

PULASKI WADO-RYU KARATE CENTER

Member of the
US Eastern Wado-Ryu Karate-Do Federation
and
International Wado-Ryu Karate-Do Organization of Japan



WADO

THE WAY OF HARMONY



SENSEI (INSTRUCTOR)
Jerry D. Hughey Roku-Dan



MASTER HIRONORI OHTSUKA

"The Founder of the Wado School of Karate"

Master Hironori Ohtsuka was born June 1, 1892 in Shimodate, Japan. In 1898, when he was six years old, Master Ohtsuka began practicing jujitsu under the tutelage of his father. By 13, he was in the Shinto-yoshin-ryu School of Jujitsu, where along with 35 other students, he studied under Master Nakayama. Unlike most jujitsu schools specializing in throwing and ground techniques, Shinto-yoshin-ryu stressed striking and kicking.

In the spring of 1911, when Master Ohtsuka was 19, he entered Waseda -- one of Japan's finest universities. While studying business administration, Master Ohtsuka started training in atemi-style kempo and continued his practice in Shinto-yoshin-ryu. The death of his father in 1913 during his junior year at Waseda forced him to withdraw and go to work in a bank in Shimodate. Eight years later, on June 1, 1921, Master Ohtsuka celebrated his 29th birthday by taking over the mastership of the Shinto-yoshin-ryu school from Master Nakayama upon receipt of "full proficiency" in the jujitsu school.

In 1922, the Crown Prince Hirohito invited the Okinawan Master, Ginchin Funakoshi to visit Japan and demonstrate his Martial art. Ohtsuka traveled to Tokyo to observe this Okinawan Master. He wasted no time in introducing himself to Funakoshi. As Ohtsuka recalled, "most Okinawans are naturally suspicious, but Funakoshi-san welcomed me and was surprisingly open and frank -- even innocent". Ohtsuka began studying from Funakoshi every night. He began to adapt the techniques he had learned in jujitsu to karate.

In 1927, Master Ohtsuka quit working at the bank and set himself up as a medical specialist in the treatment of persons injured in the martial arts. He continued his training in karate, and two years later he organized the first karate school at Tokyo University. More importantly, in 1929 he launched a study into a method of arranging kumite (free style fighting) into competitive matches, laying the basis for present day kumite-style tournaments.

After 1930, Master Ohtsuka went increasingly on his own, setting up a string of karate clubs at various universities in Tokyo in the manner of Funakoshi. Besides Todai (Tokyo University), they included Rikkyo and Nihon Universities as well as Tokyo Dental College. The big day in Master Ohtsuka's life arrived in the fall of 1934 when he officially inaugurated his own unique style of karate. He called his new school the Karate Promotion Club. But it wasn't until 1940, when the Butokukai requested each of its member groups to submit the name of its founder and the official name of the style or school, that Ohtsuka finally devised the present name - Wado Kai, or the "way of harmony". Master Ohtsuka became the head of the All Japan Karate Federation and Director of the Japan Classical Martial Arts Promotion Society. In 1966, the government awarded him with the Fifth Order of Merit (the Cordon of the Rising Sun) for his contributions to karate. In 1972, Master Ohtsuka was awarded the title "Hanshi" by the emperor, which made him the head of all Japanese martial arts. This was the first time this title was awarded to anyone.

Master Ohtsuka died January 29, 1982 in Tokyo Japan at the age of 89. A fitting epitaph for him could surely be a statement once made by him. "the difference between the possible and the impossible is one's will".

Master Ohtsuka built his wado style of karate around nine basic kata, five of which are regarded as the fundamental techniques. The basic movements are called "taisabaki". The techniques of jujitsu have had a strong influence in the formation of Wado karate. Also, he incorporated the "nage-waza" (throwing techniques) of jujitsu into his blended style.

