



*OFFICIAL TRAINING MANUAL*

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Version 2013a

[www.budoshinkai.com.au](http://www.budoshinkai.com.au)  
[www.bkj.net.au](http://www.bkj.net.au)

**CODE OF ETHICS**

1. I will always show respect for Hanshi and the Instructors of Budoshinkai Karate-Jitsu and my loyalty will always be bound to the organisation.
2. I will always abide by the rules and regulations and will set a fine example for all junior ranks to follow.
3. I will always strive for technical perfection and will train Budoshinkai Karate-Jitsu in the true meaning of self defence.
4. I will show my dedication to the organisation by contributing my own ideas and services that would further enhance the organisation's progress.
5. I will never disgrace Budoshinkai Karate-Jitsu and will pursue the highest level of integrity at all times.

## **WELCOME**

Budoshinkai Karate-Jitsu (BKJ Martial Arts) welcomes you as an official member of our organisation. Budoshinkai is Karate-Jitsu translated to mean 'Self Defence Karate' or 'Combat Karate'.

Although there are many other martial arts schools around, this school has a lot to offer because of its commitment to both Karate and Jiu Jitsu. In addition the school also specializes in Reality Based Self Defence, Kickboxing and Brazilian Jiu Jitsu.

## **DR. GEORGE ADAMS, HANSHI**

The founder of Budoshinkai Karate is Dr. George Adams. The title 'Kyoshi' is a prestigious title, in the world of martial arts, which was awarded to Dr. Adams by Dr. Fredric Absher (Black Belt 9th Dan) Head of the 'Kojosho Karate Shinkokai' (look for historical lineage). The titles of 'Renshi', 'Kyoshi' and 'Hanshi' can be granted by very few organisations in the world such as the Kojosho Shinkokai or the Dai Nippon Butokokai. In 2012, the 'Hanshi' title was awarded to Dr. Adams for his surpassed skills and experience in the martial arts.

Dr. Adams, who has over 38 years experience in martial arts, is a Black Belt 8th Dan who has been graded by five 10th Dan Black Belt Grandmasters. An honorary 'Doctor of Science' was awarded to Dr. Adams on the 8 January, 1994 by the Eurotechnical Research University and, eventually, put the years in study to obtain a PhD.

Dr. Adams is an internationally recognised martial arts instructor and has extensively travelled the United States of America. He has conducted numerous international martial arts seminars including the Detroit Police Department, Ohio State Highway Patrol, Swanton Police Department and the U.S. Coastguard. He has also been inducted into the Gallery Hall of Fame together with super martial arts movie star, Eric Lee. He has been training and working very closely with International Martial Arts Movie Star, Soke 'Richard Norton, the best all round martial artist in the world' (Chuck Norris).

## **THE BUDOSHINKAI KARATE SYSTEM**

Budoshinkai Karate is a Mixed Martial Art system:

<i>Level 1:</i>	<i>Neo Traditional Karate</i>
<i>Level 2:</i>	<i>Jiu Jitsu</i>
<i>Level 3:</i>	<i>Reality Based Self Defence</i>
<i>Level 4:</i>	<i>Kickboxing/Thai Boxing</i>
<i>Level 5:</i>	<i>Brazilian Jiu Jitsu/Mixed Martial Arts (non compulsory)</i>

The strength of the Budoshinkai Karate system lies in the fact that this combination is adaptable to the many possible situations the student may encounter in the real world. The student is encouraged to train all components. Budoshinkai means 'The True Way of The Warrior'. It is about accomplishing beyond one's mental and physical limitations in the true spirit of martial arts.

It is generally recommended that the student attend a minimum of 2 classes a week (approximately 1.5 hours for each class). The student should supplement this with one session a week in private in order to gain the best possible results from their training. Stretching sessions should also be included in the training programme. This not only enhances martial arts training but also contributes to overall health. These health benefits persist into the later years.

All classes are conducted in a friendly atmosphere. The standard of training expected of each student is dependent on age, conditioning, prior experience etc. This, combined with a gradual progression in the difficulty of techniques taught, prepares the student for the introduction of advanced techniques. Classes are not intended to be physically extreme, however it is expected that each student will perform to the best of their ability.

Budoshinkai Karate can offer many benefits including:

*self defence*  
*aerobic and anaerobic fitness*  
*strength*  
*mental and physical well being*  
*self discipline*  
*confidence*  
*character enhancement*  
*self esteem*  
*sportsmanship*  
*friendship*

Good luck with your training and, on behalf of Budoshinkai Karate, we wish you a long and happy association with our organisation.

#### **DEFINITION OF BUDOSHINKAI**

BUDO

(The Martial Way)

SHIN

(True, Truth, Authentic)

KAI

(Association)

*'The True (Authentic) Way of the Martial Arts'*

*or*

*'School of the True Martial Way'*

#### **THE DEFINITION OF BUDO**

"Military Way" or "Way of Fighting". Spiritually related systems, not necessarily designed by or for warriors, for self defence. Budo is a generic term compassing all of the Japanese 'do' (way) arts, which are largely 20th century offspring stemming from concepts that can first be positively identified about the mid-18th century.

#### **BUDOKA**

"Military Art Person". Any follower of the budo doctrine belonging to such arts as aikido, kendo, karate-do, iaido and kyudo.

