

# THE INTERNATIONAL BUDO INSTITUTE

武備志道



## ***BASICS PRIMER***

Jeffrey Shawn Henderson, 6<sup>th</sup> Dan

***Development of Individuality in Body,  
Mind and Spirit***



## **BASICS PRIMER**

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# INTRODUCTION

This Basics Primer has been created to assist new students in their understanding of the beginner's curriculum of Bubishido, particularly during the critical first few months.

This primer covers in very summary form the main chapters of the Basics Manual. This booklet should be used by the student as a fast reference guide and as an introduction to the Basics Manual - not as a replacement for it.



It is hoped that the first few months of practice for the new student will be enjoyable and it is hoped that this guide will help to create a smooth learning experience helping to create a strong foundation on which a solid martial arts career can be made.

Congratulations on starting down the road of martial arts training. I look forward to meeting each and every one of you!

Best Wishes,  
**Shihan Henderson, Founder**

# **HISTORY OF THE INTERNATIONAL BUDO INSTITUTE**

The International Budo Institute was created in 2004 as an organization specifically chartered to advance the lessons of Bubishido, a martial art style created by Shihan Jeffrey Henderson. Along with advancing the technical lessons of Bubishido, The Institute was formed to help support individual students and teachers of Budo and to reinforce the higher lessons of the training.

At the time, Shihan Henderson wished to develop a school that would reflect a truer understanding of his own martial art's belief in "equality and universality". He wished to develop a school that would focus on unifying members from various styles while focusing on teaching the essential elements of Budo that are common to all.

As an outgrowth of the above, a mandate developed within The International Budo Institute to provide Budo training to all by incorporating the technologies of distance learning so that Budo training may be largely accessible and that everyone may benefit from these teachings no matter where they may be located geographically.

## MEANING OF BUBISHIDO

The style name Bubishido is used on all certificates, diplomas and black belt embroidery and the name has special significance as described below. The name Bubishido is made up of two main parts: 1. "Bubishi", 2. "Do".

"The Bubishi" is the name of a text used by ancient Budo masters which contains an assembly of techniques, kata (*forms*), strategies, vital points, popular medicine and ethic/moral code for martial artists. This compilation is credited with shaping the theory and practice of traditional and modern Budo, (*martial arts*). The word "Bubishi" means the following:

1. **Bu** means warrior.
2. **Bi** means wisdom.
3. **Shi** means spirit and/or ambition.

The word "Do" signifies a philosophical way with which to realize oneself or one's potential.

Thus, the name "Bubishido" literally means the way in which one may realize one's potential by following the lessons of the Bubishi, while "Bubishi" means the spirit and wisdom of the warrior. Since the text known as the "Bubishi" was used by many of the ancient and early martial art / Budo masters, the name "Bubishido" is all inclusive.

The Bubishi was used by the early Budo masters for its knowledge on root techniques. It helped them to develop and fortify their knowledge thus enabling them to develop their own understanding of Budo and create their own systems of combat. The Bubishi is credited with being the original text from where many teachers and styles flourished. Thus, "Bubishido" seeks to return its students to a mind-set when all styles and systems were one, simply Budo.

The word Budo: is made up of two characters: "Bu" meaning "martial" and "do" meaning "the way". Thus, Budo means the way of self perfection through the application of martial ways.

In this way, Bubishido shares and grows through the application and appreciation of all Budo techniques and members regardless of their origin.

# FOUNDING PRINCIPLES

The International Budo Institute is founded on the principles of **equality and universality**. This means that each member of the Institute whether they be a student, teacher or affiliate of the Institute is to be regarded as equal to any other regardless of creed, color, religion, gender, sexual orientation or age. That is, the Institute will be open to all. With this in mind, the Institute adopts in specific Article 1 of the United Nation's Universal Declaration of Human Rights:

## Article 1:

*All human beings are born free And equal in dignity and rights.  
They are endowed with reason and conscience and should act  
towards one another in a spirit of brotherhood.*

The Institute's primary belief is that education in the martial arts, as with all education, should be open and made available to everyone who has a true desire to advance their knowledge through hard work and dedication. With an underlying respect for the rights of the Institute's members, true learning and dedication to teaching may develop in an atmosphere of sharing and personal growth. With this in mind, the Institute adopts in specific Article 26 of the United Nation's Universal Declaration of Human Rights:

## Article 26:

*(1) Everyone has the right to education. Education shall be free, at least in the elementary and fundamental stages. Elementary education shall be compulsory. Technical and professional education shall be made generally available and higher education shall be equally accessible to all on the basis of merit.*

*(2) Education shall be directed to the full development of the human personality and to the strengthening of respect for human rights and fundamental freedoms. It shall promote understanding, tolerance and friendship among all nations, racial or religious groups, and shall further the activities of the United Nations for the maintenance of peace.*

With learning and personal growth comes tolerance. With increased tolerance of one another comes peace. It is hoped that through the study of Budo, and through membership in this Institute, the student may gain self-understanding by developing their character fully and through increased confidence, courage and determination take part completely in society and their community.