Today there are more than 300 wado ryu dojos in Japan. More than 80 dojo's are established in the United States, Canada, Brazil, Australia, and other countries around the world. Master Ohtsuka has four children, two sons and two daughters. His younger son, Jiro continues his fathers work as President of the "Japan Wado-Ryu Karate-Do Remnei.

CECIL T. PATTERSON

(Past President of the U.S. Eastern Wado-Ryu Karate-Do Federation)

Cecil T. Patterson was born in Sevier County in Sevierville, Tennessee, on June 23, 1930, and became interested in the art of self defense due to being in law enforcement. While in the U.S. Navy he enrolled in a karate school while serving in Iwakuni, Japan, under the direct supervision of Master Kazuo Sakura, and trained for 15 hours per week for a two year period. He received his 3rd degree black belt in 1959, and was advanced to Yon Dan in 1964, and Go-Dan in 1968. He became an 8th degree black belt and the highest ranking occidental in the Wado system. The first Wado karate school in the eastern U.S. was opened by Mr. Patterson in 1961, in Nashville, Tennessee. He died November 2002. Many of us were privileged to study and learn from him. He was no doubt one of the pioneers and giants in the Martial Arts world.

JOHN PATTERSON

(President of the U.S. Eastern Wado-Ryu Karate-Do Federation)

Eldest son of Cecil Patterson, John is a 7th degree Black Belt and resides in Nashville, Tennessee.

KARATE

Karate literally means "Empty Hand" and is one of the oldest and most effective means of fighting known to mankind. It is considered to be the ultimate in unarmed self-defense. The practice of karate consist in learning how to block, shift, punch, strike, and kick when attacked. Although, it can be aggressive, it is taught and practiced by most groups as a defensive art. The essence of karate is speed. To this add knowledge of anatomy, how to strike, kick, block, etc., by using body weight and you have an unbeatable combination. There is no mystic or secret power to karate, nor are all moves deadly or dangerous. A well trained karateist can frustrate most attacks without doing serious harm to his attacker. You do not have to mutilate, harden or ruin your hands to be effective in karate, however, this can be done by an expert without the building of the hands. We must keep in mind that breaking boards and bricks has nothing to do with karate, because we will never find a board or brick attacking us. The moves may seem difficult at first to the new student, but we must keep in mind that the Masters have worked many years and all of the moves have been analyzed and geometrically calculated so that whatever the action, it is the maximum the human body can achieve for a given purpose. It is said that all the movements in karate were taken from animals, birds and insects that depend on their unorthodox fighting methods for survival. Karate is physical art and under cohesive set of rules and regulations, a sport. Why has karate mushroomed so rapidly in the United States? It is felt that the American people are in desperate need of self-protection and are so amazed by the speed and movement of the Art of Karate, that it has become the number one martial art among us. Since time began, men have been robbing each other, and it has been necessary at one time in one's life to stand up; for his or her personal dignity and property. Now, in modern times, more that ever before this is true. It is against the law to be armed with weapons. Yet, when trouble arises, it is normally when you are alone and without protection. Our police agencies, effective and outstanding as they are, cannot be everywhere at once. The trouble makers, robbers and thieves, naturally chose a time and place to attack you that is good for them and not for you. Many people believe you can learn the Art of karate from a book. This is not true. A karate book is to be used as a guide, only after you have received training in the basic movements of karate. In the event that you want to become a student of karate, first of all find a karate dojo, second make sure that the instructors are authentic as we have so many so-called instructors wearing a Black Belt, who have only been briefly exposed to karate and are not capable of teaching the basic movements of karate.

"POWER THROUGH BODY MOVEMENT"

"The following contains information about three major techniques that you will be learning. They are important not just as techniques, but more important, because of the very important principles of body movement they teach."

JUNZUKI: The name of the stance is "Zenkutsu dachi", the name of the punch is "Seiken", the technique is called, "Junzuki". The front hand is punching to the solar plexus, the back hand is in hikite, the head held up and the eyes looking straight ahead. The body is erect with body weight centered between the feet. As your move forward both hands and feet move together. Try to strike the instant your foot stops moving.

