" means not only the sky, but also the universe, the Void. The original name of Kusyanku is from the name of the Chinese envoy to Okinawa (1756). This envoy was a renowned hand-to-hand combatant and often demonstrated his skill. The initial movement of the arms forms a triangle above the head. Through it we contemplate the Universe and the rising sun. Regardless of

the difficulties we face in life, the sun rises every day and the universe stretches out before us. There is nothing that could violate this reality of being. As long as we are here and in front of us - the sky and the sun - we will never be defeated.

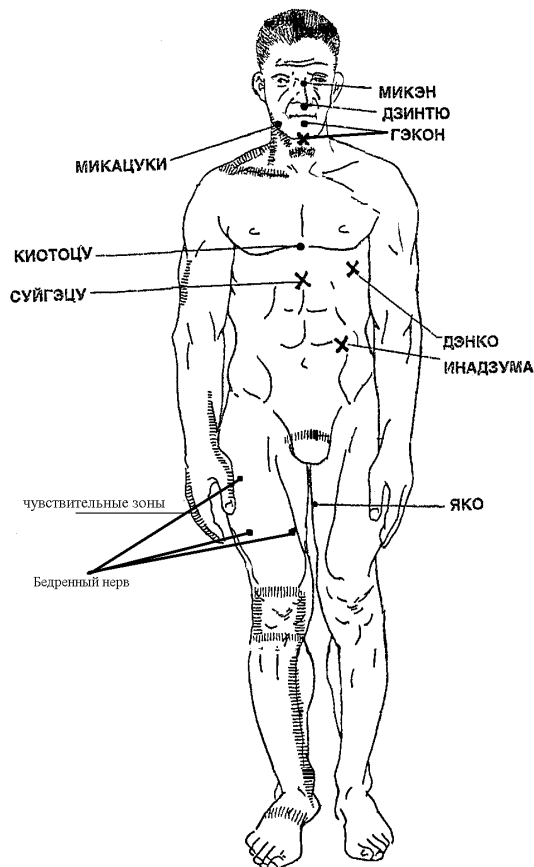
Saiantín- "retreat suppression". The name of the kata indicates the need to overcome the weakness of the spirit and the suppression of any desire to retreat in the face of life's difficulties. In kata, many movements are performed in kiba - dachi; when at the same time the legs feel excruciating fatigue, a strong spirit comes to the rescue.

Sushi-ho (full name Gojushi ho) - "fifty-four steps." It is one of the two highest kata of the Okinawan Shuri style - te. In addition to the numerical connection of the name with the number of movements in the original form, "54" has an internal connection with the philosophy of Buddhism.

The names of the kata given by the masters have a deep meaning. They should not be forgotten and must be repeated before each performance of the kata, focusing on the principles and knowledge contained in each of them.

Kyuse-jutsu (vulnerabilities)

Karate is an external (hard) school, where attacking and defensive actions affect the sensitive and painful areas of the body, which allow you to more effectively hit or immobilize the person who is unable to resist. Karate kata have retained their combat



power and effectiveness, where in each combination no more than 2-3 blows are applied with the defeat of vital points. At today's competitions, it is more difficult to influence pain points, since the opponent has all the affected areas of the body covered with protection (helmet, gloves, bondage, ankle protection), which significantly reduces the degree of injury.

Training in karate is now divided into 2 parts:

- 1) Basic technique - kata in which the fighting character is hidden, the real embodiment of the spirit of the wisdom of the ancient masters, preserving in them the culture and traditions of karate.
- 2) Sparring competition technique, where the main goal is to defeat the opponent on points, and not injure, observing the rules of the

competition, maintaining the fighting spirit, culture, respect for the traditions and spirit of karate. There are many pain points on the body, only those that are not prohibited by the rules of the competition and are also effective on the street are indicated here.

Parables

Know the reason

The student practiced archery. He rejoiced when he hit the target. But the teacher asked him a question:

- Do you know why you hit the target?
- No, I do not know.
- So you haven't mastered the skill yet.
- Exercise some more.
- Three years passed and the situation repeated itself. Again the teacher asked:
- Do you know why you hit the target?
- Now I know, - the student answered.
- Now you've mastered the art! Know that you need to study not only shooting, but also yourself and the world around you. It is necessary to know not what happened, but the reasons why it happened.

