

Hanko Ryu Karate

The Historical Name



系東流

Shi
to
ryu

系東流

系州

Itosu

東恩納

Higaonna

History

Kenwa Mabuni (Mabuni Kenwa 摩文仁 賢和) was born in Shuri, Okinawa in 1889. Mabuni was a 17th generation descendant of the famous warrior Oni Ufugusuku Kenyu. Perhaps because of his weak constitution, he began his instruction in his home town in the art of Shuri-te (首里手?) at the age of 13, under the tutelage of the legendary Ankō Itosu (糸州 安恒 Itosu Ankō?) (1831–1915). He trained diligently for several years, learning many kata from this great master. It was Itosu who first developed the Pinan kata, which were most probably derived from the "Kusanku" form.

One of his close friends, Chōjun Miyagi (宮城 長順 Miyagi Chōjun?) (co-founder of Gojū-ryū Karate) introduced Mabuni to another great of that period, Kanryō Higaonna (東恩納 寬量 Higaonna Kanryō?). Mabuni began to learn Naha-te (那覇手?) under him. While both Itosu and Higaonna taught a "hard-soft" style of Okinawan "Te", their methods and emphases were quite distinct: the Itosu syllabus included straight and powerful techniques as exemplified in the Naihanchi and Bassai kata; the Higaonna syllabus stressed circular motion and shorter fighting methods as seen in the kata Seipai and Kururunfa. Shitō-ryū focuses on both hard and soft techniques to this day.

Although he remained true to the teachings of these two great masters, Mabuni sought instruction from a number of other teachers, including Seishō Arakaki, Tawada Shimboku, Sueyoshi Jino and Wu Xianhui (a Chinese master known as Go-Kenki). In fact, Mabuni was legendary for his encyclopaedic knowledge of kata and their bunkai applications. By the 1920s, he was regarded as the foremost authority on Okinawan kata and their history and was much sought after as a teacher by his contemporaries. There is even some evidence that his expertise was sought out in China, as well as Okinawa and mainland Japan. As a police officer, he taught local law enforcement officers and at the behest of his

teacher Itosu, began instruction in the various grammar schools in Shuri and Naha.

In an effort to popularize karate in mainland Japan, Mabuni made several trips to Tokyo in 1917 and 1928. Although much that was known as "Te" (Chinese Fist; lit. simply "hand") or karate had been passed down through many generations with jealous secrecy, it was his view that it should be taught to anyone who sought knowledge with honesty and integrity. In fact, many masters of his generation held similar views on the future of Karate: Gichin Funakoshi (founder of Shotokan), another contemporary, had moved to Tokyo in the 1920s to promote his art on the mainland as well.

By 1929, Mabuni had moved to Osaka on the mainland, to become a full-time karate instructor of a style he originally called Hanko-ryū, or "half-hard style". The name of the style changed to Shitō-ryū, in honor of its main influences. Mabuni derived the name for his new style from the first kanji character from the names of his two primary teachers, Higa(shi)onna and I(to)su. With the support of Ryusho Sakagami (1915–1993), he opened a number of Shitō-ryū dojo in the Osaka area, including one at Kansai University and the Japan Karatedō-kai dojo. To this day, the largest contingent of Shitō-ryū practitioners in Japan is centered in the Osaka area.

Mabuni published a number of books on the subject and continued to systematize the instruction method. In his latter years, he developed a number of formal kata, such as Aoyagi, for example, which was designed specifically for women's self-defense. Perhaps more than any other master in the last century, Mabuni was steeped in the traditions and history of Karate-dō, yet forward thinking enough to realize that it could spread throughout the world. To this day, Shitō-ryū recognizes the influences of Itosu and Higaonna: the kata syllabus of Shitō-ryū is still often listed in such a way as to show the two lineages.

