



**New Student Handbook  
for  
KoSho Karate Students**



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**Notice of Intention to Promote:** \_\_\_\_\_

Dear Parents and Teachers,

Our main objective at KoSho Karate is to develop well-rounded students, not only at our KoSho Karate Schools, but in society as well.

Our school teaches the principles of leadership and personal excellence exemplified by the term "Black Belt." Not only do students become black belts and leaders in the martial arts, but they also strive to become academic "black belts" and eventually, to develop into leaders in the community and in professional or business pursuits.

In order to monitor our student's progress towards these goals, we request that you complete the following:

1. This student is respectful, doing satisfactory work, and receiving passing grades.

**AGREE**      **DISAGREE**      (circle one)

\_\_\_\_\_  
Teacher's signature

\_\_\_\_\_  
Date

2. My son/daughter has been behaving in a respectful manner and cooperating at home.

**AGREE**      **DISAGREE**      (circle one)

\_\_\_\_\_  
Parent's signature

\_\_\_\_\_  
Date

If our students do not meet any of these qualifications either at home, at school, or here at KoSho Karate, we will hold the student's promotion until there has been satisfactory improvement.

If you have direct feedback beyond the scope of this form, please feel free to write on a separate piece of paper, to call our office as 887-4099 or to email us at [kosho@koshokarate.com](mailto:kosho@koshokarate.com)

Thank you for your cooperation.

Sincerely,



Johnny Linebarger  
Director, KoSho Karate Schools

NOTE: For promotion in \_\_\_\_\_  
to your next belt rank, you need to  
have attended a minimum number of  
classes since your last promotion.  
You have satisfied that requirement.

## Typical Behavioral and Technical Goals - White Belt

### Behavioral Goals:

- 1.) Demonstrate an understanding of appropriate respectfulness and courtesy (entering the dojo, going on and off the deck, greeting the teacher and speaking politely to parents, classmates and instructors).
- 2.) Be able to recite the following part of the KoSho Student Creed and explain it:  
**I will always honor my word and my commitments.**
- 3.) Attend at least 6 Karate classes within the month (Junior or younger) and at least 8 classes (4 Karate and 4 Karate/Other) within the month (Adults).
- 4.) Demonstrate good eye contact and body control (sit still for at least a two minute minimum and engage the eyes when addressing one another).
- 5.) Demonstrate a willingness to participate in KoSho Karate activities.

### Technical Goals:

- 1.) Demonstrate the Attention stance.
- 2.) Demonstrate safety skills (Kids and Juniors).
- 3.) Demonstrate self-defense techniques.
- 4.) Demonstrate good breathing and loud yell (Kiai).

The ability to perform these skills is continually assessed. Students will perform these skills with varying degrees of proficiency. Our primary goal is to foster self-esteem and to assist the students in thinking about things of high value (family, learning, health and friendship, etc...). We feel that **when a student gives their best, they deserve reward and encouragement!**



## **Student Creed**

- 1.) I will always honor my word and my commitments.**
- 2.) I will always show respect and empathy.**
- 3.) I will always be honest, sincere, loyal and courteous.**
- 4.) I will always refrain from violence, drugs and alcohol.**
- 5.) I will always finish what I start.**

## Student Behavior and Dojo Rules

- 1.) Respect among all dojo members is essential for individual development.
- 2.) Never abuse your knowledge of karate.
- 3.) Pay strict attention when the instructor is talking and teaching.
- 4.) Horseplay and/or loud noise is forbidden.
- 5.) Never enter or leave a class without the instructor's permission.
- 6.) Do not wear jewelry or metal objects of any kind while training.
- 7.) Never wear shoes on the deck.
- 8.) The use of profanity, alcohol or drugs is not allowed.
- 9.) No smoking or chewing gum in the dojo. No eating or drinking on the deck.
- 10.) Keep your financial account current.  
(No student is eligible for promotions or to compete in tournaments unless his/her dues are current.)
- 11.) Never leave personal items in the dressing room while attending classes.  
(There is a \$2.00 charge for each item left in the dojo overnight.)
- 12.) Personal hygiene:
  - a.) Your uniform must be clean and in good repair at all times.
  - b.) Fingernails and toenails must be trimmed short.
  - c.) Many people are allergic to perfumes and colognes. Please refrain from wearing excessive amounts in classes.
  - d.) We often work very closely with each other while training. Make sure your body odor is not offensive to others.