JUNZUKI-NO-TSUKOMI: The name of the stance is "Hamni dachi", the name of the punch is "Seiken", the techniques is called "Junzuki no tsukomi". The front hand is punching to the chin (jodan), the back hand is in hikite with the head up and the eyes looking straight ahead. There is no width to the stance, hamni dachi. The feet are in line with each other heel to heel.

GYAKUZUKI: The name of the stance is "Seisan dachi", the name of the punch is "Seiken", the name of the technique is gyakuzuki. The hand and foot combination is reversed in the technique. The forward foot and back hand are used. The body positioning is standard, hikite, body erect, back hand to solar plexus, etc. The major difference is in the stance and method of delivery with the punch.

There is a physics formula ($\text{Force} = \text{Mass} \times \text{Acceleration}$). This means the more you accelerate your body and arm and using your body (mass) with this acceleration the more ultimate force you will achieve. The three methods of obtaining force with your body are: the power of your arm, body movement, (stepping forward); and body rotation, (twisting your hips).

In **Junzuki** there is movement forward, with a slight rotation of the hips, as well as the power of your arm. This technique uses all three methods. In Junzuki no tsukomi there is movement forward but the hips do not readily rotate, so you are obtaining power through movement and arm.

In **Gyakuzuki** you set the foot forward, then punch. Here you have extreme rotation of the hips as well as the power of your arm to create force. You will also learn hundreds of other things in karate much more advanced than these techniques, but after you learn them, analyze them. You will find that the principles stem from one of these techniques.

CODE OF CONDUCT

KARATE: Begins with courtesy, disciplines the mind and body; builds character; promotes respect; ends with courtesy and leads to Wa-No-Michi, (Way of Peace).

PURPOSE: (Mokuteki) The purpose of the Wado system of karate is to teach this Japanese martial art, its attitudes, traditions, and culture, and to teach a way of harmony with the student, within the student, and around the student.

REVERENCE: (Sonkei) Revere that which is holy. Honor your father and mother. Respect your elders and other people's property and rights.

THANKFULNESS: (Kansha) Be thankful for all things; your life, friendship, and love. Thankfulness will bring happiness.

DISCIPLINE: (Shyuo) Discipline your mind and body so that you have absolute control over both of them. Only a disciplined person can win their goal.

SINCERITY: (Makota) A person's character will be judged by his sincerity and integrity. Only a sincere person can be worthy of friendship.

UNITY: (Toitsu) Unity of one's mind and singleness of one's purpose are essential to success. Concentrate on one thing at a given time.

PRACTICE REGULATIONS:

- SEIRETSU:** (Line Up) Form a straight line of columns and rows, in attention position.
- SEIZA:** Sit on feet in kneeling position) Students must sit on the floor in the traditional Japanese way.
- REI:** (Kneeling Bow) This bow is performed from Seiza position and is used when opening and closing a class in the below listed order:
- (a) SHOMEN NI REI Bow to the front.
 - (b) SENSEI NI REI Bow to the Instructor.
 - (c) SENPAI NI REI Bow to the Seniors.
 - (d) OTAGAI NI REI Bow to each other.
- TACHI-REI:** (Standing Bow) This bow is used when entering or leaving the Dojo, when there are Black Belts present, and at the beginning and end of practice with a partner. Karate begins and ends with courtesy.
- JUNBI-UNDO:** (Warm-up Exercises) At the beginning and end of class students are given exercises by the Sensei.

