CODE OF ETHICS

1. I WILL ALWAYS SHOW RESPECT FOR KYOSHI AND THE INSTRUCTORS OF BUDOSHINKAI KARATE AND MY LOYALTY WILL ALWAYS BE BOUND TO THE ORGANISATION.

2. I WILL ALWAYS ABIDE BY THE RULES AND REGULATIONS AND WILL SET A FINE EXAMPLE FOR ALL JUNIOR RANKS TO FOLLOW.

3. I WILL ALWAYS STRIVE FOR TECHNICAL PERFECTION AND WILL TRAIN BUDOSHINKAI KARATE IN THE TRUE MEANING OF SELF DEFENCE.

4. I WILL SHOW MY DEDICATION TO THE ORGANISATION BY CONTRIBUTING MY OWN IDEAS AND SERVICES THAT WOULD FURTHER ENHANCE THE ORGANISATION’S PROGRESS.

5. I WILL NEVER DISGRACE BUDOSHINKAI KARATE AUSTRALIA AND WILL PURSUE THE HIGHEST LEVEL OF INTEGRITY AT ALL TIMES.
Budoshinkai Karate Jitsu welcomes you as an official member of our organisation. Budoshinkai is Karate-Jitsu which means ‘Self Defence Karate’ or ‘Combat Karate’ or ‘Karate with application’.

Although there are many other martial arts schools around, this school has a lot to offer because of its commitment to both arts of Karate and Jiu Jitsu. In addition the school also specializes in Reality Based Self Defence introduces the student to Kickboxing and Brazilian Jiu Jitsu.

**DR. GEORGE ADAMS, KYOSHI**

The founder of Budoshinkai Karate is Dr. George Adams. The title 'Kyoshi' is a prestigious title, in the world of martial arts, which was awarded to Dr. Adams by Dr. Fredric Absher (Black Belt 9th Dan) Head of the 'Kojosho Karate Shinkokai' (look for historical lineage). The titles of 'Renshi', 'Kyoshi' and 'Hanshi' can be granted by very few organisations in the world such as the Kojosho Shinkokai or the Dai Nippon Butokokai.

Dr. Adams, who has over 34 years experience in martial arts, is a Black Belt 8th Dan who has been graded by five 10th Dan Black Belt Grandmasters. The 'Doctor of Science' was first awarded to Dr. Adams on the 8 January, 1994 by the Eurotechnical Research University.

Dr. Adams is an internationally recognised martial arts instructor and has extensively travelled the United States of America. He has conducted numerous international martial arts seminars including the Detroit Police Department, Ohio State Highway Patrol, Swanton Police Department and the U.S. Coastguard. He has also been inducted into the Gallery Hall of Fame together with super martial arts movie star, Eric Lee. He has been training and working very closely with International Martial Arts Movie Star, Shihan ‘Richard Norton, the best all round martial artist in the world’ (Chuck Norris).

**THE BUDOSHINKAI KARATE SYSTEM**

Budoshinkai Karate is a Mixed Martial Art system:

- **Level 1:** Neo Traditional Karate
- **Level 2:** Jiu Jitsu
- **Level 3:** Kickboxing/Thai Boxing
- **Level 4:** Brazilian Jiu Jitsu/Mixed Martial Arts *(non compulsory)*
- **Level 5:** Reality Based Self Defence

The strength of the Budoshinkai Karate system lies in the fact that this combination is adaptable to the many possible situations the student may encounter in the real world. The student is encouraged to train all components. Budoshinkai means 'The True Way of The Warrior'. It is about accomplishing beyond one's mental and physical limitations in the true spirit of martial arts.

It is generally recommended that the student attend a minimum of 2 classes a week. The student should supplement this with one session a week in private in order to gain the best possible results from their training. Stretching sessions should also be included in the training programme. This not only enhances martial arts training but also contributes to overall health. These health benefits persist into the later years.
All classes are conducted in a friendly atmosphere. The standard of training expected of each student is dependent on age, conditioning, prior experience etc. This, combined with a gradual progression in the difficulty of techniques taught, prepares the student for the introduction of advanced techniques. Classes are not intended to be physically extreme, however it is expected that each student will perform to the best of their ability.

Budoshinkai Karate can offer many benefits including:

- self defence
- aerobic and anaerobic fitness
- strength
- mental and physical well being
- self discipline
- confidence
- character enhancement
- self esteem
- sportsmanship
- friendship

Good luck with your training and, on behalf of Budoshinkai Karate, we wish you a long and happy association with our organisation.

**DEFINITION OF BUDOSHINKAI**

BUDO SHIN KAI

(The Martial Way) (True, Truth, Authentic) (Association)

‘The True (Authentic) Way of the Martial Arts’

or

‘School of the True Martial Way’

**THE DEFINITION OF BUDO**

"Military Way" or "Way of Fighting". Spiritually related systems, not necessarily designed by or for warriors, for self defence. Budo is a generic term compassing all of the Japanese ‘do’ (way) arts, which are largely 20th century offspring stemming from concepts that can first be positively identified about the mid-18th century.

**BUDOKA**

"Military Art Person". Any follower of the budo doctrine belonging to such arts as aikido, kendo, karate-do, iaido and kyudo.
KYOSHI

‘Teacher Grade, Expert Instructor’, or ‘Spiritual Teacher’. A Japanese martial arts teacher who is of 6th or 7th Dan (Degree) Black Belt rank. While one must have attained at least that level of proficiency, not all instructors of this rank necessarily receive the title of Kyoshi.