## Etiquette

- 1.) Karate begins and ends with courtesy.
- 2.) When the instructor is speaking, always try to make eye contact.
- 3.) No talking in class.
- 4.) When on deck, stand in an attention stance or in a ready stance.
- 5.) Shihan is always called “Shihan”. All other teachers are called Sensei.
- 6.) Do not interrupt when someone else is speaking.
- 7.) Regardless of rank, a child never outranks an adult in matters of courtesy and respect.
- 8.) If you need to talk to Shihan about something, you must make an appointment.
- 9.) If you are seated and any Black Belt of higher rank (particularly Shihan) starts to walk past, you should stand, bow and use a proper greeting.
- 10.) Similarly, if you are in a room and a Black Belt enters, you should stand until the Black Belt acknowledges you.

**Note:** Neither this rule nor the previous one apply if a higher ranking Black Belt (e.g., Shihan) is already in your presence. To stand, in this instance, actually may show disrespect for the higher ranking Black Belt.

## Information about bowing

- 1.) In the martial arts, rather than use a hand shake, we greet each other with a bow.
- 2.) When you bow to someone, this is never a sign of inferiority or subservience. Rather, it conveys respect and camaraderie.
- 3.) It is important to bow to someone when you see them for the first time that day. You don't need to bow to them every time you see them during the day.
- 4.) When you enter the dojo for the first time that day, bow after you've come through the doorway. This a gesture of respect for having entered Shihan's “home.” Similarly, before you leave the dojo for the last time that day, bow before you go through the doorway.
- 5.) Bow when you step on or off the deck.

## KoSho Karate - Its meaning, origin, and mission

### Meaning:

The term “KoSho Karate” was created from the following words:

Ko which may mean Old  
 Sho which may mean Pine tree  
 Kara which may mean Empty  
 Te which may mean Hands



The words, Ko Sho, actually may have many different meanings, but written this way in kanji, it means “Old Pine Tree”. This symbolizes a school which is strong and enduring, “bending” and “swaying” to weather any storm. With its strength and knowledge derived from many generations of great martial artists, KoSho has a growth that is slow and steady in all directions. In this way, it is like an old pine tree whose limbs and branches reach up and out while its roots grow ever deeper.

### Origin:

Shihan Johnny Linebarger began his martial arts training in 1972 with Master Kale Makaio in Hickory, NC. One of Master Makaio’s black belts, Lorraine Lewis, was an outstanding competitor. She was also a history buff who took great pride in her research of karate’s history. When Shihan Linebarger opened a small school in Conover, NC, Ms. Lewis suggested that the dojo be called “KoSho” partly as a reminder of one aspect of karate’s past.

In her study of the history of karate, she had learned that during the latter part of the 15th Century (Sho dynasty era), the Okinawan people were forbidden to practice the martial arts. This restriction persuaded many martial artists to flee to China. Some of the individuals who stayed continued to practice their martial arts, secretly, at places deep within pine tree forests. These Okinawans, along with those who fled to China but later returned, have been credited with keeping karate alive in Okinawa at a time when it would have surely been lost. KoSho instructors and students continue this tradition by safeguarding traditional martial arts principles, values and techniques.

### Mission Statement:

- 1.) To develop people of all ages to the very best of their potential
- 2.) To help our students live happier and healthier lives physically, mentally, and spiritually
- 3.) To develop a martial arts organization that is an industry leader with strong consistent internal standards which are quantifiable, integrated and related

## Short and Long Term Goals and Belt Rank Structure

One of the principal benefits of karate training, especially for children, is to encourage and reward dedication and commitment. Commitment and dedication are required to achieve goals, and goal-setting is a critical factor in creating a preferred future.

### Short Term Goals:

The first short term goals for all KoSho Karate students is to earn their white belt. This first rank signifies the commitment to setting and obtaining goals and is a critical step on the path to earning the black belt, a prestigious and highly honored award in the martial arts community. Indeed, each belt rank achieved is a step forward in terms of both technical and personal growth.

