

OKINAWAN SHURI - RYU

# Basic Training Manual



## Gwinnett County Community Karate Course

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# The Shuri-ryu Seal

**SHU** (learn from tradition) **RI** (transcend human limitation) **RYU** (style)

## **THREE ROOTS**

Power, Speed, Form, Body, Mind, Spirit

## **TRUNK**

Strength, Longevity, Endurance

## **BRANCHES**

Growth - 6 belts - White, Yellow, Blue, Green, Purple, Brown, Black

## **NEEDLES**

Progress

## **REDSUN**

Courage

## **COLORS**

White - Purity

Black - Steadfastness

Green - Everlasting

Red - Courage

## **CIRCLES**

Everything returns to the source 90% of all techniques are circular in nature.

## **ACHIEVEMENT**

White Pine -

Kyu Standards

Black Pine -

Dan Standards

Black Pine with Red Sun -

Chief Instructor

# Introduction

Welcome to the Okinawan Shuri-Ryu family, Okinawan Shuri-Ryu is a traditional style with origins in Okinawa and China. Its current form is the result of centuries of study and evolution in the asian martial arts.

As a traditional style of karate, Okinawan Shuri-Ryu places emphasis on the traditional training methods of kata (forms), and the shorter training patterns such as Ippon Kumite Kata, Kihon Kumite Kata, and Taezu Naru Waza. While its main emphasis is on self-defense, the study of Okinawan Shuri-Ryu has other benefits as well. Karate also leads to an increased self-confidence, physical fitness, and can be a fun pastime in the form of tournament competition.

Okinawan Shuri-Ryu, in its complete and modern form, is the result of a lifetime of work by Grandmaster Robert A. Trias (1922-1989). Grandmaster Trias began training in 1942 while serving in the U.S. armed forces on the island of Tulgai in the British Solomon Islands. His first instructor, Master Tung Gee Hsing, was a master of the Chinese systems (Hsing-Yi and Pakua). Master Hsing had combined systems with Okinawan Shuri-te Master Choki Motubo to form Shuri Karate Kempo (later changed to Shuri-Ryu).

Grandmaster Trias returned to the United States in 1945, and was the first Caucasian to open a commercial karate school in the U.S. in Phoenix, Arizona in 1946. He also founded the first karate organization - United States Karate Association (USKA) in 1948, and promoted the first American karate tournament in 1955. Grandmaster Trias continued to travel around the world, both as a teacher and a student, until his death in 1989.

Okinawan Shuri-Ryu continues to flourish. The current grandmaster of Okinawan Shuri-ryu (head of the system worldwide) is Hanshi Robert Bowles (black belt - 10<sup>th</sup> grade) of Fort Wayne, Indiana.

We hope that you enjoy your training in Okinawan Shuri-Ryu and continue to carry on its rich legacy.

## **Class Instructor**

Chief Instructor - Sensei Jim Knox (Renshi)

## James Knox, 5<sup>th</sup> Dan Sensei



*Sensei Knox* began his training in Karate-do with *Hanshi John Pachivas* in 1989, though he began studying Judo many years earlier. He currently holds the grade of Godan (5<sup>th</sup> Dan) in Shuri-Ryu Karate-do under *Hanshi Robert Bowles* and Sandan (3<sup>rd</sup> Dan) in Shintoyoshin-ryu jiu-Jitsu under *Shihan Steven Roensch*, in addition to having his "Gakusha" rank in Kobudo (the art of ancient weapons).

*Sensei Knox* is a member of The United States Karate Association International, the International Shuri-ryu Association, American Budokai Society, and was awarded "**Instructor of the Year**" by the American Jiu-Jitsu & Karate Association for 1998. Sensei Knox is a board member of the Georgia Karate League. He has traveled and trained throughout the United States under the direction of *Hanshi John Pachivas*, *Hanshi Robert Bowles*, *Master Douglas Grose*, *Kyoshi Gordon Garland* and *Kancho Dave Domer*. His studies range from Shuri-ryu, Karate-do, Shintoyoshin-ryu Jiu-Jitsu and Kobudo to laido, Judo, Kali and Wing Chung. Most recently, he had the privilege and honor to train with *Grandmaster Shoshone Nagamine* and *Kyoshi Makishi* in Okinawa where he competed on the United States Team in the first Okinawan Karate & Kobudo World Tournament held in the new Prefunctional Hall of Martial Arts. Sensei Knox was the 2003 Georgia Karate League State Champion for advanced black belts in Kata and Weapons competition. He currently competes on a regular basis in both a local and international tournaments.

