



Student Manual



UNITED STATES ACADEMY OF MARTIAL ARTS
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STUDENT MAUNAL

Welcome!

Congratulations for choosing to join one of the finest Martial Arts Academy's in the Nation. What sets US-AMA apart from the rest is our eclectic approach to learning the best each style has to offer.

On behalf of our entire team I wish to take this time to welcome you to our Dojo! It is both a pleasure and an honor to assist you in becoming a true martial artist.

You will find through diligent training of the mind and body that the martial arts will benefit you in all of your endeavors, and enable you to best realize your full potential, both physically and mentally. If the mental aspect is ignored, it's physical position is meaningless. Inside this Dojo, we strive to maintain this attitude representing the true martial arts spirit.

When beginning any fitness program, we strongly recommend that you consult your personal family physician to ensure that you are aware of any restrictions in physical activity your physician may advise.

Train diligently and hard. You will only receive back only in proportion to what you put in. We are sure you will find your experience with us very rewarding.

We wish you success in your training and look forward to the opportunity to work with you to meet your goals.

Respectfully,

Sensei Daniel Cavaliere

Founding Director, US-AMA

Martial Arts of The World

US-AMA offers a diverse curriculum, exposing each student to a variety of martial arts disciplines from around the world. While our base style is Karate, other great arts such as Aikido, Jiu-jitsu, Judo, Kung-Fu and Taekwondo are introduced providing each students with a wealth of knowledge and the ability to have success in a variety of self-defense situations.

Most martial arts styles emphasize techniques from one particular range (the distance between opponents). A martial art usually consist of one or two of the following ranges: kicking range (long range), punching range (mid range), trapping range and grappling range. While most arts touch on all ranges of self-defense, each discipline tends to have one range in which they specialize.

Karate – Specializes in mid-range, blocking, punching and kicking

Aikido – A soft style utilizing blending and harmonizing techniques to re-direct the attacker's energy and use their aggression against themselves

Judo – Focuses on close range to execute throws, sweeps and grappling techniques

Jiu-jitsu – Specializes in takedowns, grappling and submission techniques

Kung-Fu – A very diverse martial art... At US-AMA, we utilize Kung Fu models that specialize in trapping range. (The range between punching and grappling)

Taekwondo – Specializes long range by utilizing dynamic kicking such as jumping and spinning kicks

The blending of styles provides US-AMA students with an unlimited resource of effective techniques. Rather than molding the student into one particular style, US-AMA has designed training programs that maximize the abilities and potential of each student.

What is the United States Academy of Martial Arts

Our program at US-AMA is unique in its approach. We have adapted and refined styles from around the world such as Karate, Kung-Fu, Aikido, Tae-Kwon-Do, Judo, and Jiu-jitsu, developing a solid style that takes the best of each system and is effective and easy to learn at any age, ability or skill level. The blending of the styles provides US-AMA students with an unlimited resource of effective techniques. Rather than molding the student into one particular style, US-AMA has designed training programs that maximize the abilities and potential of each student.

A Brief History

Our eclectic approach has much of its foundation built upon Shihan Walter K. Nishioka. Shihan Nishioka began training in the art of Jujitsu and Judo in Hawaii at an early age. As a young man he served in the United States Air Force where he was assigned to the legendary Strategic Air Command (SAC) division and was an instructor for the Flight Survival Training Program teaching hand-to-hand combat.

Under the SAC program in 1953, 10 Japanese martial artists were brought over to teach their disciplines including, arts such as Karate, Judo and Aikido.

After his military years Nishioka wanted to expand his knowledge so he would frequently visit to Japan and other Asian countries to learn more. He studied Judo, Aikido, Tae Kwon Do, Kung Fu and several styles of Karate. Upon his return he was encouraged to propagate karate in the United States.

Nishioka's established his dojo in Hawaii and considered his style a modified Shorin-ryu style. It is modified with influences from Judo, Jujitsu, Aikido, Kung Fu, Tae Kwon Do, as well as several Karate styles.

In the years that followed several of Shihan Nishioka's students and their lineage continued to explore and expand the curriculum to bring us to where we are today.

