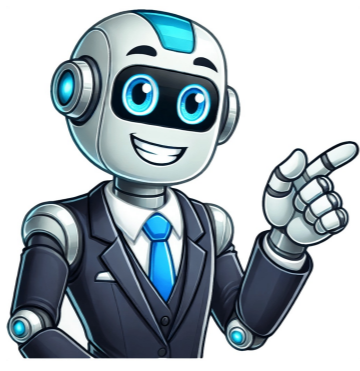


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Japanese and Okinawan martial art This article is about the martial art. For other uses, see Karate (disambiguation). "Karateka" redirects here. For the video game, see Karateka (video game). KarateChōmo Hanashiro, an Okinawan karate master c.1938.Also known asKarate-Do (空手道)/FocusStriking/Hardness/Full-contact, semi-contact, light-contact/Country of originRyūkyū Kingdom (Present day Okinawa prefecture, Japan)Parent/Indigenous martial arts of Ryūkyū Islands, Chinese martial arts[1][2] KarateWKF's Karate World Championship 2006 in Tampere, Finland; men's heavyweight finalHigh governing bodyWorld Karate FederationFirst developedRyūkyū Kingdom, ca. 17th century (and later in kun'yomi (Japanese reading). Since the distinction between karate was already blurred at that time, karate was used to encompass both "Karate (karate)" and "Karate-do" (karate-do) in an 'on'yomi' which derived from an alternate reading of the character 唐 (Tang) and later introduced indigenous Ryūkyuan martial arts (called to (手), "hands"; 道 in Okinawan) under the influence of Chinese martial arts.[1][2] While modern karate is primarily a striking art that uses punches and kicks, traditional karate training also employs throwing and joint locking techniques.[3] A karate practitioner is called a karate-ka (空手家). Beginning in the 1300s, early Chinese martial artists brought their techniques to Okinawa. Despite the Ryūkyū Kingdom being turned into a puppet state by Japanese samurai in 1609, after the Invasion of Ryūkyū, its cultural ties to China remained strong.[4] Since Ryūkyuans were banned from carrying swords under samurai rule, groups of young aristocrats created unarmed combat methods as a form of resistance, combining Chinese and local styles of martial arts.[4] Training emphasized self-discipline.[4] This blend of martial arts became known as karate 唐手, which translates to "Chinese hand". Initially, there were no uniforms, colored belts, ranking systems, or standardized styles.[4] Many elements essential to modern karate were actually incorporated a century ago.[4] The Ryūkyū Kingdom had been conquered by the Japanese Satsuma Domain and had become its vassal state since 1609, but was formally annexed to the Empire of Japan in 1879 as Okinawa Prefecture. The Ryūkyuan samurai (Okinawan: samurū) who had been the bearers of karate lost their privileged position, and with it, karate was in danger of losing transmission. However, karate gradually regained popularity after 1905, when it began to be taught in schools in Okinawa. During the Taishō era (1912–1926), karate was introduced to mainland Japan by Gichin Funakoshi and Motobu Chōki. The ultranationalistic sentiment of the 1930s affected every aspect of Japanese culture.[4] To make the imported martial art more relatable, Funakoshi incorporated elements from judo, such as the training uniforms, colored belts, and ranking systems.[4] Karate's popularity was initially sluggish with little exposition but when a magazine reported a story about Motobu Chōki and his training in the United States, it rapidly became popular in Japan.[6] [7] [8] [9] [10] [11] [12] [13] [14] [15] [16] [17] [18] [19] [20] [21] [22] [23] [24] [25] [26] [27] [28] [29] [30] [31] [32] [33] [34] [35] [36] [37] [38] [39] [40] [41] [42] [43] [44] [45] [46] [47] [48] [49] [50] [51] [52] [53] [54] [55] [56] [57] [58] [59] [60] [61] [62] [63] [64] [65] [66] [67] [68] [69] [70] [71] [72] [73] [74] [75] [76] [77] [78] [79] [80] [81] [82] [83] [84] [85] [86] [87] [88] [89] [90] [91] [92] [93] [94] [95] [96] [97] [98] [99] [100] [101] [102] [103] [104] [105] [106] [107] [108] [109] [110] [111] [112] [113] 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"Goons, guts and exploding nuts!": *The Search for Weng Weng*. Australia: The LedaTape Organisation. p. 80. ISBN 9780994411235. Wikimedia Commons has media related to: *Karate* (category) World Karate Federation Archived 5 September 2008 at the Wayback Machine Retrieved from " Grand Master Kwon has provided the best martial arts classes and instruction in the Virginia area. With additional training locations in NY, PA and Korea. WATCH GRANDMASTER KWON IN ACTIONMy son and daughter have been with KWONS for over 5 years. They started at age 5. Kwon's has been great for them both. One of them overly energetic and talkative has become more disciplined and the other, a little too shy, is now much more confident! I have seen Kwon work with all types of personalities and abilities, they are just great with children. We now plan to enroll our other 5 year old daughter. For a while, I also needed the before and