Sensei Knox formerly owned and operated as Chief Instructor the **Mind -Body-Spirit Karate & Jiu-Jitsu Club** in Atlanta, Ga., and held after-school programs and seminars throughout Georgia.

# Development and Lineage of Okinawan Shuri-Ryu

## Okinawa

Matsumura

|

Ankoh Itosu

|

Choki Motobu

## China

Taishi Dauruma

|

Shang Tsao Hsiang

|

Tune Gee Hsing

---

United States

|

Osensei Robert Trias

|

Hanshi John Pachivas

|

Sensei Jim Knox

|

YOU

## How to Recognize the *Shuri-Ryu* System

1. Stances - exceptionally low in kata form.
2. Corkscrew Punch (*Seiken Tsuki*) - slightly downward to the center of the body. Rear leg may move 0-3 inches forward at completion of punch caused by the power generated by the hips with the force of the punch.
3. Fist - Index finger rests under curled thumb.
4. Hips - Rotate with a definite forward spring-like motion.
5. Back fists - 4 arm and 4 shoulder back fists.
6. Blocks - all start spiraling at wrists and spiral until completion of technique.
7. Head Snap - Head must snap when turning.
8. 1000 Hand, 5 & 6 Count Rice Hand Exercises
9. High Rising Block
10. Teeth Clenched
11. Wild, Wide-eyed stare
12. 8 Faces - Confident, Contempt, Friendly, Fear, Anger, Solemn, Shock, Unconcerned
13. 90% Circular - all kicks, blocks & strikes.
14. Kicks - for every forward kick there is a reverse kick.
15. Twelve detailed punches
16. Block, punch & cover
17. Block, punch, shift & cover
18. Tegatana Uke Cover - very obvious in all Shuri techniques
19. Body - always relaxed until exact moment of completion of technique
20. Form Sparring, focus Stance Sparring, Jiju Undo.
21. Ippons, Tazus, Kihons
22. Lineage
23. Pine Tree - strength, endurance, longevity

# Performance Categories

**(1) Ippon Kumite Kata**

\*One point sparring forms

\*Power & Form

**(2) Taezu Nara Waza**

\* Continuous flowing motion

\* Speed & Fluidity

**(3) Kihon Kumite Kata**

\*Basic sparring forms

\*Power, speed & form

**(4) Jiju Undo**

\*Free Exercise

**(5) Kime Dachi Kumite**

\*Focus stance sparring

**(6) Kata Kumite**

\*Forms sparring

**(7) Kata**

\*Forms

**(8) Jiju/Sessen Kumite**

\*Free Sparring (close in)

# General Knowledge of the Shuri-Ryu System

## **Three Fists**

- (1) Regular Fist
- (2) Shun Fist
- (3) Okinawan Fist

## **Three Levels of Blocking**

- (1) At the wrist
- (2) Between the wrist and elbow
- (3) Between the elbow and shoulder

## **Three Levels of Breath**

- (1) Chest (Mune)
- (2) Stomach (Hara)
- (3) Lower stomach (Shita Hara/Saika Tanden)

## **Three Levels of Attack**

- (1) Feet to groin
- (2) Lower stomach to shoulders
- (3) Shoulders to top of head

## **Five Categories of Kata**

- (1) **Mind** category - physical performance
- (2) **Spirit** category - verbal interpretation
- (3) **Universal** category - interpret with multiple opponents
- (4) **Bunkai** category - performed against multiple opponents
- (5) **Goshindo** category - use of 9 moving forces against multiple opponents

## **Five Principles of Kata**

- (1) Block
- (2) Punch
- (3) Strike
- (4) Kick
- (5) Breath

**\*Stances are a priority in all five**

# Blocks

A defined blocking method is necessary for a good defense, along with proper footwork.

## *-Universal Rules-*

- (1) Use of deflecting hand
- (2) Parallel arms
- (3) Spiraling wrists
- (4) Hands start and stop together
- (5) Cut and slice motion - 90% circular

### **\*High Block (Jodan like)**

- |   |   |
|---|---|
| (1) Correct blocking of face/head         | (1) Elbow at 90% at completion            |
| (2) Blocking surface - forearm (muscle)   | (2) Forearm does not block face on way up |
| (3) Natural use of shoulder               | (3) elbow outside shoulder                |
| (4) Wrist higher than elbow at completion |   |
| (5) Elbow and shoulder in time            |   |