With the achievement of each new rank comes a great deal of pride, not just for the student earning it, but for all others involved: parents, grandparents, family, friends and the karate instructor. Additionally, with each new rank, the student demonstrates that he/she has maintained a strong desire to do their very best.

### Long Term Goals:

Earning a black belt (and experiencing the positive changes in perspective and ability which accompany the rank) is a high-payoff long-term goal. Acquiring a legitimate black belt in traditional Okinawan/Japanese Karate is, without a doubt, one of the best investments of time and personal resources that an individual can make.

The confidence, perceptive capacity, personal defense skills, health enhancement and peaceful nature which result from the years of dedicated training enhance the quality of life for the practitioner. The principles and lessons of the traditional martial arts transcend the dojo and find application at work, school and home.

The unrelenting spirit of karate is formidable and provides karate practitioners with the ability to cope positively with negative pressures and stressful situations. The ability to express the karate spirit increases with each new grade and becomes a powerful source of inner strength and tranquillity.

### Belt Rank Structure:

Child (3-5 years old): White, Advanced White, Yellow, Advanced Yellow, Orange, Advanced Orange, Blue, and Advanced Blue

Youth (6-9 years old), Junior (10-17 years old) and Adult (17+ years old): White, Advanced White, Yellow, Advanced Yellow, Blue, Advanced Blue, Green, Advanced Green, Purple, Advanced Purple, Brown (Sankyu, Advanced Sankyu, Nikyu, Advanced Nikyu, Ikkyu, Advanced Ikkyu), Black (1<sup>st</sup> – 10<sup>th</sup>)

Note: All students in the Child/Youth age groups must earn two stripes on each belt (White through Advanced Green) and four stripes on each belt (Purple through Advanced Ikkyu). All students in the Junior/Adult age groups must earn one stripe on each belt (White through Advanced Green), three stripes on all Purple belts and four stripes on all Brown belts. Promotions to the next belt or stripe are usually held during the first week of each month.

## General information about Belts and Patches

### Belts

In the early days of the martial arts, students wore only white belts. During months of practice, their belts gradually darkened through an accumulation of sweat and dirt. After years of practice, the cloth of the black colored belt began to wear out and the white interior began to show through. Eventually, the belt returned to a white color. This symbolized the cycle of life as a person begins as nothing and returns to nothing.

Modern belt colors follow this tradition by using light colored belts to denote beginners and darker colored belts for more advanced students. The modern black belt, after years of use, will also fray and show the white interior. Because of its significance in denoting long, hard work, a worn black belt is greatly treasured. According to tradition, a belt should only be washed before it is worn, and never thereafter. This is because the knowledge and experience of the martial artist is said to accumulate in the belt, and by washing the belt, the gathered information is lost.

At KoSho Karate, the following belt colors are used: white, yellow, orange (for 3-5 year olds), blue, green, purple, brown, and black.

A red and white belt denotes the title of Shihan which can only be awarded by world martial arts leaders or international organizations to exceptional leaders in the martial arts. It is also worn by martial artists who have obtained a 6th degree black belt or higher, but have not been awarded the title of Shihan.

There is also an old tradition that we use at KoSho Karate which symbolizes the passing of knowledge onto a fellow student. Normally, as new students begin their training, the older students seem to take them under their wing. When this happens, as that student progresses, we pass down our old belts to them, thus passing on the knowledge that the belt already holds.

### Shuri Patch

There are four types of Shuri-ryu patches:

- a.) the White Pine
- b.) the Black Pine
- c.) the Black Pine with a Red Circle
- d.) the Black Pine with a Red Circle and a Red Sun

#### The White Pine:

- a.) Circular emblem on a green background with a white pine tree in the center. The words "Okinawan Shuri-ryu" are in white and the entire emblem is encircled in white
- b.) Worn by a student of less than black belt rank who has learned all of the Shuri-Ryu standards up to the belt rank the student wears

#### The Black Pine:

- a.) Circular emblem on a green background with a black pine tree in the center. The words "Okinawan Shuri-ryu" are in black and the entire emblem is encircled in black
- b.) Worn by a Shuri-ryu black belt

**The Black Pine with a Red Circle:**

- a.) Circular emblem on a green background with a black pine tree in the center. The words “Okinawan Shuri-ryu” are in black and the entire emblem is encircled in red
- b.) Worn by a Shuri-ryu Assistant Chief Instructor