after school programs and it was great. They help kids with their homework unlike other programs that say they do it but they really don't. We also make use of their Spring break and Summer Camps. They kids love it! And now that testing will be close by, we are loving it even more! We very much enjoy Kwons! A friend referred us and we've been so pleased. Highly recommend. Unique. Positive atmosphere. Highly skilled trainers. Check out their videos on website and/or YouTube.My child goes there for over a year now! This place is the best. I actually went around before I decided to go with this school. Master Eric Kwon is always professional, friendly, and great master. This school teaches so many different kind of weapons. My son wants to get his black belt from there. Totally love this school! My 6 year old daughter and 7 year old son have been attending Kwon's Champion School VA since Summer 2015. My children have had wonderful experiences both from the camps as well as the structured after school program. The MMA instruction has allowed them both to become more confident, refine their character, and teach them a valuable sport with various martial arts techniques. Master Kwon and his wife, along with the staff, are extremely friendly, kind and respectful and make us feel that our children and family are a part their larger family. We definitely recommend any of their programs and look forward to continuing with them for years to come! My boys ages 7 & 9 have been attending Kwon's for the past 3 years. They started taking classes which they enjoyed so much that we switched them to the before and after care program. Now they are Black Belts and I have seen them grow exponentially since they started their training. I Highly recommend Kwon's. My son has been attending Kwon's Champion School for over a year and we are very pleased with the facility. Both Mr. And Mrs. Kwon are kind and respectful and take the time to instill these same mannerisms in the students there. Our son enjoys the before-and-after school activities and the occasional camp created for times when schools are closed and parents need help.View more testimonials Karate is a dynamic martial art that combines physical strength, mental discipline, and cultural traditions. Whether you're considering joining a karate class or want to learn more about its principles, this guide provides essential information to get you started. 1. What is Karate? Karate originated in Okinawa, Japan, and translates to "empty hand." It is a striking art that focuses on punches, kicks, knee strikes, and open-hand techniques. Karate also incorporates blocking and evasive maneuvers for defense. Beyond physical techniques, karate emphasizes respect, discipline, and self-control, making it a holistic practice that benefits both the body and mind. 2. Different Styles of Karate There are several styles of karate, each with unique characteristics: Shotokan: Focuses on powerful, linear movements. Goju-Ryu: Combines hard strikes with soft, circular techniques. Shito-Ryu: Emphasizes precision and a balance between speed and power. Wado-Ryu: Integrates karate with jujutsu for fluid, evasive movements. Each style offers its own approach, so it's worth exploring to find the one that suits you best. 3. Key Elements of Karate Karate training typically includes three main components: Kihon (Basics): Foundation techniques like stances, strikes, and blocks. Kata (Forms): Pre-arranged sequences of movements that simulate combat scenarios. Kumite (Sparring): Practicing techniques with a partner to develop timing and application. Regular practice of these elements builds skill, confidence, and discipline. 4. Benefits of Practicing Karate Karate provides numerous physical and mental benefits: Physical Fitness: Improves strength, flexibility, and endurance. Self-Defense Skills: Teaches practical techniques for personal safety. Mental Focus: Enhances concentration and decision-making. Emotional Balance: Reduces stress and fosters self-confidence. Children and adults alike can reap these rewards, making karate suitable for all ages. 5. What to Expect in a Karate Class Karate classes typically start with a warm-up to prevent injuries. Students then practice kihon, kata, or kumite, depending on the lesson plan. Classes often end with cool-down stretches and meditation to promote relaxation. Beginners usually wear a white uniform (gi) and a white belt, symbolizing a fresh start. As skills develop, students progress through colored belts, culminating in the black belt, a mark of mastery. 