

Contents

Preface	10
Pronunciation	12
Numerical System	13
Different Levels and Directions	16
Elements of Karate Training	19
Kata	22
Basic Katas	24
Advanced Katas	27
Instructions during Training	46
Movements	48
Stances	58
Postures	70
Techniques: <i>waza</i>	82
<i>kaishô waza</i> • Open-hand Techniques	86
<i>tsuki waza</i> • Punching Techniques	96
<i>uchi waza</i> • Striking Techniques	108
<i>ate waza</i> • Ramming Techniques	119
<i>keri waza</i> • Kicking Techniques	127
<i>uke waza</i> • Blocking Techniques	142
The Origin of the Name Karate-dô	188
Master GICHIN FUNAKOSHI	192
Other Important Terms in Karate-dô	195
Shu Ha Ri	204
Selected Terms	205
In the <i>dôjô</i>	213
Dôjô Rules <i>dôjô kun</i>	216
Twenty Precepts of Karate-dô	218
Different Karate Styles	222
Karate Philosophies	228
Tournament Terminology	244
Parts of the Human Body	252
Zen	259
Index of the Japanese Terms	264
Index of the English Terms	276
Bibliography	286
Other Editions of SCHLATT-BOOKS	289
About the Author SCHLATT	292