



# PRANAVANANDA MARTIAL ART AND YOGA ASSOCIATION



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Powered by: BHARAT SEVASHRAM SANGHA

## A KARATE GUIDE BOOK BY PMAYA



Gen. Director of PMAYA, Shihan BIDHAN MONDAL

Affiliated with



## **About PMAYA:**

**PMAYA(Pranavananda Martial Art and Yoga Association)** is one of the dynamic Martial Art Institution in Eastern India. The main branch of PMAYA(Pranavananda Martial Art and Yoga Association) is associated in West Bengal, Kolkata. Pranavananda Marital Art and Yoga Association is a sports based organisation which includes Martial art ,Yoga and physical and spiritual education.This organisation with a firm and enduring commitment of improving physically and mentally more stronger and also empowering our students to respect their parents and follows our culture.

**Founder: Shihan Bidhan Mondal, also he is the director of PMAYA .**

### **Associated:**

Bharat Sevashram Sangha is associated with Pranavananda Marital Art and Yoga Association. And verified by Karate-Do Association of Bengal.

### **What we offers:**

In the presence of PMAYA (Pranavananda Martial Art and Yoga Association), students develop cultural ideals, spiritual thoughts and creative mindset along with physical education & Martial Art.PMAYA offers Karate, Yoga , Stick, Self-defense , Nunchacku, Judo, Kick Boxing, etc. activities .

Everything is taught here according to the rules of the World Karate Federation (WKF).Along with education, we organize cultural and competitive events, organize annual picnics, and conduct summer camps and winter camps where students get the opportunity to develop their talents.

### **Aim:**

Our aim is to address the difficult situations happening around us by providing good education and introduction to a healthy lifestyle without overusing smart phones, mobile games, and the internet.We provides all sudents to better and bright future by following Shamji's idiology.

### **Our Branches:**

We have successfully conducted with approx 125+ branches of PMAYA(Pranavananda Martial Art and Yoga Association) in defferent palaces all over bengal.We are opening more new branches in various schools, ashrams, and clubs, and are determined to ensure a bright future for boys, girls, and students of all classes.

# **Introduction To Martial Arts:**

## **What is Martial Arts?**

- ‘Martial Arts’, as the name suggests, are popular art forms that give training in different kinds and dimensions of fighting – fighting with a spear or a sword, physical combat, resisting cavalry attack, single combat or combat with many, etc.,
- Although the term martial art has become associated with the fighting arts of eastern Asia, it originally referred to the combat systems of Europe as early as the 1550s.
- The term is derived from Latin, and means “**arts of Mars**”, the Roman god of war.

## **Origin**

- Even at the dawn of man’s existence, one of the first arts men were forced to learn, for self-preservation, was the art of self-defence and therefore the origin of martial arts anywhere in the world will ultimately always be traced back to the origin of man.
- Early man had to learn not only to effectively defend himself against his enemies but also against marauding and carnivorous animals.

## **20 most popular martial arts styles**

Let’s have a look at the list of 20 most popular types of martial arts with their descriptions and pictures. Choose something perfect for you!

### **1. Brazilian Jiu-Jitsu (BJJ)**

BJJ focuses on taking the opponent down to the ground, gaining a dominant position. It uses a number of techniques to force them into submission, for example joint locks or chokeholds.

Brazilian jiu-jitsu gyms typically follow a set of ground rules to instill trust, respect, and cleanliness amongst students.

There is also an older, japanese jiu-jitsu style, don’t mistake them!

trained by **2,945,240 people** in the world

appeared in Brazil in 1925

usually for: adults, men, experienced in other sports

TIP: Use a dedicated [BJJ software](#) at your school and make your work easier.



## 2. Judo

Currently known around the world as an Olympic sport. Created by combining jujutsu (which has sumo roots), a form of close combat, with elements of mental discipline. Judo means “gentle way”. Its goal is to immobilize the opponent using safe techniques.

trained by over 40 million people in the world

appeared in Japan in 1882

for active and energetic children, for adults who want to work on their body and mind



### 3.Sambo

‘Sport sambo’ or Sambo wrestling is originally a self defense sport. Its name comes from Russian words concerning self defense with no weapons. Stylistically it’s similar to old-time judo, and in a lot of ways influenced by it. There are some differences in rules, protocol, and uniform.

trained by 410.000 people in Russia, with no data about the practitioners worldwide

appeared in early 1920s in the Soviet Union

for future MMA players or other sports competitions that require dexterity, fitness and strength; for women’s self defense



## 4. Karate

Its name means “empty hand”, which underlines a fight with no weapon. Currently there are more than 100 styles of karate and 3 typical approaches: Karate as a fight to the death, as a self-defense lesson and as work on your mind.



At present, around 100 million people on five continents and 192 countries practice karate, making it truly a global sport.

appeared in Japan (Okinawa Island), mentioned in a written form for the first time in 1905

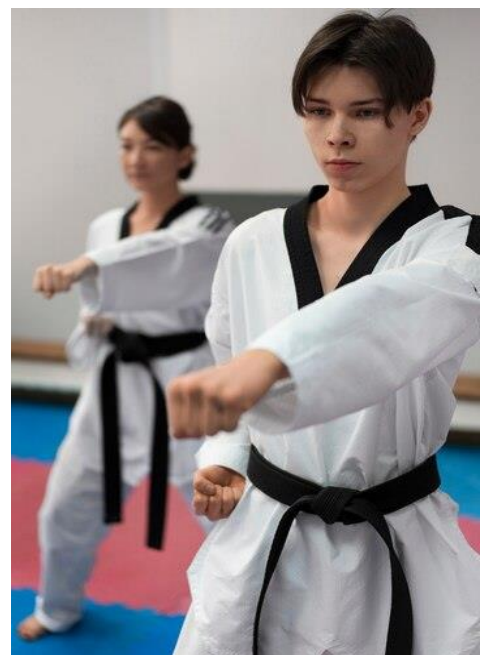
for children, teenagers, adults, senior citizens, women and men

## 5. Taekwondo

A martial arts style and a national sport in Korea. Currently also an olympic discipline. Its name is a combination of Korean words meaning foot, wrist and consciousness.

trained by tens of millions of people around the world  
appeared in Korea, officially named and introduced in 1955

can be practiced by everyone, regardless of body shape and sports predispositions, recommended for teenagers