**The Black Pine with a Red Circle and a Red Sun:**

- a.) Circular emblem on a green background with a black pine tree in the center and a red sun beside it. The words “Okinawan Shuri-ryu” are in black and the entire emblem is encircled in red
- b.) Worn by a Shuri-ryu Chief Instructor



White Pine

Black Pine

Black Pine with Red Circle

Black Pine with Red Circle and Red Sun

**Kwanmukan Patch**

The Kwanmukan is the organization founded by Hanshi George Anderson, who was Shihan Linebarger’s current teacher until Hanshi’s death in 2009. The Kwanmukan patch represents the interrelatedness of the martial arts and the need for continual study.



**KoSho Patch**

The patch which KoSho Karate students currently wear was developed from a combination of the Kwanmukan and Shuri patches and from the original KoSho logo. The side “wings” list some of the martial arts which are practiced at KoSho. The central emblem superimposes the KoSho name and the KoSho Shuri pine tree.



## Letter to Parents about Safety

One of our main goals at KoSho Karate is to help your children grow to be responsible adults, and one of the most important ways of doing that is in keeping them safe. We have put together, as part of their requirements for promotion, a package of safety skills that may enable us to reach this particular goal. We also have listed the following two very important tips for you to go over with your children, as together, we help the children proceed on their exciting journey into adulthood.

### How to Talk to Your Children about Protecting Themselves

In today's society, your children need to know how to protect themselves. At the same time, you don't want to make them afraid of everyone they meet, or constantly anxious about being kidnapped or murdered.

You can explain to them that most people care about children and want to help and protect them. But there are some people who try to kidnap and hurt children, and you want your children to know what to do if that ever happens to them.

You should also make them understand that safety skills are like a fire drill. They'll probably never need to use or worry about them, but it's very important for them to learn these skills - just in case.

We all want our children to respect adults. But children have been kidnapped and murdered because they were "too good" and obeyed adults when they should have said "no" or screamed and fought back. Therefore, the children must understand that sometimes it's okay for them not to do what an adult has asked them to do.

### Safety Skill #1 - How to Deal with Strangers

- A.) **A stranger is any person you or your parents don't know.** Even if you know their name, it doesn't mean they are not a stranger. Sometimes they try to be very friendly to you so that you won't be afraid of them, but they are still a stranger. You should **never talk to strangers** and **Do Not accept candy, money or gifts**
  
- B.) **Don't ever go anywhere with a stranger**, unless he/she tells you a secret code word that you and your parents have decided on. (Remember, rarely will your parents send a stranger to pick you up.) If someone does try to pick you up, you should start screaming, **"HELP, HELP, I DON'T KNOW YOU!!!**, so that people around you will know you are in real trouble. Don't just scream. You have to shout out what is wrong.

## Basic Terms and Terminology Used in Traditional Martial Arts:

**Terms used for special instructors:** The following titles are earned through many years of study in the martial arts. They are awarded by senior martial artists and national/international organizations.

Teacher: **Sensei (pronounced “Sen say”)**

Also translated as:

Pointer of the way, One who has gone before, Head of a school, class or club

Professor: **Shihan (pronounced “She hawn”)**

Also translated as:

Teacher of teachers, Head of an organization

Expert: **Renshi (pronounced “Ren she”)**

Also translated as: One in spiritual and organizational charge of a system’s section

Master: **Hanshi (pronounced “Hawn she”)**

Also translated as: One responsible, spiritually and organizationally, for all the discipline

### Terms used at the beginning/end of class:

Please teach me: **Oni Gashimas (pronounced “Own ee gah she mahs”)**

Thank you, teacher: **Arigato Gozimas, Sensei**

**(pronounced “Air eh gah toe Gohz eye mahs, Sen say”)**

Thank you very much, teacher: **Domo Arigato Gozimas, Sensei**

### Terms used during class:

#### Counting:

One: **Ichi**

Two: **Ni**

Three: **San**

Four: **Shi**

Five: **Go**

Six: **Roku**

Seven: **Shichi**

Eight: **Hachi**

Nine: **Ku**

Ten: **Ju**

#### Additional general terms:

Gym: **Dojo (pronounced “doe joe”)**

Uniform: **Gi (pronounced “g ee” with the “g” as in “get”)**

Belt: **Obi (pronounced “oh be”)**

Bow: **Rei (pronounced “ray”)**

Loud yell: **Kiai (pronounced “kee eye”)**

(Sounds used: “YAH”, “HAH”, or “TAH”)

