

LVIV STATE UNIVERSITY OF PHYSICAL CULTURE
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Department of Ukrainian and Foreign Languages

Nadiya Yurko

KARATE



ЛЬВІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФІЗИЧНОЇ КУЛЬТУРИ
ІМЕНІ ІВАНА БОБЕРСЬКОГО

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Надія Юрко

«КАРАТЕ»

методична розробка
з англійської мови

для самостійної й аудиторної роботи
з теми
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Pre-text exercises

1. Read and learn the active vocabulary:

- adversary, *n* / opponent, *n* – суперник, противник, супротивник
- apply a kick – нанести, завдати удару ногою
- assign, *v* – визначати, призначати, давати, передавати
- attempt, *v* – намагатися, робити спробу
- bout, *n* – спорт. сутичка, зустріч
- commit an infraction – порушити правила
- competitor, *n* / contestant, *n* – учасник змагання
- conventional competition – звичайні, традиційні змагання
- correctness, *n* – правильність, точність
- deliver a punch – завдати удару кулаком
- determine under the system – визначати за системою
- earn / score the point – заробити, набрати бали
- tied – нічия, рівний рахунок
- event, *n* – змагання, виступ у програмі змагання
- excessive contact – надмірний, надто сильний контакт
- fake an injury – імітувати, фальсифікувати травму
- give the decision through the rule – приймати рішення згідно правила
- hurt, *v* – заподіяти шкоду, травмувати
- illegal contact – заборонений правилами контакт
- inflict serious damage – завдати серйозної шкоди
- judge on, *v* – оцінювати, судити за
- knock down, *v* – збити з ніг, звалити, відірвати в поклади
- liable to be punished – який підлягає покаранню
- power, *n* – фізична здатність
- punishment, *n* – покарання, стягнення, штраф
- receive a warning – отримати попередження
- severe injury – важка, серйозна травма
- strength, *n* – сила, міць
- strictly forbidden – суворо заборонено
- strike below the belt – удар нижче пояса
- violation, *n* – порушення правил
- vital parts – життєво важливі частини тіла

2. Translate without using a dictionary:

discipline, internationally, dynasty, division, opponent, disqualification, category, winner, period, technique, debut, semi-contact, winner, strike, fighter, type, result, level, medium, serious, victory, technical, referee, system, signal, declare, discussion, style, number.

3. Read and translate the text.

KARATE

Karate is an ancient discipline with the roots of its current form originating on the Japanese island of Okinawa during the Ryukyu Dynasty, which was established in the 15th century. It became popular across Japan in the 1920s and expanded internationally after World War II. The sport is governed by the *World Karate Federation (WKF)*.

Karate at the Summer Olympics made its debut at the 2020 Games in Tokyo, Japan. Olympic karate featured two types of events: Kumite and Kata. Sixty competitors from around the world competed in the Kumite competition, and twenty competed in the Kata competition. Both divisions of the competition were split 50/50 between men and women.

The main rules for Kumite and Kata competitions are as follows:

Kumite. All Kumite bouts are semi-contact, meaning all strikes delivered cannot use full force. Striking an opponent with full force can result in a warning or disqualification. In any category, fights last for up to three timed minutes (i.e. the clock stops every time the referee says *yame*). During that period, the winner is considered to be the *karateka* who scores eight points more than their adversary. If this does not happen, the person with more points at the end of the fight is the winner. If the fight ends up tied, a decision will be given through the *senshu* rule: the contestant that scored the first unopposed point wins.

Points are earned as follows:

Ippon (three points): for hitting the head or neck of the opponent with a kick, or when any technique is applied to a fallen adversary.

Waza-ari (two points): for applying a kick to the belly, side, back or torso of the opponent.

Yuko (one point): for delivering a punch with closed hand (*tsuki*) or strike (*uchi*) to the head, neck, belly, side, back or torso of the opponent.

Strikes below the belt are strictly forbidden and strength must always be controlled as the fighter will receive a warning if they hurt their opponent, points may be lost or there may even be a disqualification if the resulting injury is severe. Knocking an opponent down to the floor without at least attempting to strike him/her is also liable to be punished.