## 6. Muay Thai

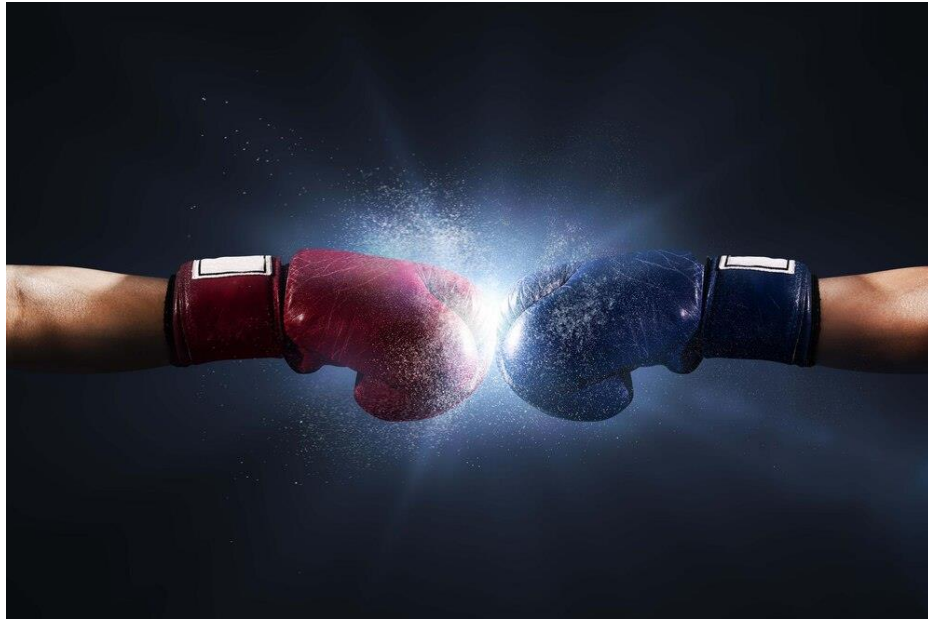
Sometimes called Thai boxing, is a martial arts style and full-contact combat sport. It takes elements from Muay Boran, the traditional Thai martial arts. Muay Thai is a stand-up striking sport, with two competitors in the ring throwing punches, elbows, knees and kicks at each other. Clinching, sweeps and throws are also allowed.



**over 600, 000 people** practicing thai boxing in Thailand and there are about 3.800 thai boxing gyms overseas  
appeared in early 20th century in Thailand – the first descriptive use of the term “Muay Thai”: 1913  
rather for men, but In the U.S., Muay Thai for women classes bring together like-minded women who want to push themselves mentally and physically in a supportive environment

## 7. Boxing

A combat sport and a martial art in which two people throw punches at each other for a predetermined amount of time. The place of combat is a limited boxing ring. The participants usually wear protective gloves and other protective equipment: hand wraps and mouthguards. Read more about the full [boxing equipment list](#) in our other article.



- In 2021, **6.7 million U.S.** Americans above the age of six years old practiced that sport at least once
- there are approximately 18,000 professional boxers in the world

The origin of the sport is unknown, but some sources point to ancient Greece, Ethiopia and Egypt, about the sixth millennium BC.

for: adults/ teenagers/ false beginners (experienced in other sports) / men / women

## 8. Kickboxing

A sporting discipline in which you fight using both boxing punches and kicks. This sport develops physical skills in a holistic way: strength, speed, endurance, flexibility, and sense of rhythm.

There are various national styles of kickboxing nowadays, including Japanese, Korean, Dutch, Chinese and American one. Muay Thai is also considered a type of kickboxing.



Due to the broad concept of kickboxing and its varieties, we do not have access to precise data on the number of people practicing this sport in the world.  
originated in the 1950s to 1970s in Japan  
for: teenagers / adults/ false beginners (experienced in other sports) / true beginners

## 9. Tai Chi

Tai Chi Chuan (Taijiquan) is an ancient Chinese art of relaxation, meditation and fighting. These practices are associated by some sources with Chinese philosophy. Not considered strictly a martial arts type sometimes Currently, there are three Tai Chi trends: sports, health and spirituality.



trained by millions of people in the world nowadays  
originated in China, with the first known written reference in the Book of Changes over 3000 years ago  
for: everybody, both sporty and spiritual people, with no age limit

## 10. Aikido

According to the founder's philosophy, aikido focuses on overcoming oneself instead of cultivating violence or aggressiveness. Awareness of the present moment shows aikido as a form of meditation too. Not only a combat sport.

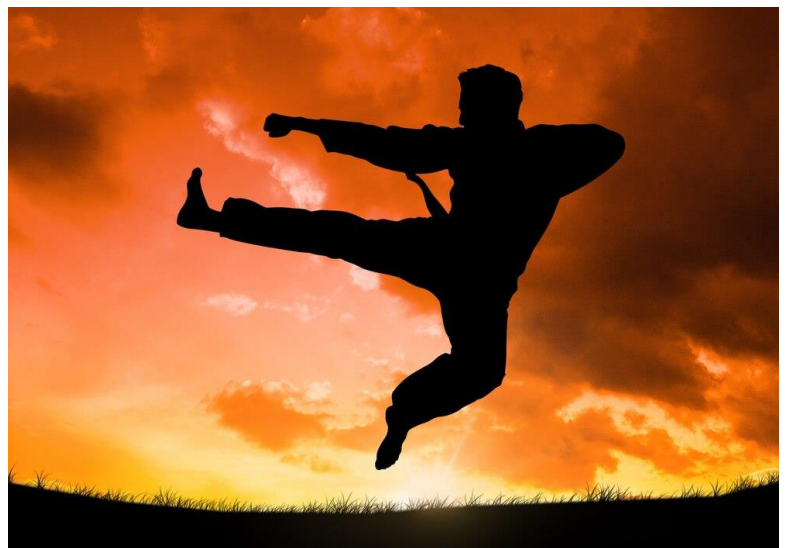
there are around one million practitioners of Aikido in 140 regions and countries around the world  
Aikido was created in Japan by Morihei Ueshiba (1883–1969), but the term was coined in the 20th century  
it's proper for everybody, as it's a non-aggressive art



## 11. Kung Fu

It's a Chinese martial art. The style of fighting involves special punches and kicks. You can learn kung fu for self-defense or exercise. The first idea of Kung Fu is discipline or skill achieved through hard work and practice. Not necessarily mentioned as martial arts originally.

trained by tens of millions people in the world  
appeared in around 2600 BC in ancient China  
Practicing Kung Fu provides many benefits for people of all ages and backgrounds. This can be fun and development but first be sure you are healthy.



## 12. Hatha Yoga

It's a group of physical, mental, and spiritual practices or disciplines. The practice of yoga might not be a martial art by definition. But through the centuries until today yoga and martial arts have inspired and complemented each other and are deeply intertwined.



Worldwide, around 300 million people practice yoga on a regular basis in 2022. appeared in ancient India around 2,700 BC

For everybody, due to many different styles and movement speeds

## 13. Sumo

It's a form of competitive full-contact wrestling. An act aims to force the opponent out of a circular ring. Touching the ground with any body part other than the soles of one's feet also means losing.

Sumo wrestlers live in communes according to strict rules. Their bodies are large and heavy. During fights, tradition requires only very skimpy special loincloths.

Sumo is only practiced professionally in Japan, where it is a national sport.



- As of March 2021, there are 65 2 professional sumo wrestlers in Japan.
- There are now over 80 member nations of the International Sumo Federation, established in 1992

appeared in Japan, mid-17th century

professionally – men only; for amateur groups – for women too

## 14. Japanese Kenjutsu

It is one of the four central martial arts of pre-modern Japan. There are a multitude of kenjutsu schools and traditions. That's why this art of swordsmanship is so diverse internally.

This fighting method of samurai swordsmanship is really aggressive. It's practical and designed to incapacitate or kill an enemy.