### Basic English terms for karate techniques:

#### Stances:

Attention

Rooted

Ready

Horse

Forward

#### Punches:

Front

Vertical

Rising

Roundhouse

Uppercut

#### Blocks:

High

Middle

Low

Push away

Back of hand

#### Kicks:

Front

Side up

Back

Roundhouse

Heel stomp

Outside-to-Inside

## Additional Terminology with English translations

### Performance Categories

One Point Sparring Form - Ippon Kumite Kata  
 Continuous Motion Technique - Taezu Naru Waza  
 Basic Sparring Form - Kihon Kumite Kata  
 Form - Kata  
 Focus Stance Sparring - Kime Dachii Kumite  
 Form Sparring - Kata Kumite  
 Free Exercise - Juji Undo  
 Free Sparring - Juji Kumite  
 Close In Sparring - Sessen Kumite

### Stances

Attention Stance - Heisoku Dachii	Wrestler's Stance - Shiko Dachii
Rooted Stance - Fudo Dachii	Rear Leaning Stance - Kokutsu Dachii
Ready Stance - Hachiji Dachii	Jungle Stance - Mitsurin Dachii
Horse Straddle Stance - Kiba Dachii	Cat Stance - Neko Ashi Dachii
Forward Leaning Stance - Zenkutsu Dachii	
Cross Legged Stance - Kake Dachii	

### Punches/Strikes

Front Punch / Forefist Strike - Seiken Tsuki	Snake Fist - Nishi Ken
Vertical Punch - Tate Tsuki	Forefinger Knuckle Strike - Keiko Ken
Rising Punch - Age Tsuki	Leopard Strike - Hanuchi Ken
Roundhouse Punch - Mawashi Tsuki	Tiger Strike - Ko Ko Ken
Uppercut - Uraken Tsuki	Dragon Fist - Oni Ken
Hooking Punch - Kage Tsuki	Crane Fist - Ko Ken
Knifehand Strike - Shuto Uchi	Spearhand Strike - Nukite
Double Knifehand Strike - Morote Shuto	Lunge Strike - Oi Zuki
Palm Heel Strike - Shotei	Backfist - Reiken
Hammer Fist Strike - Tettui Uchi	Reverse Punch - Gyaku Tsuki
Elbow Strike - Empi Uchi	

### Blocks

High Block - Jodan Uke	Outside-to-Inside Block - Osoto Uke
Middle Block - Chudan Uke	Cross Block - Juji Uke
Low Block - Gedan Barai	Wrist Block - Tekubi Uke
Pushaway Block - Nagashi Barai	Double Block - Morote Uke
Backhand Block - Haishu Barai	

### Kicks

Front Snap Kick - Mae Geri Keage	Front Thrust Kick - Mae Geri Kekomi
Side Up Kick - Yoko Uye Geri	Front Jumping Kick - Mae Tobi Geri
Back Kick - Ushiro Geri	Side Thrust Kick - Yoko Geri Kekomi
Roundhouse Kick - Mawashi Geri	Outside Crescent Kick - Mikazuki Soto Geri
Heel Stomp Kick - Fumi Komi Geri	Knee Kick - Hiza Geri

# Basic Techniques:

## Stances

- 1.) Attention
- 2.) Rooted
- 3.) Ready
- 4.) Horse
- 5.) Forward

## Punches

- 1.) Front
- 2.) Vertical
- 3.) Rising
- 4.) Roundhouse
- 5.) Uppercut

## Blocks

- 1.) High
- 2.) Middle
- 3.) Low
- 4.) Pushaway
- 5.) Back of hand
- 6.) Outside-to-Inside