# LOGO, CREST AND GUIDING PRINCIPLES

## *Logo / Crest*

The crest of the International Budo Institute represents the underlying principles of all martial arts: form and movement. The crest/logo contains the circle, square and triangle which are the basic geometric movements for all martial arts.



The square is formed by the unison of the four circles while the triangle is represented in the space between the circles. The four individual circles also represent the four cardinal points of the compass which give way to the eight major and minor directions of movement.

The four circles also represent the main elements brought together in the International Budo Institute. These elements are surrounded and encompassed by a larger circle representing the world-wide community of Budo, co-existing in harmony, mutual respect and friendship.

Lastly, the black and white circles with opposite coloured bands represent the interplay of ying and yang and remind the budo practitioner that all technique and experience in life is a merging of complimentary forces: strong-weak, hard-soft. These forces combine together and are represented by the grey colour. The red colour represents the passion, focus and determination of both the teachers and students of the International Budo Institute.



## ***Motto***

The Motto of The International Budo Institute and Bubishido is:

### **“Development Of Individuality In Body, Mind and Spirit”**

The motto expresses several things. Firstly, The Institute is a school where individuals learn. Secondly, it shows that the school's primary focus is on the development of the person's individuality.

Individuality is an extremely important concept for the martial arts. Each student comes to The Institute with a specific background and history. In this regard, no two students are alike and no two students should progress through The Institute exactly alike. Lastly, the individual nature of the student is expressed and developed through three primary areas: body, mind and spirit.

## ***Guiding Principles***

The Institute and Bubishido also provide the student with five general or guiding principles (*dojo kun*) which further assist them in understanding how they should interpret their martial arts training. The student should keep these guiding principles in mind whenever practicing their martial art. Moreover, the student should look to apply these general principles in their everyday life outside of the martial arts. In this way the student will create a bridge so that their martial arts training will take on an even larger significance in their life.

1. Budo is based on respect, tolerance and peace.
2. Always search for the positive.
3. Constant learning is the essence of Budo.
4. Defend and preserve life whenever possible.
5. Strive for harmony within all.

## WEARING A GI AND TYING YOUR BELT



1. Put on the pants and tighten them by drawing the string.



2. Feed the draw string through the front hoop and tie in a knot.



3. Put on the jacket.



4. Put on the jacket. Crest should be sewn on the left side.



5. Close the jacket. Left side over right side.



6. Tie the right draw strings of the jacket to help to keep it closed.



7. Tie the left draw string to help keep the jacket closed.



8. Straighten the jacket.



9. Prepare to tie the belt.



10. Measure the belt in equal halves.



11. Wrap the belt around your waist starting in the front.



12. Wrap the belt around folding one side under the other.



13. Fold the side of the belt going toward the left under the other.



14. Wrap the belt back around the front keeping one belt side under the other.



15. Prepare the knot by placing the left side under the front and the right over the front.



16. Feed the top side under and through so that the belt fits snugly and the knot is flat.



17. Fold the top side (left hand) over the bottom side (right hand).



18. Fold the top side under and through the knot hole.



19. Tighten the knot by pulling on both ends of the belt at the same time.



20. Jacket should fit to mid thigh, belt length should be approximately to mid to lower thigh.

As the picture to the right shows, the belt is tied in this fashion so that if an opponent grabs one end and tries to pull you the belt will not tighten and thus will not strangle you at the waist possibly cutting off your breathing.

This is an innovation from Judo where the chance of having your belt pulled by an opponent was sometimes high.





## ETIQUETTE AND BOWING

In some martial arts schools etiquette has been discarded or forgotten. I believe this is wrong. Etiquette and bowing are important because it sets the moral standard for your Budo training. Etiquette is nothing more than being polite.

In the martial arts we greet people with a bow and often a customary saying. It is a sign of respect both for the other person and yourself. We bow into and out of class, or before and after certain sections of class. Usually this type of bowing will be towards the fellow students, teachers and a representation of the school or founder of the school that is on the front wall called *Shomen*.



