

Lester's Karate-Do

Okinawan Kempo-Jitsu



Karate Hand Book

Revision 4A

Feb 15, 2012

Chapter 00

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Version 4A

Chapter 01

Introduction

February 15, 2012

Greetings;

First, I want to thank you for your interest in the business of Lester's Karate-Do. The purpose of this mission statement is to explain the entire process of **OKINAWAN KEMPO-JITSU (OKJ)** under the Lester's Karate Do organization. This mission statement will be different from my Masters as well as the students under me will undoubtedly make modifications of their own .

In this mission statement, I will not go into detail about the contents of the style. This statement is designed to explain how to run a school and the Style (OKJ) as an instructor who needs to solve conflicts such as (*How long do you need to be a black belt before you make second degree.*) This will not explain how to do a punch or what exercises are needed to get in shape. I do hope that you will find the information below useful and easy to navigate through.

As of the printing and date of this Mission statement, My Dojo (Karate School) is located in the town of Coeburn Virginia. To get there just go to Front street just left of Front street fitness. Our number is 276-807-7182. The operating hours are as followed.

Classes - Tuesdays and Thursdays 7:00pm – 8:30pm

Since this is a class of family more then a job we will have other classes when possible.

Thank you for your interest

Grand Master William J. Lester

Chapter 02

History

February 15, 2012

Kempo Jitsu is a combination of practical self defense techniques fused with the fitness and striking elements of traditional Isshin Ryu, Ryukyu Kempo and Small Circle Jujitsu. Kempo Jitsu was founded by William Lester in 2010 in an effort to remove himself from Grand Master George Dillmans instruction. Although Grand Master George Dillman was in his origins in martial arts the style became so different that Grand Master Lester had no other option then to change the name of the style.

Ken or Kem means 'fist', Po means 'law' Jutsu" can be translated to mean "art" or "technique" and represents manipulating the opponent's force against himself rather than confronting it with one's own force.

Kempo, also written as Kenpo can trace its origins back to the Chou Dynasty of China 520 AD. Thus, it is known as the original martial art.

Isshin-Ryu is a style of Okinawan karate founded by Tatsuo Shimabuku and named by him on 15 January 1956. Isshin-Ryū karate is largely a synthesis of Shorin-ryū karate, Gojū-ryū karate, and kobudō. The name means, literally, "one heart method".

Ryukyu Kempo is a generic term often used to describe all forms of karate from the Ryukyu Islands, and more specifically to refer to the particular styles associated with Taika Seiyu Oyata and with George Dillman. Oyata is credited with being the originator of the American use of the terms Ryukyu Kempo, The name Ryukyu Kempo was adopted by a prominent martial arts personality, George Dillman, who taught his own version of Oyata's style and promoted it heavily through seminars and publications.

Small Circle Jujitsu Was created by Grand Master Wally Jay His Techniques are smooth and functional because of the integration of the flow, in which interchangeable techniques are used to counterattack. The flow emphasises the smooth transition between various locks and throws in order to remove any "hard stops". It allows a practitioner to seamlessly transition between techniques and makes counter-measures against opponents quicker and smoother.

Small Circle Jujitsu continues to evolve from a combination of various martial arts theories, styles and movements. It contains Ten Principles, which were guidelines by which a practitioner of Small Circle Jujitsu could improve upon the fundamental basics involved in the functionality of their technique.

1. Balance
2. Mobility and Stability
3. Avoid the Head On Collision of Forces
4. Mental Resistance and Distraction

5.Focus to the Smallest Point Possible

6.Energy Transfer

7.Create a Base

8.Sticking Control and Sensitivity

9.Rotational Momentum

10.Transitional Flow (which includes):

- a. Exert Continual Pain During Transitions
- b. Create Maximum Pain Without Dislocating Joint
- c. Mobility During Transition Rather than Stability

As for order of Rank. (From Teacher to Student)

Grand Master Seiyu Oyata

Grand Master George Dillman

Grand Master Eli McCoy

Master Frankie McCoy

Master Dean Owens

Master William Lester

(who is the head instructor in this school.)

Chapter 03

Kata

February 15, 2012

Block and Drill 1 A

These are Drills and not actually kata. But are taught the same way as kata and are necessary to be able to progress in Kempo Jitsu

Closed Hand Drill 1A

Open Hand Drill 1A

Ippon Kumite Kata Sho Dan

Ippon's are taught to Little Dragons to progress through that system. It is also taught to Yellow belts so when they become Blue belts they can assist in teaching Little Dragons.

