

AMERICAN KDS

In 1987, Adrian Hutber came to the U.S. from England to pursue a doctorate in physiology at Brigham Young University in Provo, UT, but continued to visit the UK for further karate training. He received his black belt from Harada Sensei in 1989. With the help of Jeremy Crook and Matt Spackman, he had an organized group practicing in the U.S. by 1994 and in 1999 was formally recognized by Harada Sensei as the official arm of the KDS in the United States under the title 'American KDS.' Representatives from the KDS visit America annually for week-long training camps, and many AKDS students have trained personally with Harada Sensei and his 5th Dan Technical Group in the UK.

KARATE LINEAGE



AMERICAN KDS GRADING SYSTEM

Colored belts are worn not just to mark personal progress but also to ensure a basic understanding of proper body condition. Kyu, or grade, levels are awarded by local instructors, while Dan, or degree, levels are approved by Harada Sensei and the KDS during special courses held both in the United States and Europe.

White Belt	Beginner
Red Belt	6th Kyu
Yellow Belt	5th Kyu
Orange Belt	4th Kyu
Green Belt	3rd Kyu
Blue Belt	2nd Kyu
Brown Belt	1st Kyu
Black Belt	1st-5th Dan

KATA, TECHNIQUES, AND TERMS

AKDS employs various kata not just for technique application or to develop focus but also as a form of 'weight training', to learn correct muscle development and control, as well as breathing and timing. Some techniques and terms are given below:

Kata

Taikyoku: *1-3*. Heian *1-5*. Tekki: *1-3*. Bassai: *Dai & Sho*. Kwanku: *Dai & Sho*. Other Kata: *Empi, Meikyo, Hangetsu*.

Stances/Postures

Kiba-dachi: *saddle*. Zenkutsu: *forward*. Kokutsu: *back*. Fudodachi: *immovable*.

Blocks

Gedan-barai: *low sweep*. Age-uke: *rising*. Ude-uke: *forearm*. Uchi-komi: *hammer*. Shuto: *sword hand*. Taisho-barai: *palm sweep*.

Kicks

Mae-geri: *front*. Kekomi/Keage: *thrust/up*. Fumikomi: *stamp-in*. Mawashi-geri: *hook*.

Karate Terms

Sensei: *respected leader or teacher*. Dojo: *place to practice karate skills*. Gi: *training uniform—usually white*. Jodan: *high*. Chudan: *mid*. Gedan: *low*.

QUESTIONS AND ANSWERS

Q: Do you train with weapons?

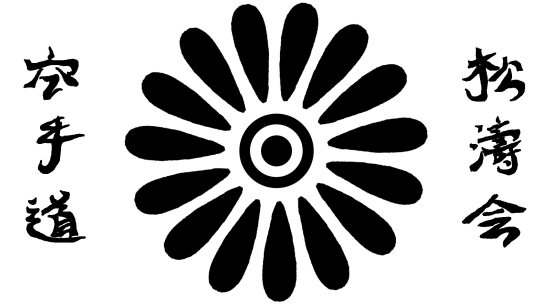
A: Yes, some. To aid in training and the development of proper body condition we use the bo (staff) and the bokken (wooden practice sword).

Q: What about age, gender and experience?

A: Club membership is open to both men and women age 18 years and up, with a few AKDS classes for children in certain areas. One can start training with any club at any time regardless of ability or prior experience.

Q: What does it cost?

A: AKDS is an official 501c3 non-profit organization created for the furthering of karate-do and to improve local communities. No AKDS instructors or administrators are paid, but freely donate their time and expertise. Annual AKDS membership fees, as well as local club dues, are collected to cover operating and travel costs, certificates, equipment, etc.



AMERICAN KDS
KARATE - DO SHOTOKAI

OUR MISSION

We seek tranquility in the midst of conflict or danger and strive to control our bodies minds, and emotions to be able to avoid conflict when possible, defend ourselves when necessary, and protect others when able.

Local Club Info

AKDS PHILOSOPHY AND PRACTICE

Two core training principles are:

1. If you don't get touched, you don't get hurt (stressing mobility, distance, and timing).
2. When you hit someone, make sure they go down (emphasizing the generation and release of power and the proper execution of technique).

AKDS practice concentrates on the *body condition* necessary for effectiveness, rather than on technique alone (*body condition* is the ability to control individual muscle groups in positioning the skeleton as well as being able to settle one's gravity during the execution of techniques). Without proper body condition, a smaller person will rarely defeat a larger person—despite the number of techniques they have mastered.