Standing Formal Bow



Sitting Formal Bow

### When Entering The Dojo

- Enter and bow formally.
- Clap twice and call out your first name.
- Say "*kimashita onegai-shimasu*".  
This is pronounced "*Kimash-ta Onnai-Guy-Shimas*"

### When Exiting The Dojo

- Clap twice and call out your first name.
- Say "*kaerimasu arigato gozaimashita*".
- Bow formally and exit.  
This is pronounced as: "*Keri-mass Arigato Go-shy-mas-ta*"



Formal Fighting Bow



Sitting Meditation

Mukuso or meditation is performed at the beginning and end of every budo class. Its purpose is to prepare the student and class for the lessons of the day and afterwards to enable the students to reflect on what has transpired during the class.

There are several different ways to meditate. The most important aspect is that the meditation is completed using a proper sitting posture so that the spine is aligned, the shoulders are back and the chin is down.

Focus simply on your breathing. Focusing in on the in-breath through the nose and the out-breath from the mouth is the elementary way to begin a practice of meditation.

## **WARM-UPS**

The beginner's warm-up should last between ten to twenty minutes. It is designed to prepare the body for training and reduce the possibility of injury. A good warm-up should have elements of strength, flexibility and cardiovascular endurance. An easy way to remember the sequence of exercises is to start at the top of your head and work your way down toward your feet.

### **Start from a standing position**

1. Deep breathing with overhead stretch
2. Jumping up and down with arms relaxed
3. Jumping Jacks
4. Jump forward in a "V", left and right sides
5. Neck exercises: left-to-right, semi circle forward, semi circle back, tilt left and right
6. Arm and shoulder rotations
7. Shoulder shrugs
8. Chest stretch
9. Hip rotations
10. Full body rotations
11. Body Bends
12. Groin Stretch # 1. #2
13. Hamstring Stretch

### **Move to a seated position:**

14. Back Twist Seated
15. Back Twist Flat on the ground
16. Hamstring stretch in a "V" leg position
17. Modified hurdler stretch
18. Butterfly stretch
19. Ankle stretch
20. Wrist stretch
21. Leg raises
22. Leg scissors and criss-cross
23. Leg rotations
24. Sit-ups
25. Push ups

### **Move to a standing position**

26. Calf raises
27. Knee bends
28. Knee rotations
29. Deep breathing with overhead stretch

# BASIC STANCES

All martial arts, no matter the type, be it: Karatedo, Judo, Kendo, Iaido, Taekwondo, all require a mastery of the basic stances or postures. Posture and stances are the critical link that connects all the movements and makes your combinations of techniques a concise whole. Whether you're studying fighting combinations or the more traditional Kata forms you will be required to perform the basic stances (postures) as correctly as possible. There are 10 basic stances or postures.

## 1. ATTENTION STANCE: *Mutsubi Dachi*

The Attention stance is the first stance to learn and is required to be performed as soon as you wish to enter the dojo for the first time. Bowing is done from the attention stance. So a proper attention stance gets the entire practice off to a good start.

The heels are touching and the feet point out forward in a 45 degree angle.

Concentrate on looking straight ahead and place your hands with the palms open along your side.



## 2. HOURGLASS STANCE: *Sanchin Dachi*

The Hourglass stance is one of the first defensive postures that you learn. Its benefit is that it protects the groin area from attack.

1. Start from an Attention Stance.
2. Pivot heels outwards by turning on the balls of the feet.
3. Lower your stance by 3 inches bending your knees slightly.
4. Bring your arms to your waist and clench your fist or position them in front of the body.
5. Try to relax and hold the position comfortably.



## 3. NATURAL STANCE: *Shizen Hontai Dachi*

This stance is also called the Dragon stance. Natural stance is a very important stance and relatively easy to perform. Natural stance is often used by advanced martial artist as their preferred fighting stance. An important point, and often an error for some students is to hold the natural stance too high. If you feel your knees locking then you are too high.

1. Begin from the Hourglass stance.
2. Pivot on your heels placing your feet in a parallel fashion straight forward.
3. The feet are shoulder width apart and your knees are bent 3 to 4 inches.
4. Look straight ahead.





## 4. CLOSED DEFENSIVE STANCE:

### *Uchimata Jigotai Dachi*

This stance is similar to the Hourglass stance, however, the distance between the knees and feet is wider.

1. Assume a Natural stance.
2. Lift the heels slightly off the ground and pivot on the balls of your feet pushing the heels outward.
3. Look straight ahead.
4. Make sure that the feet are slightly wider than shoulder width apart and the knees are bent pointing inward.