Have no barriers

One skillful carpenter drew by hand more accurately than with a compass and ruler, his fingers were dexterous and their actions did not depend on his thoughts and desires. His mind knew no barriers. We forget about the foot when the shoes do not press us. We don't think about breathing when we don't have lung problems. We forget about the lower back when the gown belt is tender. We forget about "right" and "wrong" when our mind does not interfere with us. And we do not change inside and are not carried away by external things when our affairs do not interfere with us. To have no barriers from the very beginning means not to create barriers for oneself even by forgetting the barriers.

The Sage's Answer

The wise Confucius had three students: Gong, Lu and Zhang. Once a wandering monk asked him:

- What can you say about your disciple Guna? Knfucius replied:

“Even scholars admire Gong’s intelligence!” And what are the advantages of Lou? - His courage surpasses the courage of famous warriors! What about your third student? - Zhang's diligence is admirable!

Hearing the words of Confucius, the monk was surprised: - If Gong is so smart, if Lu is so brave, if Zhang is so hardworking - what else can they learn from you? Listen to my answer, - said Confucius: - Gong is smart, but lazy. Lou is brave but imprudent. Zhang is hardworking but envious. Gong does not know that the mind does not bring happiness to the sloth. Lou does not know that courage without caution leads to death. Zhang does not know that joy does not live with envy. None of this is known to my students. And until they comprehend these truths, I will be their teacher, and they will be my obedient students.

Good and bad

The bankei, which held its famous meditation classes, was attended by students from all over Japan. During one of these classes, a thief student was caught trying to take advantage of the general immersion in comprehending the Truth. The students thought that Bankei would immediately expel the offender, but the teacher ignored this incident. Some time passed, and this student was again caught stealing. This was reported to Bankei, but he, like the last time, did nothing. This student continued to attend classes and was caught just a few days later when he was trying to steal someone else's. This time, the students were seriously angry and wrote a petition to Bankei demanding that the thief be removed immediately, otherwise they threatened to leave the school in full force. After receiving the request, Bunkei gathered all the students in the room. "You are wise brothers, - he said, - you yourself know what is good and what is evil. You don't have to stay with me, you can easily go wherever you want and study there. But this misguided brother cannot tell the good from the bad. And who will teach him, if not me? He will stay here even if you all leave.” Hearing these words, the student-thief shed tears and realized his delusion. He never took someone else's again.

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ETIQUETTE IN THE DOJO

В ДОДЗЕ МЫ ДЕМОНИСТРИРУЕМ:

Поддержка



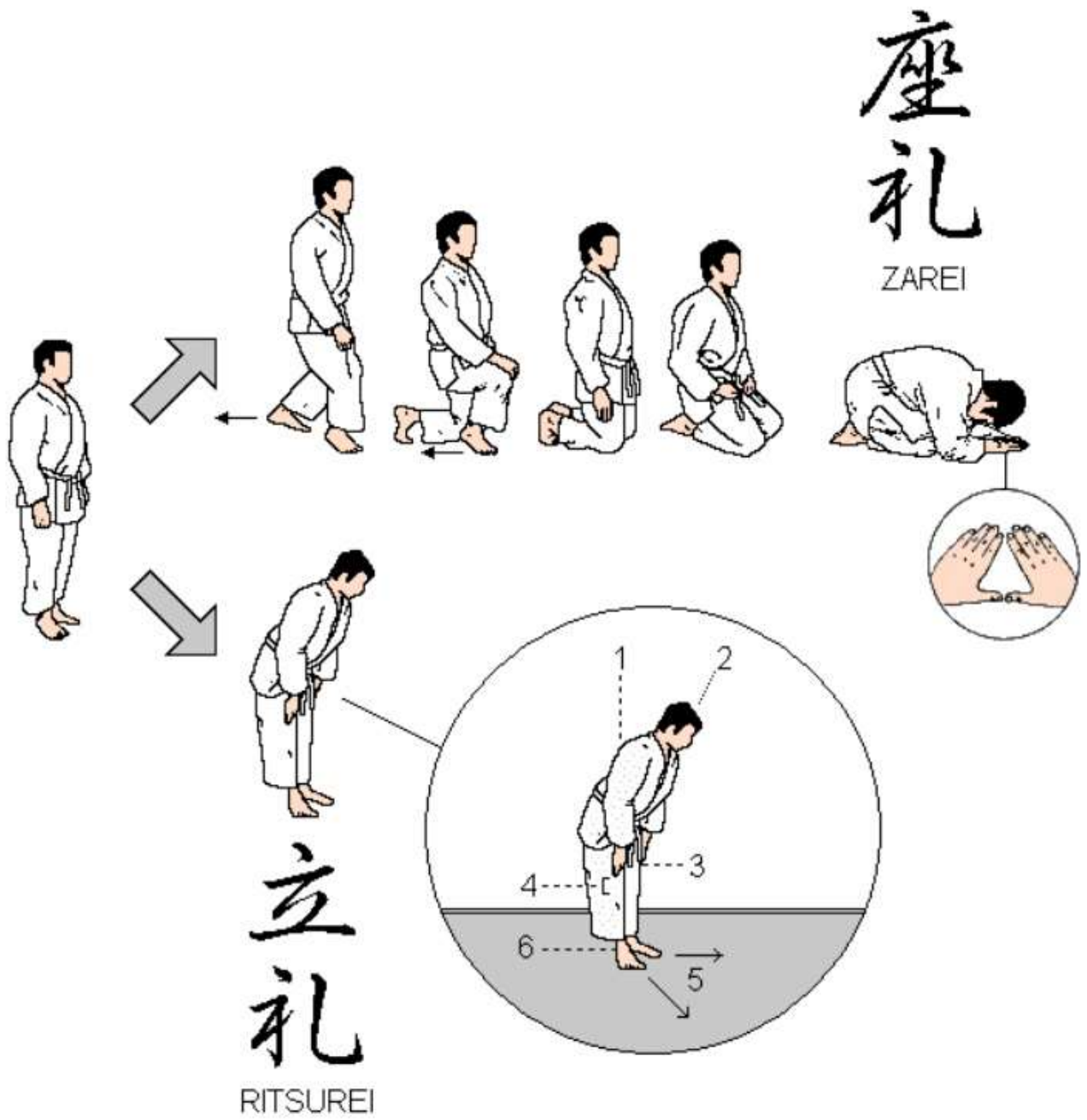
Взаимное уважение

Помощь новичкам



Почтительное отношение
к старшим

SEIZA/BOW



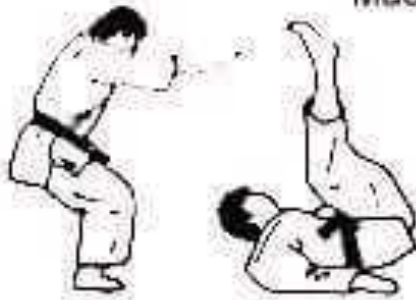
IMPACT PARTS OF HANDS AND LEGS



INSURANCE/UKEMI



Mae mawari ukemi



Ushiro ukemi



Yoko ukemi



Mae ukemi



Ebi (Langouste)



RACKS / COTTAGES

back position -Pelvis, back, shoulders, neck and chin are pressed.



Musubi Dachi - All higher kata (except Taikyoku and Pinan) start from this stance. This is the main stance of standing meditation (Mokuso).





Fudo Dachi (Yoi) - stand ready or waiting for a command.



Heisoku Dachi - stances are mainly used when moving from stance to stance





Heiko Dachi - stances are mainly used when practicing kicks, legs are approximately shoulder-width apart. Body weight is located 50/50%



Ju kamae te - A fighting stance that is taken before a fight, the way to move in Ju kamae te begins: (forward) from the front leg, (back) from the back leg. Body weight is located 50/50%



Zenkutsu Dachi (front stance) is a stance often used in kata. The front leg is shoulder-width apart in front, the front knee is in line with the toes of the toes, the back leg is a straight foot turned at 45°. Body weight is located: 60% on the front leg, 40% on the back leg.





Sanchin Dachi - when doing the Sanchin Dachi stance, the body is tense. In this case, tension is created with both legs, which are trying to grab the ground, the inner thighs are pressed against each other. The fingers are turned at an angle of 45° at the width of the shoulders. Body weight is located 50/50%.



