



DAL KARATE CLUB

The Dal Karate Club is an affiliate of the Halifax-International Shotokan Karate Federation, (Halifax -ISKF) a non-profit karate club dedicated to the promotion of Karate-do — The Way of the Empty Hand — founded by Master Gichin Funakoshi. Our club has been in existence on the Dalhousie campus since 1979 when Sensei Tony Tam (B.Comm, Hon. '82 , LLB'85) opened the dojo as a Dal student followed by brother Danny (DDS'85) in 1981. The club is designed to meet the needs of the university and surrounding community.

The Halifax -ISKF serves as headquarters for ISKF Nova Scotia. We're now the largest Shotokan karate organization in Atlantic Canada. There are also clubs in metro at Saint Mary's University, Tantallon, Prospect and Dartmouth. Classes are also taught at CP Allen High School and Lockview High School as accredited school courses by senior members of the club who are teachers at the schools.

The Dal club offers a full-range of classes, for children, university students and adults at beginning, intermediate and advanced levels. New students can register for beginner classes at our dojos in January and September of each year. The Saint Mary's club is reserved for university students only does not offer children's classes.

The club is governed by the rules and regulations of the International Shotokan Karate Federation ("ISKF"). So, when you join our club here in Halifax, you're also joining the ISKF. It's a huge international community. The Halifax-ISKF is affiliated with more than 80 clubs in Canada and 300 in the United States. The ISKF has more than 50,000 members in North America.

Several other spirited groups affiliated with the ISKF are practicing Shotokan throughout the province, including dojos in Truro, Cape Breton and Yarmouth.



What is Karate?

The literal translation of karate is "empty hand". "Kara" is empty and "te" is hand. On the surface, then karate is a martial art employing the use of the body, without the aid of weapons or tools, for the purpose of striking, blocking, or otherwise hitting a target using various parts of the body including the hands and feet. Karate is also known as "karate-dō". Literally, this means "the Way of the empty hand". It is the addition of "dō" which gives balance to the meaning of karate. Karate-dō is a martial art for the development of character and the mind through physical training. It is this aspect which elevates karate-dō beyond that of a sport such as boxing or other combative forms.

Karate is a life long training, in and outside the dojo. The physical training includes the practice of *kihon* (fundamental techniques of stances, blocks, strikes, kicks and punches), *kata* (co-ordinated series of karate techniques in a preset pattern and series of forms) and *kumite* (sparring or training methods to apply karate techniques against one or more opponents). Essential to the practice of karate is control of technique which means a strike, punch or kick is held about 3 centimetres from the target but applying maximum power to the technique. Through proper training, it has been said that a karate technique can "kill with one blow" (*ikken hissatsu*). However what this really means is that through proper application of power, a karate practitioner or karateka can inflict serious injury to an opponent with one technique. Each technique requires speed, power, timing, rhythm, proper expansion and contraction of the muscles, connection of the hips and body parts which ultimately results in focus (*kime*).

Master Masatoshi Nakayama, the first chief instructor of the Japan Karate Association, considered the following essential element of karate in his authoritative series, *Best Karate*:

"The essence of karate techniques is *kime*. The meaning of *kime* is an explosive attack to the target using the appropriate technique and the maximum power in the shortest time possible."

The development of *kime* is another aspect which sets karate apart from other fighting forms such as boxing or wrestling. Through the proper use of expansion and contraction of muscles, breathing, and technique, a karateka can generate more force and energy than that of a boxer or a wrestler of equal or greater size.

Training without development of one's character and spirit results in an imbalance. Karate is a pursuit of perfection of the spirit and character. The symbol for "kara" should not be construed strictly with "te". "Kara" originally meant "Chinese". Master Funakoshi changed the symbol to the Japanese ideogram of "kara" meaning "emptiness". The empty in this context is the development of character and mind. In fact the mind becomes clear or "empty" through proper karate training. The emptiness concept of "kara" attaches the emptiness of mind or "mushin", empty and clear mind. We train to clear our minds of fear, stress, nervousness and thoughts that clutter our thinking and ability to react quickly to an attacker. The concept can be applied to our everyday lives, in work or studies. A clear mind means that a karateka must be humble, gentle, unselfish and above all be courteous. Through a clear mind, one learns self control, dedication and determination. Master Nakayma recognized that, "it is not enough to fight with all one's power; the real objective in karate-dō is to do so for the sake of justice" ... "The first purpose in pursuing this art is the nurturing of a sublime spirit, a spirit of humility".