THE INSTRUCTORS OF BUDOSHINKAI

<table>
<thead>
<tr>
<th></th>
<th>Name</th>
<th>Rank &amp; Degree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Dr. George Adams, Kyoshi</td>
<td>Black Belt 8th Dan Budoshinkai Karate</td>
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<tr>
<td></td>
<td></td>
<td>Black Belt 5th Dan Jiu Jitsu</td>
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<tr>
<td></td>
<td></td>
<td>Black Belt 7th Degree Tae Kwon Do (RPL)</td>
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<td></td>
<td></td>
<td>Black Belt 4th Degree Sikaran and Arnis</td>
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<tr>
<td></td>
<td></td>
<td>Thai Kickboxing Instructor</td>
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<tr>
<td></td>
<td></td>
<td>(Certified by 3 World Champions)</td>
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<tr>
<td></td>
<td></td>
<td>BJJ Blue Belt</td>
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<tr>
<td>2</td>
<td>Dr Chris Tsolakis, Renshi</td>
<td>Black Belt 5th Dan Budoshinkai Karate</td>
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<td></td>
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<td>Black Belt 4th Dan Senjitsu Karate</td>
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<td>Black Belt 1st Dan Zen Chi Ryu Karate</td>
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<tr>
<td>3</td>
<td>Andrew Roy Hess, Renshi</td>
<td>Black Belt 4th Dan (QLD Director)</td>
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<td></td>
<td>Bundaberg, QLD</td>
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<tr>
<td>4</td>
<td>Victor Matos</td>
<td>Black Belt 4th Dan Budoshinkai Karate</td>
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<tr>
<td>5</td>
<td>Darren Grieve, Sensei</td>
<td>Black Belt 1st Dan Budoshinkai Karate</td>
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<tr>
<td></td>
<td>(Rainbow Beach)</td>
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<tr>
<td>6</td>
<td>Richard Payne</td>
<td>Black Belt 3rd Dan Budoshinkai Karate</td>
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<tr>
<td>7</td>
<td>John Ellis</td>
<td>Black Belt 3rd Dan Budoshinkai Karate</td>
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<tr>
<td></td>
<td>Sydney, NSW</td>
<td>Black Belt 3rd Degree Tae Kwon Do</td>
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<tr>
<td>8</td>
<td>Timothy Ellis</td>
<td>Black Belt 3rd Dan Budoshinkai Karate</td>
</tr>
<tr>
<td></td>
<td>Sydney, NSW</td>
<td>Black Belt 3rd Degree Tae Kwon Do</td>
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<tr>
<td>9</td>
<td>Jonathan Adams</td>
<td>Black Belt 2nd Dan Budoshinkai Karate</td>
</tr>
<tr>
<td>10</td>
<td>Damien Philpott, (NSW/ACT)</td>
<td>Black Belt 1st Dan Budoshinkai Karate</td>
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<tr>
<td>11</td>
<td>Dean Taylor</td>
<td>Black Belt 1st Dan Budoshinkai Karate</td>
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<td></td>
<td>(Tin Can Bay)</td>
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</tbody>
</table>

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INSTRUCTORS

Dr George Adams, Kyoshi
(Belmore, Sydney)

Dr Chris Tsolakis, Renshi
Technical Advisor and Coach
(Sydney)

Mr Andrew Hess, Renshi
(Bundaberg, QLD)

Mr Victor Matos, Sensei
(Ryde, Sydney)

Mr Richard Payne
(Tin Can Bay, QLD)

ASSISTANT INSTRUCTORS
THE IKKF is directed by Dr. Fredric Absher, Black Belt 9th Dan, recognised as a leading authority of traditional Kojasho Kempo. He is assisted in the operation by a Board of Directors comprised of many leading traditional martial artists from around the world. The Kojosho Shinkokai maintains an International Central Archives of Rank Certification for all its members.

Budoshinkai Karate is recognised, by Dr. Fredric Absher, as a legitimate and unique martial art whilst still maintaining the traditional forms and training of Japanese Karate. Dr. Adams is one of Dr. Absher’s most personal senior students. All Budoshinkai Black Belts are issued with international Kojosho Karate certificates which are recognised in Japan and throughout the world.
Certifications Held.

- Black Belt 8th Dan Karate (International Kojosho Karate Federation, 18 Postures Mind & Body Boxing Association, World Martial Arts Council and the United States Karate Alliance)
- Renshi & Kyoshi Titles (Kojosho)
- Black Belt 5th Dan Jiu Jitsu
- Black Belt 7th Degree Tae Kwon Do (RPL)
- Black Belt 4th Degree Sikaran
- Black Belt 4th Degree Amis
- Muay Thai Kickboxing Instructor (Certified by 3 World Champions)
- Blue Belt Brazilian Jiu Jitsu (graded by Richard Norton and John Will)

Positions Held & Personal Achievements:

- Oceanic Pankration Head Referee (non active)
- Twice inducted ISKA Hall of Fame 2001, ‘Lifetime Achievement Award’ and ‘Karate Instructor of the Year’ Sydney, Australia
- Inducted in the Gallery Hall of Fame, 1995 Cleveland, USA
- Chairman International Advisory Board of Eurotechnical Research University (Resigned)
- Former Vice Chancellor of the Australian College of Martial Science (Resigned)
- Executive Director of the World Martial Arts Council (Australia)
- National Director of the International Kojosho Karate Federation (IKKF)
- Former National Director World Congress of Karate & Kung Fu Martial Artists
- National Director of the Australian Police Karate-Jitsu Association
- National Director 1995 Australian Goodwill Games
- Former NSW Director of the United States Karate Association International
- NSW Vice President of the International Sports Karate Association (ISKA)
- Holder of Numerous Titles in Full Contact Karate, Kata and Self Defence
- Former Secretary of the United Karate Federation of Australia
- Former Vice President of Sikaran Arnis International
- Sergeant of Police
- Corporal (retired) Royal Australian Airforce Reserve
- Educational Qualifications include Doctor of Philosophy (PhD), Doctor of Science (DSc Honorary), Master of Science, Bachelor of Social Science (BSSc), Associate Diploma in Criminal Justice (A/Dip Crim. Justice) and Electronics Engineering Certificate
- Featured in Numerous Newspapers (including front pages) as the ‘Karate Kop’, and in Martial Arts and Police Magazines.
Sergeant George Adams (Kyoshi), executing a high flying side kick at the back of a Sydney Police Station in full uniform for the media in 1992. Known as the ‘Karate Kop’.
GENERAL RULES

There are general house rules that need to be observed by every member:

1. The Budoshinkai Code of Ethics should be understood and adhered to at all times.

2. Dr Adams is to be addressed as Dr Adams, Kyoshi or Sir in and out of class. All other Instructors are to be addressed as Sir or M's.