## THE INSTRUCTORS OF BUDOSHINKAI

1. Dr. George Adams, Hanshi  
Chief Instructor  
Black Belt 8<sup>th</sup> Dan Budoshinkai Karate  
Black Belt 5<sup>th</sup> Dan Jiu Jitsu  
Black Belt 7<sup>th</sup> Degree Tae Kwon Do  
Black Belt 4<sup>th</sup> Degree Sikaran and Arnis  
Thai Kickboxing KRU level  
*(also certified by 3 World Champions)*  
Ukidokan Kickboxing Level 1  
*(certified by World Champion Sensei Benny Urquidez)*  
BJJ Purple Belt *(JJ & Rigan Machado, Richard Norton and John Will)*
2. Dr Chris Tsolakis, Renshi  
Black Belt 5<sup>th</sup> Dan Budoshinkai Karate  
Black Belt 4<sup>th</sup> Dan Senjitsu Karate  
Black Belt 1<sup>st</sup> Dan Zen Chi Ryu Karate
3. Andrew Roy Hess, Renshi  
Bundaberg, QLD  
Black Belt 4<sup>th</sup> Dan
4. Victor Matos, Renshi  
Black Belt 4<sup>th</sup> Dan Budoshinkai Karate
5. Darren Grieve, (Qld)  
(Rainbow Beach)  
Black Belt 3rd Dan Budoshinkai Karate  
BJJ Purple Belt
6. Richard Payne (Qld)  
Black Belt 3<sup>rd</sup> Dan Budoshinkai Karate
7. John Ellis, Renshi  
Black Belt 3<sup>rd</sup> Dan Budoshinkai Karate  
Black Belt 3<sup>rd</sup> Degree Tae Kwon Do  
BJJ Blue Belt
8. Timothy Ellis, Renshi  
Black Belt 3<sup>rd</sup> Dan Budoshinkai Karate  
Black Belt 3<sup>rd</sup> Degree Tae Kwon Do  
BJJ Blue Belt
9. Jonathan Adams  
Black Belt 2<sup>nd</sup> Dan Budoshinkai Karate
10. Mark Szalajko  
Black Belt 3rd Dan Budoshinkai Karate
10. Dean Taylor (Qld)  
Black Belt 2nd Dan Budoshinkai Karate
11. Lee Bird (Qld)  
Black Belt 1st Dan Budoshinkai Karate
12. Franc Boey  
Black Belt 1st Dan Budoshinkai Karate

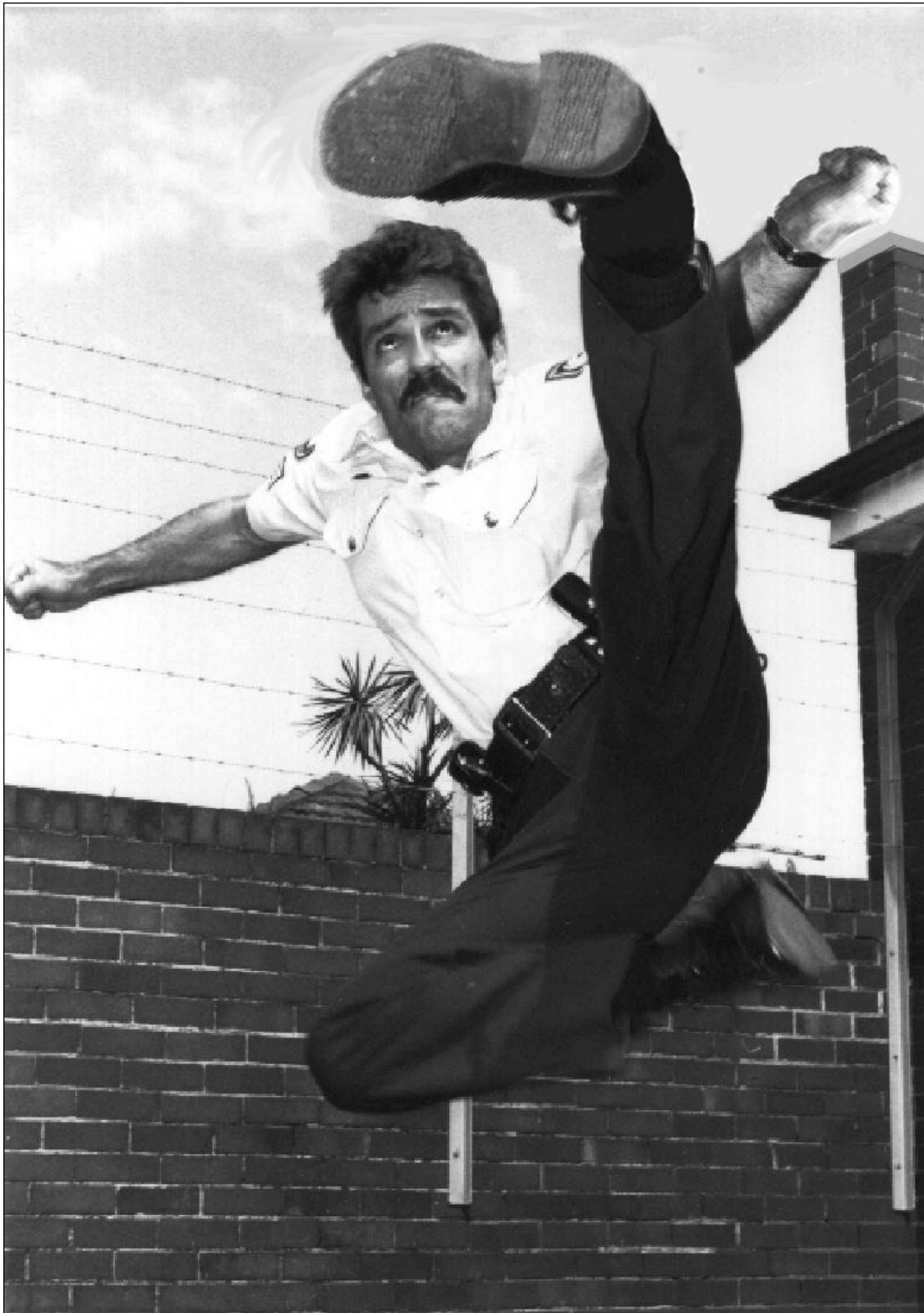
## **DR. ADAMS: PERSONAL RÉSUMÉ**

### *Certifications Held.*

- Black Belt 8th Dan Karate (International Kojosho Karate Federation, 18 Postures Mind & Body Boxing Association, World Martial Arts Council and the United States Karate Alliance)
- Hanshi title
- Black Belt 5th Dan Jiu Jitsu
- Black Belt 7th Degree Tae Kwon Do
- Black Belt 4th Degree Sikaran
- Black Belt 4th Degree Amis
- Muay Thai Kickboxing Instructor (Certified by 3 World Champions) & KRU level
- Purple Belt Brazilian Jiu Jitsu (JJ & Rigan Machado, Richard Norton and John Will)

### *Positions Held & Personal Achievements:*

- Oceanic Pankration Head Referee (non active)
- Twice inducted ISKA Hall of Fame 2001, 'Lifetime Achievement Award' and 'Karate Instructor of the Year' Sydney, Australia
- Inducted in the Gallery Hall of Fame, 1995 Cleveland, USA
- Chairman International Advisory Board of Eurotechnical Research University (Resigned)
- Former Vice Chancellor of the Australian College of Martial Science (Resigned)
- Executive Director of the World Martial Arts Council (Australia)
- National Director of the International Kojosho Karate Federation (IKKF)
- Former National Director World Congress of Karate & Kung Fu Martial Artists
- National Director of the Australian Police Karate-Jitsu Association
- National Director 1995 Australian Goodwill Games
- Former NSW Director of the United States Karate Association International
- NSW Vice President of the International Sports Karate Association (ISKA)
- Holder of Numerous Titles in Full Contact Karate, Kata and Self Defence)
- Former Secretary of the United Karate Federation of Australia
- Former Vice President of Sikaran Arnis International
- Sergeant of Police
- Corporal (retired) Royal Australian Airforce Reserve
- Educational Qualifications include Doctor of Philosophy (PhD), Doctor of Science (DSc Honorary), Master of Science, Bachelor of Social Science (BSSc), Associate Diploma in Criminal Justice (A/Dip Crim. Justice) and Electronics Engineering Certificate
- Featured in Movies: 'The Punisher', 'The Saint In Australia' and 'Harbourside Beat' and many other television films.
- Featured in Numerous Newspapers (including front pages) as the 'Karate Kop', and in Martial Arts and Police Magazines.