Warning levels:

Chukoku (first warning): for committing a minor infraction for the first time.

Keikoku (second warning): for the same minor infraction, or for committing a medium infraction for the first time.

Hansoku-chui (third warning): for committing the same minor infraction for the third time, the same medium infraction for a second time, or for committing a major infraction for the first time (usually excessive contact to vital parts or below the belt, really hurting the opponent).

Hansoku (fourth and final warning): inflicting serious damage on the team score as a whole. The victory is given to the opponent.

Warnings and punishments are divided into two different categories, the first being for excessive and/or illegal contact and the other for technical violations, such as leaving the *koto* (fighting space) or faking an injury in order to make the referee give the opponent a warning.

Kata. Competitors are judged on the power and correctness of their techniques. Under conventional competition rules, one competitor is assigned a blue belt and the other a red belt, and each takes a turn in demonstrating his or her kata. The outcome of the competition is determined under a flag system, where five judges who each have a blue flag and a red flag raise either to signal which competitor, they believe, won: the one with more flags raised in his or her favour is declared the winner. However discussions are still ongoing into the judging system, including whether to use a scoring system rather than the flag system.

Due to the immense number of karate styles, each with its own katas, only katas from the styles recognized by the WKF are allowed in the Olympics. The lack of representation of other karate styles in the kata competition generates criticism from practitioners of these styles.

(Originated from: Karate at the Summer Olympics)

Post-text exercises

1. Give Ukrainian equivalents to the following phrases:

- 1) expand internationally
- 2) make its debut
- 3) feature two types of events
- 4) use full force
- 5) leave the fighting space
- 6) under the competition rules
- 7) take a turn
- 8) in his or her favour
- 9) immense number of styles
- 10) recognized by the WKF

2. Match the definitions to the following notions:

- | | |
|---------------|--|
| 1) fighter | a) an action that is in opposition to a law, rule etc.; |
| 2) strength | b) an action or statement telling someone of a possible punishment; |
| 3) belt | c) someone who is competing against you; |
| 4) competitor | d) someone who takes part in physical fights; |
| 5) opponent | e) someone who decides who the winner of the competition will be; |
| 6) violation | f) someone who takes part in sports competition; |
| 7) judge | g) physical ability to exert effort for a purpose; |
| 8) flag | h) the state or quality of being strong; |
| 9) power | i) piece of material around the waist to show the level in martial arts; |
| 10) warning | j) piece of coloured cloth used for giving a signal. |

3. Combine the following words and translate them:

- | | |
|-------------|------------------|
| 1) commit | a) discipline |
| 2) full | b) the belt |
| 3) score | c) damage |
| 4) ancient | d) an infraction |
| 5) strictly | e) contact |
| 6) below | f) force |
| 7) vital | g) an injury |
| 8) inflict | h) the point |
| 9) fake | i) parts |
| 10) illegal | j) forbidden |

4. Insert the prepositions where necessary:

for (3), from (2), to (2), in (5), into, up, below, of (5), on (2), across, by.

1. The roots ... karate current form originated ... the Japanese island ... Okinawa.
2. Karate became popular ... Japan ... the 1920s.
3. ... any category, fights last three timed minutes.
4. The first warning is often received ... committing a minor infraction ... the first time.
5. Competitors are judged ... the power and correctness ... their techniques.
6. Excessive contact ... vital parts or ... the belt may result ... *hansoku-chui*.
7. Each competitor takes a turn ... demonstrating his or her kata.
8. Discussions are still ongoing ... the judging system if to use scoring or flag system.
9. Only katas ... the styles recognized ... the WKF are allowed ... the Olympics.
10. Lack ... representation ... other styles generates criticism ... their practitioners.