Excellence in Teaching

Since 2004, US-AMA has been bringing the community the very best in martial arts instruction. Each instructor is skillful and has achieved success in the martial arts, but more importantly, they have the ability to relate their knowledge and understanding of this art form to students of all ages and backgrounds. Our instructors are kept abreast of the most current self-defense techniques, teaching methods and research in the area of human development. Our goal as instructors is to continue to develop the talents of our students and to continue to instill in them the desire to be the best martial artist possible., while not sacrificing the high degree of respect and humbleness expected within the martial arts.

A Modern Approach To Self-Defense

Although our mixture of martial arts systems and their techniques are based on century old knowledge and tradition, it is our application of that knowledge and tradition that sets US-AMA apart from all other schools. Be assured that should the need ever arise, you will possess a firm understanding of exactly what it takes to both mentally and physically defend yourself and your loved ones. We are sure you will find your training with US-AMA to be a most rewarding, lifetime experience.

What Our Students Have to Say

"Dear Sensei, a quick note of appreciation. It was an absolute joy watching my son get his red bar yesterday. I hope you got the chance to see how much it meant to him. Once you excused him, he ran right over and jumped into my lap. He was beaming all night and when we congratulated him again this morning he smiled and said, 'Oh, I thought that may have been a dream.' You and your dojo have played a very positive role in his young life."

John A.

"Sensei Dan, we love how much you vary your approach to the same material for each training session. Also, you are so engaging and enthusiastic about what you do. It is so motivating for your students! This experience has been so important for our daughter and we hope she continues to make Karate a part of her life. In a world of MTV & instant gratification, you are daily showing the kids that if they are dedicated and work hard, they can earn respect (so empowering for a child!) from their sensei and also self-respect for a job well done. You show the kids you appreciate them not by lavishing them with praise, but by your energy and body language, which to me seems so much more meaningful. I have seen a difference in our daughter since she started this program. She is so much more willing to tackle challenging tasks at school and at home because she knows she can accomplish more than she thought possible if she works hard at it. Thank you!!"

Betsey and John

"All aspects of the program are great. Particularly Sensei's passion and the bonds formed with fellow students."

Mick F.

"From pee-wees to adults, you find unique and interesting ways to challenge each age group."

John H.

"I like Sensei's patience and kindness...it teaches the students to do the same."

Mercedes V.

"We LOVE this program! We tell everyone how great it is. The children are treated with respect. They are given clear expectations. We also love the new additions! Keep up the great work! Our community is so lucky to have this great program for children to learn from and become responsible people."

Cindy K.

Higher ranked students, and even more skilled lower ranked students, are willing to work with and assist the lower ranks or the less skilled, and pass on the information they have in a way that doesn't make the lower ranked student feel inadequate. It is a good working model for the character trait of Respect."

Eric P.

"We like everything - the exceptional instruction, the intrinsic core values, the talented and caring staff - the total package! I feel honored my son has the opportunity to be part of such a great program for which we are truly grateful and appreciative."

Lisa P.

"I like how the students are spoken to and the positive reinforcement while they are learning. Also the depth in which things are explained."

Hillary L.

"Our son's behavior at home and at school has improved significantly. We like the discipline and structure of the environment. Also, we like the encouragement for kids to continue to grow and learn."

Jeff L.

Questions & Answers

What is Karate?

Karate is our primary style of martial arts and is a centuries old method of self-defense. The term “Karate” loosely translates, kara (empty) te (hand).

Is US-AMA a fitness program?

US-AMA classes provide an excellent means of achieving overall body conditioning and weight control. The added advantage of our training is that you are exercising while learning valuable self-defense skills.

Who can learn self-defense?

US-AMA classes are designed for people of all ages and ability. Whether you interest lies ultimately in self-defense, art, sports, or physical fitness, you do not have to be in prime physical condition in order to begin your training program. Anyone willing to concentrate and try hard can learn martial arts.

How long will it take me to become reasonably proficient and how long will it take me to attain my black belt?

The time it takes to become proficient varies with your level of dedication and your own abilities. At US-AMA, you should feel that you could defend yourself fairly well after training with us for six months. To reach your black belt, the same variables come into play, but somewhere between four to seven years is about average.

How many classes per week should I attend?

We recommend two to three classes per week, plus some additional practice at home in between classes. You should match your training involvement with your personal fitness level.

Will there be other beginners in my class?

At US-AMA, our students are grouped by age and rank. This means that you will be in a class with other beginners.

Will US-AMA training make my child too aggressive?