Kenwa Mabuni died on May 23, 1952, and the lineage of the style was disputed between his two sons, Kenzō and Kenei. Currently, the Shitō-ryū International Karate-dō Kai (also known as Seito Shitō-ryū) lists Kenzō Mabuni as the second Sōke of Shitō-ryū, while the World Shitō-ryū Karate-dō Federation (also known as Shitō-kai Shitō-ryū) lists Kenei Mabuni.

Kunshi no Ken (The Noble Discipline)

Mabuni's motto "Kunshi no Ken" which means to concentrate on cultivating oneself to become a well-rounded, respectful individual. The person who is able to accomplish this as well as to exercise good manners in all situations with self-discipline and respect, who is able to assume accountability for one's actions, and to keep one's integrity as to set an example for others, is considered a Shito-ryu practitioner.

Heijutsu no Sanbyo

The three weaknesses or sicknesses of Martial Arts by Kenwa Mabuni.

Hitotsu - Giryō (One - Doubt or Skepticism)

Hitotsu - Ketai (One - Negligence)

Hitotsu - Manshin (One - Egotism)

Characteristics

Shitō-ryū is a combination style, which attempts to unite the diverse roots of karate. On one hand, Shitō-ryū has the physical strength and long powerful stances of Shuri-te derived styles, such as Shorin-ryū and Shotokan (松涛館); on the other hand, Shitō-ryū also has the circular and eight-directional movements, breathing power, and hard and soft characteristics of Naha-te styles such as Uechi-ryū and Gōjū-ryū (剛柔流). Shitō-ryū is extremely fast, but still can be artistic and powerful. In addition, Shitō-ryū formalizes and emphasizes the five rules of defense, developed by Kenwa Mabuni, and known as Uke no go gensoku (受けの五原則), Uke no go genri (受けの五原理) or Uke no go ho (受けの五法):[22]

落花 (rakka, "falling petals").

The art of blocking with such force and precision as to completely destroy the opponent's attacking motion. Examples of rakka are the most well-known blocks, such as gedan-barai (下段払い) or soto-uke (外受け).

流水 (ryūsui, "running water").

The art of flowing around the attacker's motion, and through it, soft blocking. Examples are nagashi-uke (流し受け) and osae-uke (押さえ受け).

屈伸 (kusshin, "elasticity"). This is the art of bouncing back, storing energy while recoiling from the opponent's attack, changing or lowering stance only to immediately unwind and counterattack. Classic examples are stance transitions zenkutsu (前屈立ち) to kōkutsu (後屈立ち) and moto-dachi (基立ち) to nekoashi-dachi (猫足立ち).

転位 (ten'i, "transposition").

Ten'i is the utilization of all eight directions of movement, most importantly stepping away from the line of attack.

反撃 (hangeki, "counterattack").

A hangeki defense is an attack which at the same time deflects the opponent's attack before it can reach the defender. Examples of this are various kinds of tsuki-uke (突き受け), including yama-tsuki (山突き).

Modern Shitō-ryū styles also place a strong emphasis on sparring. Shitō-ryū stresses speed, and fighting is generally initiated from a higher, more upright stance than Shotokan employs. On the other hand, because the style has so many kata, a great deal of time is spent perfecting any one of its 40 to 60 forms.

Opening ceremony

Ritsu rei

Standing bow to Sensei

Seiza

Sensei sits (formal sitting position), the class sits in seiza facing shomen and prepares for class. Head student (sempai) calls out:

Mokuso!

This means "Close your eyes and Clear your mind!" After about a minute, the sempai student calls out:

Kaimoku!

This means: "Open your eyes!" or Mokuso Yame! This means "Finish meditation"

Zarei

Next the class performs three zarei or sitting bows. The head student calls out:

Shomen ni rei!

This means "Bow to the front of the dojo." After the class finishes this bow, the Sensei will turn around and face the class and the head student will call out:

Sensei ni rei!

This means "Bow to the Teacher!" As the class bows to the teacher, the teacher will return the bow. As each student bows, they recite "Onegaishimasu" which means "Please (teach me!)"