GENERAL REGULATIONS

1. As a student at a Dojo, always arrive before class starts.
2. Tachi-Rei (Standing Bow) Always bow upon entering and leaving the Dojo.
3. When it is time for the class to begin, if the Sensei is not present, then the senior will start the class.
4. All Students must follow the leader's instructions as if it were that of the Sensei.
5. During the class, students must work with a serious attitude and complete concentration. Therefore, wearing jewelry, laughing, talking, or chewing gum cannot be permitted. Silence and seriousness during a class are two rules which must be followed if a high level of training is to be sustained.
6. Whether in lining up on command or in actual action, rapid movement is an essential part of the training. This habit of moving quickly and without wasted movement or effort will keep the class working smoothly and at a pace, and the students will acquire good working techniques.
7. No student can leave the Dojo during the class, even during break, unless given permission from the Sensei.
8. If a student must stop work then he must report to the instructor and obtain permission.
9. Each student must report when discontinuing lessons temporarily.
10. Each student, above blue belt, must report any anticipated absence to the head of the Dojo.
11. **Senior System:** Student should not go to the Sensei with questions without attempting to obtain the answers from the lower or senior students. If he is a white belt, he should ask a gold belt and etc. Each student should however, make every endeavor possible to learn the answer by continued practice, work and observing other students. If a problem can be solved by the student in this way, through his own efforts, the answer will become permanent knowledge. As a final resort, the Sensei should be consulted.
12. To practice hard is the motto of any Dojo, in order to master the techniques.
13. Each student of Karate must thoroughly understand the Dojo Ethics.
14. The wearing of the Do-Gi (uniform) outside the Dojo is strictly prohibited.

GLOSSARY

- Ashikubi - (ash-e-ku-be) - top of the foot - instep.
Bushido - (Buu-she-do) - way of the warrior.
Chudan - (shoe-don) - the area of the body from the neck to the hips.
Dachi - (da-che) - stance.
Dojo - (doe-joe) - Practice area in your karate school or an area designated to discipline the mind and body.
Empi - (em-pe) - a strike with the elbow.
Fumikomi - [fu-me-ko-me] - a kick with the knife edge of the foot striking from the shin to the instep.
Gedan - [ga-don] - low, area of the body from the waste down.
Gedan Uke [gay-don-oo-key] - low block.
Geri - [gerry] - kick.
Gi - [ge] - uniform.
Gyakazuki - [ya-ka-zu-key] - reverse punch.
Gyakazuki dachi - [ya-ka-zu-key-da-che] reverse punch stance
Gyakazuki no-tsukomi - [ya-ka-zu-ke-no-sue-ko-me] - lunging reverse punch.
Haishu - [hi-e-shoe] - A blow with the back of the open hand
Haito - [ha-e-toe] - ridgehand technique.
Hajime - [ha-je-may] - begin.
Haku geri - [ha-ku-gerry] - Thrust kick with the heel.
Hamni dachi - [haam-knee-da-chee] - Stance of the technique Junzuki no tsukomi.
Heiko dachi - [he-ko-da-chee]-stance with the feet apart with one's foot distance between the heels.
Hikite - [he-ka-tay] - position of back hand, pulling hand.
Ippon - [ip-pon] - generally means one; as in Ippon kata, (one step kata).
Ippon ken zuki - [ip-pon-ken-zu-key] strike with knuckle of fore-finger.
Ippon nukite - [ip-pon-nu-ke-tae] - one finger spear hand.
Jodan - [joe-dan] - high, from the shoulders up.
Jodan uke - [joe-dan-oo-key] - high block.
Josokutei - [joe-soe-oo-key] - the ball of the foot.
Jujiuki - [jew-ge-oo-key] - X block, using both hands.
Junzuki - [june-zoo-key] - stepping front straight punch.
Junzuki-no-tsukomi - [june-zoo-key-no-sue-ko-me] lunge punch.
Kaihi - [ki-hi] - dues.
Kakae - [ka-kay] - circular block with heel of the hand.
Kame - [ka-may] - position of hands in fighting position.
Karate - [ka-ra-tae] - empty hand.
Kata - [ka-ta] - prearranged techniques performed while moving.
Kekomi geri - [key-ko-me-gerry] A knee high thrust side kick.
Kette gyakazuki - [kat-ta-ya-ka-zu-key] - combination kick reverse punch.
Kette gyakazuki no tsukomi - combination kick & lunge reverse punch.
Kette Junzuki - [kat-ta-june-zu-key] combination kick front punch.
Kette junzuki no tsukomi - combination kick lunge front punch
Kiai - [key-i]-a vocal expression of power caused by the natural release of air from the solar plexus.
Kiba dachi - [key-ba-da-chee] - a low stance, sometimes referred to as the horse stance.
Kihon - [key-hon] - basic.
Kime - [key-may] - aim or focus.
Kiotsuke - [key-ot-sue-key] - attention.
Kohai - [ko-hi] - Junior.