Therefore karate is more than winning a competition, defeating an opponent or obtaining a black belt. Indeed, it is a part of life itself for which those pursue it as part of one's path in life will find spiritual development and perfection of character. Karate-dō is the unity of mind and body. To achieve the perfection of character, however, it is necessary to train hard and regularly but over time the body ages and physical development is diminished. Development of the spirit and character is boundless and without limit.

Karate really isn't about breaking boards, or being the toughest kid on the block. Ideally, karate training lasts a lifetime and helps build a complete person, strong in mind, body and spirit.

The club's main goal is to enhance the physical and mental skills of each student, which can only be achieved through long hours of training. Over time, the body becomes stronger, and movements become smoother and more graceful, regardless of age or natural athleticism. Perhaps more importantly, senior students find that karate helps them concentrate and focus their energies. It's rewarding but it comes

slowly, one step at a time. To discern the true nature of Karate-do, all it takes is regular training and a positive attitude.

Instructors

Tony Tam, a Halifax lawyer, is Chief Instructor and founder of the Dal Karate Club, SMU Karate Club, Halifax-ISKF and the ISKF of Nova Scotia. He's a 7th-degree black belt who has taught Shotokan since 1974. Sensei Tam was six-time Maritime Regional Kata Champion and has won a medal in each year that he competed as part of the Nova Scotia Kata Team at the Canadian National Championships (1982,1983,1984,1987,1993 and 2002).

Danny Tam, a Halifax dentist, is Vice Chief Instructor. Sensei Tam also holds a 7th-degree black belt with more than 35 years of teaching experience. Sensei Tam has extensive experience in national and international competitions, was two-time Maritime Kata Champion (1987-88), and was a member of the winning Nova Scotia Kata Teams as well. Both Tam brothers are Dalhousie graduates.

Both Sensei Tams are internationally recognized Official Certified ISKF Instructors, Examiners and Judges. They were both inducted into the inaugural Master Gichin Funakoshi Hall of Honour for their life time achievements and contributions to karate in Canada at the 25th anniversary celebrations of the ISKF in Canada in Toronto on Oct. 8, 2005.

The organization is also fortunate to have many senior black belts instructing at the various clubs including Paul Gareau, 6th dan and Fraser Kennedy, 5th dan (Dartmouth), Andy Allen, 5th dan (CP Allen High School), Dr. Sam Campbell, 5th dan (Halifax), Loretta Li, 4th dan (Halifax), Jake Crawford, 4th Dan (Lockview High School), Marc Scarfone, 4th dan and Erin Cain, 3rd dan (Halifax Youth classes), Craig Finney, 4th dan, and Shannon Doane, 4th Dan (SMU), Dr. Thomas Trappenberg, 3rd Dan (Prospect) and Alex Day, 3rd dan (Tantallon).



Senseis Tony and Danny Tam, 7th Dans

History of Martial Arts and the ISKF

Martial arts first emerged 1,200 years ago, when Boddhidharma travelled from India to China's Shaolin monastery to teach Zen Buddhism. By adopting Dharma's rigorous training methods — eventually refined into the art known as Shaolin — the monks developed legendary physical, mental, and spiritual prowess. History is confused, but most believe Shaolin spread throughout Asia, merging with local martial art traditions. In Korea, Tae Kwon Do — a forceful fighting method known for varied kicking techniques — developed. Shotokan karate can trace its origins to Okinawa, a tiny island off Japan's coast, where weaponry had been banned by a succession of feudal lords. Various martial arts styles — called Tote, or Te (meaning hand) — were practiced secretly for generations.

In the late 1800s, Gichin Funakoshi, an honoured Okinawa school teacher and poet, fused Tote styles learned from two masters. When martial arts were finally taught openly, Master Funakoshi travelled to Japan to demonstrate what he later called Karate-do — way of the empty hand — before a Ministry of Education exhibition in 1922. His audience was so impressed that Funakoshi stayed, teaching at Japanese universities. Karate became a widely-practised Japanese martial art, and Funakoshi's style was called Shotokan, after his pen name.

Shoto means “pine waves”, referring to the gentle breezes rippling through the forests at Mount Torao (Tiger's Tail), where the master travelled to meditate. So even the Shotokan tiger, our traditional emblem, has a double meaning, symbolizing a skilled karateka's decisive attacks, and highlighting karate's spiritual nature.