5. Match two parts of the sentences.

- | | |
|---|---|
| 1. Karate is ancient discipline originating ... | a) ... at the 2020 Games in Tokyo. |
| 2. Karate expanded internationally ... | b) ... and the other a red belt. |
| 3. Olympic karate made its debut ... | c) ... a technical violation. |
| 4. All Kumite strikes delivered ... | d) ... during the Ryukyu Dynasty. |
| 5. The fighter will receive a warning ... | e) ... a blue flag and a red flag. |
| 6. There may even be a disqualification ... | f) ... after World War II. |
| 7. One competitor is assigned a blue belt ... | g) ... a kick to the head or neck. |
| 8. Leaving the fighting space is ... | h) ... if he hurts the opponent. |
| 9. Three points are earned for applying ... | i) ... cannot use full force. |
| 10. Each of the five judges has ... | j) ... if the resulting injury is severe. |

6. Complete the sentences with appropriate terms.

1. Olympic karate featured two types of events: K _____ and K _____.
2. Striking an opponent with full force can result in d _____.
3. The clock stops every time the r _____ says *yame*.
4. Strikes below the b _____ are strictly forbidden.
5. Warnings and p _____ are divided into two different categories.
6. Winner is considered to be the k _____.
7. The outcome of the competition is determined under a f _____ system.
8. The one with more flags raised in his or her favour is declared the w _____.
9. *Hansoku* is the fourth and final w _____ for inflicting serious damage.
10. The sport is governed by the *World Karate F* _____.

7. Answer the following questions.

1. What are the two Olympic types of karate events?
2. How many competitors competed in the Kumite competition at the 2020 Games?
3. How many contestants competed in the Kata competition at the 2020 Games?
4. All Kumite bouts are semi-contact, aren't they?
5. What may result in disqualification?
6. There is an immense number of karate styles, each with its own katas, isn't there?
7. What strikes are strictly forbidden?
8. How is the decision given if the fight ends up tied?
9. What criteria are the competitors judged on?
10. What federation is the karate sport governed by?

8. Finish the following sentences.

1. Karate became popular internationally ...
2. The Olympic debut of karate was at ...
3. *Ippon* is earned for ...
4. *Waza-ari* is earned for ...
5. *Yuko* is earned for ...
6. *Chukoku* is received for ...
7. *Keikoku* is received for ...
8. *Hansoku-chui* is received for ...
9. *Hansoku* is received for ...
10. The WKF stands for ...

1. Read the text to find the information about:

- 1) *the origin of karate;*
- 2) *the name of a karate practitioner;*
- 3) *the first university karate club in Japan;*
- 4) *the mass popularity of Asian martial arts in the West;*
- 5) *the modernization of karate in Japan;*
- 6) *the new form of karate formally founded in 1957;*
- 7) *karate as an Olympic sport.*

Karate is a martial art developed in the Ryukyu Kingdom. It developed from the indigenous Ryukyuan martial arts under the influence of Chinese martial arts, particularly Fujian White Crane. Karate is now predominantly a striking art using punching, kicking, knee strikes, elbow strikes and open-hand techniques such as knife-hands, spear-hands and palm-heel strikes. Historically, and in some modern styles, grappling, throws, joint locks, restraints and vital-point strikes are also taught. A karate practitioner is called a karateka.

The Empire of Japan annexed the Ryukyu Kingdom in 1879. Karate came to mainland Japan in the early 20th century during a time of migration as Ryukyuan, especially from Okinawa, looked for work in the main islands of Japan. In 1924 Keio University established the first university karate club in mainland Japan, and by 1932 major Japanese universities had karate clubs. After World War II, Okinawa became (1945) an important United States military site and karate became popular among servicemen stationed there.

Karate spread rapidly in the West through popular culture. In 1950s popular fiction, karate was at times described to readers in near-mythical terms, and it was credible to show Western experts of unarmed combat as unaware of Eastern martial arts of this kind. Following the inclusion of judo at the 1964 Tokyo Olympics, there was growing mainstream Western interest in Japanese martial arts, particularly karate, during the 1960s. By the 1970s, martial arts films had formed a mainstream genre and launched the “kung fu craze” which propelled karate and other Asian martial arts into mass popularity. However, mainstream Western audiences at the time generally did not distinguish between different Asian martial arts such as karate, kung fu and tae kwon do.