3. Before you enter the dojo you must bow when facing the class area this is to show that you respect the class and all fellow students. When you are ready to leave the dojo you must turn and face the class and bow again.

4. Dr. George Adams is to be addressed as either Dr. Adams (or Kyoshi) during and outside class. Other Instructors are to be addressed as Sir or Mr (X), or Sensei where appropriate.

5. Do not talk in the dojo whilst class is in progress.

6. Never place your hands on your hips or fold your arms which are a sign of disrespect to the Instructor.

7. If your uniform needs adjusting you should turn around first. Avoid adjusting yourself during the execution of techniques.

8. If you are late for class you must bow when first entering the dojo. When you are ready to commence training you are required to stand adjacent to the front of the class and wait for the Instructor to allow you in.

9. If you are feeling sick or need relief, then, except in the case of urgency, stand at attention, raise your right arm and await the Instructor's acknowledgement.

10. Never walk in front of or through the middle of the class whilst in progress.

11. Gi's (uniforms) or belts are not to be undone during rest periods.

12. When spoken to by the Instructor you should acknowledge him with discreet gestures only. Do not speak unless invited to do so.

13. Personal appearance is most important especially on grading days.

14. No jewellery of any kind is to be worn during training (expect for special reasons).

15. Rash guards and T-shirts may be worn under Karate uniform but must not have inappropriate logos or words.

16. Only white tops and black pants may be permitted for females only, however, Black Belts may wear all black or any combination of white and black.

17. No eating or chewing gum during training.

18. Discretionary consideration to be used when changing in front of other persons especially non students.

19. Generally, no mobile phones or pagers to be left on in the dojo.

20. Nobody is permitted to stand outside the school premises when the dojo is open.
FOREWORD BY MR VICTOR MATOS, SENSEI

Budoshinkai Karate is one of the most dynamic Karate and Jiu Jitsu systems this country has ever seen. It's a complete martial art in that it combines the most effective movements of both traditional and neo-traditional Karate, no nonsense combat street self defence and the art of Muay Thai (Thai Kickboxing).

Dr. Adams has been training in the martial arts for over 33 years and is highly qualified in Japanese Karate, Philippine Martial Arts, Jiu Jitsu, Taekwondo and Amis (Stick Fighting). He is also accredited in Muay Thai by 3 World WKA Kickboxing Champions:-

i) Sakad Petchyindee (320 professional fights)
ii) Alex Tui (40 professional fights)
iii) Saksakun Shakshunalung (260 professional fights)

Dr. Adams has won and placed in numerous Karate Tournaments:

1st Place

1. 1997 ‘Best Of The Best’ Kata
2. 1995 US Nationals & World Cup Trials Demonstration (Ohio, USA)
3. 1995 Australian Goodwill Games International (Challenge from Russia)
4. 1994 WCKKMA World Championships Open Black Belt Sparring (Ohio, USA)
5. 1994 WCKKMA World Championships Master's Black Belt Kata (Ohio, USA)
6. 1994 WCKKMA World Championships Black Belt Self Defence (Ohio, USA)
7. 1994 Queensland All Styles Martial Arts Expo Black Belt Open Sparring (Bundaberg)
8. 1993 CCP Karate Internationals Black Belt Division Kata
9. 1993 CCP Karate Internationals Grand Champion Kata
10. 1993 CCP Karate Internationals Full Contact Karate
11. 1993 UKFA Black Belt Division Kata (Newcastle)
12. 1992 'Jez Promotions' Kickboxing Pro. Rules (Supermiddleweight)
13. 1991 UKFA Black Belt Division Full Contact Karate (Middleweight)
14. 1991 UKFA Black Belt Division Kata
15. 1990 UYFA Black Belt Division Full Contact Karate (Middleweight)
16. 1990 UKFA Black Belt Division Kata
17. 1990 FMA Open Division Kata
18. 1990 UKFA Black Belt Division Kata
19. 1989 IKK NSW Open Kata
20. 1989 IKK NSW Open Self Defence
21. 1989 SAI NSW Open Division Kata
22. 1989 SAI NSW Open Division Self Defence
23. 1989 UKFA NSW Black Belt Division Kata
24. 1988 SAI NSW Open Division Full Contact Karate (Heavyweight)
25. 1988 SAI NSW Open Division Self Defence
26. 1988 SAI NSW Open Division State Kata
27. 1988 IKK NSW Open Division Self Defence
28. 1988 IKK NSW Open Division Kata
29. 1987 Koshu Kempo Karate Open Division Contact Karate (Middleweight)
30. 1986 Kenpo Karate Open Division Contact Karate (Middleweight)
31. 1986 Kenpo NSW Open Division Kata
2nd Place