There is no precise data on people learning kenjutsu. This is due to the transition of some kenjutsu forms to kendo, and the differences between schools.

The history of kenjutsu dates back to the period of civil wars (1192 – 1333).

Anyone can learn kenjutsu but you definitely shouldn't do it at home. Professional teachers are waiting for you!



## 15. Chinese Wushu

Wushu literally means “martial art”. It features various forms of Chinese martial arts including tai chi.

trained by 120 million practitioners around the world.

It was created in the People's Republic of China after 1949, in an attempt to nationalize the practice of traditional Chinese martial arts.

The majority of schools accept students who are over 12 years old.



## 16. Kendo

At its core, kendo or the “way of the sword” teaches techniques and styles of swordsmanship to participants using bamboo swords and protective armor. It originates from kenjutsu, but in the 18th century the bamboo swords started to be used for training. This is how a new discipline arised.

Due to their links with the military, kendo and other Japanese martial arts were prohibited in America in 1946. Japan regained its independence in 1952 and these sports could be practiced openly once more.

trained by more than 6 million worldwide  
ppeared in Japan in the 18th century  
Surprisingly, kendo is easier for those who are nor experienced in other martial arts. That's because of the habits and muscle memory which can slow down the progress in a new style.



## 17. Mixed Martial Arts (MMA)

A full-contact combat sport incorporating striking, grappling and ground fighting. The contact sparring techniques in MMA source from various combat sports worldwide.

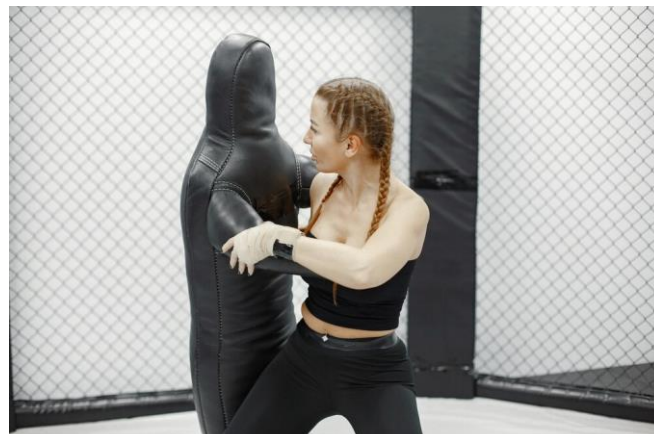


in 2022, 2.52 million individuals in the United States were estimated to be engaging in mixed martial arts for fitness purposes. the first documented use of the term was in 1993, but the first TV event took place in 1980 in USA better if you have previous sport or martial arts experience, especially if you want to take part in sparrings

## 18. Krav Maga

It's a self-defense system developed for the Israeli military, incorporating techniques from boxing, wrestling, judo, and karate, among others. It's a mix of self-defense techniques and using the available objects for this purpose.

The majority of martial arts emphasizes power. Krav maga is the one which teaches how to use the opponent's force in a controlled manner.



over 500,000 people in the United States have tried Krav Maga developed in Czechoslovakia in the 1930s in order to help protect the local Jewish community from the Nazi militia

The most useful for teenagers and women as an effective self defense technique. But there are also courses for children and senior citizens.

## 19. Jeet Kune Do

A martial arts philosophy and fighting style founded by Bruce Lee, which emphasizes minimal movement with maximum effect and incorporates elements from various martial arts.

This art is still taught in several places around the world. The teachers are Bruce Lee's students. However, it seems that the idea of JKD is unfinished and that it actually died with the creator's death.



How many people train nowadays? There are too few schools and courses for meaningful data to be available.

appeared in 1967

For whom is the style? There are too few schools and courses to obtain useful information.

## 20. Brazilian capoeira

Actually it's not a fighting sport, but live music, dance and choreography, coming from Brazil. Why is it sometimes classified as a martial art? Probably because the

tradition of performance emphasizes not only the flowing movements but also meaningful hand strikes and other striking techniques.



Capoeira has more than six million practitioners in Brazil and it is present in 152 countries worldwide

Capoeira has been practiced for centuries. The date of its creation is unknown, but it was first mentioned in 1789.

You can start at any age and with any level of physical condition. Be prepared, however, that this is an art form. Advancing to the next “cordes” (belts) takes years.

## Martial Arts Learning Risks?

Learning martial arts carries some risks. Like any physical activity. Here are a few potential problems to consider:

- **Injuries:** physical contact and movement can lead to sprains, strains, bruises, or fractures.
- **How to minimize the risk?** Remember about a proper warm-up, technique training, and professional supervision.
- **Overtraining:** too intense or too frequent training, without adequate rest and recovery can lead to fatigue and decreased performance.
- **How to minimize the risk?** Listen to your body, vary your training routine, and have rest days.
- **Contact-related injuries:** Some martial arts styles involve full-contact sparring or competitions. They can increase the risk of head injuries and facial trauma.

- **How to minimize the risk?** Wear appropriate protective gear and practice proper techniques.
- **Muscle imbalances:** repetitive movements and focusing on specific muscle groups can lead to muscle imbalances and joint problems.
- **How to minimize the risk?** Cross-training exercises and stretching will help maintain balance and flexibility.
- **Emotional and psychological challenges:** Learning martial arts can be physically and mentally demanding. Sometimes you can experience stress and frustration when facing new challenges.
- **How to minimize the risk?** A supportive training environment, setting realistic goals, and practicing self-care will give you emotional well-being.
- **Violence:** If self-control during the training is not an important part, martial arts emotions may increase the risk of engaging in violent behavior.
- **How to minimize the risk?** Check if your instructor emphasizes the importance of using martial arts skills responsibly and ethically.

## Benefits to Learning Martial Arts?

- Improved physical fitness and strength.
- Increased self-confidence and self-discipline.
- Enhanced mental focus and concentration.
- Stress relief and improved emotional well-being.
- Development of self-defense skills.
- Promotion of respect and discipline.
- Opportunities for social interaction and community building.
- Nice idea of a hobby or free-time activity.

## Many types of martial arts in India and Japan

### India

- Indian martial arts
- Mardani khel
- Malla-yuddha
- Kalaripayattu
- Vajra-mushti
- Adimurai
- Gatka

### Japan

- Sumo
- Japanese martial arts
- Aikido
- Ninjutsu
- Naginatajutsu
- Bojutsu
- Okinawan kobudo

- Iaido
- Judo
- Jujutsu
- Jukendo
- Kenjutsu
- **Karate**
- Kūdō
- Kusarigamajutsu

# KARATE:

Karate is a popular martial art that originated in Okinawa, Japan, and has since spread across the globe. Over time, various practitioners have developed and refined different styles of karate, each with its own unique techniques, philosophies, and training methods. In this blog post, we will explore 13 distinct types of karate styles and delve into their key differences.