The martial arts movies of the 1960s and 1970s served to greatly increase the popularity of martial arts around the world, and English-speakers began to use the word karate in a generic way to refer to all striking-based Asian martial arts. Karate schools began appearing around the world, catering to those with casual interest as well as those seeking a deeper study of the art.

The modernization and systemization of karate in Japan included the adoption of the white uniform that consisted of the kimono and coloured belt ranks.

A new form of karate called Kyokushin was formally founded in 1957. It teaches a curriculum that emphasizes aliveness, physical toughness, and full contact sparring. Because of its emphasis on physical, full-force sparring, Kyokushin is now often called “full contact karate” or “Knockdown karate” (after the name for its competition rules). Many other karate organizations and styles are descended from the Kyokushin curriculum.

On 28 September 2015 karate featured on a shortlist (along with baseball, softball, skateboarding, surfing, and sport climbing) for consideration for inclusion in the 2020 Summer Olympics. On 1 June 2016 the International Olympic Committee’s executive board announced they were supporting the inclusion of all five sports (counting baseball and softball as only one sport) for inclusion in the 2020 Games.

Web Japan claims that karate has 50 million practitioners worldwide, while the World Karate Federation claims there are 100 million practitioners around the world.

(Originated from: Karate. Wikipedia, the free encyclopedia)

2. Are the sentences true or false? Correct any false sentences.

1. Karate developed under the influence of Chinese martial arts.
2. Karate came to mainland Japan in the late twentieth century.
3. Major Japanese universities had karate clubs by 1932.
4. Karate spread rapidly in the West through popular culture.
5. Judo became an Olympic sport in 1964.
6. Martial arts films propelled karate and other Asian martial arts into mass popularity.
7. The modernization of karate in Japan included the adoption of the coloured uniform.
8. Kyokushin is often called “knockdown karate”.
9. Karate was included in the 2020 Olympic Games.
10. WKF claims that karate has 50 million practitioners around the world.

3. Work in pairs. Ask and answer your own questions on the text.

4. Title the text and write an abstract of it.

1. Read the text. Translate it in a written form.

Rules

Karate can be practiced as an art, self defense or as a combat sport. Traditional karate places emphasis on self-development. Modern Japanese style training emphasizes the psychological elements incorporated into a proper kokoro (attitude) such as perseverance, fearlessness, virtue, and leadership skills. Sport karate places emphasis on exercise and competition. Weapons are an important training activity in some styles of karate.

Karate training is commonly divided into kihon (basics or fundamentals), kata (forms), and kumite (sparring).

Kihon means basics and these form the base for everything else in the style including stances, strikes, punches, kicks and blocks. Karate styles place varying importance on kihon. Typically this is training in unison of a technique or a combination of techniques by a group of karateka. Kihon may also be prearranged drills in smaller groups or in pairs.

Kata means literally “shape” or “model”. Kata is a formalized sequence of movements which represent various offensive and defensive postures. These postures are based on idealized combat applications. The applications when applied in a demonstration with real opponents is referred to as a Bunkai. The Bunkai shows how every stance and movement is used. Bunkai is a useful tool to understand a kata. To attain a formal rank the karateka must demonstrate competent performance of specific required kata for that level. The Japanese terminology for grades or ranks is commonly used. Requirements for examinations vary among schools.

Sparring in karate is called kumite. It literally means “meeting of hands”. Kumite is practiced both as a sport and as self-defense training. Levels of physical contact during sparring vary considerably. Full contact karate has several variants. Knockdown karate (such as Kyokushin) uses full power techniques to bring an opponent to the ground. In kickboxing variants, the preferred win is by knockout. Sparring in armour, bogu kumite, allows full power techniques with some safety. Sport kumite in many international competition under the World Karate Federation is free or structured with light contact or semi contact and points are awarded by a referee.

In structured kumite (yakusoku, prearranged), two participants perform a choreographed series of techniques with one striking while the other blocks. The form ends with one devastating technique (hito tsuki).

In free sparring (Jiyu Kumite), the two participants have a free choice of scoring techniques. The allowed techniques and contact level are primarily determined by sport or style organization policy, but might be modified according to the age, rank and sex of the participants. Depending upon style, take-downs, sweeps and in some rare cases even time-limited grappling on the ground are also allowed.

