



INTERNATIONAL KARATE ASSOCIATION

H A W A I I

New Student Information

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01. International Karate Association

Welcome to the International Karate Association

The International Karate Association was created in 1953 by Soke Takayuki Kubota. While there were, and still are, are many different approaches to karate, Soke Kubota chose to call his approach 'GoSoku Ryu'. ***GoSoku Ryu roughly translates to "Hard/Fast Style" or "Style that uses speed and power".***

Having begun his martial training at the age of 4 under the guidance of his father Denjiro Kubota, and continued during WW2 under the guidance of two Okinawan soldiers stationed in his village of Kumamoto, the idea of Gosoku Ryu was born in Soke's mind very early in his life.

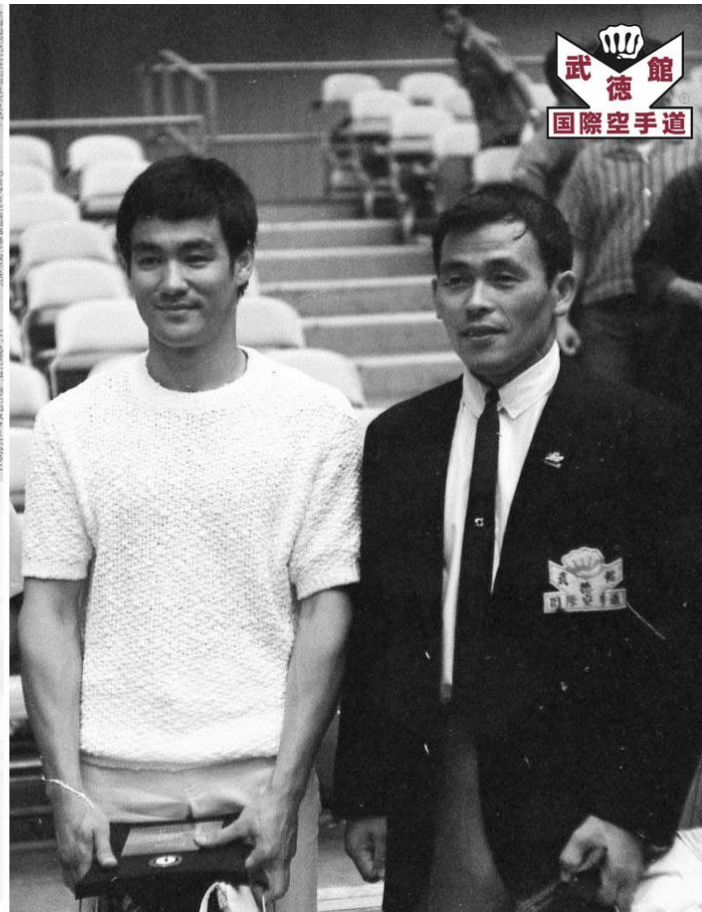
In 1947 Kubota went to Tokyo against his fathers will, where he was able to provide for himself by



teaching *taiho jutsu* arrest techniques, hand-to-hand and baton combat. He taught for 10 years with the Tokyo police.

Through his martial skill he earned enough money to continue his education, and for a while, trained in Kanken Toyama's Shudokan dojo. Soke Kubota continued to develop his GoSoku Ryu and established the IKA in 1953. In 1964, he relocated the IKA hombu to California, where it has been ever since. Under his guidance, the IKA has achieved widespread recognition in the martial arts world and has made important contributions to the karate community at large.

Since its inception, a primary goal of IKA has been to promote traditional karate and martial values. While he choose to call his approach to karate GoSoku Ryu, Soke Kubota would say that *"...there are only two kinds of karate - Good karate and bad karate. If it works it's good."*





Kubota Soke was known for his practical approach to karate, and adapted and taught his GoSoku Ryu style and principles for more than 20 law enforcement and military agencies around the world. He is also known as the inventor of the Kubotan self-defense key ring.

Being a true martial artist, Soke Kubota learned and grew beyond just his own Karate, studying Judo, Aikido, Kendo, Iaido, meditation, and calligraphy. He continued to share himself with the world by appearing in films such as *The Killer Elite*, *Pearl Harbor*, *The Fast and the Furious: Tokyo Drift*.



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Sadly, Soke Kubota passed away in 2024 at the age of 89 at his home in Glendale, California. Soke had an infectious love of life that shone through his teaching and his karate as a whole. Soke's love of life and what it can be with the disciplined pursuit of karate is reflected in his message to us in the Dojo Kun.

While his jokes, his smile, and his kiai will be missed, his strength, his wisdom, and his spirit are present in dojos around the world, and in our training every day.