- 1. Shotokan Karate:** Shotokan is one of the most widely practiced karate styles. It emphasizes strong stances, powerful strikes, and linear movements. Practitioners focus on executing techniques with precision and efficiency. Kata (pre-arranged forms) play a significant role in training.
- 2. Goju-Ryu Karate:** Goju-Ryu translates to "hard-soft style," indicating its balanced approach of combining powerful strikes with circular movements and joint locks. Breathing techniques (ibuki) are a notable feature, aiding in both offensive and defensive tactics.
- 3. Shito-Ryu Karate:** Shito-Ryu is a blend of Shuri-te and Naha-te styles, incorporating the strengths of both hard and soft techniques. It emphasizes kata, self-defense applications, and practical combat strategies.
- 4. Wado-Ryu Karate:** Wado-Ryu focuses on using body movement and evasion to avoid attacks while delivering swift counterattacks. It places a strong emphasis on the integration of karate techniques with principles from jujutsu.
- 5. Kyokushin Karate:** Known for its intense training methods, Kyokushin emphasizes full-contact sparring and conditioning. It promotes powerful strikes and emphasizes physical toughness and discipline.
- 6. Uechi-Ryu Karate:** Uechi-Ryu incorporates circular movements and utilizes techniques derived from traditional Chinese martial arts. It places a significant emphasis on conditioning and close-quarters combat.
- 7. Shorin-Ryu Karate:** Shorin-Ryu focuses on quick, fluid movements and a variety of strikes. It emphasizes flexibility and agility, making it suitable for practitioners who prefer a fast-paced style.

**8. Isshin-Ryu Karate:** Isshin-Ryu is characterized by its compact and efficient techniques, often using natural body movements. It places a strong emphasis on self-defense techniques and practical applications.

**9. Shito-Ryu Karate:** Chito-Ryu incorporates a wide range of techniques, including striking, grappling, and joint locks. It is known for its emphasis on proper posture, balance, and coordination.

**10. Shukokai Karate:** Shukokai focuses on powerful strikes delivered from close and medium ranges. It incorporates principles of physics to maximize the effectiveness of techniques.

**11. Shindo Jinen Ryu Karate:** This style combines traditional karate with elements of judo and jujutsu. It emphasizes throws, joint locks, and ground fighting alongside traditional striking techniques.

**12. Genseiryu Karate:** Genseiryu incorporates circular movements and relaxed techniques, utilizing the principles of softness and redirection. It emphasizes controlling an opponent's movements through timing and angles.

**13. Ashihara Karate:** Ashihara Karate emphasizes effective footwork and evasive maneuvers, allowing practitioners to maintain optimal positioning during combat. It combines striking and grappling techniques for a well-rounded approach.

## **Practice**

Karate practise is generally divided up into three components: **Kihon (basics), Kata (forms) and Kumite (sparring).**

**1. Kihon** (basics) covers various strikes, blocks, kicks, stances and movements one might need to use in self-defence. Students practise these in lines each class so that the techniques are refined and become instinctive.

Kihon, or basic practise, allows students to develop an understanding of their body and how it can be used as most effectively as a weapon, for example, how to generate maximum power with minimum effort.

**2. Kata** (forms) is often referred to as the 'art form' of karate. Each kata (form) is a traditional predetermined pattern of movements that promotes a number of self-defence principles. Kata practise also develops coordination, balance, agility, strength and speed



# The Complete Beginner's Guide to SHOTOKAN KARATE

## THE FOUNDER



**GICHIN  
FUNAKOSHI**



## COUNTRY OF ORIGIN



**JAPAN**



## BELT SYSTEM



9th Kyu White Belt



8th Kyu Yellow Belt



7th Kyu Orange Belt



6th Kyu Green Belt



5th Kyu Blue Belt



4th Kyu Purple Belt



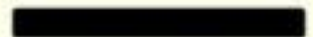
3rd Kyu Brown Belt



2nd Kyu Brown Belt



1st Kyu Brown Belt



Shodan Black Belt

## ETIQUETTE



Bow when entering or exiting the dojo.



Refer to your teacher as Sensei or his/her proper title. Show great respect to all peers.

Wear a clean, white karate gi to class.

**OSU!**  
A common greeting, pronounced "Oss!"

**KIAI**  
A powerful yell when striking. "Ki" means energy and "Ia" means to join.

## CURRICULUM SECTIONS



**Buicho (Kihon)**  
Basic techniques such as punches, kicks, stances, and blocks.



**Parma (Kata)**  
A pre-arranged fight or choreographed training sequence integrating several techniques.



**Sparring (Kumite)**  
Sparring practice that begins with controlled one-steps, and then gradually morphs into freestyle sparring.



**Self Defense Kata (Goshin Jutsu)**  
Specialized self defense techniques address chokes, holds, grabs, and weapon threats.

## BASIC TERMS

### Jodan

Head Level

### Chudan

Middle Level

### Gedan

Lower Level

### Hajime

Begin

### Mawate

Turn Around

### Rei

Bow

### Yame

Stop

### Yoi

Ready

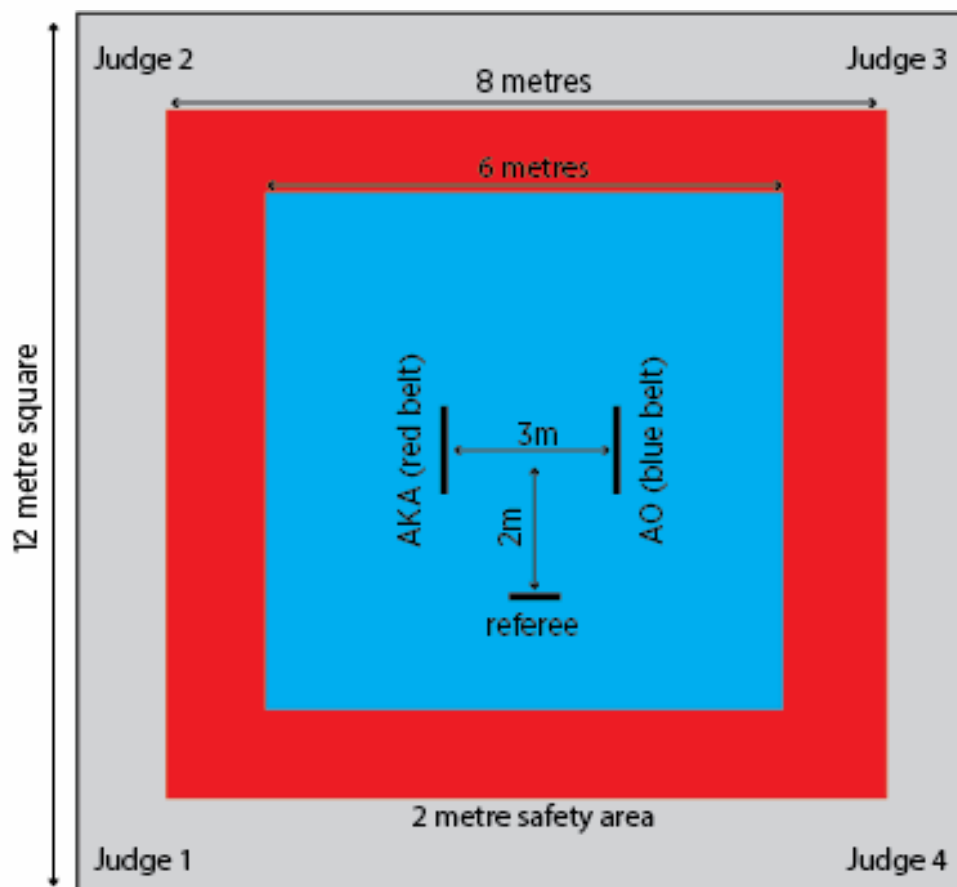
### Mae

Front

**3.Kumite** (sparring) is where techniques and principles learnt in Kihon (basics) and Kata (forms) are applied against an opponent. Kumite can vary greatly, depending on the student's level of experience. For example, beginners only practise pre-arranged kumite. This is where both the attacker and defender know exactly which techniques will be used and when. They do this in a slow and controlled environment.