## 5. OPEN DEFENSIVE STANCE:

### *Sotobiraki Jigotai Dachi*

This stance is also called the horse stance. A mind set to keep when performing this stance is that of an immovable object like a mountain. The stance is a very strong stance and it is important to make sure that the body position is always very low.

- 1.
2. Take a Closed Defensive Stance.
3. Pivot on the heels and point the toes out and away at a 45 degree angle.
4. Maintain 50% of the weight on each leg.
5. Keep the body position low and the back straight. (Do not lean forward)
6. Place the hands on the inside of the thighs with the palms facing outward.
7. Look straight ahead.



## 6. FRONT STANCE: *Zenkutsu Dachi*

This stance is also known as the Bull stance. The Front / Bull stance is a strong stance with 80% of the weight on the front leg. Like a bull waiting to charge, the student who uses this stance is ready to move forward with a lunge punch or a step-in front kick.

To perform this stance the student begins in a Natural stance and takes a large step forward and slightly out toward the side.

The position of the feet should be at least 3 to 4 feet (1 metre) forward and 12 to 18 inches (30 to 45 cm) apart.

Assume an appropriate middle guard.



## 7. BACK STANCE: *Kokutsu Dachi*

The back stance is primarily a defensive stance that is used to evade a roundhouse technique or any other technique that targets the upper part of the body. Similar to the front stance, the back stance maintains a position where the weight is 60% to 70% on the back leg.

1. Stand in a front stance.
2. Lift your body and shift your weight from the front leg to 60% or 70% on the back leg.
3. Rotate your body so that your feet run parallel at a 90 degree angle to Shomen.
4. Extend the front arm down in a lower guard.
5. Keep your eyes focused on your opponent ahead of you.



## 8. CAT STANCE: *Neko Ashi Dachi*

The Cat Stance is one of the most versatile stances in Budo. It provides the ability to remain light on your feet and the possibility to move quickly.

1. Begin from a Natural Stance and step the right foot 1 foot back, (approx. 30 centimetres).
2. Turn the right foot clockwise so that the toes point out in a 45 degree direction toward NE
3. Sit 90% of your body weight onto your right leg, lower your body by at least 1 ½ feet.
4. Rest your left foot using the ball of the foot on the ground approximately 2 feet out.
5. Take a middle guard open hand position.



## 9. REVERSE CAT STANCE: *Gyaku Neko Ashi Dachi*

With the Reverse Cat Stance the body is elongated to a high fighting position in an attempt to intimidate a smaller adversary. Like the Cat Stance above, it places a heavy weight on one leg (90% on the front) while releasing the load off the opposite (back) leg.

1. Start from the normal Cat Stance and stand straight up without moving the feet.
2. Balance most of your weight, 90%, over your front leg.
3. Reach your hands above your head and form the knife hand technique.
4. The heel of the back right foot is raised off the ground by approximately 1 inch (3 cm) so that the back foot is balancing on the ball of the foot.



## 10. CRANE STANCE: *Sagi Ashi Dachi*

Like the animal from where it takes its name, the crane stance focuses on the ability of the student to remain balanced while on one foot. The important point to remember concerning the Crane stance is that it is necessary to bend the supporting leg at the knee both for balance within the posture and for fluid execution of the follow up technique.

1. Begin from a Natural stance and raise your right foot up to the knee.
2. Either place the foot along the inside of the knee or wrap it around the back of the knee.
3. Take a Versatile guard with the lower hand the same side as the raised leg.



## BASIC GUARDS

There are three guard areas or positions on the body. They are: upper, middle and lower with a variation called versatile guard. These guards may be performed with open or closed fist.



Lower Guard  
"Gedan Kamae"



Middle Guard  
"Chudan Kamae"