Koshi - [ko-she] - hips.
Kumite - [koo-me-tay] - freestyle sparring.
Mae geri - [may-gerry] - front kick.
Mae mawashi geri - [may-ma-wa-she-gerry]-kick mae geri, pull back kick mawashi geri with the same foot.
Mae tobi geri - [may-toe-be-gerry] flying double front kick.
Mate - [ma-tay] - stop.
Mawashi geri - [may wa she gerry] - roundhouse kick.
Mawatte - [may-wa-tay] - turn.
Me - [my] - eye.
Mokuso - [mo-koo-so] - meditation.
Moroto zuke - [mo-roe-toe-zoo-key] - double front punch.
Mudansha - [mu-don-sha] - all ranks under black belt.
Musubi dachi - [moo-due-ba-da-chee] - attention position with heels together.
Naka daka ippon ken zuki - strike with knuckle of 2nd finger.
Naore - [nay-o-ray] - The command to move into musubi dachi.
Nagashi zuki - [na-ga-she-zoo-key] tobi junzuki with side step and feet at 90 degree angle.
Neko dachi - [knee-co-da-chee] - Cat stance, on ball of front foot. Shorter than Neko ashi dachi.
Neko ashi dachi - [knee-co-ah-she-da-chee] - ball of front foot with heels in line. First move in Pin An Ni Dan kata.
Nihonchi dachi - [knee-hon-chee-da-chee] - stance shoulder width but with feet turned in.
Nukite - [nu-ka-tay] - open hand stike using finger tips.
Obi - [o-be] - belt.
Pinan - [pin-an] - name given to 1st five formal Wado katas.
Rei - [ray] - bow.
Ryu - [rue] - school or style.
Seiken - [say-can] - closed fist.
Seiken zuki - [say-can-zoo-key] - a punch with a closed fist.
Seiretsu - [say ret-sue] - command to line up.
Saisan dachi - [say-san-da-chee] - stance for reverse punch.
Seiza - [say-za] - command to kneel.
Senpai - [sin-pie] - senior.
Senpai ni rei - [sin-pie-knee-ray] - bow to seniors.
Sensei - [sen-say] - chief instructor, head of a school.
Sensei ni rei - command to bow to the Sensei.
Shiko dachi - [she-co-da-chee] - open stance, toes out.
Shomen ni rei - [show-men-knee-ray] - bow to the front.
Shote - [show tay] - a strike made with the heel of the hand.
Shuto uke - [shoe-toe-oo-key] - block made with knife edge of the hand.
Shuto zuki - strike made with knife edge of the hand.
Sokuto - [so-ku-toe] - the knife edge of the foot.
Tachi rei - [ta-chee-ray] - standing bow.
Taisabaki - [ta-sue-ba-key] - the practice of moving to avoid and opponents attack.
Tae uke - [tay-oo-key] - hand position where one arm is across the chest, parallel to it and the floor. The other hand is in hikite.
Tate - [taa-tay] - A vertical fist strike.
Teitsui uke - [tet-sue-e-oo-key] - hammer fist block.
Teitsui zuki - [tet-sue-e-zoo-key] - hammer fist strike.
Tobi - [toe-be] - jump.