### *Common errors:*

### **\*Middle Block (Chudan Uke)**

- |   |                                |
|---|--------------------------------|
| (1) Blocking hand starts low, palm facing body, and tight fist    | (1) Elbow is too far from body |
| (2) Elbow down  | (2) No spiral of wrist         |
| (3) Elbow is one fist distance from body                          | (3) No Circular motion         |
| (4) Fist is in line with shoulder-<br>Horizontally and vertically | (4) Poor hand timing           |
| (5) Forearm rotates until bicep contracts                         |                                |

### *Common errors:*

### **\*Low Block (Gedan Uke)**

- |  |                             |
|--|-----------------------------|
| (1) Palm to ear                                      | (1) Reaching to block       |
| (2) Strike with hammerfist                           | (2) Elbow no pointing down  |
| (3) Fist in line with thigh                          | (3) Block outside body line |
| (4) Fist is one to two fists distance<br>Above thigh |                             |

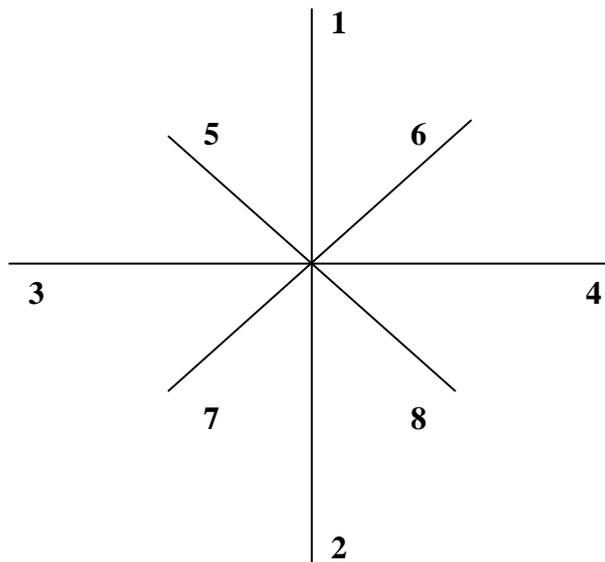
### *Common errors:*

## The 4 B's for Proper Break Falls

- (1) **Bite Down** - keep jaw tight
- (2) **Bend Neck** - touch chin to chest
- (3) **Breathe Out** - exhale upon impact
- (4) **Break Fall** - slap the ground

## 10 Angles of Attack

(9) UP  
(10) DOWN



# Taikyoku Kata *ichi, ni, san*

*First Basic Step or Body Side Form*

22 Movements - 8 Attackers

## Five Elements

- 1) Body timing
- 2) Expansion and contraction
- 3) Hip rotation
- 4) Breath
- 5) Kihon waza

\* Stand in a formal stance. Rei.

- 1) Step into a horse stance with the right foot, execute a double low block and kiai.
- 2) Step forward with the right leg & pivot 90 (to the left), and execute a left low block.
- 3) Step forward into a right front stance and execute a right punch to lower stomach.
- 4) Turn 180 into a right front stance and execute a right low block.
- 5) Step forward into a left front stance and execute a left punch to lower stomach.
- 6) Turn 90 (to the left) into a left front stance and execute a left low block.
- 7) Step forward into a right front stance and execute a right punch to lower stomach
- 8) Step forward into a left front stance and execute a left punch to lower stomach.
- 9) Step forward into a right front stance and execute a right punch to lower stomach. Kiai
- 10) Step forward / right with the left foot into a left front stance and execute a left low block.
- 10) Step forward into a right front stance and execute a right punch to lower stomach.
- 11) Turn 180 into a right front stance and execute a right low block.
- 12) Step forward into a left front stance and execute a left punch to lower stomach.
- 13) Turn 90 (to the left) into a left front stance and execute a left low block.
- 14) Step forward into a right front stance and execute a right punch to lower stomach.
- 15) Step forward into a left front stance and execute a left punch to lower stomach.
- 16) Step forward into a right front stance and execute a right punch to lower stomach.
- 17) Step forward right with the left foot into a left front stance and execute a left low block.
- 18) Step forward into a right front stance and execute a right punch to lower stomach.
- 19) Turn 180 into a right front stance and execute a right low block.
- 20) Step forward into a left front stance and execute a left punch to lower stomach.
- 21) Step back into a foil-face horse stance with the left foot, execute a double low block and kiai. Rei.

# **Ippon Kumite Kata**

The philosophy of karate-do as a defensive art is evident within Ippon Kumite Kata as each waza, or technique, begins and ends with a block. The emphasis is on power and form. Be sure to focus on all techniques and pull back hard for the development of equal and opposite force reaction. Always practice on the right and left side as well as forwards and backwards against two one, two and four attackers. Remember to remain relaxed until applying tension at the point of impact. As training progresses, utilize all three levels of blocking within Ippon Kumite Kata.