Free sparring is performed in a marked or closed area. The bout runs for a fixed time (2 to 3 minutes.) The time can run continuously (iri kume) or be stopped for referee judgment. In light contact or semi contact kumite, points are awarded based on the criteria: good form, sporting attitude, vigorous application, awareness/zanshin, good timing and correct distance. In full contact karate kumite, points are based on the results of the impact, rather than the formal appearance of the scoring technique.

Okinawan karate uses supplementary training known as hojo undo. This utilizes simple equipment made of wood and stone. The makiwara is a striking post. The nigiri game is a large jar used for developing grip strength. These supplementary exercises are designed to increase strength, stamina, speed, and muscle coordination. Sport Karate emphasizes aerobic exercise, anaerobic exercise, power, agility, flexibility, and stress management. All practices vary depending upon the school and the teacher.

The World Karate Federation (WKF) is the largest sport karate organization and is recognized by the International Olympic Committee (IOC) as being responsible for karate competition in the Olympic Games. The WKF has developed common rules governing all styles. The national WKF organizations coordinate with their respective National Olympic Committees. In August 2016, the International Olympic Committee approved karate as an Olympic sport beginning at the 2020 Summer Olympics.

WKF karate competition has two disciplines: sparring (kumite) and forms (kata). Competitors may enter either as individuals or as part of a team.

(Originated from Karate. Wikipedia, the free encyclopedia)

2. Compile a vocabulary of karate terms.

3. Make a presentation of karate.

Sport organizations

Karate is divided into style organizations. These organizations sometimes cooperate in non-style specific sport karate organizations or federations. Examples of sport organizations include AAKF/ITKF, AOK, TKL, AKA, WKF, NWUKO, WUKF and WKC.

Organizations hold competitions (tournaments) from local to international level. Tournaments are designed to match members of opposing schools or styles against one another in kata, sparring and weapons demonstration. They are often separated by age, rank and sex with potentially different rules or standards based on these factors. The tournament may be exclusively for members of a particular style (closed) or one in which any martial artist from any style may participate within the rules of the tournament (open).

The World Karate Federation (WKF) is the largest sport karate organization and is recognized by the International Olympic Committee (IOC) as being responsible for karate competition in the Olympic Games. WKF karate competition has two disciplines: sparring (kumite) and forms (kata). Competitors may enter either as individuals or as part of a team. Evaluation for kata and kobudō is performed by a panel of judges, whereas sparring is judged by a head referee, usually with assistant referees at the side of the sparring area. Sparring matches are typically divided by weight, age, gender, and experience.

WKF only allows membership through one national organization/federation per country to which clubs may join. The World Union of Karate-do Federations (WUKF). offers different styles and federations a world body they may join, without having to compromise their style or size. The WUKF accepts more than one federation or association per country.

Sport organizations use different competition rule systems. Light contact rules are used by the WKF, WUKO, IASK and WKC. Full contact karate rules used by Kyokushinkai, Seidokaikan and other organizations. Bogu kumite (full contact with protective shielding of targets) rules are used in the World Koshiki Karate-Do Federation organization. Shinkaratedo Federation use boxing gloves. Within the United States, rules may be under the jurisdiction of state sports authorities, such as the boxing commission.

(Originated from: Karate. Wikipedia, the free encyclopedia)

Rank

In 1924 Gichin Funakoshi, founder of Shotokan Karate, adopted the Dan system from the judo founder Jigoro Kano using a rank scheme with a limited set of belt colors. Other Okinawan teachers also adopted this practice. In the Kyū/Dan system the beginner grades start with a higher numbered kyū (e.g., 10th Kyū or Jukyū) and progress toward a lower numbered kyū. The Dan progression continues from 1st Dan (Shodan, or 'beginning dan') to the higher dan grades.

Kyū-grade karateka are referred to as “color belt” or mudansha (“ones without dan/rank”). Dan-grade karateka are referred to as yudansha (holders of dan/rank). Yudansha typically wear a black belt. Normally, the first five to six dans are given by examination by superior dan holders, while the subsequent (7 and up) are honorary, given for special merits and/or age reached. Requirements of rank differ among styles, organizations, and schools. Kyū ranks stress stance, balance, and coordination. Speed and power are added at higher grades.