As students develop in ability and confidence, they may choose to move onto free kumite. This is where students wear protective equipment and spar in an environment where techniques are exchanged freely.

Karate has a coloured belt (or ranking) system allowing students to set goals and measure their progress. As they progress and develop in both physical and technical ability, each component becomes more advanced, giving them a new challenge and skill to develop take on. As the student approaches their black belt, their technique, speed, coordination and stamina all become natural as a result of strong practice. It is at this stage that the serious student discovers that his or her study of karate has only just begun. The object of true karate practice is the perfection of oneself through the perfection of the art.



**TATAMI**

**Fighters can score one, two or three points for attacking techniques:**

**Ippon** (three points) is awarded for:

- A jodan kick (kick to upper level)
- Any scoring technique performed on a fallen or thrown opponent

**Waza-ari** (two points) is awarded for:

- Chudan (mid level) kicks

**Yuko** (one point) is awarded for:

- Chudan or Jodan Tsuki (mid or upper level punch)
- Jodan or Chudan Uchi (mid or upper level punch).

## **Winning the Match**

A Karate match can be won in a number of ways:

- By having more points than your opponent at the end of the fight.
- By extending a lead of eight points immediately ends the match
- If you render your opponent unable to carry on
- If your opponent is disqualified.

If the amount of points are equal at the end, then the referee and the three judges consult and decide a winner between them.

## **Rules of Karate**

- Karate Kumite matches take place on a matted square of 8m x 8m with an additional 1m on all sides that is called the safety area.
- Once the referee and judges have taken their places, competitors should exchange bows.
- The fight starts when the referee shouts “SHOBU HAJIME!”
- Both fighters should attempt scoring techniques (punches, kicks and throws) on their opponent. These are classified as Yuko, Waza-ari and Ippon and are one, two and three points respectively.
- If the referee deems a scoring technique may have been used, the referee shouts YAME and the contestants, judges and referee all resume their original positions.

- The judges will then indicate their opinion by means of a signal and if a score is to be awarded, the referee identifies the contents and the area that they attacked and then awards them the relevant score (Yuko, Waza-ari or Ippon) and then restarts the bout by shouting “TSUZUKETE HAJIME!”
- If one competitor establishes a clear lead of eight points during a match, then the referee calls a halt to the bout and declares them the winner.
- If no competitor establishes a clear lead of eight points during the fight, then the fighter who has the most points is declared the winner.
- In the event of the points being level, the referee and the judges will decide who is the winner of the bout.
- Fights can end earlier if one competitor is knocked down and is not in a position to carry on or if one fighter is disqualified.

## Karate Terminology

The Japanese terms are used in all Karate dojos all over the world. Here are the meanings of the common terms:

**DAN:** Black-belt grades.

**DOJO:** word used for the place of practice of martial arts.

**GI (gee):** The Karate uniform. In Shotokan Karate a white, cotton gi is worn.

**HIKI-TE** (hee-kee-tay): The retracting arm of a punching, blocking, or striking technique. Helps rotate the hips and maintain the stable and precise delivery of the technique.

**KARATE:** “Empty Hand”.

**KARATEKA:** The practitioner of Karate.

**KATA:** Prescribed sequences of techniques performed with specific rhythm and timing

**KI** (kee): Mind. Spirit. Energy.

**KIAI** (kee-ai): A short, loud shout accompanying a sharp, strong technique. Helps release air from the lungs and relax the upper body so that the technique is more effective. Also helps focus mental energy and display spirit.

**KIHON** (kee-hon): Basic techniques.

**KIME** (kee-may): Focus of power.

**KOHAI** (ko-hai): A student junior to oneself.

**KYU** (kee-u): Grades 8 to 1 - all color belts. Any grade below a black belt.

**OBI** (o-bee): The Karate belt.

**OSU** (Oss): Indicates respect, acknowledgement, willingness and readiness to follow.

**SEIZA**: A proper sitting position used for the formal opening and closing of the class, and whenever the instructor asks students to sit on the side to watch a demonstration of techniques or kata.

**SENSEI** (sen-say): A teacher. A term reserved for the chief instructor of the dojo, and other high-ranking members.

**SEMPAI** (sem-pai): A senior student

**SHIHAN** (shee-han): A formal title meaning master instructor or teacher of teachers. Very few people in the world have achieved this ranking.

**SHOMEN** (show-men): The designated front wall of a Dojo. Often the place where the picture of our founder, Gichin Funakoshi and flags are displayed.

**REI** (ray): Bow. A sign of respect, trust, and appreciation. May be done while standing, or while kneeling such as at the beginning and end of each class.

**Shomen-ni-Rei**: bow to the front of the dojo

**Sensei-ni-Rei**: bow to the teacher

**Otagai-ni-Rei**: bow to each other

## **VARIOUS COMMANDS:**

**YAME** (ya-may): Return to starting position (typically hachiji-dachi)

**HAJIME** (hajee-may): Begin

**KAMAE**: Get into position, prepare.

**MOKUSO**: Close the eyes and meditate.

**MATTE** (ma-tay): Wait.

**MAWATE** (mawa-tay): Turn into position

**YOI** (yoh-ee): Ready (both mentally and physically)

**YAME** (ya-may): Stop

## **COUNTING** in Japanese:

One: ichi (i-chi)

Two: ni (ni)

Three: san (sa-n)

Four: shi (shi) / yon (yon)

Five: go (go)

Six: roku (ro-ku)

Seven: shichi (shi-chi)

Eight: hachi (ha-chi)

Nine: ku (ku)

Ten: ju (ju-u)