1. 1994 WCKKMA World Championships Black Belt Middleweight (Ohio, USA)
2. 1994 Queensland All Styles Martial Arts Expo Black Belt Kata (Bundaberg)
3. 1994 Queensland All Styles Martial Arts Expo Weapons Kata
4. 1994 Queensland All Styles Martial Arts Expo Team Event
5. 1993 USKA Queensland State Black Belt Kata (Brisbane)
6. 1993 USKA Queensland State Veterans Kata (Brisbane)
7. 1993 UKFA Black Belt Division Full Contact Karate (Newcastle)
8. 1993 International Kempo Karate Black Belt Division Kata
9. 1993 USKA North Queensland Senior Division Kata (Townsville)
10. 1989 UKFA Black Belt Division Self Defence
11. 1989 Open Kaigan-Kan Karate Open Division Kata
12. 1989 Open IKK. NSW (Legs Only) Full Contact Karate
13. 1989 Open SAI NSW (Legs Only) Full Contact Karate
14. 1987 Open Koshu Kempo NSW Open Division Kata
15. 1985 Budokan State Black Belt Division Kata

3rd Place

1. 1995 US Nationals & World Cup Trials Rhythm Kata (Ohio, USA)
2. 1994 WCKKMA World Championships Black Belt Master's (Ohio, USA)
3. 1994 Queensland All Styles Martial Arts Pro Demonstration (Bundaberg)
4. 1994 Koshiki Karate Open Division Kata
5. 1993 UKFA NSW Black Belt Division Kata
6. 1993 Koshiki Karate Open Division Kata (Oberon)
7. 1992 CCP Karate Internationals Black Belt Div. Full Contact Karate (Middleweight)
8. 1990 UKFA NSW Black Belt Division Kata
9. 1989 UKFA NSW Black Belt Division Full Contact Karate (Heavyweight)
10. 1989 UKFA NSW Black Belt Division Full Contact Karate (Middleweight)
11. 1986 KKK Extravaganza Open Division Karate Kata
12. 1986 Open Budokan Senior Division Karate (Heavyweight)
13. 1984 Budokan State Open Karate (Openweight)
14. 1982 Budokan Mid North Coast Karate Senior Division Kata (Port Macquarie)

I am grateful to Dr. Adams for the high quality of instruction I have received from him over the many years I have been associated with him. To anyone desirous of entering the world of martial arts I fully recommend the Budoshinkai Karate system.

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Sergeant George Adams (Kyoshi) shown on the front cover of the NSW Police Magazine in 2000 featuring his miraculous recovery from a very serious illness in 1996
GRADINGS

General Rules

- All students are to maintain absolute silence and are to greet the examiner with a bow only.
- All gi's (karate uniforms) should be absolutely clean and well pressed on the day of the grading.
- All fees are required to be paid one week in advance and students must ensure they bring their I.D. card on the day of the grading.
- Senior Yellow, Senior Orange and Senior Green are compulsory for juniors - 12 years & under. Anybody who fails to meet the examination requirements may be awarded a senior grade.
- Budoshinkai patches must be displayed on karate uniform at all times, especially at gradings.

- The coloured belt system utilised in Budoshinkai Karate:
  
  - Yellow Belt
  - Orange Belt
  - Green Belt
  - Blue Belt
  - Purple Belt
  - Red Belt
  - Brown Belt 3
  - Brown Belt 2
  - Brown Belt 1
  - Black Belt (Provisional)
  - Black Belt 1st Dan (etc)

MINIMUM STANDARD PERIOD OF TIME FOR EACH GRADING

<table>
<thead>
<tr>
<th>Grade</th>
<th>Minimum Standard Period of Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kyu Grades</td>
<td>4 months between each grade</td>
</tr>
<tr>
<td>Brown 1st Kyu to Provisional Black Belt</td>
<td>6 months – 1 year</td>
</tr>
<tr>
<td>Provisional Black Belt to Black Belt 1st Dan</td>
<td>6 months – 1 year</td>
</tr>
<tr>
<td>Black Belt 1st Dan to 2nd Dan</td>
<td>2 – 3 years</td>
</tr>
<tr>
<td>Black Belt 2nd Dan to 3rd Dan</td>
<td>3 - 4 years</td>
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<tr>
<td>Black Belt 3rd Dan to 4th Dan</td>
<td>4 – 5 years</td>
</tr>
<tr>
<td>Black Belt 4th Dan to 5th Dan</td>
<td>5- 6 years</td>
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</tbody>
</table>
MINIMUM REQUIREMENTS FOR EACH GRADE

1. **WHITE BELT**  
   10th Kyu
   - Reverse Punch
   - Lunge Punch
   - Down Block
   - Upper Block
   - Horse Riding Stance
   - Forward Stance
   - Front Stretch
   - Inside Crescent Kick
   - Outside Crescent Kick
   - Front Kick

2. **YELLOW BELT**  
   9th Kyu
   - Reverse Punch
   - Lunge Punch
   - Down Block
   - Upper Block
   - Inside Block
   - Outside Block
   - Horse Riding Stance
   - Forward Stance
   - Front Stretch
   - Inside Crescent Kick
   - Outside Crescent Kick
   - Front Kick
   - Roundhouse Kick

*Rolls and Breakfalls:*
- Forward Roll
- Side Breakfall
3. **ORANGE BELT** 8th Kyu

Reverse Punch  
Lunge Punch  
Down Block  
Upper Block  
Inside Block  
Outside Block  
Horse Riding Stance  
Forward Stance  
Front Stretch  
Inside Crescent Kick  
Outside Crescent Kick  
Front Kick  
Roundhouse Kick  
Back Stance with Knife Hand Block  
Side Kick

*Rolls and Breakfalls:*

- Forward Roll
- Side Breakfall
- Front Breakfall

*Basic Jiu Jitsu:*

Basic Wrist Escapes  
Basic Choke Releases (finger strike to throat)  
\[(push \ arms \ away)\]

4. **GREEN BELT** 7th Kyu

Reverse Punch/Lunge Punch  
Down Block  
Upper Block  
Inside Block  
Outside Block  
Horse Riding Stance  
Forward Stance  
Front Stretch  
Inside Crescent Kick  
Outside Crescent Kick  
Front Kick  
Roundhouse Kick  
Back Stance with Knife Hand Block  
Side Kick  
Back Kick