Philosophy

In Karate-Do Kyohan, Funakoshi quoted from the Heart Sutra, which is prominent in Shingon Buddhism: “Form is emptiness, emptiness is form itself”. He interpreted the “kara” of Karate-dō to mean “to purge oneself of selfish and evil thoughts ... for only with a clear mind and conscience can the practitioner understand the knowledge which he receives.” Funakoshi believed that one should be “inwardly humble and outwardly gentle”. Only by behaving humbly can one be open to Karate’s many lessons. This is done by listening and being receptive to criticism. He considered courtesy of prime importance. He said that “Karate is properly applied only in those rare situations in which one really must either down another or be downed by him.”

Funakoshi did not consider it unusual for a devotee to use Karate in a real physical confrontation no more than perhaps once in a lifetime. He stated that Karate practitioners must “never be easily drawn into a fight”. It is understood that one blow from a real expert could mean death. It is clear that those who misuse what they have learned bring dishonor upon themselves. He promoted the character trait of personal conviction. In “time of grave public crisis, one must have the courage ... to face a million and one opponents”. He taught that indecisiveness is a weakness.

(Originated from Karate. Wikipedia, the free encyclopedia)

Influence outside Japan

Africa

Karate has grown in popularity in Africa, particularly in South Africa and Ghana.

Canada

Karate began in Canada in the 1930s and 1940s as Japanese people immigrated to the country. Karate was practised quietly without a large amount of organization. During the Second World War, many Japanese-Canadian families were moved to the interior of British Columbia. Masaru Shintani, at the age of 13, began to study Shorin-Ryu karate in the Japanese camp under Kitigawa. In 1956 after 9 years of training with Kitigawa, Shintani travelled to Japan and met Hironori Otsuka (Wado Ryu). In 1958 Otsuka invited Shintani to join his organization Wado Kai, and in 1969 he asked Shintani to officially call his style Wado. In Canada during this same time, karate was also introduced by Masami Tsuruoka who had studied in Japan in the 1940s under Tsuyoshi Chitose. In 1954 Tsuruoka initiated the first karate competition in Canada and laid the foundation for the National Karate Association. In the late 1950s Shintani moved to Ontario and began teaching karate and judo at the Japanese Cultural Centre in Hamilton. In 1966 he began (with Otsuka's endorsement) the Shintani Wado Kai Karate Federation. During the 1970s Otsuka appointed Shintani the Supreme Instructor of Wado Kai in North America. In 1979, Otsuka publicly promoted Shintani to hachidan (8th dan) and privately gave him a kudan certificate (9th dan), which was revealed by Shintani in 1995. Shintani and Otsuka visited each other in Japan and Canada several times, the last time in 1980 two years prior to Otsuka's death. Shintani died 7 May 2000.

Soviet Union

Karate appeared in the Soviet Union in the mid-1960s, during Nikita Khrushchev's policy of improved international relations. The first Shotokan clubs were opened in Moscow's universities. In 1973, however, the government banned karate – together with all other foreign martial arts – endorsing only the Soviet martial art of sambo. Failing to suppress these uncontrolled groups, the USSR's Sport Committee formed the Karate Federation of USSR in December 1978. On 17 May 1984, the Soviet Karate Federation was disbanded and all karate became illegal again. In 1989, karate practice became legal again, but under strict government regulations, only after the dissolution of the Soviet Union in 1991 did independent karate schools resume functioning, and so federations were formed and national tournaments in authentic styles began.