**Hitotsu
Tsuyoku
Tanoshiku
Sekai No Karate Do**



Kyoshi Rod Kuratomi

Since 2023, the IKA has been under the skillful leadership of Kyoshi Rod Kuratomi, who trained directly with Soke Kubota for more than 40 years. Kiyoshi Kuratomi was named as the president of the International Karate Association and Soke's direct successor to carry on Gosoku Ryu Karate. He leads alongside his wife Cheryl, who trained with Soke Kubota for more than 20 years herself.

Together, they not only support the IKA affiliated dojos around the world, but they consistently manage and teach at IKA Headquarters to make sure that good karate has a place to thrive for future generations.



Hanshi Charles Scott

Hanshi Charles Scott has lived more than 50 years in the martial arts. As an all around three sport athlete (wrestling/track/football), in high school and college Charles Scott began his training martial arts under David Brownridge at the Brownridge Institute of Karate in Champaign, Illinois.

He began teaching martial arts in Fairbanks Alaska in 1972 and joined the IKA family in is still the heartbeat of IKA Alaska.

Hanshi Charles Scott is Shihan Tim Tolliver's direct teacher.



Shihan Tim Tolliver

Tim Tolliver is the head instructor at IKA Hawaii. He began his journey in the martial arts some 40 years ago after an incident with a middle-school bully led him to become a student of Hanshi Charles Scott. Since then Shihan Tolliver has gone on to compete successfully at the national and international level becoming a 3x World Kata Champion in the IKA.

Shihan Tim is also the Head Coach and Chief Performance Officer at Proving Ground Performance Inc. and the founder of the Proving Ground Performance Group, a local non-profit organization with a commitment to developing strong, wise, and capable young people.



02. Learning Karate

Soke Says...

The basics of blocking, kicking, etc. are the essential movements and the essence of any karate system. The basics must be an unconscious part of every movement. Impeccable basics are the foundation of successful technique. By thoroughly learning these movements, the student will, step by step, improve in skill and power.

Daily, serious training is essential to success in the martial arts.

The discipline of training develops the student's physical and mental capabilities. The student is taught to make the arts of self defense become part of himself, rather than a lesson he has learned. Only then, will his mind and body work in perfect unison. The mind is empty of fear and other distractions that cause hesitation and error. The resistance to discipline is overcome by achieving one's goal.

4 Phases of Learning Karate

1

EXCITEMENT

You the vision of where you can go and what you can become through karate training and you can't wait! You don't quite understand how it will all come together, but you just know that you'll be spinning and kicking with the best of them in no time!

2

FRUSTRATION

This whole karate thing is WAY more work, and A LOT less exciting than you expected.

Things are not going nearly as fast as you would like them to. You get impatient with yourself and your teacher.

You tell yourself that you are not as good as others in the class.

3

CRISIS POINT

This is the point where you will want to quit Karate.

What do you do? Do you throw in the towel or do you remind yourself that your effort will pay off, go to class, and give it your best? Sometimes when it's challenging to go to the dojo, it's the best thing for you. Be patient, focus on the goal, and make up your mind to go all in! Sensei can be a HUGE help during this phase, but only if you TALK TO HIM!

4

RECOMMITMENT

Congratulations! You made it! You have recovered from the frustration and you are stronger because of it! You have recaptured the dream; you're excited again and ready for the next challenge. Remember that if you slip into the frustration phase, you already know how to recommit yourself! Sometimes the hardest part of Karate training is just getting yourself to do it. Be persistent and look inward for improvement.

03. Dojo Etiquette and Rules

Dojo Rules...

The 'dojo rules' or Dojo Kun is a statement of what our dojo is all about and we recite it at the completion of each class to remind ourselves of what it means to be a part of this dojo and of the International Karate Association at large.

There are many different kinds of dojo kun in the karate world.

This one is ours, given to us by Soke Kubota and reflects his intent for GoSoku Ryu and his desire for those who are a part of the International Karate Association.

Dojo Kun

- Kokusai Karate Do Kyokai
- Soke Kunji

HITOTSU

TSUYOKU

TANOSHIKU

SEKAI NO KARATE DO

Dojo Creed or Rules

We are the International Karate Association and
this is our founder's message to us...

First

Be the best that you can be at whatever you do...

Strength

Practice strength, work hard in training and life...

Enjoyment

Have fun, enjoy training, enjoy a good life...

Share Karate with the World

To Practice the Dojo Kun, In Our Dojo We...

DO!

- **Bow respectfully** when entering and leaving the training area. We show respect and gratitude whether or not anyone else is present.
- Bow and **show respect to our teachers** upon seeing them for the first time
- Addresses our teachers with the proper title (Sensei, Shihan, etc.)
- **Listen to and respect** higher ranking students
- Bow onto the floor and ask for permission to join the class in session.
- Keep ourselves and our uniform clean. Fingernails and toenails should be trimmed.
- **Carry ourselves with dignity both inside and outside of the dojo** and will not act in a manner that would embarrass ourselves, our teachers, or our training partners.