*Rolls and Breakfalls:*

- Forward Roll
- Side Breakfall
- Front Breakfall
- Back Breakfall
Jiu Jitsu:
  Defence against Punches (1 to 2)
  Defence against Grabs and Locks:
  • Front Choke 1 (strike to ears and twist head to ground)
  • Wrist Grab 1 (grab wrist and twist over head)

5. BLUE BELT 6th Kyu

Reverse Punch/Lunge Punch
Down Block
Upper Block
Inside Block
Outside Block
Horse Riding Stance
Forward Stance
Front Stretch
Inside Crescent Kick
Outside Crescent Kick
Front Kick
Roundhouse Kick
Back Stance with Knife Hand Block
Side Kick
Back Kick
Spinning Heel Kick

Rolls and Breakfalls:
  • Forward Roll
  • Side Breakfall
  • Front Breakfall
  • Back Breakfall
  • Backward Roll

Jiu Jitsu:
  Defence against Punches (1 to 4)
  Defence against Grabs and Locks
  • Front Choke 1 (strike to ears and twist head to ground)
  • Wrist Grab 1 (grab wrist and twist over head)
  • Front Choke 2 (ridge hand to neck, take down and then arm bar)
  • Wrist Grab 2 (arm bar take down)

Sparring
6. **PURPLE BELT**  
*5th Kyu*

*All Basic Techniques and Combinations*

**Rolls and Breakfalls:**
- Forward Roll
- Side Breakfall
- Front Breakfall
- Back Breakfall
- Backward Roll

**Jiu Jitsu:**
- Defence against Punches (1 to 6)
- Defence against Grabs and Locks
  - Front Choke 1 (strike to ears and twist head to ground)
  - Wrist Grab 1 (grab wrist and twist over head)
  - Front Choke 2 (ridge hand to neck, take down and then arm bar)
  - Wrist Grab 2 (arm bar take down)
  - Wrist Grab 3 (lock arm and twist in opposite direction)

**Sparring**

7. **RED BELT**  
*4th Kyu*

*All Techniques and Combinations*

**Rolls and Breakfalls:**
- Forward Roll
- Side Breakfall
- Front Breakfall
- Back Breakfall
- Backward Roll

**Jiu Jitsu:**
- Defence against Punches (1 to 8)
- Defence against Grabs and Locks
  - Front Choke 1 (strike to ears and twist head to ground)
  - Wrist Grab 1 (grab wrist and twist over head)
  - Front Choke 2 (ridge hand to neck, take down and then arm bar)
  - Wrist Grab 2 (arm bar take down)
  - Wrist Grab 3 (lock arm and twist in opposite direction)
  - Nelson Lock (side step behind opponent’s foot and drop down)
  - Rear Waist Grab (side step behind opponent’s foot and drop down)

**Sparring**
8.  BROWN BELT 3  
(3rd Kyu)

All Techniques and Combinations

Rolls and Breakfalls:
- Forward Roll
- Side Breakfall
- Front Breakfall
- Back Breakfall
- Backward Roll

Kata:
- Basai Dai

Jiu Jitsu:
Defence against Punches (1 to 10)
Defence against Grabs and Locks
- Front Choke 1 (strike to ears and twist head to ground)
- Wrist Grab 1 (grab wrist and twist over head)
- Front Choke 2 (ridge hand to neck, take down and then arm bar)
- Wrist Grab 2 (arm bar take down)
- Wrist Grab 3 (lock arm and twist in opposite direction)
- Nelson Lock (side step behind opponent’s foot and drop down)
- Rear Waist Grab (side step behind opponent’s foot and drop down)
- Front Grab with arms \textit{trapped} (turn and throw opponent using twist of body)
- Front Grab with arms \textit{free} (pressure point to nose, top of chin & hair pull back)

Ground Fighting (Figure 8 circuit):
- Escape Guard
- Side Control
- Mount

Sparring  
(3 Bouts)

9.  BROWN BELT 2  
2nd Kyu

All Techniques and Combinations

Rolls and Breakfalls:
- Forward Roll
- Side Breakfall
- Front Breakfall
- Back Breakfall
- Backward Roll

Kata:
- Basai Dai

Defence against Kicks:
- Front Kick
- Side Kick
**Jiu Jitsu:**

Defence against Punches (1 to 10)

Defence against Grabs and Locks

- Front Choke 1 (strike to ears and twist head to ground)
- Wrist Grab 1 (grab wrist and twist over head)
- Front Choke 2 (ridge hand to neck, take down and then arm bar)
- Wrist Grab 2 (arm bar take down)
- Wrist Grab 3 (lock arm and twist in opposite direction)
- Nelson Lock (side step behind opponent’s foot and drop down)
- Rear Waist Grab (side step behind opponent’s foot and drop down)
- Front Grab with arms trapped (turn and throw opponent using twist of body)
- Front Grab with arms loose (pressure point to nose, top of chin & hair pull back)

**Ground Fighting (Figure 8 circuit):**

- Escape Guard
- Side Control
- Mount
- Application of Arm Bar, Figure 4 Arm Lock and Front Choke

**Kickboxing Skills**

**Sparring** (4 Bouts)

**Kata:**

- Basai Dai

**10. BROWN BELT 1  1st Kyu**

All Techniques and Combinations

**Rolls and Breakfalls:**

- Forward Roll
- Side Breakfall
- Front Breakfall
- Back Breakfall
- Backward Roll

**Jiu Jitsu:**

Advanced Defence against Punches (1 to 10)

Advanced Defence against Grabs and Locks

**Ground Fighting (Figure 8 circuit)**

- Escape guard
- Side Control
- Mount
- Application of Arm Bar, Figure 4 Arm Lock and Front Choke
- Ground Fighting