Sergeant George Adams, executing a high flying side kick at the back of a Sydney Police Station in full uniform for the media in 1992. Known as the 'Karate Kop'.

## **RULES AND REGULATIONS**

1. The Budoshinkai Code of Ethics is to be adhered to at all times.
2. The Chief Instructor (George Adams) is to be addressed as 'Dr Adams' or 'Hanshi'. All other Instructors are to be addressed by their title and first name eg Renshi Victor.
3. You must bow when entering or leaving the dojo (gym).
4. Do not talk in the dojo whilst class is in progress.
5. Do not place your hands on your hips or fold your arms during class when the Instructor is teaching.
6. Turn around when your uniform needs adjusting. Avoid doing this during the execution of techniques.
7. If you are late for class you must bow when first entering the dojo. When you are ready to commence training you are required to stand adjacent to the front of the class and wait for the Instructor to bow you in.
8. If you are feeling sick or need relief, stand at attention, raise your right arm and wait for the Instructor's acknowledgement unless it is an emergency.
9. Never walk in front of or through the middle of the class whilst in progress.
10. Gi's (uniforms) or belts are not to be undone during rest periods.
11. When spoken to by the Instructor you should acknowledge them with discreet gestures only. Do not speak unless invited to do so.
12. Personal appearance is most important especially on grading days.
13. No jewellery of any kind is to be worn during training (expect for special reasons).
14. Rash guards and T-shirts may be worn under Karate uniform but are not to be endorsed with inappropriate logos or words.
15. Black pants with is an option for females only unless a Brown Belt.
16. No eating or chewing gum during training.
17. Mobile phones to be switched off or left on silent during classes.

## **FOREWORD BY RENSHI VICTOR MATOS, RENSHI**

Budoshinkai Karate is one of the most dynamic Karate and Jiu Jitsu systems in this country. It's a complete martial art in that it combines the most effective movements of both traditional and neo-traditional Karate, no nonsense combat street self defence and Kickboxing.

Dr. Adams has been training in the martial arts for over 38 years and is highly qualified in Japanese Karate, Philippine Martial Arts, Jiu Jitsu, Tae Kwon Do and Amis (Stick Fighting). He is also accredited in Muay Thai by 3 World WKA Kickboxing Champions:-

- i) Sakad Petchyindee (320 professional fights)*
- ii) Alex Tui (40 professional fights)*
- iii) Saksakun Shakshunalung (260 professional fights)*

Dr. Adams has won and placed in numerous Karate Tournaments:

### *1<sup>st</sup> Place*

1. 1997 'Best Of The Best' Kata
2. 1995 US Nationals & World Cup Trials Demonstration (Ohio, USA)
3. 1995 Australian Goodwill Games International (Challenge from Russia)
4. 1994 WCKKMA World Championships Open Black Belt Sparring (Ohio, USA)
5. 1994 WCKKMA World Championships Master's Black Belt Kata (Ohio, USA)
6. 1994 WCKKMA World Championships Black Belt Self Defence (Ohio, USA)
7. 1994 Queensland All Styles Martial Arts Expo Black Belt Open Sparring (Bundaberg)
8. 1993 CCP Karate Internationals Black Belt Division Kata
9. 1993 CCP Karate Internationals Grand Champion Kata
10. 1993 CCP Karate Internationals Full Contact Karate
11. 1993 UKFA Black Belt Division Kata (Newcastle)
12. 1992 'Jez Promotions' Kickboxing Pro. Rules (Super Middleweight)
13. 1991 UKFA Black Belt Division Full Contact Karate (Middleweight)
14. 1991 UKFA Black Belt Division Kata
15. 1990 UYFA Black Belt Division Full Contact Karate (Middleweight)
16. 1990 UKFA Black Belt Division Kata
17. 1990 FMA Open Division Kata
18. 1990 UKFA Black Belt Division Kata
19. 1989 IKK NSW Open Kata
20. 1989 IKK NSW Open Self Defence
21. 1989 SAI NSW Open Division Kata
22. 1989 SAI NSW Open Division Self Defence
23. 1989 UKFA NSW Black Belt Division Kata
24. 1988 SAI NSW Open Division Full Contact Karate (Heavyweight)
25. 1988 SAI NSW Open Division Self Defence
26. 1988 SAI NSW Open Division State Kata
27. 1988 IKK NSW Open Division Self Defence
28. 1988 IKK NSW Open Division Kata
29. 1987 Koshu Kempo Karate Open Division Contact Karate (Middleweight)
30. 1986 Kenpo Karate Open Division Contact Karate (Middleweight)
31. 1986 Kenpo NSW Open Division Kata