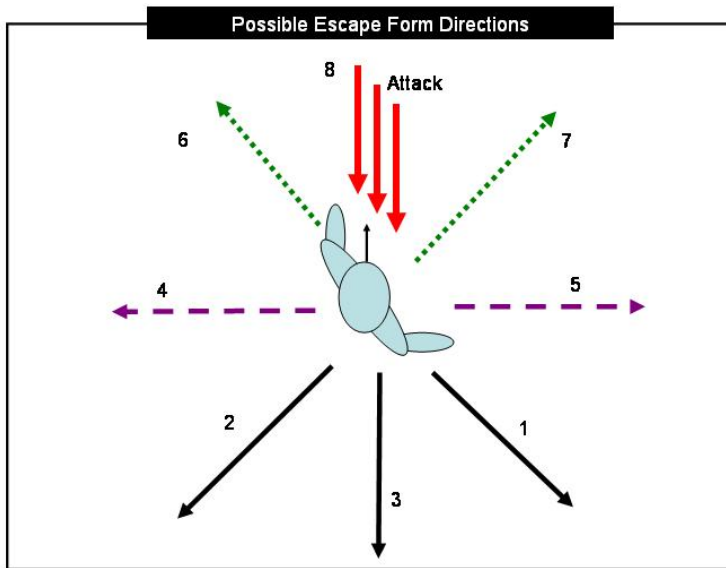
Upper Guard  
"Jodan Kamae"



Modified  
Versatile Guard

## ESCAPE DIRECTIONS

In Budo there are 8 basic escape directions: 3 behind, 3 ahead and 2 at the sides. These directions correspond to the points on a compass as: N, NE, E, SE, S, SW, W, NW. For beginners the escape positions that make the most sense are the 3 positions behind as shown by the solid black lines in the diagram below and shown as #1, #2 and #3.



There are also 2 other attack directions of which one must be aware: below and above. In our day to day environment attackers generally do not jump out from the floor or drop from the ceiling, however, in times of war many attacks originate from below or above. Think about walking through an occupied city or the forest for instance. The beginner should be aware of this and that an attack can originate from any direction.

## BLOCKING FORMS

Blocking form is important as it is one of the fundamental areas of the basic techniques. In fact, it is known that many of the old masters would teach only blocking form for months on end until they were convinced that their student understood the techniques before moving on.

The hard blocking form with closed fist is the most commonly used type of blocking form for beginner's. However, soft blocking form with open hand quickly becomes the preferred method. This is reflected in the saying: "It is better to block softly and hit hard, then block hard and hit softly."

There are 4 types of basic blocks which are used in conjunction with the escape form previously shown.

### **Outward Upper Block – *Soto Uke***

Outward upper block is generally performed when escaping off the center line of attack from a twist, front or lunging punch technique. The block escape puts the defender into a position diagonal to the attacker and as such enables a follow up technique. Use escape form #1 and #3 with this block.





## Inward Upper Block – *Uchi Uke*

Inward Upper block is similar to the previous block/escape however while in a left fighting stance it will utilize escape direction #2. With this block/escape the defender pivots slightly on the front foot (left) and pushes his body backward one full step.



## L4. Outward Lower Block – *Soto Gedan Barai*

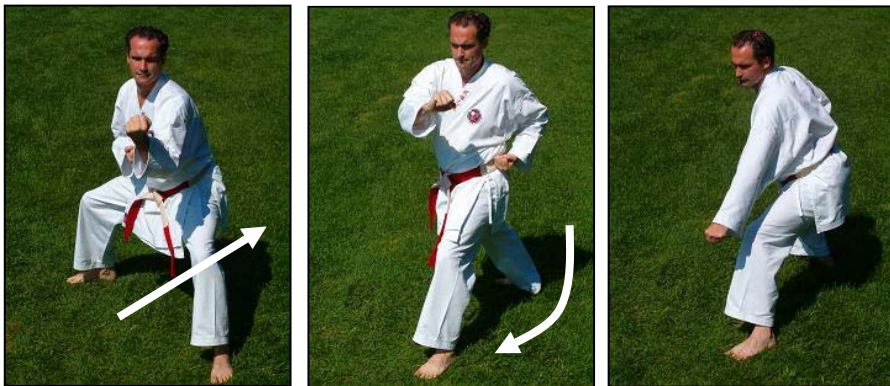
Outward lower block is similar to the Outward Upper Block however it is directed to the oncoming leg technique. In Japanese blocks to the leg are called *Barai* or sweeps as it is better to sweep away an oncoming kick than it is to forcefully block one. This block should be used with escape direction #1 and #3.





## Inward Lower Block – *Uchi Gedan Barrai*

The Inward Lower Block is used when escaping in direction #2 when in a left fighting stance. This block is similar to the Inward Upper Block but naturally blocks an incoming leg technique rather than an incoming hand technique.



Keep in mind the concept of sweeping the leg and not forcefully blocking the leg.

## HOURGLASS WALKING FORM – Sanchin Hoko

Hourglass walking form, or Sanchin Hoko, is one of the oldest walking forms in Budo. It is used to teach the student how to move forward and back in a very decisive and defensive way.

1.



2.



4.



3.



5.