Ippon Kumite Kata Ni Dan

Ippon Kumite Kata San Dan

Ippon Kumite Kata Yon Dan

Ippon Kumite Kata Go Dan

Taikyoku Sho Dan

"Taikyoku" is translated as "first course" or "basic ultimate." The Taikyoku kata were developed by Gichin Funakoshi as a way to simplify the principles of the already simplified Pinan/Heian series.

Taikyoku Ni Dan

Taikyoku San Dan

Taikyoku Yon Dan

Taikyoku Go Dan

Ananku Developed around 1895 working on special stances such as the cat stance. Ananku is a kata from Okinawan karate. Its composer is unknown, although its history in Okinawan martial arts is relatively short in comparison to other kata. What makes this kata special is its techniques of offense and defense while in zenkutsu dachi (otherwise known as front leg bent stance or bow stance).

Wansu has several iterations on the island of Ryukyu. Popular history has the kata coming from a Chinese political visitor who, during his duties, taught his fighting method in the open. For technical content, the form tends to focus on the slipping and in-close evasion and redirection of attack. It also contains a unique

movement often described as a fireman's carry throw, or dump. Because of this, many schools nickname this kata "the dumping form". Also, Wansu is one of two kata in Isshin Ryu which use the "zenkutsu dachi", a long, angled seisan-type stance.

Seiunchin Legends tell that Seiunchin Kata is named after a famous Chinese martial artist. The Okinawan master Kanryo Higashionna is said to be responsible for developing Seiunchin Kata after training in Ch'uan fa. It is known as "The War Kata". Seiunchin Kata features more wide, deep stances (soto hachiji tachi) than any other kata in Karate-do. The original kata featured much deeper stances and because of this there are no kicking techniques.

Naihanchi Naihanchi Kata emphasizes a concentration of strength to the inner thighs in order to develop a more powerful stance. It is believed to have come directly from China to Okinawa

Empi comes to us from Tomari, Okinawa. This kata was not taught outside of the Tomari village until some time after 1870. Some masters have claimed that this is one of original kata of the ancient style. There are two main versions of the kata, one coming to us via Bushi Matsumura and the other from Yasutsune (Anko) Itosu.

Sanchin Sanchin Kata features ibuki breathing, which tends to sound loud, rasping, and forced. In fact, Sanchin Kata helps to develop the ki (inner force) and strengthens the body physically as well. With enough practice, the body can be made invulnerable to strikes.

Seisan Thirteen Hands, Crescent moon, half moon. Seisan Kata is named after its founder, a famous Chinese martial artist. It is the oldest known kata still being practiced in Okinawa. There are many versions of it; almost every style of karate has a Seisan Kata. The Okinawan master Sokon Matsumura is said to have brought it back from China during his stay there.

Bassai /Passai is the Japanese name of a group of kata practiced in different styles of martial arts, including okinawan karate and various Korean martial arts (Taekwondo, Tang Soo Do, Soo Bahk Do). There are several variations of these kata, Bassai dai is taught in this style. The kata focus on the idea of changing disadvantage into advantage by strong and courageous response, switching blocks and differing degrees of power. The feeling of kata should be precise, with fast execution of technique and attention given to appropriate balance between speed and power.

Chinto Chinto Kata is named after a Chinese sailor and martial artist who was shipwrecked on Okinawa. He taught Sokon Matsumura the Ch'uan Fa system. From there, Matsumura created Chinto Kata and passed it down to Chotoku Kiyama. Chinto Kata teaches stability and balance, countering while grappling, and throws (nage-waza). Chinto Kata is designed for fighting on uneven terrain such as staircases, hills, or boats, and emphasizes situations when the opponent has the higher ground. Chinto Kata is known most for its unusual hand positions (representative of Goshinju Kami). It is considered an advanced kata. Chinto Kata demonstrates a strong influence by the Shaolin kung fu systems, mainly in its use of the butterfly kick (also double feint kick) and its heavy use of throws

Kusanku Kusanku Kata was named after a Chinese military attache and public official named Kong Su Kung (translated as Kusanku in Okinawan). Kung was sent to Okinawa in 1750 and taught Ch'uan fa to Tode Sakugawa and Sokon Matsumura. Matsumura passed Kusanku down to Chotoku Kiyama. Kusanku Kata emphasizes changes of motion, position, fighting in the dark, jumping, and leaping. The Isshin Ryu Karate-do version of Kusanku Kata comes from the Shorin Ryu Karate-do kata of the same name.