Kiba Dachi (rider's stance) - legs are spaced two shoulder widths apart, toes are turned straight, the pelvis is on the line of the thigh. Body weight is located 50/50.





Shiko Dachi - legs are spaced two shoulder widths apart, toes are turned at 45°, the pelvis is on the hip line. Body weight is located 50/50.



Neko Ashi Dachi - T or L shaped stand, Neko Ashi Dachi comes out of Musubi Dachi. Body weight is located: 90% on the back leg and 10% on the front leg.





Kokutsu Dachi - T or L shaped stand, Kokutsu Dachi comes out of Fudo Dachi. Body weight is located: 70% on the back leg and 30% on the front leg.



Kake Dachi is an element of 4 and 5 Pinan. Body weight is located: 10% on the back leg and 90% on the front leg.





Tsuru Ashi Dachi – This stance can be used as a shin takedown in preparation for a Yoko Geri strike.



BASIC BLOCKS AND PUNCHES FOR 10/9 KYU

риная поверхность: сэйкен



Фудо-дати



Сэйкен моротэ



цуки дзедан



Сэйкен моротэ



цуки чудан



Сэйкен моротэ



цуки гедан



Сэйкен ой цуки дзедан



Сэйкен ой цуки чудан



Сэйкен ой цуки гедан



Сэйкен дзедан уке



Сэйкен маз гедан барай



Хиза гаммен гери



Куми гери



Фудо-дати с куми

Learn ude uke



soto ude uke



Татэ-цуки
Дзёдан



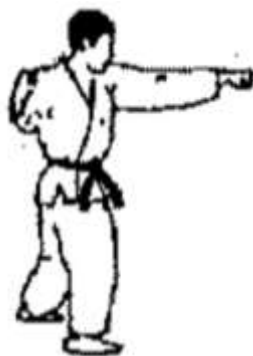
Татэ-цуки
Тюдан



Татэ-цуки
Гудан

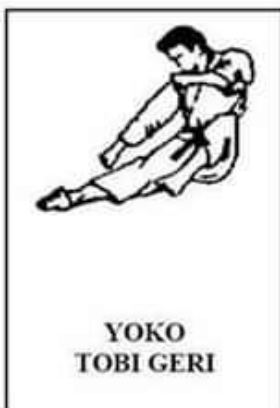
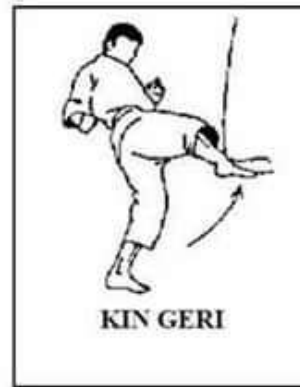
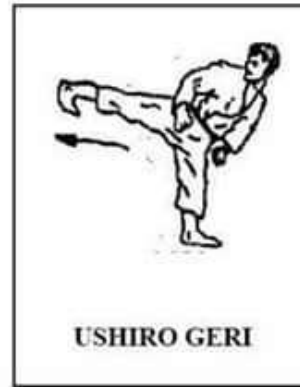
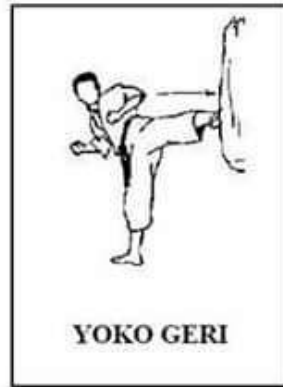
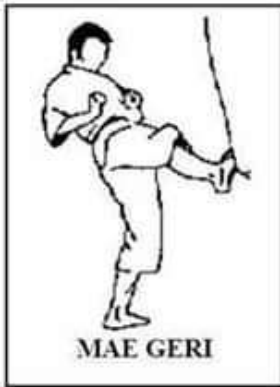