DO NOT!

- Argue with our teachers or other senior ranking students of the dojo. Questions, however, are always welcome at the proper time.
- Wear shoes onto the dojo floor. Even when training is not happening
-

04. Beginning/Ending Training

Outlined below is the step-by-step process of how we **BEGIN** training or “bow in” to every class...

1. SEIRETSU - Line Up!

Form a straight line from right to left facing the front of the dojo

2. KIOTSUKE - Come to Attention!

Stand up straight. Hands at your sides. Toes and heels touching

3. REI - Show honor or respect

With a flat back straight, eyes straight ahead, and hands resting on the side of the thighs bend at the hip and bow from the standing position.

4. SEIZA - Sit Down

Kneel down onto your left knee with a left down block. Double down block from the kneeling position.

5. MOKUSO - Sitting Meditation

Back straight, eyes closed, face and neck relaxed. Breathing should be relaxed and natural through the nose

6. MOKUSO YAME - End Meditation

Eyes come open. Body remains still, attention on the training ahead. Breathing is still relaxed and natural through the nose

7. SHOMEN NI REI - Show respect toward the front of the dojo

Kneeling bow to the front, left hand down, right hand down, and bow

8. TATTE - Stand Up

Come up to right half kneeling. Left hand open block, punch and kiai with your right hand.
Stand up ready to begin training.

9. REI- Show Respect

When instructed to do so, Bend at the hip and bow from the standing position. Say ONEGAISHIMASU! (Pronounced Oh-nay-guy-she-mahs), which means 'Please teach me')

Outlined below is the step-by-step process of how we **END** or “bow out” of every class...

1. SEIRETSU - Line Up!

- Form a straight line from right to left facing the front of the dojo

2. KIOTSUKE - Come to Attention!

-Stand up straight. Hands at your sides. Toes and heels touching

3. REI - Show honor or respect

-With a flat back straight, eyes straight ahead, and hands resting on the side of the thighs bend at the hip and bow from the standing position.

4. SEIZA - Sit Down

-Kneel down onto your left knee with a left down block. Double down block from the kneeling position.

5. MOKUSO - Sitting Meditation

-Back straight, eyes closed, face and neck relaxed. Breathing should be relaxed and natural through the nose

6. MOKUSO YAME - End Meditation

-Eyes come open. Body remains still, attention on the training ahead. Breathing is still relaxed and natural through the nose

7. SHOMEN NI REI - Show respect toward the front of the dojo

-Kneeling bow to the front, left hand down, right hand down, and bow

8. OTAGAI NI REI - Honor Each Other

-Bow to your training partners in gratitude from the kneeling position

9. SENSEI NI REI - Honor your Teacher

-Bow to the teacher of the class with gratitude from the kneeling position

10. TATTE - Show honor or respect

-With a flat back straight, eyes straight ahead, and hands resting on the side of the thighs bend at the hip and bow from the standing position.

9. REI- Show Respect

When instructed to do so, Bend at the hip and bow from the standing position. Say DOOMO ARIGATO GOZAIMASHITA (Pronounced Do-mo Ahree-Gahto Go-Zy-Mahshtah), which means 'Thank you very much'.

05. Useful Karate Terms

Below is a list of basic terms and or phrases you will become familiar with as you begin to learn more and more about Karate and training.

- **SEIRETSU** - **SAY**-ret-soo
 - Line Up
- **SEIZA** - **SAY**-zah
 - Sit down
- **REI** - **Ray**
 - Bow
- **HAJIME** - ha-ji-**MAY**
 - Begin
- **YAME** - **YA**-may
 - Stop
- **YOI** - **Yoy**
 - Ready
- **DOJO** - **DO**-jo
 - Place of training
- **SENSEI** - **SEHN**-say
 - Teacher
- **SEMPAI** - **SEHM**-pie
 - Senior student
- **KATA** - **KA**-ta
 - Form or example
- **KIME** - **KI**-may
 - Focus or decisiveness
- **HAYAKU** - **HI**-ah-koo
 - Hurry up similar to 'Hustle' in english
- **HAI** - **HI**
 - Yes
- **OTAGAI** - **OH**-ta-guy
 - Each other
- **ONEGAISHIMASU** - Oh-nay-**GUY**-she-mahs
 - Please teach me
- **WAZA** - **WAH**-zah
 - Skill or technique

“ There are only
two kinds of
Karate - Good
Karate and bad
Karate. If it works
it's good. ***Karate
is Karate.***

Soke Takayuki Kubota
1934-2024