At our US-AMA school, children learn that the martial arts is not an act of violence, but rather the art of how to handle themselves in a problematic situations. Aggression is channeled into assertiveness to increase a child’s self-esteem and build self-discipline and character.

Is US-AMA a “Mixed Martial Art” program?

US-AMA offers a diverse, traditional curriculum, exposing each student to a variety of martial arts disciplines from around the world. While our base style is Karate, other great arts such as Aikido, Jiu-jitsu, Judo, Kung-Fu and Taekwondo are introduced providing each students with a wealth of knowledge and the ability to have success in a variety of self-defense situations. Here is a brief overview of the major martial arts we incorporate:

Karate – Specializes in mid-range, blocking, punching and kicking

Aikido – A soft style utilizing blending and harmonizing techniques to redirect the attacker’s energy and use their aggression against themselves

Judo – Focuses on close range to execute throws, sweeps and grappling techniques

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The blending of styles provides US-AMA students with an unlimited resource of effective techniques. Rather than molding the student into one particular style, US-AMA has designed training programs that maximize the abilities and potential of each student.

Why do people bow with they go into a studio?

The bow is a symbol of respect in Asian cultures and is similar to a western handshake.

What are the chances of getting injured?

The chances of injury are very small since your US-AMA training is constantly supervised with safety in mind. Our studios are equipped with mats, etc. and protective gear is required to be worn by all of our students to reduce the chance of injury even further.

US-AMA Instructors

The United States Academy of Martial Arts offers only the finest instructors. Our instructors are experienced martial artists with years of training and teaching experience. Our teachers are martial artists dedicated to maintaining instructional excellence at all levels.

Most of our instructors have competed in martial arts tournaments throughout USA, some placing very high in competitions. They know what it takes to win and are here to help you become a champion in life.

What sets US-AMA apart from others training programs? The caring and concern of each of our instructors exhibit towards every student who comes through the doors. Unlike other studios who open and close with the seasons, our instructors are here for you today and together we are building a strong tomorrow.

US-AMA's Leadership Program

On a student's journey to the black belt level, they are not only required to develop skill and an understanding of techniques, applications and character building, but they are also required to develop skills in teaching and leading.

In Karate, the term "Sempai" refers to higher ranked students in a dojo who have not yet earned a black belt. They assist the Sensei with less experienced students and serve as good role models. This process continues as they progress through the belt ranks and is designed to develop them into a future Sensei.

One does not instantly become a skilled "teacher" upon earning a black belt. It is developed over years of experience.

Adult Classes and Family Self-Defense

A Word About US-AMA's Adult Programs

Our US-AMA Training Programs offer each student a wide range of strategies and techniques, making it easy to find an effective style of martial arts for every one. No one is too old, too fat or too out of shape to begin benefiting from their training at the United States Academy of Martial Arts. In many ways, better than a Health Club, our US-AMA Training Programs are designed to be fun, and to help lead you to better health and fitness. Plus, your training gives you a double benefit, an exercise program with a kick! As you train, not only will you be in better shape, but you'll be gaining in the confidence that comes from knowing how to effectively protect yourself and your loved ones.

From a Woman's Point of View

With the incidence of crime on the rise, particularly with the increase of personal assaults on females, we believe women of all ages should have instruction in some form of self-defense. We are proud to represent the County's Sexual Assault, Recovery, and Prevention Center (SARP), and Cal Poly's Cal Poly's sexual assault and relationship violence prevention program known as Safer, as the facilitator of Self-Defense seminars.

US-AMA has committed itself to educating women of all ages, including the more mature woman, in techniques that are proven, effective, and easily learned, so that our students are able to assume responsibility for their own safety. US-AMA instructors are ready to help you learn how to overcome grabs and learn how to target kicks and strikes effectively, so that you will be better prepared if ever confronted by an attacker.

More women than ever before have enrolled in our programs and, aside from the increase in their self-confidence, they have found their US-AMA training programs to be both fun and exciting.

A Male Perspective

US-AMA is very much aware of the hectic schedule of most men. This is one reason why US-AMA training programs can become so important to a man's health and well-being—it is a tremendous stress reducer. The combined aerobic and anaerobic workouts are very effective in lowering your stress and anxiety levels and the benefits of regular training—increased muscle tone, stamina, and increased energy levels—work to improve the quality of your time spent at home, office, or in the pursuit of recreation and leisure.