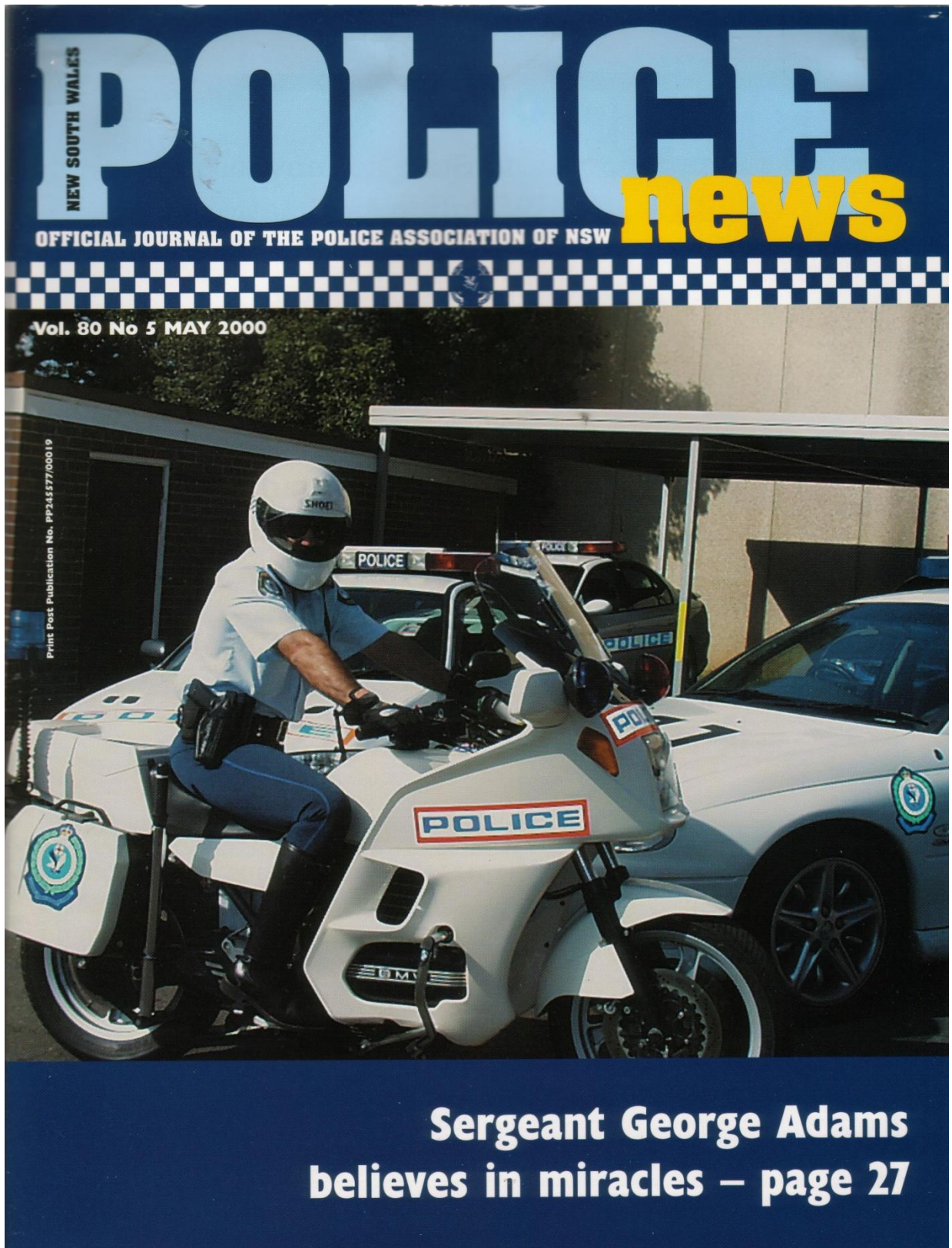
### *2nd Place*

1. 1994 WCKKMA World Championships Black Belt Middleweight (Ohio, USA)
2. 1994 Queensland All Styles Martial Arts Expo Black Belt Kata (Bundaberg)
3. 1994 Queensland All Styles Martial Arts Expo Weapons Kata
4. 1994 Queensland All Styles Martial Arts Expo Team Event
5. 1993 USKA Queensland State Black Belt Kata (Brisbane)
6. 1993 USKA Queensland State Veterans Kata (Brisbane)
7. 1993 UKFA Black Belt Division Full Contact Karate (Newcastle)
8. 1993 International Kempo Karate Black Belt Division Kata
9. 1993 USKA North Queensland Senior Division Kata (Townsville)
10. 1989 UKFA Black Belt Division Self Defence
11. 1989 Open Kaigan-Kan Karate Open Division Kata
12. 1989 Open IKK. NSW (Legs Only) Full Contact Karate
13. 1989 Open SAI NSW (Legs Only) Full Contact Karate
14. 1987 Open Koshu Kempo NSW Open Division Kata
15. 1985 Budokan State Black Belt Division Kata

### *3rd Place*

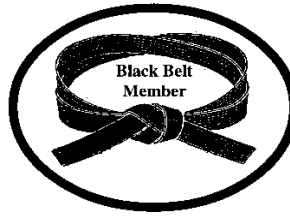
1. 1995 US Nationals & World Cup Trials Rhythm Kata (Ohio, USA)
2. 1994 WCKKM.A World Championships Black Belt Master's (Ohio, USA)
3. 1994 Queensland All Styles Martial Arts Pro Demonstration (Bundaberg)
4. 1994 Koshiki Karate Open Division Kata
5. 1993 UKFA NSW Black Belt Division Kata
6. 1993 Koshiki Karate Open Division Kata (Oberon)
7. 1992 CCP Karate Internationals Black Belt Div. Full Contact Karate (Middleweight)
8. 1990 UKFA NSW Black Belt Division Kata
9. 1989 UKFA NSW Black Belt Division Full Contact Karate (Heavyweight)
10. 1989 UKFA NSW Black Belt Division Full Contact Karate (Middleweight)
11. 1986 KKK Extravaganza Open Division Karate Kata
12. 1986 Open Budokan Senior Division Karate (Heavyweight)
13. 1984 Budokan State Open Karate (Openweight)
14. 1982 Budokan Mid North Coast Karate Senior Division Kata (Port Macquarie)

I am grateful to Dr. Adams for the high quality of instruction I have received from him over the many years I have been associated with him.



*Sergeant George Adams shown on the front cover of the NSW Police Magazine in 2000 featuring his miraculous recovery from a very serious illness in 1996*

## GRADINGS



### General Rules

- All students are to maintain absolute silence and are to greet the examiner with a bow only.
- All gi's (karate uniforms) should be absolutely clean and well pressed on the day of the grading.
- All fees are required to be paid one week in advance and students must ensure they bring their I.D. card on the day of the grading.
- Senior Yellow, Senior Orange and Senior Green are compulsory for juniors - 12 years & under. Anybody who fails to meet the examination requirements may be awarded a senior grade.
- Budoshinkai patches must be displayed on karate uniform at all times, especially at gradings.
- The coloured belt system utilised in Budoshinkai Karate:
  - *Yellow Belt*
  - *Orange Belt*
  - *Green Belt*
  - *Blue Belt*
  - *Purple Belt*
  - *Red Belt*
  - *Brown Belt 3*
  - *Brown Belt 2*
  - *Brown Belt 1*
  - *Black Belt (Provisional)*
  - *Black Belt 1<sup>st</sup> Dan (etc)*

