



## Catonsville Seido Karate

catonsville.seidomd.com — catonsville@seidomd.com

Classes: Catonsville Y, 850 S. Rolling Road — Inquiries: 2119 Arlonne Drive, Catonsville MD 21228

Dear Students and Parents:

Welcome to the Catonsville Seido Karate program!

For your general orientation, below is some information about our classes. Please see our website, **catonsville.seidoMD.com**, for further information about the history and lineage of Seido Karate, the rules of dojo etiquette, and other policies. To stay informed, you should also sign up for our e-mail list at the website.

If at any time you have questions about training, please feel free to ask before or after class. You can also contact me at [catonsville@seidomd.com](mailto:catonsville@seidomd.com), or on Facebook on the “Catonsville Seido Karate” page.

Thank you, and again, welcome.

Kyoshi Tom Swiss  
Catonsville Seido Karate

### Schedule

As of Fall 2015 our class schedule is as follows:

<b>Youth/Family (ages 7-13 plus parents)</b>	<b>Teens (13+) and adults</b>
Beginner (first session): Tues/Thurs, 6:15-7:05	Beginner (first session): Tues/Thurs 7:30-8:30
White belt: Tues/Thurs, 6:15-7:15	White-Yellow belt: Tues/ Thurs 7:15-8:30
Blue-Brown belt: Tues/Thurs 6:15-7:30	Green-Brown belt: Tues 7:15-8:30, Thurs 7:15-8:45

### Participation Terms

Participation in our classes is subject to the following terms and conditions:

- Participant agrees to follow all safety rules and instructions.
- We reserve the right to refuse participation to anyone for any reason.
- Martial arts and self-defense training are contact athletic activities with inherent risk. As partial consideration for being allowed to participate and receive instruction, you agree to release all liability, and indemnify and hold harmless for all

claims resulting from your participation: all persons giving instruction in this activity; all representatives and members of the World Seido Karate Organization; and any person, group, or organization providing related facilities or services.

- Participation is at your own risk.

By participating, or allowing your minor child to participate, you indicate your agreement to these conditions.

### **Non-discrimination**

Seido Karate is an international family that values diversity. We do not discriminate based on gender, race, sexual orientation, or religion.

### **Youth Training**

Our 6:15pm class is geared towards elementary and middle school age students, age 7-13. Parents are welcome to take this class with their children.

We are a dedicated martial arts class, not a play group. Youth students are expected to display appropriate maturity and mental focus, to follow instructions and etiquette rules, and to treat fellow students and instructors with respect. For the safety of all, students who are unable to behave maturely will not be permitted to train, but will be welcome when they are older and more mature.

### **Adult and Teen Training**

You don't have to start karate training as a kid! Around the world, students in their 60s, 70s, and even 80s have enjoyed the benefits of Seido Karate training. Adults of all ages are welcome to join us.

Teens 13 and up are welcome to train in our 7:30pm adult class.

### **Inclement weather**

Inclement weather policy is set by the YMCA; call the Catonsville Y at 410-747-9622 for closing information.

### **Promotions**

Promotion to the next belt levels is by exam. Testing is by invitation and is held four times a year, at the Howard County Seido Karate program by Jun Shihan Kate Stewart, senior instructor in Maryland. There are additional fees for testing and for World Seido Karate Organization membership.

## Seido Karate - Basic White Belt Vocabulary

Term	Rough pronunciation	Meaning
Seido	say-dough	“Sincere way”; the name of this school of karate.
karate	kah-rah-tay	“Empty hand”; a martial art and way of life with roots in China, Okinawa, and Japan, now practiced around the world.
dojo	dough-joe	“Place of the way”. Training hall; martial arts school; where we train.
Kaicho Nakamura	kie-cho nah-kah-moo-rah	Grandmaster Tadashi Nakamura. Founder of Seido Karate.
Osu!	oh-sue, but short: oh-s'	“To have patience.” Used in the dojo to mean “Hello”, “Goodbye”, and “I understand, I will try and not give up”.

### Instructions

Yoi!	yo-ee	Get ready! Go up on toes, make an X with your hands, come down with your heels out, squeeze heels back in, double block (kakiwake uke).
Mawate	ma-wah-tay	Turn around.
Kamaete	kah-my-tay	Go to position. (You were just told what to do next - do that now.)
Naore	nah-oh-ray	Go back to ready position (fudo dachi, see below).

### Areas of the body

jodan	joe-don	Upper area. The head or face.
chudan	chew-don	Middle area. The chest.
gedan	gay-don	Lower area. The lower belly and the legs.
ago	ah-go	The chin.
shomen	show-men	The face, the front.
sayu	sah-you	To the side.
furi	foo-ree	The body; striking to the side to hit someone next to you.

### Stance

fudo dachi	foo-dough da-chee	Normal Stance. The way you stand in the dojo when you're not standing any other way. Heels are hip-width apart, toes point out diagonally
heiko dachi	hey-koh da-chee	Parallel Stance. Heels are hip-width apart, toes point straight ahead (like the sides of an "H").

sanchin dachi	sahn-chin da-chee	Three Point Stance. Toes point in, heel of the front foot lines up with the toes of the back foot, toes are hip-width apart.
zenkutsu dachi	zen-koo-tsue da-chee	Front-leaning Stance. Feet on two separate “tracks” hip width apart, front knee bent with knee over ankle, back leg straight, pushing forward

### Attacking Techniques

tsuki	zoo-key or t-sue-key	Punch.
uchi	ew-chee	Strike; hitting with the hand in a way that's not a punch.
geri	gay-ree	Kick.
shuto	shew-toe	Knife-hand.
seiken	say-ken	Regular fist, hitting with front two knuckles.
uraken	ew-rah-ken	Backfist, hitting with the back of the fist.
morote	moe-row-tay	Using two hands.
morote tsuki	moe-row-tay zoo-key	Double punch where both hands punch the same way.
awase tsuki	ah-wah-say zoo-key	“U”shaped punch; double punch where one hand punches high, one low, bottom hand is palm up.

### Kicks

mae geri	my gay-ree	Front snap kick to stomach. Hit with the ball of the foot.
mae keage geri	my kay-ah-gay gay-ree	Straight leg kick to the front. Hit with the ball of the foot.
kin geri	kin...	Groin kick. Curl your toes down and hit with the top of the foot.
hiza geri	he's-ah...	Knee kick. Hit with the knee.
mawashi geri	mah-wah-she...	Roundhouse kick
yoko geri	yoh-koh...	Side kick

### Blocking Techniques

uke	ooh-kay	Block.
barai	bah-rye	Parry (another kind of block).
jodan uke	joe-don ew-kay	Upper block. Blocking hand makes an uppercut motion then twists to make a “roof” over your head.

gedan barai	gay-don bah-rye	Lower parry. Blocking hand comes up to your opposite ear, then sweeps down knocking away a kick (or other attack) with your forearm.
kakiwake uke	kah-key-wah-kay...	Double downward circular block. Both hands block down at the same time, like a double gedan barai.
chudan uchi uke	chew-don ew-chee ew-kay	Middle inside block. Blocking hand comes from under the other arm, from the inside to the outside of your body.
chudan soto uke	chew-don so-toe ew-kay	Middle outside block. Blocking hand comes from behind the head, from the outside to the inside of your body.