Otagai ni rei!

This means "Bow to each other!" Both the teacher and the students will bow to each other at the same time. This is to acknowledge that we are all students of the art of Karate Do.

At this point the Sensei will indicate that the class should stand up and practice will begin.

Original Grading Katas

katas of Shitō-ryū and an orientative grade for each of them

Basic Katas

- Junino Kata
- Daichi Dosa
- Daini Dosa
- Daisan Dosa
- Daiyon Dosa
- Heian (Pinan) Shodan (pinan sho-dan)
- Heien Nidan (pinan ni-dan)
- Heian Sandan (pinan san-dan)
- Heien Yondan (pinan yon-dan)
- Heian Godan (pinan go-dan)
- Myoju
- Aoyagi
- Juroku
- Naifanchi shodan
- Naifanchi nidan
- Naifanchi sandan
- Sanchin
- Tensho (Rokushu)

1st Dan

- Bassai sho
- Bassai dai
- Niseishi

2nd Dan

- Seienchin
- Seisan
- Matsukaze

3rd Dan

- Seipai
- Kosokun sho
- Kosokun dai
- Shiho Kosokun

4th Dan

- Chintei
- Soochin
- Chinto
- Sanseiru
- Tomari no Wanshu

5th Dan

- Annan
- Shisoochin
- Unsu
- Kururunfa

- Tomari no Bassai
- Paiku

6th Dan

- Gojushiho
- Heiku
- Nipaipo
- Haffa

- Hakkaku
- Papuren
- Suparimpei
- Chatanyara no Kusanku

Dachi (stances)

- Heisoku dachi: Toes & heels together, (closed foot stance), at "attention".
- Musubi dachi: Heels together, & toes apart, (open foot stance) "knot" shape.
- Heiko dachi: Feet apart, parallel (open, hip width).
- Hachiji dachi: Feet apart, toes pointing OUT at 45 degrees (open, shoulder width).
- Uchi-Hachiji dachi (Niafanchi Dachi): Feet apart, toes pointing IN at 45 degrees (open, shoulder width).
- Shiko dachi: Straddle leg, "Sumo" stance.
- Moto dachi: Front knee partially bent, forward stance (shorter than Zenkutsu dachi).
- Zenkutsu dachi: Front knee bent, long forward stance.
- Nekoashi dachi: "Cat foot" stance.
- Sanchin dachi: Inward tension stance. ("Hour glass" stance.)
- Kōkutsu dachi: "Looking back" stance. ("Back stance".)
- Renoji dachi: Stance resembling the letter "L".
- 'Tee'-ji dachi: Stance resembling the letter "T" upside down.
- Kosa dachi: "Hooked leg" stance.

- Sagiashi dachi: "Heron foot" stance (one-legged).
- Ukiashi dachi: Stance resembling Nekoashi dachi, but more upright in a loose floating leg stance.

Uchi-waza (striking techniques)

- Seiken tsuki: Fore fist, straight punch (for basic practice).
- Oi tsuki: Lunge punch.
- Gyaku tsuki: Reverse hand punch.
- Furi tsuki: Circular/swinging (roundhouse) punch.
- Age tsuki: Rising punch.
- Kagi tsuki: Hook punch.
- Mae Te tsuki: Lead-hand (forward hand) jab-punch.
- Ura tsuki: Inverted (palm up), close punch.
- Morote tsuki: U-shape punch.
- Tate tsuki: Vertical fist punch.
- Nihon tsuki: Double punch.
- Shuto uchi: "Knife" (chopping) hand strike.

- Ura uchi: Back fist punch.
- Kentsui uchi: Bottom fist strike.
- Shotei (Teisho) uchi: Palm-heel strike.
- Haito uchi: Ridge-hand strike.
- Haishu uchi: Open back-hand strike.
- Hiji ate uchi: Elbow strike.
- Koken uchi: Bent wrist-hand strike.