### MINIMUM STANDARD PERIOD OF TIME FOR EACH GRADING

Kyu Grades	3 months between each grade
Brown 1 <sup>st</sup> Kyu to Provisional Black Belt	6 months – 1 year
Provisional Black Belt to Black Belt 1 <sup>st</sup> Dan	6 months – 1 year
Black Belt 1 <sup>st</sup> Dan to 2 <sup>nd</sup> Dan	2 – 3 years
Black Belt 2 <sup>nd</sup> Dan to 3 <sup>rd</sup> Dan	3 - 4 years
Black Belt 3 <sup>rd</sup> Dan to 4 <sup>th</sup> Dan	4 – 5 years
Black Belt 4 <sup>th</sup> Dan to 5 <sup>th</sup> Dan	5- 6 years

## MINIMUM REQUIREMENTS FOR EACH GRADE



### 1. **WHITE BELT**

**10th Kyu**

Reverse Punch  
Lunge Punch  
Down Block  
Upper Block  
Horse Riding Stance  
Forward Stance  
Front Stretch  
Inside Crescent Kick  
Outside Crescent Kick  
Front Kick

### 2. **YELLOW BELT**

**9th Kyu**

Reverse Punch  
Lunge Punch  
Down Block  
Upper Block  
Inside Block  
Outside Block  
Horse Riding Stance  
Forward Stance  
Front Stretch  
Inside Crescent Kick  
Outside Crescent Kick  
Front Kick  
Roundhouse Kick

#### *Rolls and Breakfalls:*

- Forward Roll
- Side Breakfall

**3. ORANGE BELT**

**8th Kyu**

Reverse Punch  
Lunge Punch  
Down Block  
Upper Block  
Inside Block  
Outside Block  
Horse Riding Stance  
Forward Stance  
Front Stretch  
Inside Crescent Kick  
Outside Crescent Kick  
Front Kick  
Roundhouse Kick  
Back Stance with Knife Hand Block  
Side Kick

*Rolls and Breakfalls:*

- Forward Roll
- Side Breakfall
- Front Breakfall

*Basic Jiu Jitsu:*

Basic Wrist Escapes  
Basic Choke Releases (finger strike to throat)  
(push arms away)

**4. GREEN BELT**

**7th Kyu**

Reverse Punch/Lunge Punch  
Down Block  
Upper Block  
Inside Block  
Outside Block  
Horse Riding Stance  
Forward Stance  
Front Stretch  
Inside Crescent Kick  
Outside Crescent Kick  
Front Kick  
Roundhouse Kick  
Back Stance with Knife Hand Block  
Side Kick  
Back Kick

*Rolls and Breakfalls:*

- Forward Roll
- Side Breakfall
- Front Breakfall
- Back Breakfall

*Jiu Jitsu:*

Defence against Punches (1 to 2)

Defence against Grabs and Locks:

- Front Choke 1 (strike to ears and twist head to ground)
- Wrist Grab 1 (grab wrist and twist over head)

**5. BLUE BELT**

**6th Kyu**

Reverse Punch/Lunge Punch

Down Block

Upper Block

Inside Block

Outside Block

Horse Riding Stance

Forward Stance

Front Stretch

Inside Crescent Kick

Outside Crescent Kick

Front Kick

Roundhouse Kick

Back Stance with Knife Hand Block

Side Kick

Back Kick

Spinning Heel Kick

*Rolls and Breakfalls:*

- Forward Roll
- Side Breakfall
- Front Breakfall
- Back Breakfall
- Backward Roll

*Jiu Jitsu:*

Defence against Punches (1 to 4)

Defence against Grabs and Locks

- Front Choke 1 (strike to ears and twist head to ground)
- Wrist Grab 1 (grab wrist and twist over head)
- Front Choke 2 (ridge hand to neck, take down and then arm bar)
- Wrist Grab 2 (arm bar take down)

*Sparring*

## 6. PURPLE BELT

## 5th Kyu

### *All Basic Techniques and Combinations*

#### *Rolls and Breakfalls:*

- Forward Roll
- Side Breakfall
- Front Breakfall
- Back Breakfall
- Backward Roll

#### *Jiu Jitsu:*

Defence against Punches (1 to 6)

Defence against Grabs and Locks

- Front Choke 1 (strike to ears and twist head to ground)
- Wrist Grab 1 (grab wrist and twist over head)
- Front Choke 2 (ridge hand to neck, take down and then arm bar)
- Wrist Grab 2 (arm bar take down)
- Wrist Grab 3 (lock arm and twist in opposite direction)

#### *Sparring*

## 7. RED BELT

## 4th Kyu

### *All Techniques and Combinations*

#### *Rolls and Breakfalls:*

- Forward Roll
- Side Breakfall
- Front Breakfall
- Back Breakfall
- Backward Roll

#### *Jiu Jitsu:*

Defence against Punches (1 to 8)

Defence against Grabs and Locks

- Front Choke 1 (strike to ears and twist head to ground)
- Wrist Grab 1 (grab wrist and twist over head)
- Front Choke 2 (ridge hand to neck, take down and then arm bar)
- Wrist Grab 2 (arm bar take down)
- Wrist Grab 3 (lock arm and twist in opposite direction)
- Nelson Lock (side step behind opponent's foot and drop down)
- Rear Waist Grab (side step behind opponent's foot and drop down)

#### *Sparring*

## 8. BROWN BELT 3

(3rd Kyu)

### *All Techniques and Combinations*

#### *Rolls and Breakfalls:*

- Forward Roll
- Side Breakfall
- Front Breakfall
- Back Breakfall
- Backward Roll

#### *Kata:*

- Basai Dai

#### *Jiu Jitsu:*

Defence against Punches (1 to 10)

Defence against Grabs and Locks

- Front Choke 1 (strike to ears and twist head to ground)
- Wrist Grab 1 (grab wrist and twist over head)
- Front Choke 2 (ridge hand to neck, take down and then arm bar)
- Wrist Grab 2 (arm bar take down)
- Wrist Grab 3 (lock arm and twist in opposite direction)
- Nelson Lock (side step behind opponent's foot and drop down)
- Rear Waist Grab (side step behind opponent's foot and drop down)
- Front Grab with arms *trapped* (turn and throw opponent using twist of body)
- Front Grab with arms *free* (pressure point to nose, top of chin & hair pull back)

#### *Ground Fighting (Figure 8 circuit):*

- Escape Guard
- Side Control
- Mount

#### *Sparring*

(3 Bouts)