By repeating and refining specialized training exercises, participants learn to relax the body so they can more naturally generate and release the energy necessary to take down a larger or more experienced opponent. AKDS practice consists of the following components.

- **Kihon** (*basics*): basic mobility/stability training;
- **Kata** (*forms*): uniting basic techniques in scripted series;
- **Kumite** (*sparring*): testing skills under more realistic conditions (instead of sport competition, AKDS prepares its members to defend themselves on the street).

AMERICAN KDS AND KDS CLUBS

In the United States, American KDS oversees club operations and currently has members practicing in California, Idaho, Illinois, Nebraska, Louisiana, New Jersey, Texas, Utah, and Washington. The KDS have participating clubs in Canada, England, Finland, France, Israel, Morocco, Scotland, Wales, and other European countries.

WEB SITE AND CONTACT INFORMATION

American KDS official web site — local US clubs info

<http://www.shotokai.org>

European KDS official web site

<http://www.karatedoshotokai.com>

Send questions or comments about AKDS to:

info@shotokai.org

A BRIEF HISTORY OF KARATE

Though the historical origins of the Japanese art of self defense known today as karate are, to some degree, unknown, the year 1372 can certainly be considered of central importance to its development. This year marked the formal recognition of the island nation of Okinawa (presently the southwestern most prefecture of Japan) by China. It was during this time of cultural interchange with China that Chinese craftsmen likely began to teach the Okinawans their special art form known as Shaolin boxing or Kung-fu. This martial art form was adapted by the Okinawans and later called *te*, or hand.

By 1609, however, Japan's feared Satsuma Samurai clan had conquered Okinawa, threatening the people with the promise of execution if they were found practicing their fighting methods. The Okinawans thus began to practice their art in secret. It was later, in the 18th century, when the fighting methods practiced and adapted in secret came to be known as *Kara-te* or empty hand. Despite the Japanese presence in Okinawa, karate remained an Okinawan art into the twentieth century. It was not until Gichin Funakoshi, an Okinawan school teacher, martial artist, and poet (under the pen-name Shoto) was invited around 1922 to Tokyo by the Japanese Ministry of Education to give a demonstration, that karate was formally introduced in Japan. Never before had this art been discussed and exhibited in such an open, public forum. Not only was Funakoshi the first to systematically teach his art to outsiders but he was also the first to publish a written work on the subject of karate with his book, *Karate-Do Kyohan*. It is for these achievements in popularizing the art that Funakoshi later came to be known as the father of modern karate. In 1936, Funakoshi built the Shotokan (Shoto's Hall)—the first karate dojo in Japan constructed openly and solely for the purpose of karate instruction to the general public.

HISTORY OF THE KDS

Mitsusuke Harada was born in Manchuria, China in 1928 and at about 15 years of age began his karate training in Tokyo. His first lessons at the famed Shotokan would be given in 1943 under Master Funakoshi and his son Yoshitaka. Harada continued training while he studied economics at Waseda University. One of Funakoshi's students, Shigeru Egami, noticed Harada's abilities and invited him to train with him one-on-one, which he did daily for a year and a half. Harada also trained with other martial arts masters including: Wado Uemura, Yoshiaki Hayashi, Motonobu Hironishi, Taao Okuyama, & Hiroshi Nogushi (Waseda instructors), Masatoshi Nakayama (of JKA fame), Tsutomu Ohshima (founder of Shotokan Karate of America), as well as Taiji Kase, and Hidetaka Nishiyama. At the age of 28, Harada received his 5th Dan certificate (the highest grade possible), signed by Master Funakoshi in 1954. With Funakoshi's blessing, Harada introduced karate to South America by starting a club in Brazil in 1955. After later teaching in France and Belgium, Harada moved to England in 1963 as the first Japanese karate instructor to live in Great Britain, and was honored for services to karate with the title of MBE by Queen Elizabeth in June 2007.

Harada has dedicated his life to evolving the effectiveness of self-defense principles through the study of kinesiology, anatomy, physiology, and physics. In addition to basic technique, his training focus includes such essentials as mobility, stability, muscle control and the delicate connection between them all. Harada strives to evolve his practice methods through rigorous experimentation.

Today he is the Principal of the non-profit Karate-Do Shotokai (Shoto's Council) or KDS, which is based in the UK and has participating clubs around the world. Three books have now been published on his life, philosophy, practice, and the history of karate.

In 1999, Harada Sensei celebrated his 70th birthday and continues, as masterfully as ever, to teach and personally practice with his students around the globe.