6. Equipment Needed for Karate To begin karate, you'll need: Gi: A traditional karate uniform. Belt: Represents your rank in karate. Protective Gear: For sparring, such as gloves, mouthguards, and shin guards. Most dojos (training halls) provide communal equipment for beginners, but personal gear becomes essential as you advance. 7. How to Choose the Right Dojo When selecting a dojo, consider the following: Instructor Qualifications: Ensure the instructor is certified and experienced. Class Structure: Look for a balance of kihon, kata, and kumite. Atmosphere: Choose a supportive and respectful environment. Visiting and observing a class can help you decide if a dojo aligns with your goals. 8. Karate Etiquette Respect is a cornerstone of karate. Students bow when entering the dojo, before and after training, and when interacting with their instructor and peers. This demonstrates humility and appreciation for the art. Conclusion Karate is a rewarding martial art that enhances physical fitness, mental focus, and personal growth. With the right mindset and guidance, karate can become a lifelong practice that enriches your life in countless ways. Start your journey today and experience the transformative power of karate! Homegogils662025-06-16T21:56:45+00:00 Karate is like a living thing. Though established relatively recently in the early 1900s, the roots of Karate stretch back over centuries. Though modern karateka performs some of the same movements as ancient martial artists, some of the techniques have been completely revamped. Even the basic Karate style that Gichin Funakoshi brought from Okinawa to Japan has morphed into something new. Now, not even 100 years later, various different types of Karate are practiced around the world. Let's look at their differences. What do we mean when we talk about different Karate styles (Karate types) as opposed to different styles of martial arts? Shotokan Karate and Wado-ryu are quite different from each other, but both are considered Karate. However, something such as Tae Kwon Do, which looks similar to Karate, is not considered Karate. What's the difference? Most of it has to do with how the styles were developed. All Karate styles have their roots in Japan, Okinawa, or both. Nearly all martial arts styles have had some influence on each other at some point in their histories. However, the basic categories we have today come from distinct places. For example, Tae Kwon Do comes from Korea, Kung Fu comes from China, Muay Thai comes from Thailand, etc. Karate comes from the island of Okinawa and was later refined in Japan. Check out this post to learn more about the origins and history of Karate. From there, various types of Karate split off as new schools and prominent karateka further explored certain aspects of the art. Though there are as many as 75+ Karate styles out there, there are four main styles that are most widely known. Shotokan Karate is one of the most well-known types of Karate in the world. It was developed in Tokyo by Gichin Funakoshi, the Father of Modern Karate. Shotokan techniques are very strong and linear (as opposed to circular, fluid movements such as what you'd see in Kung Fu). As a whole, the art is comprised of about 70% hard techniques and 30% soft movements. Students are taught to focus on speed, form, balance, and breathing as they perform techniques. Beginner stances tend to be deep and become longer as the student advances. The style has 26 kata that students must learn. Though Shotokan is more popular around the world, Shito-ryu is the most popular form of Karate in West Japan. The style is heavily influenced by Okinawan Karate styles and was founded by Kenwa Mabuni in 1934. The style employs short, low stances that are very similar to what you see with Sumo wrestlers and is very kata heavy. With 94 kata, it is the Karate style with the most kata. Students are encouraged to string the movements from the kata together as they work to defend themselves. If you've ever seen The Karate Kid, you've already seen Goju-ryu in action. This is the style that the fictional character Mr. Miyagi teaches to Daniel. The style is based on Okinawan Karate styles which were heavily influenced by Kung Fu and Chinese martial arts centuries earlier. It is also heavily influenced by a Chinese martial art called Fujian White Crane. His character was inspired by the real Chojun Miyagi, who founded the Goju-ryu style of Karate around 1930. As such, the style is a more even mix of hard and soft techniques, which is reflected in the name of the art. "Goju" literally means "hard-soft" in Japanese. Whereas Shotokan Karate is very linear, many movements in Goju-ryu are more circular. ("Wax on, wax off.") The style uses only 12 kata and the stances tend to be deep and natural. In 1939, Hironori Otsuka established Wado-ryu, which