## 9. BROWN BELT 2

2nd Kyu

### *All Techniques and Combinations*

#### *Rolls and Breakfalls:*

- Forward Roll
- Side Breakfall
- Front Breakfall
- Back Breakfall
- Backward Roll

#### *Kata:*

- Basai Dai

#### *Defence against Kicks:*

- Front Kick
- Side Kick



*Jiu Jitsu:*

Defence against Punches (1 to 10)

Defence against Grabs and Locks

- Front Choke 1 (strike to ears and twist head to ground)
- Wrist Grab 1 (grab wrist and twist over head)
- Front Choke 2 (ridge hand to neck, take down and then arm bar)
- Wrist Grab 2 (arm bar take down)
- Wrist Grab 3 (lock arm and twist in opposite direction)
- Nelson Lock (side step behind opponent's foot and drop down)
- Rear Waist Grab (side step behind opponent's foot and drop down)
- Front Grab with arms trapped (turn and throw opponent using twist of body)
- Front Grab with arms loose (pressure point to nose, top of chin & hair pull back)

*Ground Fighting (Figure 8 circuit):*

- Escape Guard
- Side Control
- Mount
- Application of Arm Bar, Figure 4 Arm Lock and Front Choke

*Kickboxing Skills*

*Sparring* (4 Bouts)

*Kata:*

- Basai Dai

**10. BROWN BELT 1**

**1st Kyu**

All Techniques and Combinations

*Rolls and Breakfalls:*

- Forward Roll
- Side Breakfall
- Front Breakfall
- Back Breakfall
- Backward Roll

*Jiu Jitsu:*

Advanced Defence against Punches (1 to 10)

Advanced Defence against Grabs and Locks

*Ground Fighting (Figure 8 circuit)*

- Escape guard
- Side Control
- Mount
- Application of Arm Bar, Figure 4 Arm Lock and Front Choke
- Ground Fighting

*Defence against Kicks:*

- Defence against all Punches
- Defence against all Grabs and Locks
- Defence against Kicks

- Defence against Knives
- Defence against other Street Weapons

*Ground Fighting (Figure 8 circuit)*

- Escape guard
- Side Control
- Mount
- Application of Arm Bar, Figure 4 Arm Lock and Front Choke
- Ground Fighting

*Thai Boxing*

*Sparring*

- 5 Bouts

*Kata:*

- Basai Dai
- Kanku Dai

**11. BLACK BELT PROVISIONAL (SHODAN HO)**

All the above including: J

*Jiu Jitsu:*

- Defence against all Punches
- Defence against all Grabs and Locks
- Defence against Kicks
- Defence against Knives
- Defence against other Street Weapons

*Ground Fighting (Figure 8 circuit)*

- Escape Guard
- Side Control
- Mount
- Application of Arm Bar, Figure 4 Arm Lock and Front Choke
- Ground Fighting

*Sparring*

- 7 Bouts: 2 minute rounds

*Kata:*

- Basai Dai
- Kanku Dai

**12. BLACK BELT 1<sup>ST</sup> DAN (SHODAN)**

All of the above and including:

*Advanced Jiu Jitsu:*

- Advanced Defence against all Punches (1 to 10)
- Advanced Defence against all Grabs and Locks
- Defence against Kicks

- Defence against Knives
- Defence against other Street Weapons

*Defence on Ground (Figure 4 circuit)*

- Escape Guard
- Side Control
- Mount
- Application of Arm Bar, Figure 4 Arm Lock and Front Choke
- Ground Fighting

*Thai Boxing*

- Pads and Focus Mitts

*Sparring*

- 10 Bouts: 2 minute rounds

*Kata:*

- Basai Sho
- Kanku Dai
- Jion

**13. BLACK BELT 2<sup>ND</sup> DAN (NIDAN)**

All the above including:

*Advanced Jiu Jitsu:*

- Advanced Defence against all Punches (1 to 10)
- Advanced Defence against all Grabs and Locks
- Defence against Kicks
- Defence against Knives
- Defence against other Street Weapons

*Defence on Ground (Figure 4 circuit)*

- Escape guard
- Side Control
- Mount
- Application of Arm Bar, Figure 4 Arm Lock and Front Choke
- Ground Fighting

*Thai Boxing*

- Pads and Focus Mitts

*Sparring:*

- 12 Bouts: 2 minute rounds

*Kata:*

- Basai Dai
- Kanku Dai
- Jion

#### **14. BLACK BELT 3<sup>RD</sup> DAN (SANDAN)**

All of the above and including:

##### *Advanced Jiu Jitsu:*

- Advanced Defence against all Punches (1 to 10)
- Advanced Defence against all Grabs and Locks
- Defence against Sticks
- Defence against Knives
- Defence against other Street Weapons

##### *Defence on Ground (Figure 4 circuit)*

- Escape guard
- Side Control
- Mount
- Arm Bar, Figure 4 Arm Lock and Front Choke
- Ground Fighting

##### *Thai Boxing*

- Pads and Focus Mitts

##### *Sparring:*

- 15 Bouts: 2 minute rounds

##### *Kata:*

- Basai Dai
- Kanku Dai
- Jion
- Jiin
- Kanku Sho

#### **15. BLACK BELT 4<sup>TH</sup> DAN (YONDAN)**

All of the above and including:-

##### *Advanced Jiu Jitsu:*

- Advanced Defence against all Punches (1 to 10)
- Advanced Defence against all Grabs and Locks
- Defence against Kicks
- Defence against Knives
- Defence against other Street Weapons

##### *Defence on Ground (Figure 4 circuit)*

- Escape guard
- Side Control
- Mount
- Application of Arm Bar, Figure 4 Arm Lock and Front Choke
- Ground Fighting

##### *Thai Boxing*

- Pads and Focus Mitts

*Sparring:*

- 20 Bouts: 2 minute rounds
- Against two and three opponents

*Kata:*

- Basai Dai
- Kanku Dai
- Jion
- Jiin
- Kanku Sho

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**JIU JITSU STREET TECHNIQUES (1 – 10)**

NO. 1

1. Step to left with left leg
2. Backfist/hook punch with right fist to ribs, and
3. Block with left hand
4. Slide left leg forward and raise right knee
5. Take down opponent with reverse heel strike
6. Punch with right hand

NO. 2

1. Step to right with right leg
2. Block with left hand, and
3. Right palm heel strike to jaw
4. With left hand hold onto wrist, and
5. Wrap right hand around neck
6. Take down by placing right leg around lead leg
7. Punch with right hand
8. *Perform arm bar (finishing hold)*