Under the direction of instructors who really care about your performance, we will help you maximize your training goals. US-AMA is here to help you develop as a martial artist as well as your health and fitness!



Physical and Mental Benefits

You will find that the proven teaching methods of the United States Academy of Martial Arts will not only help you learn the art of self-defense safely, quickly and easily, but will also provide you with a wide range of physical and mental benefits.

Physical Benefits

- Improved reflexes and coordination
- Increased energy level
- Improved appearance and muscle tone
- Increased strength and stamina
- Better balance and body awareness
- Improved flexibility
- Weight loss and control
- Better health and longevity

Mental Benefits

- Improved self-image, self-esteem
- Increased self-confidence
- A more positive attitude
- Greater self-discipline
- Improved concentration, better work and study habits
- Stress reduction, increased levels of relaxation

Children's Programs

US-AMA's Children's Programs are second to none! While we recognize the ability to defend oneself is important, we also know that there are many other important benefits to be gained when involving your child in our martial arts program. That's why our instruction, coupled with our unique training program or work and fun is designed to instill:

- Character building and enhanced self-esteem
- Effort and concentration
- Sincerity and respect for oneself and others
- Self-control and self-discipline
- Etiquette

US-AMA's Pee Wee Program

Our training programs have been designed to benefit children as young as 4 years of age. Training at US-AMA at this early age assists in a child's gross motor development and coordination. Helping the younger child to learn to focus their attention, stay on task and to follow simple direction necessary in learning their martial arts requirements, enhances their learning skills and helps ensure their success during those early years of education. This all sounds pretty serious to a four year old, but they'll just think they're having a good time!



Kid's Programs

There are so many benefits to be gained by a child from participating in a US-AMA training program. Our classes are designed so that our students truly enjoy not only their training, but they actually enjoy becoming more self-disciplined. It is wonderful to see our children blossom with new feelings of self-confidence. Our programs are really self-esteem boosters, giving our children just like yours the skills and aptitudes to become more successful at home and in the classroom.

Teen's Programs

We live in a time when our young adults can really be challenged by some overwhelming temptations. The threat of drug and alcohol abuse, gang involvement, and a whole host of other negative influences can make this particular time of parenting a real challenge! Our US-AMA training programs instill within our students strong character building aptitudes of self-respect and respect for others. This gives students in this age group the strength to make the right choices. Our instructors are excellent role models for our kids, as well. This can be important if your child needs another adult to talk things over with. For the sports minded enthusiast, our programs proved the perfect cross-training, enhancing their abilities in other sport activities. Because we are a family training center, US-AMA also gives our students something important that they can share with their own family. At this stage in development, the right choices, combined with the right associations with other US-AMA students, friends and family members can make this transition period into adulthood a whole lot easier for Mom and Dad. The best part about our US-AMA programs are that they will stick with it because they are having such a good time!

US-AMA has made a strong commitment to the development of today's youth and seen, first hand, very positive results! Beginning with ages four years and up, our specialized programs will work to improve your child's performance in all other sports, and most importantly will improve your child's study habits and concentration, so they can be a success in life!

US-AMA's Team Ichiban

Team Ichiban programs are specialized training programs developed to meet the needs of our more serious students who have the commitment and the determination to excel in their martial arts training. Ichiban teams are invitational teams that provide high level students with the most advanced training as well as an outlet for those students with a competitive spirit.

Each team specializes in a different aspect of our martial arts training program.



Members participate in advanced training to prepare for (Kumite) sparring competition.



Members participate in weapons training. Both traditional and non-traditional weapons forms are emphasized.



Members train in martial arts agility to improve the attributes that a martial artist.



Specializes in (Kata) martial arts forms. Members train and compete in tournament competition.



Members compete in Brazilian Jiu-jitsu and submission grappling.



Members perform. The team trains to put on a dynamic and entertaining show in front of live audiences.



Guide for Parents

We, at the United States Academy of Martial Arts congratulate you on your decision to begin your child's training in the martial arts. We are committed to ensuring the development of respect, self-discipline, and a healthy self-esteem within your child.

Through the physical training with US-AMA, children develop their cardiovascular system and increase their muscle tone. You can expect to see better gross motor coordination, increased flexibility, and an increase in stamina, as your child's training progresses. In addition, listening skills and self-discipline are enhanced through the regimented training drills and the martial art traditions that we adhere to in our studio.