translates to "the way of harmony" in Japanese. There is a strong emphasis on harmony and peacefulness of mind. Whereas most styles of Karate focus on powerful attacks, Wado practitioners seek to evade blows. Students learn to shift their bodies to avoid or reduce the impact of blows and strikes as a counter-attack. Unlike most other Karate styles, Wado also incorporates Jujitsu-style techniques such as joint locks and throws. The stances are mostly natural and students learn 15 kata. You may have noticed that all the styles have the Japanese word "Ryu" as part of the name. What is Ryu meaning? In Japanese, "Ryu" can mean style, school, system, type, form, etc. In written Kanji, it is used mostly as a suffix like you see here after the style names. The word "ryuha" can also stand alone and means "school" or "school of thought". Japanese martial arts are often differentiated into different ryuha. So far, we've talked about the big four styles of Karate. However, though these are the most well-known, they are not the only types of Karate out there. Other styles that have been established are basically mixes of these four styles or offshoots of one of them. Let's take a quick look at them here. Kyokushin Karate is a mix of techniques from Shotokan and Goju-ryu. However, despite the influence of Goju-ryu, it is known as an extremely hard style. In the sporting arena, it is also a particularly brutal form of Karate, known as Japanese full-contact Karate or knockdown Karate. Unlike in sparring matches of other Karate styles, Kyokushin students are NOT encouraged to pull their punches, and potentially permanently damaging blows are allowed. The stances used are mostly natural and there are 23 Kata plus 8 ura Kata. Isshin-ryu is based primarily on Okinawan Karate styles. It mixes Goju-ryu with Shorin-ryu and Kobudo, both of which are Okinawan martial arts. Stances tend to be natural and there are 15 kata, including weapon-based ones. The Uechi-ryu style of Karate is a mix of Okinawan martial arts with Kung Fu. There is an equal mix of hard and soft techniques. Students might be excited to know there are only 8 kata to learn in Uechi-ryu. Kata fans, however, will find themselves looking elsewhere for a challenge. This style was developed by Kanbun Uechi on Okinawa during the early 1900s. Shorin-ryu is another Okinawan style mixed with Chinese martial arts that uses a mix of hard and soft techniques. However, hard, fast techniques tend to dominate. Natural stances are always used and students learn 21 kata. This style is a steady mix of Okinawan and Japanese Karate styles. As such, it uses both deep and natural stances. Counting all the types and sub-categories of kata that students learn, there are more than 60 in all. This Karate style is a mix of Shito-ryu and Goju-ryu. It maintains a balance of about 60% hard techniques with 40% soft ones. Practitioners always use natural stances and there are 44 kata for students to learn. Gosoku-ryu is a Japanese style of Karate that combines techniques from Shotokan and Goju-ryu. There is a mix of both hard and soft techniques. Deep stances are usually taught to beginners. As they progress, more natural stances are employed. This style has 46 Kata — a relatively large number and this includes several weapons ones. Shuri-ryu also hails from Okinawa and was developed from mixing Okinawan martial arts with a Chinese art called Xing Yi Quan. Both hard and soft techniques appear and the style uses both deep and natural stances. Students learn 15 kata in all. Chito-ryu is a mix of Shorin-ryu and Okinawan martial arts. The style uses a mix of both hard and soft techniques. However, unlike most other types of Karate, it focuses on soft techniques rather than hard ones. The stances are always natural and there are a total of 15 kata. As you can see, there is quite a variety of Karate styles out there for those who would like to study Karate. A few more exist, such as Gensei-ryu, Yoshukai, and others, but you've got the idea. So, how do you know which one you should choose? You can do a little research like this on the Internet, but the best way to get a feel for each Karate style is to visit your local dojos. Most Karate schools offer a free introductory class so you can get an idea of what to expect. In general, most people interested in martial arts will be happy learning any style of Karate. However, they are different enough from each other that you may enjoy one style over another. So, check around, see what styles of Karate schools are offering in your area and take advantage of that free class! Before long, you'll be feeding a lifelong passion and well on your way to earning a black belt in Karate!