### **WAZA (Techniques):**

**Tsuki** (tsu-kee) or zuki (zoo-kee): punching

**Uke** (ou-kay): blocking

**Uchi** (oo-chee): strike

**Keri** (ke-ree) or geri (ge-ree): kicking

### **TARGET AREAS on opponent's body:**

**Jodan (joh-dan):** upper level, includes face, neck, and head area

**Chudan (choo-dan):** middle level, includes the chest, side chest and back area

**Gedan (gay-dan):** lower level, the lower trunk area

**HIDARI:** left

**MIGI:** right

**GYAKU:** reverse

**AKA:** red

**SHIRO:** white

**YOKO:** Side.

**MAE:** front

**ENSHIN:** Forward.

**USHIRO:** back

**KEKOMI:** thrust

**KEAGE:** snap

### **BODY PARTS:**

**EMPI** (em-pee): elbow

**HIZA** (hee-zah): knee

**KAISHO** (kay-sho): open hand, such as in shuto-uke

**KENTSUI** (ken-tsuee): hammer fist (also known as TETTSUI)

**SOKUTO** (sokoo-toh): edge of foot, such as in side thrust kick

**URAKEN** (oo-raken): back of fist

**SHUTO** (shoo-to): outer surface of hand alongside the small finger

**HAITO** (haee-to): inner surface of hand alongside the thumb

## **PUNCHES:**

**JODAN TSUKI:** upper level punch

**CHUDAN TSUKI:** middle level punch

**GEDAN TSUKI:** lower level punch

**CHOKU TSUKI:** straight punch

**GYAKU TSUKI:** reverse punch

**KAGI ZUKI:** hook punch

**HASAMI TSUKI:** scissor punch

**KIZAMI ZUKI:** jab

**MAWASHI ZUKI:** roundhouse punch

**MOROTE ZUKI:** U-Punch with both fists simultaneously

**TATE ZUKI:** punch with fist along vertical plane

**URA ZUKI:** upper cut punch at close range

**YAMA ZUKI:** mountain Punch, a U-punch, resembles the character for mountain, thus the name.

## **BLOCKS:**

**AGE UKE** (ah-gay oo-kay): rising block

**UCHI UKE:** inside-out block

**SOTO UKE:** outside block

**GEDAN BARAI:** lower level block

**SHUTO UKE:** knife hand block

**MOROTE UKE:** reinforced (augmented) block

**JUJI UKE** (joo-jee): X block

**KAKIWAKE UKE:** X block

**MANJI UKE:** double block with one arm in gedan barai and the other in uchi uke.

## **STRIKES:**

**EMPI UCHI:** elbow strike

**HAITO UCHI:** ridge-hand strike

**KENTSUI UCHI:** (Or TETTSUI UCHI) hammer fist strike

**MAE EMPI:** forward elbow strike

**MAWASHI EMPI UCHI:** roundhouse (circular) elbow strike

**OTOSHI EMPI UCHI:** dropping elbow strike

**TATE EMPI UCHI:** rising elbow strike

**TATE URAKEN UCHI:** vertical back-fist strike

**USHIRO EMPI UCHI:** elbow strike aiming behind own body

**YOKO MAWASHI EMPI UCHI:** side elbow strike

**NUKITE:** stabbing using the extended index finger or both the index and the middle fingers

## **KICKS:**

**ASHI BARAI:** Foot Sweep

### **GERI (kicks)**

**MAE GERI KEAGE:** front snap kick

**MAE GERI KEKOMI:** front thrust kick.

**MAE ASHI GERI:** front kick with the front leg (KIZAMI GERI)

**MAWASHI GERI:** roundhouse kick

**GYAKU MAWASHI GERI:** reverse roundhouse kick

**USHIRO MAWASHI GERI:** inside-out roundhouse kick

**HIZA GERI** (hee-za): knee kick

**MIKAZUKI GERI** (meeka-zooki): crescent kick

**TOBI GERI** (to-bee): jumping kick

**USHIRO GERI** (oo-shee-ro): back kick

**YOKO GERI KEAGE:** side snap kick

**YOKO GERI KEKOMI:** side thrust kick

**YOKO TOBI GERI:** flying side kick

**FUMIKOMI:** stomping kick

## **STANCES:**

**DACHI (da-chee): stances**

**HACHIJI DACHI** (ha-chee-jee): natural stance, feet about one shoulder width apart, toes pointing slightly outward

**HEISOKU DACHI:** informal attention stance. Feet together, toes pointing straight forward

**ZENKUTSU DACHI** (zen-koo-tsoo): front stance

**KIBA DACHI** (kee-ba): horse stance

**KOKUTSU DACHI** (ko-koo-tsoo): back stance

**FUDO DACHI** (foo-do): immovable stance, a cross between front and back stance (SOCHIN DACHI)

**SANCHIN DACHI** (san-cheen): hour-glass stance

**HANGETSU DACHI** (han-gay-tsoo): "half-moon" stance

**GANKAKU DACHI** (gan-ka-koo): crane stance

**KOSA DACHI:** crossed-leg stance

**SHIKO DACHI** (shee-ko): square stance

**KUMITE** (koumi-tay) Sparring:

**GOHON KUMITE**: five step basic sparring

**SANBON KUMITE**: three step basic sparring

**IPPON KUMITE**: one step basic sparring

**JIYU IPPON KUMITE**: one step free sparring (semi-free sparring)

**JUI KUMITE**: free sparring

### **STRATEGIES:**

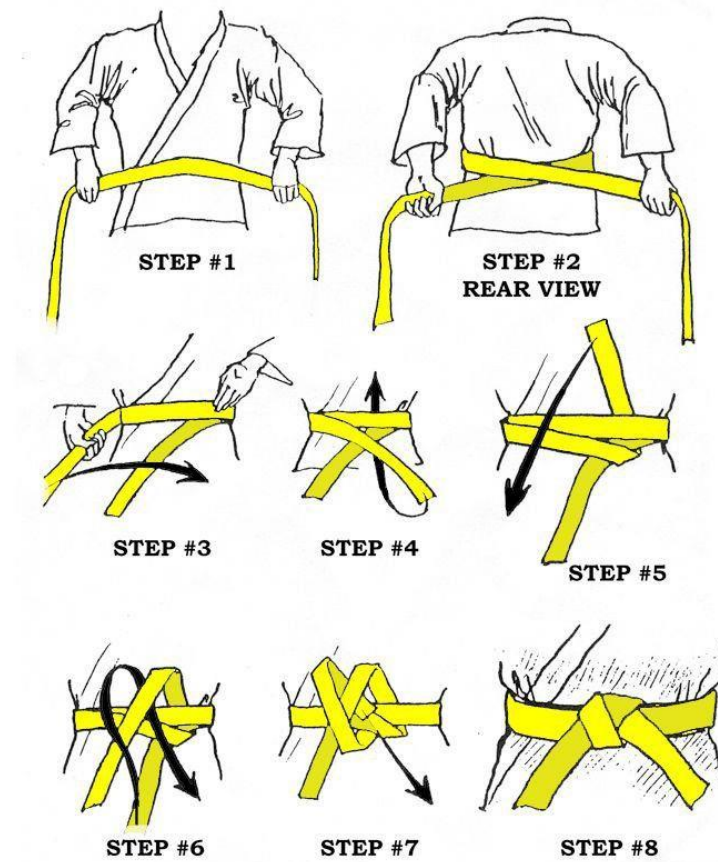
**GO NO SEN**: allow the opponent to attack first so as to open up targets for counterattack

**INASU**: avoid an on-coming attack by removing your body from the line of attack

**SEN NO SEN**: attack at the exact moment that the opponent attack

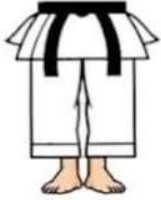
**TAI SABAKI**: shift to remove your body from the line of attack