The designation karate is equally subtle. In writing *kara*, Funakoshi chose Japanese characters that, in Zen Buddhist philosophy, mean “to render oneself empty.” That's when students are open to knowledge.

Today, many “styles” of karate exist, with Shotokan generally regarded as the form embodying the most traditional aspects of the martial arts.

The Japan Karate Association (“JKA”) was founded in 1955 by Funakoshi and a few of his most dedicated students. The late Master Nakayama, a ninth-degree black belt, was one of these students, and he was Chief Instructor of the JKA from 1957 until his death in 1987.

The ISKF Nova Scotia and member clubs are directly governed by the ISKF. The ISKF was founded by Master Teruyuki Okazaki, 10th-degree black belt who was one of Master Funakoshi's leading students and one of the highest ranked Masters under the JKA. Mr. Okazaki immigrated to the USA to spread the art of karate in the early

1960's. He has visited our Nova Scotia region each year since 1974 to conduct training clinics and gradings.



Master Okazaki, 10th Dan, with ISKF NS Instructors



Black belt exam

Belt Ranks

The JKA has nine *kyu* levels, and nine *dan* or black belt levels, as follows:

Kyu Rankings

Rank	Belt Colour	Min. Time to test after last test
9th kyu	White	3 months
8th kyu	Yellow	3 months
7th kyu	Orange	3 months
6th kyu	Green	3 months
5th kyu	Purple	3 months
4th kyu	Purple	3 months
3rd kyu	Brown	3 months
2nd kyu	Brown	3 months
1st kyu	Brown	12 months

Dan Rankings

Rank	Belt Colour	Min. Time to test after last test
Shodan	1 st Black	1 year
Nidan	2nd Black	2 years
Sandan	3rd Black	3 years
Yondan	4th Black	4 years
Godan	5th Black	5 years

To advance through the ranks, each student or karateka is judged by one or more official black belt examiners on techniques he or she learns in class. The results are evaluated, and a grade is assigned. Each successful applicant is awarded a certificate of rank. This serves as a formal and official verification of rank within the ISKF, and is valid in any ISKF dojo or training hall throughout the world.

But it's important to realize that belt colours serve only as an indication of each student's progress in the dojo. Belt colours aren't a sign of authority. All students are expected to behave in a respectful manner, regardless of rank.

Responsibilities — Instructors and Students

Chief Instructors Tony Tam and Danny Tam are referred to as Sensei (meaning: the one who came before thus teacher) in and out of the dojo. Black-belt assistants are referred to as “Sempai”, which is a traditional greeting given to senior instructors.

By its very nature, a karate class is made up of students of all levels of expertise and ability. The club doesn't place great emphasis on any student's athletic ability. Students are evaluated on attitude, sincerity and willingness to train hard.

It's important to realize that all students, including beginners, are vital to the health and spirit of the club, and so each person should command equal respect from all other students — regardless of rank or ability. However, there is a hierarchy of kyu or dan levels, and junior students are expected to show formal respect to senior ranks, recognizing their contribution to Karate-do.

Our instructors will be patient and attentive for the first few years of a student's training. As karateka become technically proficient and achieve senior ranks, they are expected to offer their time to help new students train. This is an important aspect of an advanced student's instruction.

Proper Dojo Dress

After a few months, beginning students are expected to train in the traditional white karate gi which represents the purity of intention and equality of each student. No patches or other embroidery is permitted on gis, excepting the official ISKF crest.

Proper Dojo Behaviour

The atmosphere in a dojo can be strict and disciplined, long considered a fundamental necessity for the learning of any martial art form. Although many new students don't initially understand the need for such rigidity, it does further one's karate training, and helps promote a strong sense of spirit and serious purpose.

That's why every dojo has certain rules, and the club is no exception.

Each student should:

1. Have a clean gi.
2. Be properly dressed in a gi and on the floor before class begins.
3. Remove all jewellery.
4. Bow before entering and leaving the dojo.

5. **Bow when Sensei enters the dojo at the beginning of class, and whenever approaching the Sensei or Sempai.**
6. Observe the rules and regulations of the ISKF.

Each student should not:

1. Enter the dojo chewing gum.
2. Talk with other students during class.
3. Engage in any violent actions, in or out of the dojo, that will reflect shamefully on the Sensei, the club, or the ISKF.
4. Leave the dojo during class without permission. That includes getting a drink.
5. Physically or verbally abuse another student for any reason.