We are well aware of the differences that exist among our students with respect to physical aptitude. While we encourage a consistency in training, we also recognize that your child will progress at their own rate. The pursuit of the martial arts is not a race. We will work with your child, helping them to set realistic goals and we will assist them in attaining these goals. This will boost your child's level of self-confidence and enhance their self-esteem.

At US-AMA, we are genuinely interested in your child. We offer a wealth of experience in teaching the martial arts to your child's age group and for this reason, we ask that you refrain from making any corrections from the sidelines as you watch your child train. As you become enthusiastic over your child's training program, you may occasionally feel a need to coach from the side or correct a possible discipline problem—please leave these matters up to the instructor when your child is in class.

Your child's progress in school is another area of importance for us. Prior to any belt rank promotion, an evaluation form should be completed by your child's current school teacher and returned to our office.

Our primary goal is to help your child not only excel in the martial arts, but to succeed in every area of their life. You will find that at US-AMA, we are a valuable resource in helping to reinforce the values you teach at home. We know, from over many years of experience, that establishing a close network between our staff, parents, teachers, and your child will help make the pursuit of the martial arts the most rewarding experience possible for everyone concerned.

Congratulations and welcome to the United States Academy of Martial Arts!

The Picture of the True Martial Artist

One who displays a relaxed demeanor and gives the impression of being gentle in spirit...

One who never swaggers or brags about their accomplishments, thereby showing a lack of real confidence...

One who outwardly manifests gentleness and compassion toward others and who inwardly has great strength...

One who, in daily life, is unpretentious and modest; who's daily practices and relationships with others reflect the US-AMA Character Traits:

<i>Power Under Control</i>	<i>Humility</i>
<i>Attentive</i>	<i>Forgiveness</i>
<i>Character</i>	<i>Faith</i>
<i>Respect</i>	<i>Decisiveness</i>
<i>Commitment</i>	<i>Gratitude</i>
<i>Self-Control</i>	<i>Responsibility</i>
<i>Courtesy</i>	<i>Determination</i>
<i>Obedience</i>	<i>Loyalty</i>
<i>Patience</i>	<i>Courage</i>
<i>Discernment</i>	<i>Integrity</i>
<i>Wisdom</i>	<i>Leadership</i>
<i>Compassion</i>	<i>Virtue</i>

US-AMA Rules & Regulations

Please follow the rules listed below to the best of your ability. If you have any questions regarding these guidelines, please check with your Sensei.

Attitude and Respect

1. Students must always conduct themselves in a manner becoming to the United States Academy of Martial Arts.
2. Respect for those in authority and for others must always be extended
3. It is expected that students will work together and display a cooperative attitude. Students who willfully create dissent will be properly reprimanded and risk expulsion from the dojo.
4. The use of profanity or vulgar language is strictly prohibited.

Dojo Etiquette

1. Be prompt. Arrive before class begins. Make sure you are well hydrated and use restroom **BEFORE** class begins. If you do come in late, please stand at the edge of the training floor, weight to be acknowledged by the Sensei and ask the Sensei permission to join the class.
2. Address all Black Belts as Sensei (instructor/teacher); all assistant instructors as Sempai (senior ranking student/assistant instructor).
3. Always bow when entering or leaving the dojo training area thereby showing respect to your school and your fellow students.
4. Senior students are expected to set a good example for juniors, protect them from injury, help them learn, and treat them with respect and consideration.
5. Junior students are expected to look to senior students for guidance and treat them with respect and consideration.
6. Do not teach new techniques or kata to other students unless you have permission from Sensei.
7. Behave appropriately in the dojo. Remove your shoes before entering the training area and place them neatly out of the way. Please help keep our dojo clean. No smoking, drinking, eating or chewing gum inside the dojo.
8. It is inappropriate to cut through rank lines, walk around. Always line up with the higher rank to your right.