NO. 3

1. Step with left leg forward (on outside of opponents leg), and
2. Right knee on ground (heel of left foot and right knee in line)
3. Right vertical punch to groin, and
4. Open hand upper block above head
5. With right hand, grab lower part of leg and pull to armpit (do not attempt to stand up until opponent is falling over)
6. Stand up and strike to stomach
7. *Holding onto leg, execute leg lock*

NO. 4

1. Step to right with right leg
2. Block with left hand, and
3. Right elbow strike to jaw
4. Right knee strike to stomach, step back in forward stance
5. Place left palm under wrist, and
6. Wrap right hand around back of neck (in reverse)
7. Move both arms in circle and bring opponent flat on back
8. Punch with right arm
9. *Perform arm bar (finishing hold)*

NO. 5

1. Step to left with left leg
2. Left outside (open hand) block
3. Left hand strike to ribs
4. Right palm heel strike to ribs
5. Left palm heel strike to back of head
6. Place left hand in front of throat and pull, and
7. Sweep with left leg to opponent's lead leg
8. Right stomp kick
9. *Perform arm bar (finishing hold)*

NO. 6

1. Step to right with right leg
2. Block with left hand, and
3. Right forearm strike to back of neck  
*(NB: teach student not to actually strike but place hand around neck only)*
4. With left hand wrapped around wrist, and
5. Take opponent down to ground by quickly about turning
6. Punch with right hand
7. *Perform arm bar (finishing hold)*  
*(NB: You must catch the opponent prior to completing the punch)*

NO. 7

1. Step to right with right leg in semi horse stance
2. Left hand block, and
3. Groin strike with right hammer fist
4. Grab opponent's lead hand and step back with right leg into forward stance
5. Double step in, and
6. Raise left arm and wedge opponents arm under armpit
7. Slide feet outwards, until opponent's chest on ground
8. *Lock wrist (finishing hold)*

NO. 8

1. Step to right with right leg in semi horse stance
2. Left hand block, and
3. Strike with right reverse ridge hand strike
4. Grab opponent's lead hand and step back with right leg into forward stance
5. Front kick with right leg using shin bone, land forward
6. Figure 4 wrist lock and reverse arm pulling opponent to ground
7. *Maintain figure 4 arm lock and and place left knee on face and right knee on ribs*
8. *Straighten body up to apply pressure*

NO. 9

1. Step forward with right leg
2. Block left side of head using elbow
3. Right palm strike to front of jaw
4. Wrap both hands on back of head
5. Right knee strike, and
6. Step down into forward stance with left leg back
7. Strike with left knee, and
8. Step down into forward stance with right leg back
9. With pressure around neck with both forearms,
10. Twist opponent's neck down to ground

NO. 10

1. Step forward with right leg, and
2. Block with both arms, placing them on opponent's left side, and
3. Left knee strike and place leg forward on ground, and
4. Right elbow strike to opponent's head
5. Grab head with hands lock around neck under left armpit
6. Fall onto back and roll opponent onto ground in opposite direction
7. *Perform upside down choke (finishing hold)*

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## **Names of all Black Belts under Hanshi George Adams**

### **Black Belt 5th Dan**

Dr Laurie Gray - Budoshinkai Karate-Jitsu  
Stephen McGugan - Budoshinkai Karate-Jitsu  
Dr Chris Tsolakis - Budoshinkai Karate-Jitsu

### **Black Belt 4th Dan**

Victor Matos - Budoshinkai Karate-Jitsu  
John Ellis - Budoshinkai Karate-Jitsu  
Timothy Ellis - Budoshinkai Karate-Jitsu  
Andrew Hess - Budoshinkai Karate-Jitsu  
Neil Irvine - Budoshinkai Karate  
Vincent Perry - Budoshinkai Karate-Jitsu  
Douglas Quadrio - Budoshinkai Karate  
Chris Venetsanos - Budoshinkai Karate

### **Black Belt 3rd Dan**

Richard Payne - Budoshinkai Karate-Jitsu  
Darren Grieve - Budoshinkai Karate-Jitsu  
Mark Szalajko - Budoshinkai Karate-Jitsu  
Phill Smith - Budoshinkai Karate

### **Black Belt 2nd Dan**

Jonathan Adams - Budoshinkai Karate-Jitsu  
Herbert Tomaschett - Budoshinkai Karate-Jitsu  
Joddy Olson - Budoshinkai Karate  
Goran Nikolovski - Budoshinkai Karate  
Richard Gale - Budoshinkai Karate  
David Dick Snr - Budoshinkai Karate  
Thomas Spang - Budoshinkai Karate  
Gary Ashmole - Budoshinkai Karate  
Sami Shami - Sikaran

### **Black Belt 1st Dan**

Daniel Matos - Budoshinkai Karate-Jitsu  
Peter Tziliaskopoulosz  
Christina Ellis - Budoshinkai Karate  
Peter Poulos - Budoshinkai Karate

Shane Atie - Budoshinkai Karate  
Natasha Papoulias - Budoshinkai Karate  
Jason Liu - Budoshinkai Karate  
Janice Taylor - American Tae Kwon Do  
Sam Khoudair - Jiu Jitsu  
David Parsons - Budoshinkai Karate  
Stephen Stubberfield - Budoshinkai Karate  
Mark Daniel Quadrio - Budoshinkai Karate  
Frances Venetsanos - Budoshinkai Karate  
Adalton Guimaraes - Budoshinkai Karate  
Stephen Wise - Sikaran  
David Sultana - Sikaran  
John Alvear - Sikaran  
George Karydis - Sikaran

### **Black Belt Shodan-Ho**

Marcia Adams - Budoshinkai Karate-Jitsu  
Natasha Anderson Budoshinkai Karate Black  
Dean Stockley - Budoshinkai Karate-Jitsu  
Peter Asmimakopoulos - Budoshinkai Karate-Jitsu  
Feras Suwan - Budoshinkai Karate-Jitsu  
Frances Venetsanos - Budoshinkai Karate  
Jeb-Mark Jamilla - Budoshinkai Karate  
George Megisidis - Budoshinkai Karate  
Bill Paradisis - Budoshinkai Karate  
Jim Poulos - Budoshinkai Karate  
Albert Yung - Budoshinkai Karate  
Jonathan Gray - Budoshinkai Karate  
Darryl Hunter - Budoshinkai Karate  
Ali Zaydan - Budoshinkai Karate  
Gary Johnson - Budoshinkai Karate  
Matthew Anderson - Budoshinkai Karate (Jnr Black)  
Peter Venetsanos - Budoshinkai Karate

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## **HISTORICAL ORIGINS OF KARATE**

Most martial artists are quick to translate that the word, karate, means 'empty hand' but very few martial artists know that it originally meant 'China fist'. Karate commonly means 'The Way of the Empty Hand' which was introduced, to Japan, by Gichin Funakoshi in the early 1920's.