Distinguishing Characteristics: Considered by many to be the most visually appealing of all Isshin Ryu Karate-do kata, Kusanku Kata is the best

exemplification of the Shaolin kung fu systems that Isshin Ryu Karate-do has. A number of the techniques from Kusanku Kata can be found in nearly the same form in various styles of kung fu, including the inside crescent kick and the butterfly kick.

Chapter 04

Ippons (Combinations)

February 15, 2012

Basic combinations are not the same as Tuite (Pressure point fighting) but IS very similar. We are going to go over Ippon in this section. Ippon can be defined as an attacker verses a defender. The attacker does some type of attack to the defender the defender may or may not know what type of attack is coming but most of the time the defender DOES know in a training environment, that way the defender will have time to practice a certain move or combination of moves. These types of moves are called vital points, because it hits in a sensitive area on the body.

The attacker basically has two different ways of attacking the defender

- 1.) Traditional $\frac{3}{4}$ twist punch C-Step and attack.
- 2.) A relaxed modern fighting position with a basic attack.

The Defender has many ways to defend themselves but must meet one or more of 4 criteria after the end of the scenario. It can be more than one below (example IF the attacker becomes unconscious he /she cannot see or walk.)

1.) The attacker cannot see. If they cannot see you they cannot hurt or follow you if you move away.

2.) The attacker cannot Breathe. If they are fighting to breathe they will not be fighting you.

3.) The attacker cannot walk. If they cannot walk they will not follow you if you walk away.

4.) The attacker is on the ground. If they are on the ground incapacitated in some way you will be safe to leave.

Ippon Kumite that is taught to the little dragons are also used as self defense.

Even though this can be used as basic defense they can also be used as advanced tuite fighting. All black belts should be taught these kata for using vital points and to be able to teach the Little Dragons.

Chapter 05

Kumite (Sport fighting)

February 15, 2012

Kumite is sport of fighting. This is used in tournaments and is the most popular with the younger martial artists and groups such as XMA.

When Doing Kumite (AKA Sparring) you need only one judge but tournaments normally use three or more. One Head (Center) judge and two side judges. You need 2 judges to agree on which person gets the point (Or points) If two judges agree on the person getting the points but disagree on the amount of points the fighter gets the lower amount of points.

Legal targets on the opponents are anything in the front of the body above the belt including the head.

Most tournaments on on a 5 point win deal and we we at Lester's Karate- Do also does the 5 point system.

Safety equipment is a must when sparring. Males must wear a cup. Everyone just wear Gloves and feet pads. Shin guards and head gear is useful but not required. Mouth guards are also not required but you do so at your own risk.

Chapter 06

Instructors

February 15, 2012

George Dillman

Dillman's version of the art, which he calls Ryukyu kempo tomari-te, has a large international following, due in part to aggressive marketing of his books and seminars. The art is known for its emphasis on light-touch pressure-point knock-outs but also emphasizes close-in grappling techniques. It is often practiced by students of other forms of Karate as an add-on system that is said to enhance their understanding of bunkai (applications of the kata). His art has generated a considerable amount of controversy, due in large part to Dillman's reluctance to scientifically prove the validity of his claims. The most contentious claims have been his promotion of alleged no-touch knock-outs, kiai knock-outs, and increasing technique effectiveness based on sound and color.

Eli McCoy

While George Dillman was teaching in California his first black belt ever produced by him was Eli McCoy. Eli McCoy moved back to Virginia and started teaching in the area. Later when George Dillman started teaching pressure points Master Eli McCoy went back to George Dillman to learn the art of Tuite. He mixed the Ryu Kyu Kempo style with the Isshin Ryu style martial arts to bring a different type of martial arts. Unfortunately Master Eli McCoy stopped teaching martial arts publicly in the late 1990's. He is a 9th degree Grand Master.

Frankie McCoy

Master Frankie McCoy was not interested in learning Martial arts. She joined because she was told an exercise program would help her with her bad back. She eventually married her former instructor for a brief period and even keeps in contact with him to this day. Master Frankie McCoy moved around the Southwestern part of Virginia teaching karate after making black belt back in 1974. She continued to teach Karate until December 2007 when she retired from martial arts. Master Frankie McCoy was a 7th degree black belt.

Master Dean Owens

Master Dean Owens made black belt in late 1985 and began teaching karate in Early 1986 in Hurley Virginia. He stayed with Master Frankie McCoy until 1989 when he began learning pressure point fighting under Master George Dillman. He did not start teaching this style of martial arts until after 1993. By 2008 he has made 5th Degree master and a member of the DKI (Dillman Karate International). His first black belts were Brook Owens, Otis Endicott, Bradly Owens and then William Lester. William Lester and Bradly Owens are currently the only active student black belt from this list still practicing from Master Dean Owens. Other black belts include Ralph Steel and Patrick Stallard.

