

What we learn and how we practice

- Kata** Considered by many to be the bible of karate, Kata is the most fundamental part of karate. Kata are one person exercises that can be done alone or as a group. All of the key concepts or "secrets" of karate are contained in kata.
- Basics** We call them basics, but they are more like warm-ups. Included is stretching, basic blocks, kicks, and punches. Also learned are two person drills
- Kumite** Yakusoku Kumite, or kumite for short, are a series of two person exercises consisting of attacks and defenses & counters. As one advances, one will begin to understand where the concepts are contained in kata.
- Bunkai** Means to take apart. Bunkai is a 4-5 person exercise that take parts of kata and practices the applications, including blocks counters and throws.



Advanced Bunkai

For more information about Shidokan Shorin-Ryu karate, visit the web page of our Hombu (head) Dojo

www.ihadojo.com

or

To learn more about Okinawan karate in general, learn from the source at okinawan karate's web page:

www.wonder-okinawa.jp/023/eng/index.html

Classes Times Please Call

Old School Okinawan Karate

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History of Karate & Shorin-ryu

Since until the fall of the Tokugawa shogun, karate was illegal and only taught in secret, the exact origins of karate are sketchy and often debated. What we know is that Chinese Shaolin kick boxing forms were "Okinawanized" to create a unique form of self defense somewhere between the 1300's and 1600's. At the fall of the shogun and beginning of the Meiji restoration, Bushi Matsumura (who was also the Okinawan king's body guard) was considered the strongest karate teacher alive. It is from his senior student, Anko Itosu, that our style and many current styles of karate have their origin.

Shorin-Ryu can be called the grandfather of karate, because this style teaches karate exactly as Anko Itosu taught. Many karate styles today have little resemblance to what was originally taught or what we teach. In fact, the term Shorin-Ryu was first coined by Choshin Chibana in 1933 to differentiate his teachings from his fellow students who were changing karate from what Anko Itosu taught. Sensei Chibana's most senior student, Katsuya Miyahira, used the name Shidokan for his Dojo. It has since been used to differentiate it from other karate practitioners who split after Chibana's death in 1968.

Philosophy of Karate

Health

In the old days, karate masters lived into their 70's and 80's when the average life expectancy of the general population was 20-30 years less. Our goal is to keep this tradition alive with our practice today.

Cooperation and Friendship

Competition exists only as self competition. One is always trying to improve oneself, but one should never be concerned with being better than another. There is an old saying in karate, "When fighting, do not think about winning, but don't lose either."

Self defense

While karate produces many people with great fighter skills, and shorin-ryu produces its' fair share, karate is not simply about fighting. On one hand, Karate that does not teach fighting skills is deficient. Likewise, a karate school that judges itself only on fighting or tournaments is equally deficient.

Biography of Jim Hoffer

Jim Hoffer began the study of Okinawan karate in 1976 at a local YMCA. Over the next 9 years, he lived in 6 cities, including one year in Tokyo as a college exchange student in Sensei Morio Higaonna's (featured in The History Channel's "Human Weapon") and studied various styles of Okinawan and Japanese karate. In 1985, Jim Hoffer was introduced to Grand Master Katsuya Miyahira's Shidokan Shorin-ryu style of karate, taught in North America by Sensei Seikichi Iha, 10th Dan. Since 1985, Jim Hoffer has trained in this style and currently holds a 5th degree black belt.



Basic Kumite