1. Open the stance by turning the foot of the front leg counter clockwise, maintain your left guard
2. Move forward placing the feet parallel facing North and pull the left arm back replacing the left guard with the right guard
3. Step to the North-East direction while executing a right outward upper block starting from the ear.

## CAT STEPPING

The cat step is inspired by the motions of the cat. The forward motion is generated by pushing off the back leg and sliding across the floor toward the opponent. Once the slide is completed the student assumes the cat stance once again.

1.



2.



3.



4.



5.



1. Keep the eyes focused on the opponent and the chin is down protecting the throat.
2. Try to keep the same level when moving.
3. Always maintain a proper hand guard.
4. Make sure the knees are bent and the cat stance is well maintained.

## BASIC PUNCH

Our martial arts basic punching will not use circular motion but will be based on straight-line punching. The basic mechanics of the front punch is to use the twisting force of the trunk rotation to add power to the punch.

### Steps:

1. Begin in a Natural stance.
2. Pull-in arms and bend knees 1 inch (3cm).
3. Push out striking arm keeping the fist palm side up until 3/4 extension.
4. At 3/4 extension, twist the striking side foot into east-west alignment.
5. Make sure the opposite arm fully pulls back in order to assist in generating twisting power.
6. Recoil the striking arm and return to a natural stance.





## BASIC KICK

In the martial arts of The International Budo Institute the kicks are performed as thrust kicks. This is called *kekomi* in Japanese. This allows a longer kick with generally more force.

1.



2.



3.



### Steps:

1. Take a natural stance.
2. Bring the feet together and bend the knees.
3. Lift one bent leg off the floor and bring the heel of the foot close to your buttocks.

4.



4. Lift the kicking leg up in preparation for the extension.

5. Straighten the kicking leg; striking with the heel. (Begin low and gradually rise.)

5.



6. Pull the leg back and bring the feet together.

7. Return to the original natural stance position.



6.



7.

## **ADVANCED BASIC TECHNIQUES**

Both the chop and elbow forms use the Sankakutobi triangular jumping step for execution. The techniques below are considered intermediate or advanced basic techniques and are covered within the Basics Manual and Advanced Basics Manual.

1. Twist Punch #1
2. Twist Punch #2
3. Front Punch
4. Lunge Punch
5. Twist Kick
6. Front Kick
7. Lunge Kick
8. Roundhouse Kick
9. Wheel Kick
10. Front Chop (Sankakutobi)
11. Back Chop (Sankakutobi)
12. Elbow Strike (Sankakutobi)
13. Double Hammer (Sankakutobi)
14. Back Fist
15. Knee Kicks

# KATA

Kata is the traditional study of forms or sequences of techniques handed down through the ages from master to student.

Kata by many Sensei, especially the Sensei of old, is considered the essence of Budo in as much as it teaches the student the required forms and discipline needed for a good understanding of (*jutsu or waza*) technique. Kata is also important because when practiced on a regular basis it instills a deeper understanding of Budo (the martial way). In this way, Kata also contains an important spiritual aspect for many Budo enthusiasts.

Kata focuses on the application of technique while moving in angular and circular motions. In this respect, the student needs to be keenly aware of his personal geometry, or in which direction he is moving. Technique must be executed properly for the Kata to flow. Footwork, stance, hand position, attitude, focus and timing are all important aspects of Kata practice. That is, the Budo student must be aware of his entire body at all times.

Also, the student should be aware that there are different speeds at which a Kata may be performed. Often, different speeds of execution will yield a different understanding of the techniques and the flow of the Kata. So try to vary the speed and see what new aspects come to the foreground.

## Points to Consider When Practicing Kata:

1. Try not to rush through your kata, but try to learn which movements should be performed and at what speed.
2. Kata must be practiced often for at least 20 minutes each time for any real improvement to be seen.
3. When practicing imagine that you are truly fighting an opponent, this will help your Kata to come alive.
4. Practice with the thought that if you make a mistake your opponent might kill you.
5. Concentrate on the footwork and your balance so that the direction and placement of your body is correct. Then concentrate on the placement of your hands, don't just leave them dangling.
6. Always look towards the direction of your next technique before moving, this will bring a level of realism to the movements.



# YAKUSOKU KUMITE

Yakusoku Kumite is a form of practice that is best described as pre-arranged fighting drills. There is an offensive and defensive side which exchange techniques in a series of movements. It is practiced with the intent to develop: technique, endurance, timing and provide a sense of interpersonal distance (*ma-ai*).