## **KARARE BELT TIE TECHNIQUE**



# KARATE STANCE

MUSUBI DACHI



ZENKUTSU DACHI



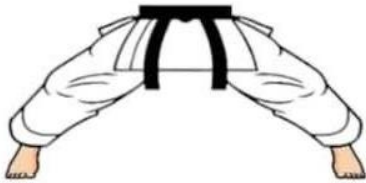
KOKUTSU DACHI



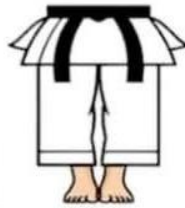
RENOJI DACHI



KIBA DACHI



HEISOKU DACHI



KOSA DACHI



HEIKO DACHI



TEIJI DACHI



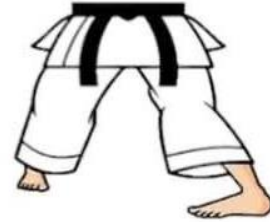
TSURU ASHI DACHI



SANCHIN DACHI



HANGETSU DACHI



HACHIJI DACHI



UCHI HACHIJI DACHI



MOTO DACHI



NEKO ASHI DACHI



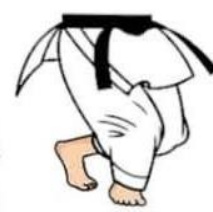
SOCHIN DACHI



FUDO DACHI



KAKE DACHI



# IMPORTANT BLOCKS

AGE UKE



UCHI UKE



SOTO UKE



SHUTO UKE



GEDAN BARAI



KAKIWAKE UKE



HAIWAN UKE



TATE SHUTO UKE



HIJI SASAE UKE



JUJI UKE



TSUKAMI UKE



MANJI UKE



OTOSHI UKE



# 1 Week Water Challenge to Lose Weight & Clear Skin



@beautyscaraa



@beautyscaraa

2 Glasses After Waking up

Activate internal Organs

1 Glass after Workout

Bring Heartrate back to normal



@beautyscaraa



@beautyscaraa

1 Glass before taking bath

Lower Blood Pressure

1 Glass 30 mins before Lunch

Prevent Over eating



1 Glass 1 hour after Lunch

7 Days

@beautyscaraa



@beautyscaraa



1 Glass when you feel tired

1 Glass before going to sleep

# 2 MOST IMPORTANT PUNCH

AGE TSUKI



KIZAMI TSUKI



MOROTE TSUKI



SHUTO UCHI



HEIKO TSUKI



GYAKU TSUKI



BARATE UCHI



OTOSHI TSUKI



TETSUI UCHI



KOKO TSUKI



OI TSUKI



AWASE TSUKI



# 13 MOST IMPORTANT KICKS

MAE GERI



YOKO GERI



MAWASHI GERI



FUMIKOMI GERI



KIN GERI



GYAKU MAWASHI GERI



FUMIKIRI GERI



TSUMASAKI GERI



URA MAWASHI GERI



KAKATO GERI



MIKAZUKI GERI



USHIRO GERI



HIZA GERI



# YOGA ASANAS



EASY SUKHASANA



LOTUS PADMASANA



GARLAND MALASANA



COW FACE GOMUKHASANA



BUTTERFLY BADDHA KONASANA



HERO VIRASANA



GODDESS UTKATA KONASANA



BACK BEND ANUVITTASANA



EAGLE GARUD ASANA



TREE VRKSASANA



WARRIOR-I VIRABHADRASANA I



WARRIOR-II VIRABHADRASANA II



WARRIOR-III VIRABHADRASANA III



CHAIR UTKATASANA



DANCER NATARAJASANA



TRIANGLE TRIKONASANA



DOWNWARD DOG ADHO MUKHA SVANASANA



BOW DHANURASANA



COBRA BHUJANGASANA



UPWARD DOG URDHVA MUKHA SVANASANA



EXTENDED PUPPY UTTANA SHISHOSANA



LOCUST SALABHASANA



BRIDGE SETU BANDHASANA



HALF LORD OF THE FISHES ARDHA MATSYENDRASANA



CAMEL USTRASANA



FISH MATSYASANA



COW BITILASANA



CAT MARJARYASANA



WHEEL URDHVA DHANURASANA



FORWARD FOLD UTTANASANA



PLOW HALASANA



LOW LUNGE ANJANEYASANA



DOLPHIN PLANK MAKARA ADHO MUKHA SVANASANA



SIDE PLANK VASISTHASANA



FULL SIDE PLANK VASISTHASANA



HIGH PLANK PHALAKASANA



BIRD DOG DANDAYAMANA BHARMANASANA



BOAT NAVASANA



LIZARD UTTAN PRISTHASANA



PIGEON EKA PADA RAJAKAPOTASANA



ONE LEG PIGEON EKA PADA KAPOTASANA



CROW BAKASANA



SLEEPING SWAN EKA PADA RAJAKAPOTASANA VARIATION



FOREARM STAND PINCHA MAYURASANA



THREE-LEGGED DOWNWARD DOG TRI PADA ADHO MUKHA SVANASANA



SHOULDER STAND SARVANGASANA



HEADSTAND SIRSASANA



PISTOL SQUAT EKA PADA MALASANA



REVOLVED LUNGE POSE PARIVRTTA ANJANEYASANA



FIREFLY POSE TITTIBHASANA



WILD THING CAMATKARASANA



CHILD'S POSE BALASANA

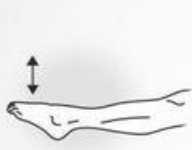


SEATED FOLD PASCHIMOTTANASANA



# sore feet

DAREBEE WORKOUT @ darebee.com  
20 seconds each exercise.



up and down tilts



side-to-side tilts



rotations



calf raises



toe curls



side tilts

# eye workout

RELAX AND REFRESH YOUR EYES  
WORKOUT BY DAREBEE @ darebee.com



1. Look up and hold for 3 seconds then look down and hold for another 3 seconds. Repeat 3 times in total.



2. Look right and hold for 3 seconds then look left and hold for another 3 seconds. Repeat 3 times in total.



3. Look to the top left corner of your eye and hold for 3 seconds. Look to the top right and hold for another 3 seconds. Repeat 3 times.



4. Rotate your eyeballs 3 times to the right and then 3 times to the left. Blink several times to relax.



5. Close your eyes tight and hold for 10 seconds. Relax.



6. Open your eyes wide and hold for 10 seconds. Blink repeatedly to relax and complete the workout.



# better sleep

DAREBEE YOGA WORKOUT  
@ darebee.com



20sec hero pose



20sec child's pose



20sec upward dog



20sec camel pose



20sec butterfly fold



20sec supine twist



20sec bridge



20sec knee-to-chest



20sec corpse pose

# NECK PAIN & TENSION RELIEF

DAREBEE WORKOUT @ darebee.com  
3 sets | up to 2 minutes rest between sets



10 back and forth tilts



10 side-to-side tilts



10 neck rotations



10-count press



10-count press



10-count alternating side press



10-count alternating chin press

# TALK TO THE HAND

@ darebee.com  
10 reps each exercise  
Repeat 3 times  
up to 2 minute rest between sets