10. There is no talking during class. If you have a question, raise your hand so Sensei or Sempai can respond.
11. Students must ask for permission from the head instructor before leaving a formal class.
12. Students will not lean against the dojo walls, mirrors or lay around on the dojo floor. When you are seated on the floor, your legs should be crossed.
13. If your obi (belt) or gi (uniform) becomes untied during training, request permission from your instructor before turning away and making the necessary adjustments.
14. Never throw or drop your obi (belt) on the ground, and never wash it. Your obi is a symbol of your will; your spirit and your accomplishments.
15. Practice your basic techniques and kata consistently outside of class, even if it is just for a few minutes every day. This will help improve your skill and physical conditioning. Never practice techniques with others except under the guidance of Sensei during class time.
16. Weapon practice is allowed only with the approval of the Head Instructor. All weapon practice must be done in a safe approved manner.
17. Only white Japanese style US-AMA uniforms are to be worn in class. Please keep your uniform laundered and cleaned on a regular basis. US-MAI t-shirts may be worn during warm weather. T-shirts must be tucked in at all times. GI's are always preferred.
18. Male students must wear a protective groin cup and supporter under their uniforms.
19. Female students may use chest protectors. US-AMA t-shirt or sports top should be worn under GI.
20. Personal hygiene is required. Keep fingernails and toenails cleaned and well trimmed; feet, hands, etc. should be clean as well.
21. All jewelry should be removed before training sessions begin to help avoid injury to both student and his/her training partners. This includes the removal of earrings, necklaces, watches and rings.
22. Your Instructor is aware of your progress and abilities. For this reason, asking when you will be promoted in rank or tested for a bar is considered disrespectful.
24. Please show respect to your instructor and classmates when they are training. Students, family and friends are not allowed in the training area before or after class. **NO EXCEPTIONS.**
25. Parents it is considered disrespectful to interrupt formal classes. If you have a question or comment about your child's training please discuss it with the head instructor before or after class.
26. Any student who misbehaves during class will be asked to sit down or perform push-ups. If the situation continues, they will be asked to call their parents and leave. We teach with positive reinforcement, and cannot disrespect, disobedience or tolerate potential dangerous behavior and situations.
27. Students should always conduct themselves in a positive manner not only in the dojo, but also at school, at home and in the community.
28. Always bow when leaving the dojo training area, always bow when leaving the dojo training area, always bow when you start training techniques with a partner, always bow when you finish training techniques with a partner, always bow when changing your partner, always bow you start and finish your kata
29. It is respectful to line up with the highest ranks closest to the Sensei (the right side of the line). When bowing, the highest rank initiates the bow, and the lower rank responds with a bow.
30. If you have to move from one part of the dojo to another, do so quickly
31. Always try your hardest even when your tired

Sparring Requirements

- Protective pads (gloves, boots, head gear, mouth piece, and groin cups for boys) must be worn while sparring.
- Sparring targets include: chest, ribs, kidneys, and the sides of the neck. Strikes to these targets are with light, controlled contact. The groin, joints, spine, and the back of the head are illegal targets. Students training in an adult class and 3rd

FORMAL OPENING OF CLASS

All students immediately assume their places, lining up in rank order. When the Sensei assumes his/her place, all students stand at attention position to prepare for class.

Sensei indicates start of class to the highest-ranking student, standing in the first position closest to Sensei. This student says, “**Shomen Ni Rei**” (formal opening statement meaning to students, Rei means bow) and all students bow facing forward.

Sensei then faces the students, and students turn 45 degrees towards the Sensei. Highest-ranking student says, “Sensei’s last name Sensei Ni, Rei, i.e. “**Cavaliere Sensei Ni, Rei**” (acknowledges the instructor) all students bow facing the Sensei.

If there are additional Senseis, students turn to face them and say, “**Sensei Tachi Ni Rei**” (tachi ni means more than one) all students bow facing the Sensei.

If there are Sempais present, students face them and highest-ranking student says, “**Sempai Ni Rei**”, all students bow facing the Sempais. If there are multiple Sempais, highest-ranking student says, “**Sempai Tachi Ni Rei**”.

FORMAL CLOSING OF CLASS

Assume the same positions as for the opening of class.

Follow 1, 2, 3, and 4.

All students face forward. Highest ranking student says, “**Otagai Ni Rei**” (which is the formal closing to each other) all students bow.

Sensei will address the class and excuse at this time.

TESTING AND RANK ADVANCEMENT

All testing is held privately between the karate-ka (karate student) and the Sensei. Additional Black Belt instructors and Sempai’s may be present.

Test announcements are typically posted a minimum of two weeks before the actual test date. In the event that you are unable to test on your scheduled date, please notify the dojo office.

A fee is charged for testing. Testing fees are posted on the test announcement and a discount is offered to those who pre-pay two weeks *before* the test date.