**Defence against Kicks:**

- Defence against all Punches
- Defence against all Grabs and Locks
- Defence against Kicks
- Defence against Knives
- Defence against other Street Weapons

**Ground Fighting (Figure 8 circuit)**
- Escape guard
- Side Control
- Mount
- Application of Arm Bar, Figure 4 Arm Lock and Front Choke
- Ground Fighting

**Thai Boxing**

**Sparring**
- 5 Bouts

**Kata:**
- Basai Dai
- Kanku Dai

11. **BLACK BELT PROVISIONAL (SHODAN HO)**

All the above including: J

**Jiu Jitsu:**
- Defence against all Punches
- Defence against all Grabs and Locks
- Defence against Kicks
- Defence against Knives
- Defence against other Street Weapons

**Ground Fighting (Figure 8 circuit)**
- Escape Guard
- Side Control
- Mount
- Application of Arm Bar, Figure 4 Arm Lock and Front Choke
- Ground Fighting

**Sparring**
- 7 Bouts: 2 minute rounds

**Kata:**
- Basai Dai
- Kanku Dai

12. **BLACK BELT 1ST DAN (SHODAN)**

All of the above and including:

**Advanced Jiu Jitsu:**
- Advanced Defence against all Punches (1 to 10)
- Advanced Defence against all Grabs and Locks
- Defence against Kicks
- Defence against Knives
- Defence against other Street Weapons

**Defence on Ground (Figure 4 circuit)**
- Escape Guard
- Side Control
- Mount
- Application of Arm Bar, Figure 4 Arm Lock and Front Choke
- Ground Fighting

**Thai Boxing**
- Pads and Focus Mitts

**Sparring**
- 10 Bouts: 2 minute rounds

**Kata:**
- Basai Sho
- Kanku Dai
- Jion

13. **BLACK BELT 2\textsuperscript{ND} DAN (NIDAN)**

All the above including:

**Advanced Jiu Jitsu:**
- Advanced Defence against all Punches (1 to 10)
- Advanced Defence against all Grabs and Locks
- Defence against Kicks
- Defence against Knives
- Defence against other Street Weapons

**Defence on Ground (Figure 4 circuit)**
- Escape guard
- Side Control
- Mount
- Application of Arm Bar, Figure 4 Arm Lock and Front Choke
- Ground Fighting

**Thai Boxing**
- Pads and Focus Mitts

**Sparring:**
- 12 Bouts: 2 minute rounds

**Kata:**
- Basai Dai
- Kanku Dai
- Jion
14. BLACK BELT 3RD DAN (SANDAN)

All of the above and including:

Advanced Jiu Jitsu:
- Advanced Defence against all Punches (1 to 10)
- Advanced Defence against all Grabs and Locks
- Defence against Sticks
- Defence against Knives
- Defence against other Street Weapons

Defence on Ground (Figure 4 circuit)
- Escape guard
- Side Control
- Mount
- Arm Bar, Figure 4 Arm Lock and Front Choke
- Ground Fighting

Thai Boxing
- Pads and Focus Mitts

Sparring:
- 15 Bouts: 2 minute rounds

Kata:
- Basai Dai
- Kanku Dai
- Jion
- Jiin
- Kanku Sho

15. BLACK BELT 4TH DAN (YONDAN)

All of the above and including:-

Advanced Jiu Jitsu:
- Advanced Defence against all Punches (1 to 10)
- Advanced Defence against all Grabs and Locks
- Defence against Kicks
- Defence against Knives
- Defence against other Street Weapons

Defence on Ground (Figure 4 circuit)
- Escape guard
- Side Control
- Mount
- Application of Arm Bar, Figure 4 Arm Lock and Front Choke
- Ground Fighting

Thai Boxing
- Pads and Focus Mitts
Sparring:
- 20 Bouts: 2 minute rounds
- Against two and three opponents

Kata:
- Basai Dai
- Kanku Dai
- Jion
- Jiin
- Kanku Sho

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**JIU JITSU STREET TECHNIQUES (1 – 10)**

NO. 1
1. Step to left with left leg
2. Backfist/hook punch with right fist to ribs, and
3. Block with left hand
4. Slide left leg forward and raise right knee
5. Take down opponent with reverse heel strike
6. Punch with right hand

NO. 2
1. Step to right with right leg
2. Block with left hand, and
3. Right palm heel strike to jaw
4. With left hand hold onto wrist, and
5. Wrap right hand around neck
6. Take down by placing right leg around lead leg
7. Punch with right hand
8. *Perform arm bar (finishing hold)*

NO. 3
1. Step with left leg forward (on outside of opponents leg), and
2. Right knee on ground (heel of left foot and right knee in line)
3. Right vertical punch to groin, and
4. Open hand upper block above head
5. With right hand, grab lower part of leg and pull to armpit
   (do not attempt to stand up until opponent is falling over)
6. Stand up and strike to stomach
7. *Holding onto leg, execute leg lock*

NO. 4
1. Step to right with right leg
2. Block with left hand, and
3. Right elbow strike to jaw
4. Right knee strike to stomach, step back in forward stance
5. Place left palm under wrist, and
6. Wrap right hand around back of neck (in reverse)
7. Move both arms in circle and bring opponent flat on back
8. Punch with right arm
9. *Perform arm bar (finishing hold)*
NO. 5
1. Step to left with left leg
2. Left outside (open hand) block
3. Left hand strike to ribs
4. Right palm heel strike to ribs
5. Left palm heel strike to back of head
6. Place left hand in front of throat and pull, and
7. Sweep with left leg to opponent’s lead leg
8. Right stomp kick
9. Perform arm bar (finishing hold)

NO. 6
1. Step to right with right leg
2. Block with left hand, and
3. Right forearm strike to back of neck
   (NB: teach student not to actually strike but place hand around neck only)
4. With left hand wrapped around wrist, and
5. Take opponent down to ground by quickly about turning
6. Punch with right hand
7. Perform arm bar (finishing hold)
   (NB: You must catch the opponent prior to completing the punch)