Karate originated from Okinawa from one of the Ryukyu islands during the time of Japanese occupation. This art developed as a result of a restriction of Okinawans to carry weapons. This preempted the Okinawans to resort to other means. MITCHELL (1988, pg 63) says that the Okinawans studied martial arts from demonstrations, techniques and concepts from local Chinese living in military and cultural missions; a second way of introducing new techniques might have well been via the large numbers of foreign sailors that docked at Okinawa.

As a result the Okinawan masters were travelling back and forth to China by the late 19th century to continue studies by training in Southern Chinese Shaolin. This art became to be known as 'Okinawan-te' (Hand of Okinawa). However, during the outbreak of the World War 11, due to Japanese resentment of the Chinese, the meaning of Karate-do was changed to the 'Way of the Empty Hand'.

When Funakoshi introduced Karate to Japan he had to demonstrate the art to the Japanese Emperor which was well received. His dojo became known as the 'Shotokan' (Shoto's Club). Originally Funakoshi referred to his martial art as Ryukyu Kempo (Okinawan Way of the Fist) MITCHELL, 1988:64), or better known as Karate-Jitsu. To avoid conflict of interest with other native martial arts in Japan Funakoshi had to adopt the name of Karate-do (Way of the Chinese Hand).

Funakoshi's background involved training in three different Okinawan/Chinese martial arts whilst he lived in Okinawa. Funakoshi had reluctantly moved away from the dangerous techniques, which were taught to him by his masters, to a more acceptable system to the Japanese authorities. The most significant changes to his new form of Karate also included the way martial arts were taught traditionally, from two or three carefully selected students to large classes where moves had to be broken up to simplify the learning process. Unfortunately these facts might not be good news for many of the loyal and dedicated Japanese Karate stylists who believe that their system, on its own, is as effective as might they are led to believe, but Funakoshi reveals this in his own words-

*"Hoping to see karate included in the universal physical education taught in our public schools, I set about revising the kata so as to make them as simple as possible..... The karate that high school students practiced today is not the same karate that was practiced, even as recently as 10 years ago, and it is a lotig way indeed from the karate that I learned when I was a child in Okinawa" (FUNAKOSHI, 1975:35).*

## **GICHIN FUNAKOSHI - THE FOUNDER OF KARATE-DO**



Funakoshi implies that Karate has undergone so many significant changes, and is no longer the Karate that he had learnt as a child in Okinawa. Traditional Japanese Karate, as we know it today, has deviated from the true path of the martial arts as a result of attempting to simplify techniques and mass produce students in order to promote Karate on a world wide basis, but unfortunately, the martial arts originally taught to Funakoshi have lost their 'warrior' meanings and applications. However, as time passes, with the integration of martial arts and the introduction of seminars, students use much more lateral thinking and accept other techniques from other systems to enhance their skills and make their system much more effective, and Budoshinkai is a classic example.

Although Funakoshi's Karate was taught different to the way he learnt it, further changes to Japanese Karate were introduced by his sons, by lowering the stances and making the movements more linear and breaking them into even simpler sequences. This eventually caused a major breakaway from Shotokan by many of the senior students, known as the Japan Karate Association (JKA), who felt that the original concepts of Karate were being lost.

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### **REFERENCES**

- 1 . Mitchell, David. The Overlook Martial Arts Handbook. (1982) The Overlook Press, New York
2. Funakoshi, Gichin. Karate-Do: My Way of Life (1981) Kodansha International, Japan



The system of Budoshinkai Karate taught is not totally based on Karate-do, which is a way of life as opposed to a practical combat system of Karate-Jitsu.

Budoshinkai Karate, itself, is a relatively modern martial art which teaches three combat systems, and is also referred to as Budoshinkai Karate-Jitsu. The first being a karate system mainly based on Shotokan Karate; secondly Jiu Jitsu, and thirdly Thai Boxing. Hence the name Budoshinkai Karate-Jitsu; the word, 'jitsu' illustrates that the art is designed for practical application as opposed to Karate-do as a means of practicing Karate as an art and way of life.

The significance of teaching 3 different areas in the martial arts is a result of many years of studying the art of traditional Karate. Whilst it is quite effective on its own, it does not cater for the different situations such as defending against boxers, kickboxers, wrestlers, brawlers etc. Budoshinkai Karate Australia had to basically rebel against traditional Karate systems by taking on its own new path and that is why you learn to handle the most difficult and odd situations.

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**THE NEW STUDENT**



The Sensei starts to wonder if I'll ever get it right,  
When I bounce around in the dojo on karate training night.  
I get my left and right mixed up, he talks in Japanese,  
I'll probably get it wrong in English, if you please.

A 'geri', that's a kick I think, which is done with both legs bent,  
I tried one out the other day, I'm sure my kneecap went.  
It grated and it crackled when my leg straightened out,  
It took a lot of inner strength not to shout.

I tried to do a 'shuto' strike, it really felt really queer,  
I threw my arm out straight and took off half my ear.  
I went to bow the other day, with elegance and grace,  
I lost balance 'cause I fell flat on my face.

One day I'll have a black belt, and I'll be proud,  
You'll see me with my head above the crowd.  
It takes a lot of work you know, the Sensei always said,  
I wonder if I'll ever manage kicking to the head.

I'll practice 'till I get it right, no rest until it's there,  
And meanwhile watch the Sensei as he pulls out all his hair.  
He must be really desperate taking students on like me,  
One day I'll get it right, just you wait and see.

I think I'll stick it out you know, he's really not too bad,  
The other students do OK, it's me that makes him mad.  
If you want to learn karate, then come here where it's done,  
It's worth it just to watch me train, you'll have a lot of fun.

I really should show more respect, not write this nasty verse,  
Won't make me learn much better, but I couldn't get much worse.  
The Sensei bares his teeth and grins, he says to me "Come here,  
The only belt you're heading for, is one around the ear."

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*This poem was written by an unknown Budoshinkai student from Bundaberg, QLD in 1994.  
Maybe some of us can relate to this!*