A few other important points will help make the club run smoothly.

1. Personal relationships with other students are to be kept out of the dojo.
2. All students must relate to each other in a respectful and mature manner, regardless of rank. If you aren't familiar with proper dojo etiquette, observe senior black belt students and follow their example. Or ask their advice.

Dojokun

Master Funakoshi defined five important principles about achieving Karate-do, about living an honourable life. Each student should reflect on the meaning of the Dojokun while repeating them in unison in English and Japanese at the end of each training session. They are:

1. **Seek Perfection of Character**
Hitotsu! Jinkaku kansei ni tsutomuru koto!
(One thing: To strive for the perfection of character)
2. **Be Faithful**
Hitotsu! Makoto no michi o mamoru koto!
(One thing: To keep up the paths leading to the truth)
3. **Endeavour**
Hitotsu! Doryoku no seishin o yashinau koto!
(One thing: To achieve strength of will)
4. **Respect Others**
Hitotsu! Reigo o omonzuru koto!
(One thing: To set a high value on decorum)
5. **Refrain from Violent Behaviour**

Hitotsu! Kekki no yu o imashimuru koto!
(One Thing: To avoid hot-headed, uncontrolled courage)

Special Events

The club frequently host training clinics taught by respected guest instructor Master Okazaki, 10th dan. Annual training camps are also held during the summer months in North America. Additionally, various ISKF competitions help make membership in the club interesting and challenging for karateka at all levels.

Members of the Dal Karate Club compete at the Canadian National Championships held each year individually and as members of the Nova Scotia Team winning medals in nearly every year that they have competed.

The club hosts many social events throughout the year as part of fund raising campaigns to send members to training camps and the national championships. It is a great way for members to interact outside the dojo.

Examinations

Examinations are given approximately four times per year. Students are encouraged to attend class and grade regularly, assuming a 75 per cent attendance between exams. The instructor will let you know if you meet the requirements.

Training Aids

The club offers an extensive collection of written material, videos, training equipment, and information to supplement formal lessons. Sensei Tam encourages beginning students to study the history of Karate-do and the ISKF.

Terminology

ichi	one
ni	two
san	three
chi	four
go	five
roku	six
chich	seven
hachi	eight
gu	nine
ju	ten
yoj	ready position



hashime	begin
yame	return to ready position
naore	relax
rei	bow
osu	"I will try hard", to acknowledge the instruction or show respect

chudan	middle level (stomach)
gedan	lower level (groin)
jodan	upper level (chin)

Kiai manifestation of the ki (simultaneous union of spirit and expression of physical strength)

Kime application and focus of power and spirit

Stances

zenkutsu-dachi	front stance
kiba-dachi	side stance
kokutsu-dachi	back stance
shizen-tai	natural stance

Blocks (*Uke*)

gedan barai	downward block
soto ude uke	outside inward forearm
uchi ude uke	inside outward forearm
age uke	rising block
shuto uke	knife hand block

Strikes (*Uchi*)

empi uchi	elbow strike
nukite	spear hand strike
uraken	back fist strike

Punches (*Zuki*)

gyaku zuki	reverse punch
oi zuki	lunge punch
ura zuki	short punch
kage zuki	hook punch
mawashi zuki	round punch

Kicks (*Geri*)

mai geri	front snap kick
mawashi geri	roundhouse kick
yoko geri keage	side snap kick
yoko geri kekomi	side thrust kick

ushiro geri	back kick
mikazuki geri	crescent kick

Kata (#movements)

Shitei

Heian Shodan(21), Heian Nidan(26), Heian Sandan(20), Heian Yondan(27), Heian Godan(23), Tekki Shodan(29)

Sentei

Bassai Dai(42), Kanku Dai(65), Jitte(24), Hangetsu(41), Empi(37)
Tekki Nidan(24), Tekki Sandan(36)
Gankaku(42), Jion(47)

Advanced Kata

Bassai Sho (27), Kanku Sho (47), Chinte (33), Unsu (48), Sochin (40), Nijushiho (33), Gojushiho Dai (62), Gojushiho Sho (65), Meikyo (33)

KUMITE (sparring)

Sambon kumite

3 steps

Ippon kumite

1 step

Jyu ippon kumite

1 step semi free

Jyu kumite

Free sparring