NO. 7
1. Step to right with right leg in semi horse stance
2. Left hand block, and
3. Groin strike with right hammer fist
4. Grab opponent’s lead hand and step back with right leg into forward stance
5. Double step in, and
6. Raise left arm and wedge opponents arm under armpit
7. Slide feet outwards, until opponent’s chest on ground
8. Lock wrist (finishing hold)

NO. 8
1. Step to right with right leg in semi horse stance
2. Left hand block, and
3. Strike with right reverse ridge hand strike
4. Grab opponent’s lead hand and step back with right leg into forward stance
5. Front kick with right leg using shin bone, land forward
6. Figure 4 wrist lock and reverse arm pulling opponent to ground
7. Maintain figure 4 arm lock and place left knee on face and right knee on ribs
8. Straighten body up to apply pressure

NO. 9
1. Step forward with right leg
2. Block left side of head using elbow
3. Right palm strike to front of jaw
4. Wrap both hands on back of head
5. Right knee strike, and
6. Step down into forward stance with left leg back
7. Strike with left knee, and
8. Step down into forward stance with right leg back
9. With pressure around neck with both forearms,
10. Twist opponent’s neck down to ground
1. Step forward with right leg, and
2. Block with both arms, placing them on opponent’s left side, and
3. Left knee strike and place leg forward on ground, and
4. Right elbow strike to opponent’s head
5. Grab head with hands lock around neck under left armpit
6. Fall onto back and roll opponent onto ground in opposite direction
7. *Perform upside down choke (finishing hold)*

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**BLACK BELT STUDENTS BY DR. GEORGE ADAMS**

1. Dr Laurie Gray [Budoshinkai Karate] [Black Belt 5th Dan]
   [Tae Kwon Do] [Black Belt 5th Dan]
2. Stephen McGugan [Budoshinkai Karate] [Black Belt 5th Dan]
   [American Tae Kwon Do] [Black Belt 4th Degree]
   [Bunbu-Ichi Nihon Jiu Jitsu] [Black Belt 2nd Dan]
3. Dr Chris Tsolakis [Budoshinkai Karate] [Black Belt 5th Dan]
4. Neil Irvine [Budoshinkai Karate] [Black Belt 4th Dan]
5. Andrew Hess [Budoshinkai Karate] [Black Belt 4th Dan]
6. Douglas Quadrio [Budoshinkai Karate] [Black Belt 4th Dan]
7. Chris Venetsanos [Budoshinkai Karate] [Black Belt 4th Dan]
8. Victor Matos [Budoshinkai Karate] [Black Belt 4th Dan]
9. John Ellis [Budoshinkai Karate] [Black Belt 4th Dan]
   [American Tae Kwon Do] [Black Belt 3rd Degree]
10. Timothy Ellis [Budoshinkai Karate] [Black Belt 3rd Dan]
    [American Tae Kwon Do] [Black Belt 3rd Degree]
11. Joddy Olson [Budoshinkai Karate] [Black Belt 2nd Dan]
12. Goran Nikolovski [Budoshinkai Karate] [Black Belt 2nd Dan]
13. Richard Gale [Budoshinkai Karate] [Black Belt 2nd Dan]
14. Phill Smith [Budoshinkai Karate] [Black Belt 3rd Dan]
    [American Tae Kwon Do] [Black Belt 1st Dan]
15. David Dick Snr [Budoshinkai Karate] [Black Belt 2nd Dan]
16. Adalton Guimaraes [Budoshinkai Karate] [Black Belt 1st Dan]
17. Thomas Spang [Budoshinkai Karate] [Black Belt 2nd Dan]
18. Gary Ashmole [Budoshinkai Karate] [Black Belt 2nd Dan]
19. Christina Ellis [Budoshinkai Karate] [Black Belt 1st Dan]
20. Peter Poulos [Budoshinkai Karate] [Black Belt 1st Dan]
21. Shane Atie [Budoshinkai Karate] [Black Belt 1st Dan]
22. Natasha Papoulias [Budoshinkai Karate] [Black Belt 1st Dan]
    [American Tae Kwon Do] [Black Belt 1st Dan]
23. Jason Liu [Budoshinkai Karate] [Black Belt 1st Dan]
24. Janice Taylor [American Tae Kwon Do] [Black Belt 1st Dan]
25. Sam Khoudair [US Jiu Jitsu] [Black Belt 1st Dan]
26. David Parsons [Budoshinkai Karate] [Black Belt 1st Dan]
27. Stephen Stubberfield [Budoshinkai Karate] [Black Belt 1st Dan]
28. Mark Daniel Quadrio [Budoshinkai Karate] [Black Belt 1st Dan]
29. Frances Venetsanos [Budoshinkai Karate] [Black Belt 1st Dan]
30. Jonathan Adams [Budoshinkai Karate] [Black Belt 2nd Dan]
31. Daniel Matos [Budoshinkai Karate] [Black Belt 1st Dan]
32. Marcia Adams [Budoshinkai Karate] [Black Belt Shodan Ho]
33. Natasha Anderson [Budoshinkai Karate] [Black Belt Shodan Ho]
34. Frances Venetsanos [Budoshinkai Karate] [Black Belt Shodan Ho]
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HISTORICAL ORIGINS OF KARATE

Most martial artists are quick to translate that the word, karate, means 'empty hand' but very few martial artists know that it originally meant 'China fist'. Karate commonly means 'The Way of the Empty Hand' which was introduced, to Japan, by Gichin Funakoshi in the early 1920's.