Сига-цуки

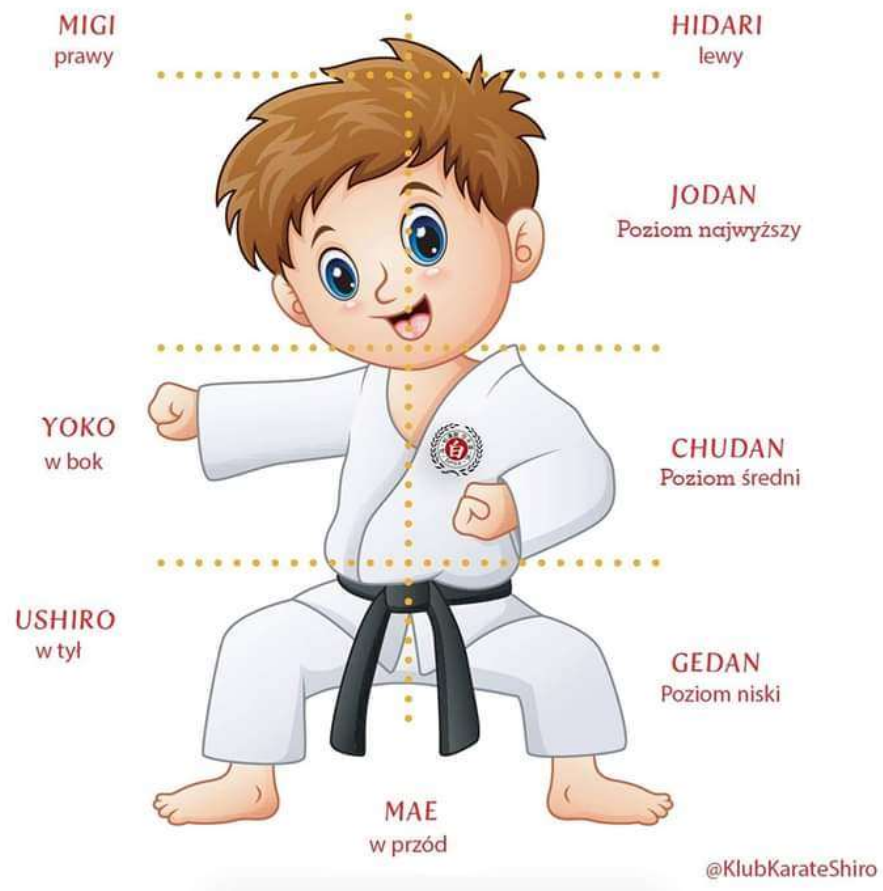


Ago teach(chin) Age tsuki(rising)

KITS



LEVELS AND STORKS





ahhh

MOVEMENT TO SUCCESS



SIGNIFICANCE OF BELT QUALIFICATION IN WORLD KARATE FEDERATION HIGASHI KAIKAN WKFNKK

Категория	РАНГИ (Ч/П означает "чёрный пояс")	
ДАН (дан-означает "шаг" и обычно обозначается черным поясом)		Ч/П 10-го уровня (ДЭЮДАН)
		Ч/П 9-го уровня (КУДАН)
		Ч/П 8-го уровня (ХАЧИДАН)
		Ч/П 7-го уровня (ШИЧИДАН)
		Ч/П 6-го уровня (РОКУДАН)
		Ч/П 5-го уровня (ГОДАН)
		Ч/П 4-го уровня (ЙОНДАН)
		Ч/П 3-го уровня (САНДАН)
		Ч/П 2-го уровня (НИДАН)
		Ч/П 1-го уровня (ШОДАН)
КЮ (кю-означает "класс" и обозначается поясами различных цветов)		Ученик 1-го класса (НЮКУ)
		Ученик 2-го класса (НИКУ)
		Ученик 3-го класса (САНКУ)
		Ученик 4-го класса (ЙОНКУ)
		Ученик 5-го класса (ГОКУ)
		Ученик 6-го класса (РОКУКУ)
		Ученик 7-го класса (НАНКУ)
		Ученик 8-го класса (ХАКУКУ)
		Ученик 9-го класса (КУ-КЮ)
		Ученик 10-го класса (ДЭЮ-КЮ)
		Руководитель "ХАНШИ" Наставник "ШИХАН" Учитель "СЭНСЕЙ" Старший ученик "СЕНПАЙ" Младший ученик "КОХАЙ" Новички "ШИМОЗЫ"