(Originated from: Karate. Wikipedia, the free encyclopedia)

United States

After World War II, members of the United States military learned karate in Okinawa or Japan and then opened schools in the US. In 1945 Robert Trias opened the first *dojo* in the United States in Phoenix, Arizona, a Shuri-ryū karate *dojo*. In the 1950s, William J. Dometrich, Ed Parker, Cecil T. Patterson, Gordon Doversola, Donald Hugh Nagle, George Mattson and Peter Urban all began instructing in the US. Tsutomu Ohshima began studying karate under Shotokan's founder, Gichin Funakoshi, while a student at Waseda University, beginning in 1948. In 1957 Ohshima received his *godan* (fifth-degree black belt), the highest rank awarded by Funakoshi. He founded the first university karate club in the United States at California Institute of Technology in 1957. In 1959 he founded the Southern California Karate Association (SCKA) which was renamed Shotokan Karate of America (SKA) in 1969. In 1961 Hidetaka Nishiyama, a co-founder of the Japan Karate Association (JKA) and student of Gichin Funakoshi, began teaching in the United States. He founded the International Traditional Karate Federation (ITKF). Takayuki Mikami was sent to New Orleans by the JKA in 1963. In 1964, Takayuki Kubota relocated the International Karate Association from Tokyo to California.

Europe

In the 1950s and 1960s, several Japanese karate masters began to teach the art in Europe, but it was not until 1965 that the Japan Karate Association (JKA) sent to Europe four well-trained young Karate instructors Taiji Kase, Keinosuke Enoeda, Hirokazu Kanazawa and Hiroshi Shirai. Kase went to France, Enoeda to England and Shirai in Italy. These Masters maintained always a strong link between them, the JKA and the others JKA masters in the world, especially Hidetaka Nishiyama in the US.

France

France Shotokan Karate was created in 1964 by Tsutomu Ohshima. It is affiliated with another of his organizations, Shotokan Karate of America (SKA). However, in 1965 Taiji Kase came from Japan along with Enoeda and Shirai, who went to England and Italy respectively, and karate came under the influence of the JKA.

Italy

Hiroshi Shirai, one of the original instructors sent by the JKA to Europe along with Kase, Enoeda and Kanazawa, moved to Italy in 1965 and quickly established a Shotokan enclave that spawned several instructors who in their turn soon spread the style all over the country. By 1970 Shotokan karate was the most spread martial art in Italy apart from Judo. Other styles such as Wado Ryu, Goju Ryu and Shito Ryu, are present and well established in Italy, while Shotokan remains the most popular.

(Originated from: Karate Wikipedia, the free encyclopedia)

United Kingdom

Vernon Bell, a 3rd Dan Judo instructor who had been instructed by Kenshiro Abbe introduced Karate to England in 1956, having attended classes in Henry Plée's Yoseikan dōjō in Paris. Yoseikan had been founded by Minoru Mochizuki, a master of multiple Japanese martial arts, who had studied Karate with Gichin Funakoshi, thus the Yoseikan style was heavily influenced by Shotokan. Bell began teaching in the tennis courts of his parents' back garden in Ilford, Essex and his group was to become the British Karate Federation.

Outside of Bell's organisation, Charles Mack traveled to Japan and studied under Masatoshi Nakayama of the Japan Karate Association who graded Mack to 1st Dan Shotokan on 4 March 1962 in Japan. Shotokai Karate was introduced to England in 1963 by another of Gichin Funakoshi's students, Mitsusuke Harada. Outside of the Shotokan stable of karate styles, Wado Ryu Karate was also an early adopted style in the UK, introduced by Tatsuo Suzuki, a 6th Dan at the time in 1964.

Despite the early adoption of Shotokan in the UK, it was not until 1964 that JKA Shotokan officially came to the UK. Bell had been corresponding with the JKA in Tokyo asking for his grades to be ratified in Shotokan having apparently learnt that Murakami was not a designated representative of the JKA. The JKA obliged, and without enforcing a grading on Bell, ratified his black belt on 5 February 1964, though he had to relinquish his Yoseikan grade. Bell requested a visitation from JKA instructors and the next year Taiji Kase, Hirokazu Kanazawa, Keinosuke Enoeda and Hiroshi Shirai gave the first JKA demo at the old Kensington Town Hall on 21 April 1965. Hirokazu Kanazawa and Keinosuke Enoeda stayed and Murakami left (later re-emerging as a 5th Dan Shotokai under Harada).