Yakusoku Kumite is an opportunity to truly feel your Budo technique maturing as you interact with your fellow Budoka (*budo student*) of your own or higher rank. It is more dynamic than Kata and often is seen as more enjoyable by students. As an aside, Yakusoku Kumite brings a greater sense of community to the class and school (*dojo*) and creates stronger bonds of friendship between students and teachers.

## Points to Remember When Practicing Yakusoku Kumite

1. When performing Yakusoku Kumite always remember that you are fighting someone, try to control your distance and timing.
2. Practice with the thought that if you make a mistake your opponent might kill you.
3. Watch your opponent and work with him/her. Like a dance both of you should be in proper synchronization and should not be clashing against one another.
4. Practice one side (offensive or defensive) at least 5 times then switch to the other. This will increase your stamina and consolidate the movements into your memory.

# SHIAI

Shiai is an actual fighting contest that consist of a match between two persons. Both must attack and defend while trying to score points. Many Budo styles simply refer to this as Kumite.

Shiai is an opportunity for the Budo student to put his/her Budo techniques to the test in the form of an actual fighting situation. For many novice Budoka this is often a troubling thought since they are unsure of their technique or are afraid to get injured in the process.

Shiai is like Kata and Yakusoku Kumite in so far as it must be practiced in order for the student to improve. Shiai is a controlled fighting environment where students are judged and supervised by the senior black belt instructors. If a Shiai match begins to get out of control the senior students will stop it.

When students enter a Shiai they are facing off with another student but they are also facing themselves and any fears they may have about the Shiai match. In this way Shiai helps us to overcome our fears.

## **Points to Consider When Practicing Shiai**

1. Try to concentrate on implementing proper Budo technique. Do not worry about the score. Badly executed techniques will not score even if they make contact.
2. If you become angry after being hit, try to channel the frustration back into your technique. Remember you are there to learn.
3. Try to pace yourself during the match. Often students burn themselves out too early.
4. Remember that you are fighting someone from your own school, so fight fairly and with respect for the other.
5. Once the Shiai is over, it is over. If you lose accept your defeat with dignity. Remember, there can only be one winner and only one best fighter.

## EXAMPLES OF BASIC COMBINATIONS

1. Front Kick (to the groin), Front Punch (to the face plate), Twist Punch (to the solar plexus).
2. Twist Kick (stomach), Front Punch (face plate), Twist Punch (solar plexus).
3. Side Kick (body), Back Fist (face plate), Twist Punch (stomach).
4. Front Punch (face plate), Round-house (stomach), Twist Punch (face plate).
5. Front Punch (face plate), Wheel Kick (stomach), Back Fist (face plate).

**Note:** When fighting always remember the three most vulnerable points of the body:

- Jugular Vain
- Solar Plexus
- Groin

## GLOSSARY

### A

*Anza* Sitting Form (Lotus Position)

### B

*Barai* Sweep  
*Budo* Martial arts  
*Budoka* Student of Budo  
*Buki ho* The practice of weapons  
*Bushido* Code of honour of the Samurai

### C

*Chudan* Middle level  
*Chui* Warning

### D

*Dachi* Stance  
*Dan* Black belt level  
*Do* The way / Body / Chest protector  
*Dojo* Practice hall  
*Dojo Kun* School principles

### E

*Empi* Elbow

### G

*Gedan* Lower Level  
*Geri (or Keri)* Kick  
*Gi* Practice Uniform  
*Goshin-Jutsu* Self-defense techniques

### H

*Hajime* Begin  
*Hara* Stomach  
*Harai Waza* Sweeping techniques  
*Hasso Kamae* Versatile posture

*Hidari*  
*Hineri Zuki*  
*Hiza*  
*Hiza Geri*  
*Hoko*

Left  
Twist punch  
Knee  
Knee Kick  
Walking Form

## **I**

*Ippon*

One Point, Full Point

## **J**

*Jo Sokutei*  
*Jodan*  
*Jujutsu*

Ball of the Foot  
Upper Level, Face  
Original Form of Judo

## **K**

*Kaiten Geri*  
*Kamae*  
*Kamaete*  
*Ka Sokutei*  
*Kata*  
*Keirei*  
*Ken*  
*Kendo*  
*Kentsui*  
*Keri*  
*Kogeki*  
*Kokutsu Dachi*  
*Kumite*  
*Kumite (Yakusoku)*  
*Kyu*