Tobi komi zuki - [toe-be-co-me-zoo-key] - combination skip, lunge punch; feet start from "L" shape stance.

Tobi mae geri - [toe-be-may-gerry] - jumping front kick.

Torre - [tor-ray] - attacker.

Uchi uke - [oo-chee-oo-key] - a block similar to so to uke except it goes outside in.

Uchiken - [oo-chee-ken] - under punch.

Ude uke - [oo-da-oo-key] - a block similar to soto uke except outside in, using the back hand.

Uriken - [oo-re-ken] - a strike made with back knuckles of a closed fist.

Ushuri geri - [u-sure-ee-gerry] - back kick.

Wado - [wa-doe] - way of peace or way of harmony.

Wado Ryu - Wado style.

Wa-No-Nichi - [wa-no-me-chee] - way of peace or harmony.

Waza - [wa-za] - technique.

Yame - [ya-may] - command to recover.

Yohan nukite - [yo-hon-nu-ke-tay] - four finger spear hand.

Yoi - [yo-ee] - command to move from attention position to ready position.

Yoko geri - [yo-ko-gerry] - side kick.

Yoko tobi geri - jumping side kick.

Yudansha - [u-don-sha] - black belt

Zanshin - [zan-shin] - This word is the most important idea you will try to learn in karate. It means keenness of mind or mental alertness at ALL times.

Zenkutsu dachi - [zen-koo-sue-da-chee] - half front stance. The stance of the technique junzuki.

Zuki - [zoo-key] - punch or strike.

JAPANESE COUNTING

One	Ichi (e-chi)	Eleven	Ju ichi
Two	Ni (knee)	Twelve	Ju ni
Three	San (san)	Thirteen	Ju san
Four	Shi (she)	Fourteen	Ju shi
Five	Go (go)	Fifteen	Ju go
Six	Roku (roe-koo)	Sixteen	Ju roku
Seven	Shichi (se-chee)	Seventeen	Ju shichi
Eight	Hachi (ha-chee)	Eighteen	Ju hachi
Nine	Kyu (koo)	Nineteen	Ju kyu
Ten	Ju (jew)	Twenty	Ni ju
Thirty	San ju	Forty	Yon ju
Fifty	Go ju	Sixty	Roku ju

RANKING SYSTEM:

9th kyu	Mu-kyu	White belt
8th kyu	Hachi kyu	Gold belt
7th kyu	Shichi kyu	Orange belt
6th kyu	Roku kyu	Blue belt
5th kyu	Go kyu	Purple belt
4th kyu	Yon kyu	Green belt
3rd kyu	San kyu	Brown belt
2nd kyu	Ni kyu	Brown belt
1st kyu	Ik kyu	Brown belt
1st Dan	Sho dan	Black Belt
2nd Dan	Ni Dan	Black Belt.
3rd Dan	San Dan	Black Belt.
4rd Dan	Yon Dan	Black Belt.
5rd Dan	Go Dan	Black Belt.
6 th Dan	Roku Dan	Black Belt

WADO KATAS:

8th kyu (gold)	5th kyu (purple)	2nd kyu	2nd Dan
Ippon Katas	Pin An San Dan	Nihanchi	Wanchu
First Basic	Amoto Katas		Rohai
7th kyu (orange)	Pin An Yon Dan	1st kyu	3rd Dan
Third Basic	4th kyu (green)		Saisan
Second Basic	Pin An Go Dan		Jette
Pin An Ni Dan	Ni Sai Shi		Tisu No Waza
6th kyu (blue)	3th kyu (brown)	1st Dan Black Belt	4th Dan
Pin An Sho Dan	Ku Shan Ku	Chinto	Jion
Kiso Kumite Kata	Kihon Kumite Katas	Basai	Knife Kata

*(More information concerning our style and federation may be found on the web-site: www.pulaskikaratecenter.com)

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