Karate originated from Okinawa from one of the Ryukyu islands during the time of Japanese occupation. This art developed as a result of a restriction of Okinawans to carry weapons. This preempted the Okinawans to resort to other means. MITCHELL (1988, pg 63) says that the Okinawans studied martial arts from demonstrations, techniques and concepts from local Chinese living in military and cultural missions; a second way of introducing new techniques might have well been via the large numbers of foreign sailors that docked at Okinawa.

As a result the Okinawan masters were travelling back and forth to China by the late 19th century to continue studies by training in Southern Chinese Shaolin. This art became to be known as 'Okinawan-te' (Hand of Okinawa). However, during the outbreak of the World War II, due to Japanese resentment of the Chinese, the meaning of Karate-do was changed to the 'Way of the Empty Hand'.

When Funakoshi introduced Karate to Japan he had to demonstrate the art to the Japanese Emperor which was well received. His dojo became known as the 'Shotokan' (Shoto's Club). Originally Funakoshi referred to his martial art as Ryukyu Kempo (Okinawan Way of the Fist) MITCHELL, 1988:64), or better known as Karate-Jitsu. To avoid conflict of interest with other native martial arts in Japan Funakoshi had to adopt the name of Karate-do (Way of the Chinese Hand).

Funakoshi's background involved training in three different Okinawan/Chinese martial arts whilst he lived in Okinawa. Funakoshi had reluctantly moved away from the dangerous techniques, which were taught to him by his masters, to a more acceptable system to the Japanese authorities. The most significant changes to his new form of Karate also included the way martial arts were taught traditionally, from two or three carefully selected students to large classes where moves had to be broken up to simplify the learning process. Unfortunately these facts might not be good news for many of the loyal and dedicated Japanese Karate stylists who believe that their system, on its own, is as effective as might they are led to believe, but Funakoshi reveals this in his own words-

"Hoping to see karate included in the universal physical education taught in our public schools, I set about revising the kata so as to make them as simple as possible...... The karate that high school students practiced today is not the same karate that was practiced, even as recently as 10 years ago, and it is a lotig way indeed from the karate that I learned when I was a child in Okinawa" (FUNAKOSHI, 1975:35).
GICHIN FUNAKOSHI - THE FOUNDER OF KARATE-DO

Funakoshi implies that Karate has undergone so many significant changes, and is no longer the Karate that he had learnt as a child in Okinawa. Traditional Japanese Karate, as we know it today, has deviated from the true path of the martial arts as a result of attempting to simplify techniques and mass produce students in order to promote Karate on a world wide basis, but unfortunately, the martial arts originally taught to Funakoshi have lost their 'warrior' meanings and applications. However, as time passes, with the integration of martial arts and the introduction of seminars, students use much more lateral thinking and accept other techniques from other systems to enhance their skills and make their system much more effective, and Budoshinkai is a classic example.

Although Funakoshi's Karate was taught different to the way he learnt it, further changes to Japanese Karate were introduced by his sons, by lowering the stances and making the movements more linear and breaking them into even simpler sequences. This eventually caused a major breakaway from Shotokan by many of the senior students, known as the Japan Karate Association (JKA), who felt that the original concepts of Karate were being lost.

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REFERENCES


2. Funakoshi, Gichin. Karate-Do: My Way of Life (1 981) Kodansha International, Japan
THE ORIGINS OF BUDOSHINKAI KARATE

See next page of Dr George Adams’ gynealogy which illustrates the foundations and influences of Budoshinkai Karate. The system of Karate taught is not based on Karate-do, which is a way of life as opposed to a practical combat system of Karate-Jitsu.

Budoshinkai Karate, itself, is a relatively modern martial art which teaches three combat systems, and is also referred to as Budoshinkai Karate-Jitsu. The first being a karate system mainly based on Shotokan Karate; secondly Jiu Jitsu, and thirdly Thai Boxing. Hence the name Budoshinkai Karate-Jitsu; the word, ‘jitsu’ illustrates that the art is designed for practical application as opposed to Karate-do as a means of practicing Karate as an art and way of life.

The significance of teaching 3 different areas in the martial arts is a result of many years of studying the art of traditional Karate. Whilst it is quite effective on its own, it does not cater for the different situations such as defending against boxers, kickboxers, wrestlers, brawlers etc. Budoshinkai Karate Australia had to basically rebel against traditional Karate systems by taking on it owns new path and that is why you learn to handle the most difficult and odd situations.

-00o-
THE NEW STUDENT

The Sensei starts to wonder if I'll ever get it right,
When I bounce around in the dojo on karate training night.
I get my left and right mixed up, he talks in Japanese,
I'll probably get it wrong in English, if you please.

A ‘geri’, that's a kick I think, which is done with both legs bent,
I tried one out the other day, I'm sure my kneecap went.
It grated and it crackled when my leg straightened out,
It took a lot of inner strength not to shout.

I tried to do a ‘shuto’ strike, it really felt really queer,
I threw my arm out straight and took off half my ear.
I went to bow the other day, with elegance and grace,
I lost balance 'cause I fell flat on my face.

One day I'll have a black belt, and I'll be proud,
You'll see me with my head above the crowd.
It takes a lot of work you know, the Sensei always said,
I wonder if I'll ever manage kicking to the head.

I'll practice 'till I get it right, no rest until it's there,
And meanwhile watch the Sensei as he pulls out all his hair.
He must be really desperate taking students on like me,
One day I'll get it right, just you wait and see.

I think I'll stick it out you know, he's really not too bad,
The other students do OK, it's me that makes him mad.
If you want to learn karate, then come here where it's done,
It's worth it just to watch me train, you'll have a lot of fun.

I really should show more respect, not write this nasty verse,
Won't make me learn much better, but I couldn't get much worse.
The Sensei bares his teeth and grins, he says to me "Come here,
The only belt you're heading for, is one around the ear."

-o0o-

This poem was written by an unknown Budoshinkai student from Bundaberg, QLD in 1994. Maybe some of us can relate to this!