## **~Ippon Ichi~**

- 1) Step back w/ rt foot into a left front stance and execute a left high block to opponent's right punch.
- 2) Execute a right front thrusting kick to opponent's groin.
- 3) Step down w/ rt foot into a right front stance and execute a right knife hand strike to opponent's clavicle.
- 4) Remain in previous stance and execute a left and right punch to midsection.
- 5) Step back w/ rt foot into a left front stance and execute a left low block.

## **-Ippon Ni~**

- 1) Step back with right foot into a left front stance and execute a left high block to opponent's right punch.
- 2) Execute a right front thrusting kick to opponent's groin.
- 3) Step down with right foot into a right front stance and execute a right hammerfist strike to opponent's clavicle.
- 4) Remain in previous stance and execute a left and right punch to midsection.
- 5) Step back with right foot into a left front stance and execute a left low block.

# Taezu Nara Waza

The Taezu (taisu in Chinese tode) like the Ippon, consists of many techniques both beginning and ending with a block. The primary purpose in Taezu Nara Waza is the development of speed and fluidity of motion. Always practice on the right and left side as well as forwards and backwards against two one, two and four attackers. Remember to remain relaxed until applying tension at the point of impact. As training progresses, utilize all three levels of blocking within Taezu Nara Waza.

## ~Taezu Ichi~

- 1) Step back with right foot into a left front stance and execute a left high block to opponent's right punch.
- 2) Step forward with right foot into a right front stance and execute a right knife hand strike to opponent's right clavicle.
- 3) Remain in previous stance and execute a left and right punch to heart.
- 4) Remain in previous stance and execute double snake-head strike to opponent's eyes.
- 5) Shift body weight to rear left (cross block cover position) while executing a right front snapping kick to opponent's groin.
- 6) Step back with right foot into a left front stance and execute a left low block.

## ~Taezu Ni~

- 1) Step back with right foot into a left front stance and execute a left high block to opponent's right punch.
- 2) Step forward with right foot into a right front stance and execute a right hammerfist strike to opponent's right shoulder.
- 3) Remain in previous stance and execute a left over right spear-hand strike (palms facing each other) to opponent's throat.
- 4) Remain in previous stance and execute double snake-head strike to opponent's eyes.
- 5) Shift body weight to rear left (cross block cover position) while executing a right front snappingkick to opponent's groin.
- 6) Step back with right toot into a left front stance and execute a left low block.

***K*** *nowledge*

Listen & Learn!

***A*** *ttitude*

Be willing to listen & follow directions with good spirit!

***R*** *espect*

Always be considerate of others & follow dojo customs & courtesies

***A*** *bility*

Ability will come with lots & lots of practice!

***T*** *echnique*

Practice, watch & listen to learn how to do things. It will come with time.

***E*** *ffort*

Worthwhile things take lots & lots of EFFORT!

# Dojo Rules & Regulations

1. Instructors will be addressed by title at all times, on and off the mat, and the chain of command should always be followed.
2. To enter the mat, first bow to the kamiza, then to the senior rank on the mat. When leaving the mat, bow first to Sensei (or the senior rank) and then to the kamiza. Respect to the kamiza is always first and last thing you will do.
3. Shoes, jewelry, food or gum are not allowed on the mat.
4. Good hygiene must be observed at all times, including nails neatly trimmed and uniform clean and pressed.
5. Talking in class is not permitted unless asking or answering questions, and hands must be raised straight overhead to be recognized.
6. Students must maintain a notebook for their own use when studying.
7. The only acceptable method of moving about the dojo during class or when asked to do something by one of your instructors is to RUN.
8. Never appear idle on the mat, it is a place to work. 100% effort is required.
9. Excessive noise or loud talking, even in the waiting area, will not be tolerated in the dojo.
10. Never touch anything that is not yours, especially weapons.
11. If you wish to bring a friend or prospective student to the dojo, always notify Sensei first.
12. Students are expected to attend a minimum of two classes per week and are to assist in the cleaning and maintenance of the dojo.