## Stances



## Punches



## Blocks



## Basic Techniques (continued):

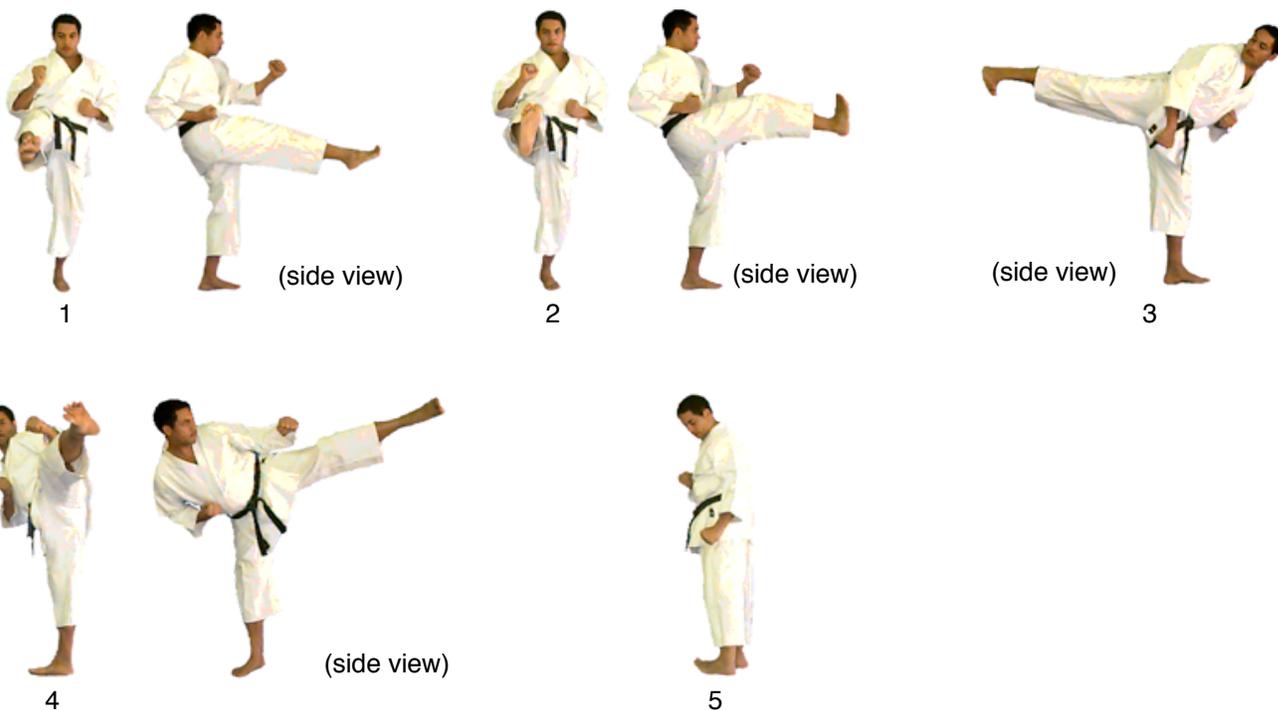
### Kicks

- 1.) Front
- 2.) Side up
- 3.) Back
- 4.) Roundhouse
- 5.) Heel stomp

### Proper way to bow

- 1.) Attention stance
- 2.) Bend slightly at the waist (maintain eye contact)
- 3.) Return to attention stance