Wheel Kick  
Guard  
Prepare to Begin  
Heel of the Foot  
Forms Practice  
Ceremonial Bow  
Fist  
Japanese Art of Fencing  
Hammer Fist  
Kick  
Offensive  
Backward Stance  
Fighting  
Pre-arranged Fighting Form  
Non-Black Belt Level

## **M**

*Mae*  
*Makiwara*  
*Mawari Mi*  
*Mawashi Geri*  
*Migi*  
*Mokuso*

Front  
Kicking or Punching Board  
Turning Form  
Roundhouse Kick  
Right  
Meditation

## **N**

*Nage Waza*

*Naha Te*

*Naihanchin Dachi*

*Neko Ashi*

*Neko Ashi Dachi*

*Nekozen*

*Nidan Zuki*

Throwing Forms

Fighting Form From Naha

Horsemen Stance

Cat Step

Cat Stance

Back of the Wrist

Two Level Punch

## **O**

*Obi*

*Oi Mawashi Geri*

*Oi Zuki*

*Okinawa Te*

Belt

Front Roundhouse

Front Punch

Fighting Form From Okinawa

## **R**

*Randori*

*Rei*

*Ryu*

Free Fighting Kumite

Salutation Bow

School or Style

## **S**

*Samurai*

*Sensei*

*Shiai*

*Shiai-jo*

*Shihan*

*Shizen Hontai Dachi*

*Shomen*

*Shuto*

*Sokko*

*Sotobiraki Jigotai Dachi*

Japanese Warrior

Teacher / Instructor

Fighting Competition

Place of Competition

Master

Natural Stance

Place of Honour

Knife Hand (Karate Chop)

Instep of the Foot

Open Defensive Stance

## **T**

*Tatami*

*Tate Ken*

Straw Mat

Vertical Fist

*Tegatana*

*Tsuki*

Knife Hand (Karate Chop)

Punching

## U

*Uchi*  
*Uchimata Jigotai Dachi*  
*Uke*  
*Ukemi*  
*Uraken*  
*Ushiro*  
*Ushiro Mawashi Geri*  
*Uwagi*

Strike  
Closed Defense Stance  
Block  
Breakfall  
Back fist  
Back or Rear  
Back Roundhouse  
Jacket

## V

-None-

## W

*Waza*

Technique

## X

-None-

## Y

*Yoko*  
*Yoko Geri*  
*Yoko Ken*  
*Yudansha*  
*Yukyusha*

Side  
Side Kick  
Horizontal Fist  
Black Belt Holder  
Non-Black Belt Student

## Z

*Zanshin*  
*Zarai*  
*Zen*  
  
*Zenkutsu*  
*Zenkutsu Dachi*  
*Zenshin*

Perfect Completion  
Sitting Bow  
A form of contemplative  
religion aimed at creating a  
state of grace by sudden  
illumination  
Forward  
Front Stance  
Repertory Mind

## COUNTING

1 – Ichi	6- Rokku
2 – Ni	7- Shichi
3 – San	8- Hachi
4 – Shi “or” Yon	9 – Ku
5- Go	10 - Ju

## RANKING SYSTEM

YUDANSHA	BLACK BELT LEVELS
SHO-DAN NI-DAN SAN-DAN YON-DAN GO-DAN ROKKU-DAN SHICHI-DAN HACHI-DAN KU-DAN JU-DAN	1 <sup>ST</sup> DEGREE BLACK BELT 2 <sup>ND</sup> DEGREE BLACK BELT 3 <sup>RD</sup> DEGREE BLACK BELT 4 <sup>TH</sup> DEGREE BLACK BELT 5 <sup>TH</sup> DEGREE BLACK BELT 6 <sup>TH</sup> DEGREE BLACK BELT 7 <sup>TH</sup> DEGREE BLACK BELT 8 <sup>TH</sup> DEGREE BLACK BELT 9 <sup>TH</sup> DEGREE BLACK BELT 10 <sup>TH</sup> DEGREE BLACK BELT

## YUKYUSHA

## BELOW BLACK BELT

10 <sup>TH</sup> – 9 <sup>TH</sup> KYU 8 <sup>TH</sup> – 7 <sup>TH</sup> KYU 6 <sup>TH</sup> – 5 <sup>TH</sup> KYU	WHITE BELT YELLOW BELT ORANGE BELT	BEGINNER
4 <sup>TH</sup> KYU 3 <sup>RD</sup> KYU	JR. GREEN BELT SR. GREEN BELT	INTERMEDIATE
2 <sup>ND</sup> KYU 1 <sup>ST</sup> KYU	JR. BROWN SR. BROWN BELT	ADVANCED



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