In 1966, members of the former British Karate Federation established the Karate Union of Great Britain (KUGB) under Hirokazu Kanazawa as chief instructor and affiliated to JKA. Keinosuke Enoeda came to England at the same time as Kanazawa, teaching at a dōjō in Liverpool. Kanazawa left the UK after 3 years and Enoeda took over. After Enoeda's death in 2003, the KUGB elected Andy Sherry as Chief Instructor. Shortly after this, a new association split off from KUGB, JKA England. An earlier significant split from the KUGB took place in 1991 when a group led by KUGB senior instructor Steve Cattle formed the English Shotokan Academy (ESA). The aim of this group was to follow the teachings of Taiji Kase, formerly the JKA chief instructor in Europe, who along with Hiroshi Shirai created the World Shotokan Karate-do Academy (WKSA), in 1989 in order to pursue the teaching of "Budo" karate as opposed to what he viewed as "sport karate". Both the ESA and the WKSA continue following this path today.

(Originated from: Karate. Wikipedia, the free encyclopedia)

General Terms

- Chudan*: Middle body
- Dojo*: Training Hall
- Dojo Kun*: Dojo code
- Gedan*: Lower body
- Gi*: Karate suit
- Hajime*: Start/begin
- Hidari*: Left
- Jodan*: Head
- Kamae-te*: Move to ready position
- Kata*: Formal exercises
- Kiai*: Martial shout
- Kihon*: Basic techniques
- Kime*: Focus
- Kumite*: Sparring
- Mawatte*: Turn
- Migi*: Right
- Seiza*: Kneel
- Sensei*: Instructor
- Obi*: Belt
- Oss*: Respectful greeting or acknowledgment, or understanding of a command
- Rei*: Bow
- Yame*: Finish/stop
- Yoi*: Ready
- Zanshin*: Martial state of mind or awareness

Dachi – Stances

- Heiko dachi*: Natural stance
- Heisoku dachi*: Feet together stance
- Kiba dachi*: Straddle stance
- Kokutsu dachi*: Back stance
- Musubi dachi*: Informal stance
- Shiko dachi*: Open leg/Sumo stance
- Zenkutsu dachi*: Front stance

Uke – Blocks

- Age Uke*: Rising block
- Empi uke*: Elbow block
- Gedan Barai*: Downward block
- Haishu uke*: Back hand block
- Juji uke*: X block
- Kakewake uke*: Wedge block
- Morote uke*: Augmented block



Nagashi uke: Sweeping block

Shuto uke: Knife hand block

Soto Uke: Outside block

Tate Shuto uke: Vertical knife hand block

Uchi Uke: Inside block

Tsuki – Punches

Gyaku tsuki: Reverse punch

Kagi tsuki: Hook punch

Kara/Choku tsuki: Straight punch

Kizami tsuki: Front hand punch

Oi tsuki: Stepping punch

Ren tsuki: Two punch combination

Sanbon tsuki: Three punch combination

Uchi – Strikes

Age empi uchi: Rising elbow strike

Haito uchi: Ridge hand strike

Mawashi empi uchi: Round elbow strike

Nukite: Spear hand thrust

Shuto uchi: Knife hand strike

Tate empi uchi: Downward elbow strike

Teisho uchi: Palm heel strike

Tetsui uchi: Hammer fist strike

Uraken uchi: Back fist strike

Ushiro empi uchi: Reverse elbow strike

Yoko empi uchi: Side elbow strike

Geri – Kicks

Hiza geri: Knee kick

Mae geri: Front kick

Mawashi geri: Roundhouse kick

Nidan geri: Two kicks with same leg stepping between kicks without step between

Ren geri: Kicking combinations

Ushiro geri: Back kick

Yoko geri keage: Side snap kick

Yoko geri kekomi: Side thrust kick

Kumite – Sparring

Gohon Kumite: Five step sparring

Jiyu Ippon Kumite: Semi-free style sparring

Jiyu Kumite: Free style sparring

Kaishi Ippon Kumite: Reaction sparring

Kihon Ippon Kumite: Basic one-step sparring

Sanbon Kumite: Three step sparring

(Originated from: Glossary of Karate terminology used by the KUGB)

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