**\*\*A11 Customs & Courtesies\*\***

# **Yellow Belt Requirements**

*General Knowledge: Youth*

<b>Stances:</b> (Dachi)	Heisoku dachi	(Formal Attention stance)
	Kiba dachi	(Straddle or horse stance)
	Zenkutsu dachi	(Forward stance)
	Hachiji dachi	(Ready stance)

<b>Blocks:</b> (uke)	Jodan uke	(High block)
	Chudan uke	(Middle block)
	Gedan uke	(Low block)

<b>Kicks:</b> (Geri/Keri)	Mae geri	(Front kick)
	Ushiro geri	(Back kick)

<b>Form:</b> (kata)	Three Punch Kata -step & punch-
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## **Pad Drills**

<b>Proper Break Falls:</b> (Ukemi)	Four B's
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**Name of School & Style Count to Ten ~ Japanese**

**Bow In & Out**

**\*\*A11 Customs & Courtesies\*\***

# **Yellow Belt Requirements**

*General Knowledge: Adult*

**Stances:** Heisoku dachi (Formal Attention stance)  
(Dachi) Kiba dachi (Straddle or horse stance)  
Zenkutsu dachi (Forward stance)  
Hachiji dachi (Ready stance)

**Blocks:** Jodan uke (High block)  
(uke) Chudan uke (Middle block)  
Gedan uke (Low block)

**Kicks:** Mae geri (Front kick)  
(Geri/Keri) Ushiro geri (Back kick)

**Form:** Three Punch Kata  
(kata) -step & punch-

**Tai Kyoku (exercises):** 1 – 3

**Ippons:** 1 & 2

**Taezu Nara Waza:** 1 & 2

**Sente Exercises:** 1 & 2

**Animal Fists:** 5

**Self-Defenses:** 4

**Kumite:** Kime Dachi

**Form Sparring:** Full speed (2 minutes)

**Proper Break Falls:** Front, Side & Back  
(Ukemi)

**Name of School & Style Count to Ten ~ Japanese**

**Pad Drills**

**Bow In & Out**

**\*\*A11 Customs & Courtesies\*\***

# **Blue Belt (Ro Kyu) Requirements**

*General Knowledge: Adult*

## **75 Class Hours**

**Perfection of General Karate Knowledge & Procedure**

**Customs & Courtesies**

**All Previous Knowledge**

**Stances:** Fudo dachi (Informal stance)  
(Dachi) Kage dachi (Hook stance)  
Neko dachi (Cat stance)  
Shiko dachi (Squat “Sumo” stance)

**Blocks:** Nagashi uke (Push block)  
(uke)

**Punches:** Seiken Tsuki (Forefist Punch)  
(Tsuki) Tate Tsuki (Vertical Punch)  
Ura Tsuki (Uppercut Punch)

**Kicks:** Yoko geri (Side kick)  
(Geri/Keri) Mawashi geri (Roundhouse kick)

**Form:** Wansu Kata  
(kata) (3 categories: mind-spirit-universe)

**Ippons:** 3 & 4

**Taezu Nara Waza:** 3 & 4

**Sente Exercises:** 3 & 4

**Animal Forms:** Dragon & Tiger

**Self-Defenses:** 6

**Jiju Undo (free exercise)**

**Form Sparring:** Full speed (3 minutes)

**Ukemi (falling exercises)**

**Leg Sweeping:** kuzushi, kosotogari, & osotogari

**Weapons:** Trias Tai Chi Tu Bo (Theory & Manipulation)

**\*\*A11 Customs & Courtesies\*\***

# **Green Belt (Go Kyu) Requirements**

*General Knowledge: Adult*

## **75 Class Hours**

### **Perfection of General Karate Knowledge & Procedure**

#### **Customs & Courtesies**

#### **All basic blocks, strikes, kicks, & stances**

**Stances:** Sanchin dachi (Hourglass stance)  
(Dachi) Tsuru dachi (Crane stance)  
Mitsurin dachi (Jungle stance)

**Blocks:** Haishi uke (Back of Hand block)  
(uke)

**Punches:** Mawashi Tsuki (Roundhouse Punch)  
(Tsuki) Ageken Tsuki (Rising Punch)  
Hook Tsuki (Hook Punch)

**Kicks:** Kage geri (Hook kick)  
(Geri/Keri) Mawashi geri (Roundhouse kick)

**Form:** Anaku Kata  
(kata) (3 categories: mind-spirit-universe)

## **6 Ippons**

### **6 Taezu Nara Waza**

**Sente Exercises:** 5 & 6

**Animal Forms:** Leopard

**Self-Defenses:** 9

## **3 Kihons**

**Form Sparring:** Full speed

**Introduction to Throwing Techniques:** Ogoshi, scissor takedown

**Weapons:** Trias Tai Chi Tu Tonfa (Theory & Manipulation)

# Karate begins and ends with ...

Karate begins and ends with

**COURTESY**

Actions have

**CONSEQUENCES**

So we must be

**RESPONSIBLE**

We lead by

**EXAMPLE**

There's no excuse for

**BAD MANNERS**