Testing is very serious and formal. For this reason you are required to wear your full traditional white US-AMA Gi. Once your test has begun, there is NO talking. In most cases, you will be tested with other students. You are expected to demonstrate techniques required of your existing rank and/or ranks previously held. You may be asked to perform various katas and demonstrate the various self-defense techniques expected for your level of rank.

Please remember that we want you to succeed and to advance in your Martial Arts training. Many variables are considered by a Sensei when evaluating a student for rank advancement: the students attitude toward training, the treatment of fellow students, student’s physical condition, and student’s performance at school and at home. Remember that you are an individual with different talents from others who may train with you. It is important that you not compare your progress with anyone else in the dojo. The rank you hold is a measure of your own improvement. Believe in your own abilities and perform the best you can.

There are 12 levels (Kjus) to black belt. The Pee Wee program has a separate belt structure providing training in the prerequisites to the Kyu belt ranking. Outlined below are the requirements necessary to achieve your first belt (12th Kyu—Orange Belt).

White Belt Bar Requirements (Three bars per side)

Black Bar: Karate hand pattern, kick pattern, falling/rolling pattern and Kibbons 1-2

Blue Bar: Tae Kwon Do high kicks

Red Bar: Kung Fu modified Wing Chun punch

United States Academy of Martial Arts

Beginning Terminology

Stances (Kamae)

Ki-o-tsuke	Attention Position
Yoi	Ready Stance
Nai-han-chi-ga-mae	Horse Stance
Hi-dari ga-mae	Left Forward Stance
Mi-gi ga-mae	Right Forward Stance

Blocks (Uke)

Jo-dan-uke	Upper Block
So-to-uke	Outside Block
Naka(uchi)-uke	Inside Block
Gedan berai-uke	Down Block
Shuto-uke	Chopping Block
Juji-Uke	Cross Block

Strikes (Uchi)

Oi-zuki	Forward Punch
Gyaku-zuki	Reverse Punch
Tsubame-gaeshi	Double Punch
Sanbon-Zuki	Triple Punch
Shuto	Chop (Palm Up)
Gyaku-shuto	Chop (Palm Down)
Hai-te(o)	Ridge Hand Strike

Strikes (Continued)

Em-pi	Elbow Strike
Yubi-tsuki	Eye Strike
Nuki-te	Spearhand Strike
Tet-tsui	Hammer Fist Strike
Ura-ken	Back Hand Strike

Kicks (Keri)

Mae-geri	Front Kick
Yoko-geri	Side Kick
Ushiro-geri	Back Kick
Mawashi-geri	Roundhouse Kick

Katas (Forms)

Kihon Kata	Basic Form
Pinan Katas (1-5)	Peaceful Mind

Numbers

Ichi	One
Ni	Two
San	Three
Shi	Four
Go	Five
Roku	Six
Shichi	Seven
Hachi	Eight
Ku	Nine
Ju	Ten

Other Terms

Dojo	Training Hall
Shomen-ni	Formal Opening
Otagai-ni	Formal Closing
Rei	Bow
Na-o-re	Return to Kyo tsoki
Ya-me	Return to Yoi
Kumite	Free Sparring
Kibbon Kumite	Prearranged Sparring
Hajime	Begin
Kata	Form
Karategi	Karate Uniform
Sensei	Instructor
Sempai	Assistant Instructor
(Domo) Arigato gozaimasu	Thank you very much
Oya sumi nasai	Good Night
Konnichi wa	Good Day
Sayonara	Good By

General Questions

What is the name of our primary style of Karate?

Where does this style come from?

Is our primary style a “hard” or “soft” style of Karate?

Why do we bow?

Why to we kiai (yell)?

What does the word “Kata” mean?

Why do we practice Kata?

What does the word Karate mean?

Who is the founder and director of US-AMA?

How many kyus (colored belt levels) are there in our system?

In what type of situation(s) do we use our martial arts skills?

What to the initials US-AMA stand for?

Other than Karate, what are the other five major systems taught at US-AMA?

ADDITIONAL TRAINING AIDS

(Available through the Dojo Office)

Along with your regular class instruction it is important that you practice your techniques at home. Since we all know that it is easy to forget a particular move or block, US-AMA has produced training films to help you progress through each rank.



**PARENTS
FREE MONTH**

**One free month of training for any parent(s) of a
current US-AMA student!**