Keri-waza (kicking techniques)

- Mae geri: Front (forward & return) kick.
- Oi geri: Stepping (lunging forward) kick.
- Yoko sokuto geri: Side (edge of foot) kick.
- Mawashi geri: Roundhouse kick (to front).
- Gyaku (Uchi) Mawashi geri: Reverse direction (inside) roundhouse kick.
- Ura Mawashi geri: Back leg, hook kick to front (heel/ball of foot).
- Ushiro geri: Straight-back (backward) kick.
- Ushiro Mawashi geri: Spinning, back-roundhouse kick to front.
- Mae-ashi geri: Forward leg, front kick.
- Fumikomi geri: Stamping/thrusting kick.
- Hiza geri: Knee cap kick.

- Ushiro-ura-mawashi geri: Spinning-back, roundhouse kick.
- Gyaku (Uchi) geri: Reverse (inside) roundhouse kick.
- Mae-tobi geri: Front (jumping/flying) kick.
- Yoko-tobi geri: Side (jumping/flying) kick.

Counting in Japanese

	juu ichi 11
	nijuu 20
	nijuu-ichi 21
Ichi 1	sanjuu 30
Ni 2	yonjuu 40
San 3	gojuu 50
Shi (or yon) 4	hyaku 100
Go 5	hyaku ichi 101
Roku 6	ni hyaku 200
Shichi (or nana) 7	sen 1,000
Hachi 8	ni sen 2,000
ku (or kyu) 9	ichi man 10,000
juu 10	

Basic Karate Terms

Budo	Martial/Military Way, Path, Road
Karate-do	Empty Hand Way, Path, Road
Kobudo	Ancient/Classical Martial Way, Path, Road of Weapons
Ryu	Style of Martial Arts
Dojo	Martial Arts training hall or place to practice the Way
Sensei	"One Born Before" or Teacher (Instructor)
Sempai	Senior
Kohai	Junior
Dan	Degree, grade level designation referring to black belt rank
Kyu	Class Rank below black-belt
Karate-gi	Karate uniform
Karate-obi	Karate belt
Ki	Intrinsic/inner energy, life force, vital force, spirit or vitality (Chinese -"Chi")
Kime	Focus (focal point) of all energies into one instant
Kiai	The co-ordination of energy in the body
Kake Goe	The use of the Spirit/voice or Shout/energy
Zanshin	The "remaining mind" or "remaining spirit"
Seiza	Kneeling/sitting position

Mokuso	Meditation
Rei	Bow
Kihon	Basic/fundamental techniques
Kata	Pre-set forms / prescribed pattern of movement
Kumite	Sparring
Seiretsu!	Line up
Kiotsuke!	Attention!
Shomen ni rei!	Bow to the front of the dojo!
Sensei ni rei!	Bow to the Sensei!
Otagai ni rei!	Bow together as one!
Kamaete!	Assume stance, ready for action!
Yoi!	Ready!
Hajime!	Begin!
Mawatte!	Turn! (around)
Yame!	Stop!
Yasumi!	Rest!
Naotte!	Stand at ease! Relax!
Jodan	Upper body level (head and neck)
Chudan	Middle body level (chest to waist)
Gedan	Lower body level (below waist)

Everyday Phrases

Ohayo gozaimasu	Good Morning
Konnichiwa	Good Day
Konbanwa	Good Evening
Oyasuminasai	Good Night
Sayonara	Goodbye
Mata atode	See you later
Matte	Wait
Kiotsukete	Take care
Sumimasen	Excuse me
Onegai shimasu	Please assist/guide me
Arigato Gozaimshita	Thank you
Do Itashimashite	You're welcome
Daijobu desu	No problem
Hai	Yes
Iie	No
Wakarimashita	I understand
Wakarimasen	I don't understand

Gomennasai

Sorry / Pardon me!