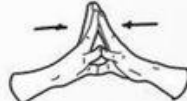
1. rapid shaking



2. open and close fists



3. rotations



4. finger press



5. side flickers



6. up and down wrist flips

# wrist pain

DAREBEE WORKOUT @ darebee.com  
20 seconds each exercise.  
Repeat every couple of hours.



wrist curl



tilt back



"hammer"



wrist stretch



resistance press



fist rotations

# Height Growth Exercise



Butterfly Pose



Bridge Pose



Cat Pose



Cow Pose



Cobra Pose



Downward Facing Dog Pose



Locust Pose



Pigeon Pose



Triangle Pose

# EMERGENCY INFORMATION

## 7 CRITICAL RULES TO SELF DEFENSE

**1** BE AWARE OF YOUR SURROUNDINGS AT ALL TIMES



**2**

**WALK CONFIDENTLY AND AVOID EYE CONTACT**

Never make eye contact with anyone



**3**

**AVOID CONFRONTATION**

The safest approach to self-defense is to avoid any potential physical confrontations



Do whatever you have to do to avoid a physical confrontation

**4**

**AS A LAST RESORT, ATTACK FIRST**

The golden rule of any self-defense situation is that the person who attacks first is usually the winner



You should only defend yourself physically IF YOUR LIFE IS IN DANGER.

**5**

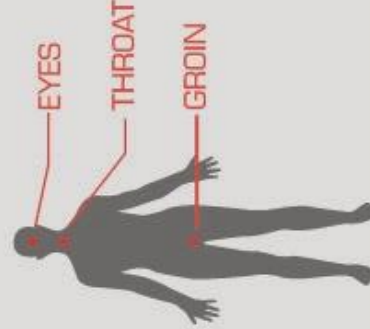
**IF YOU ATTACK FIRST, THEN YOU MUST ATTACK ALL THE WAY**



All the way means to strike the critical strike zones a minimum of 5 times at 100% power or until the perpetrator is immobilized.

**6**

**REMEMBER THE 3 CRITICAL STRIKE ZONES**



**7**

**YELL FOR HELP**




As you run away, yell at the top of your lungs for help



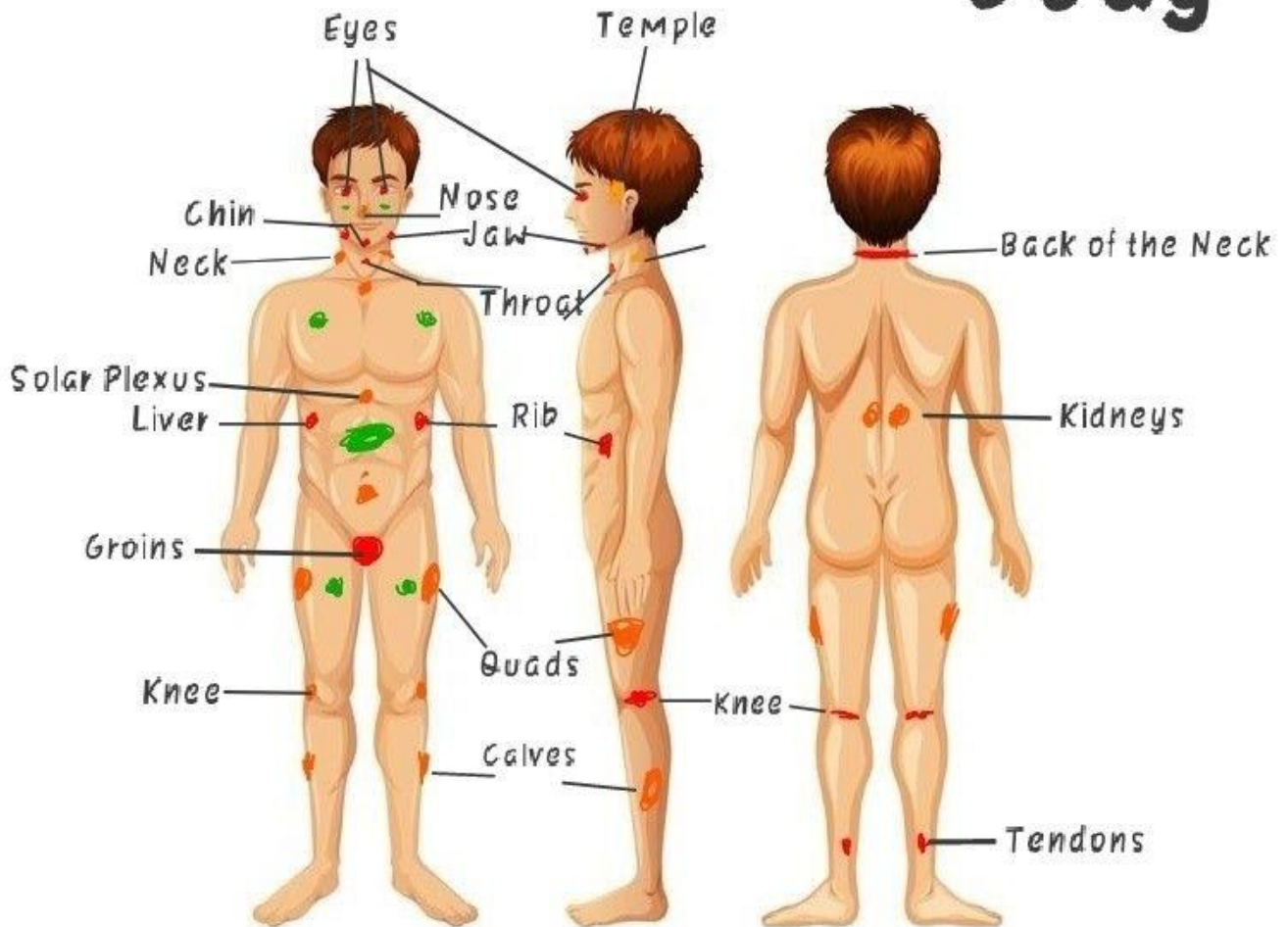
**EVOLVE**  
MIXED MARTIAL ARTS  
WWW.EVOLVE-MMA.COM

Evolve Mixed Martial Arts® is Asia's premier championship brand for martial arts. With World Champions in Muay Thai, Brazilian Jiu-Jitsu, Mixed Martial Arts, Boxing, Wrestling, and No Gi Grappling, Evolve MMA is the top martial arts training organization in Asia. It ranks among the best martial arts academies in the world.

## LEGEND:

Critical Damage:   
Intense Damage:   
Moderate Damage: 

# Weakest Spots of the HUMAN Body



# SINGLE BALANCES



HALFWAY  
HANDSTAND



BROKEN  
CANDLESTICK



SPLIT  
STAND



THE PEG LEG



THE ANKLE  
HOLD



PLANK



SIDE  
PLANK



ELBOW  
STAND



SUNSHINE



BRIDGE



TOE TOUCH



SITTING  
TOE TOUCH



CRISS CROSS  
APPLE SAUCE



WARRIOR



SIDWAYS  
STRETCH



DAZZLER



LAZY  
TOE TOUCH



TOE POINTER



SPLIT



AIR CHAIR



HANDSTAND



HEADSTAND



TRIPOD



CANDLESTICK



HANDSTAND  
STRADDLE