### Kicks



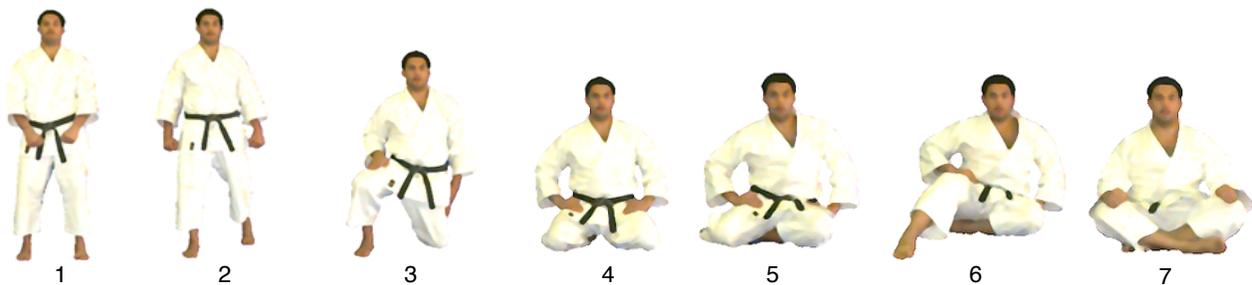
### Proper way to bow



## Sitting properly when on deck:

- 1.) There are only two proper ways to sit while you are on deck: cross-legged (“Indian style”) and in formal sitting position (seiza, pronounced “say zah”).
- 2.) To sit formally (in seiza):
  - a.) Step your left foot backward (**Pict. #2**) and kneel down on your left knee (**Pict. #3**).
  - b.) Bring your right foot underneath you so that you are sitting on both heels with your big toes crossed over each other (**Pict. #4**).
  - c.) Your hands should be on the upper part of your thighs with your fingers pointing inward slightly.
  - d.) Females sit with their knees together. Males sit with their knees approximately 2-3 fists distance apart.
  - e.) Your head, shoulders, and hips should be in line, but relaxed.
- 3.) To switch to cross-legged style from formal sitting position:
  - a.) Shift your weight so that your left hip is on the deck (**Pict. #5**).
  - b.) Bring your right foot around in front of you (**Pict. #6**).
  - c.) Cross your right leg underneath your left leg (**Pict. #7**).
  - d.) Your hands are in relaxed fists on your knees.
  - e.) To return to formal sitting position (which is necessary before you are able to get up from sitting cross-legged), reverse the previous steps.
- 4.) To get up from formal sitting position:
  - a.) Rise up on your knees and then step your right foot forward.
  - b.) Push yourself backward and up with your right foot until you are standing.
  - c.) Bring your right foot back to attention stance.

## To sit properly on deck:



### Side view



## Rules for Fighting Classes

### Free Sparring

There are many types of fighting classes taught at KoSho Karate Centers for the Martial Arts. The most popular is Free Sparring. This is a type of fighting where the student may use any technique he or she wishes provided that the technique is within the guidelines of the safety rules. The safety rules are based on the international rules of competition. These rules help insure the safety of all students, but also allow effective self-defense techniques to be used.

#### Safety Rules for Free Sparring:

- 1.) Each student is responsible for controlling his/her techniques.
- 2.) The target areas of the body are as follows: head, neck, chest, stomach, sides, and back.
- 3.) Although the head and neck are targets, a student should never make contact to either area with a technique. In other words, touching the head or neck is a mistake.
- 4.) A student is not allowed to attack the groin, the arms/legs or joints.
- 5.) Sweeps and throws are allowed, but a student must be able to control the opponent's fall.
- 6.) All students must wear the required safety equipment: protective gloves, mouth guard, and groin cup & supporter.
- 7.) Fingernails and toenails must always be trimmed to a safe length and have no sharp edges.
- 8.) No jewelry is permitted.
- 9.) Light contact with control is allowed for techniques to the body, except in the case when a male student is sparring with a female student. This rule is necessary because, unlike that of a male, the upper body muscle structure for a female does not allow her to absorb the power from punches and kicks.

### Form Sparring

Two other types of fighting at KoSho are Form Sparring and Focus Stance Sparring. The primary purpose of form sparring is to help students develop correct body position, technique, and distance. The rules for form sparring are as follows:

- 1.) There is no contact allowed.
- 2.) Each person does a simple combination of techniques (2-6 moves), and then freezes in place with the last technique extended.
- 3.) Each combination must begin with the student moving off the line of attack as he/she blocks. The student then counters with any technique that he/she chooses.
- 4.) Each technique must be controlled and executed with the correct form.

### Focus Stance Sparring

The first type of sparring that a student is introduced to at KoSho Karate is Focus Stance Sparring. Before students are allowed to free spar, they must demonstrate the ability to control both their striking and their blocking techniques. The primary purpose of focus stance sparring is to help the student develop the ability to strike a very specific target with a specific technique. The rules for focus stance sparring are as follows:

- 1.) Students must remain in the assigned stance.
- 2.) There is no contact.
- 3.) Students may use any striking technique or combination of techniques.
- 4.) The technique must be done with speed, power, balance, and control.



## Training Manual Series

- 1.) New Student Handbook
- 2.) Kata (Forms)
- 3.) Waza (Techniques)
- 4.) Safety, Self-Defense  
and Kumite (Fighting)
- 5.) History and Miscellaneous