Grand Master William Lester

William Lester started martial arts on Thursday, April 24, 1986 at the age of 11 years old. He made black belt in June 1992. William Lester left for the military in September of 1992 and began taking any and all martial arts he could just to keep up with what he had. Some of the styles include but are not limited to Isshin Ryu, Shoto Kahn, Cho Kwang Do, Gojo Ryu, ATA, Korean TKD and Tang Soo Do They were other styles but were more of a mixed style then anything normally taught. As of 2008 William Lester has been promoted and lost belts (Losing a belt happens when the teacher is no longer alive and there is no proof of the rank.) But the ranks he does hold and claim is 4th degree Ryu Kyu Kempo under the

United States Martial arts Association and SMAA, 3rd degree under Master Frankie McCoy 2nd, Degree black belt in Shotokahn under Brian Sheets and 1st Degree Black belt under Randy Riggs ATA. The only style he teaches now is Kempo Jitsu but this does not mean that he does not implement other styles of thinking in the Kempo Kata's. He uses anything that works by finding how it works in Kempo. By adding the other schools way of thinking AND not modifying the traditional katas you will open up a whole new way of thinking in martial arts as well as improve your own style in the process. William Lester broke away from Grand Master George Dillman officially in 2010 calling the style Kempo Ryu but later was certified as Okinawan Kempo Jitsu in Late 2011 under the ICUAMA as a 9th degree Grandmaster .

<http://www.icmaua.com/IndMembersLZ.htm>

William J. Lester USA

International Combat Kempo Karate Union ICMAUA Lifetime Member.

9th Degree Black Belt, Okinawan Kempo Jitsu (Certified),

(Appalachian Mountain Karate Association (A.M.K.A)), Founder (Certified),

Grand Master, Head Master, Head Instructor, Head Examiner.

Chapter 07

Tuite (Bunkai)

February 15, 2012

Tuite is the art of pressure point grappling. Bunkai is the practical application of kata. Bunkai is a mixture of Ippon and Tuite. You could even add Kyusho Jitsu (Pressure point fighting) in this chapter because of the similar techniques. Ippon was separated in this organizational report because of the little dragons club and the 5 ippon kata.

Pressure points is any place a nerve ending stops / branches off into a Y or crosses over another nerve. These are the most sensitive nerve points in the body and also the most effective when used in fighting.

Although many claims exist in pressure points (such as no touch and Kiai Knock outs) Lester's Karate-Do goes only under these assumption.

- 1.) Hitting a nerve point causes pain.
- 2.) Hitting two nerve points can cause pain between the two points (A nerve line of pain)
- 3.) Hitting three nerve points can cause a stunned effect, we also call that a knock out.

NOTE: A knock out is not simply a person laying on the floor unconscious. A knocked out victim of pressure points is anyone unable to fight because of a nerve system failure. So if a person locks up standing still and is unresponsive then that person is unable to fight and the defender can get away safely the attacker was knocked out.

Example: Hitting the nerves in the jaw area. (Boxers use this tactics.)

If a person is . . .

1. Staggering
2. Unable to understand what is going on and walking around aimlessly.
3. Laying on the floor snoring
4. Standing like a board (Piece of wood)

Then they are considered KO'ed

Chapter 08

Rank Belt Color

February 15, 2012

Rank is separated into three different types of ranking. Each rank belt have different colors. We will go over each belt color for each style below.

1. Kempo Jitsu Class.
2. Small Circle Jujitsu
3. The Little dragons.

Kempo Jitsu has 20 belts starting at negative Ten (-10) to positive ten (+10)

-10 Kyu	White Belt	Beginner
-09 Kyu	Orange Belt	Beginner
-08 Kyu	Orange belt / Yellow Stripe Belt	Beginner
-07 Kyu	Yellow Belt	Beginner
-06 Kyu	Blue Belt	Intermediate
-05 Kyu	Green Belt	Intermediate
-04 Kyu	Purple Belt	Intermediate
-03 Kyu	Brown Belt	Advance
-02 Kyu	Brown / Black Stripe	Advance
-01 Kyu	Black Belt / Brown Stripe	Advance
01 Dan	Black Belt	Expert
02 Dan	Black Belt / Red Stripe	Expert
03 Dan	Black Belt / Two Red Stripes	Expert
04 Dan	Black belt outside / Red belt inside	Master

05 Dan	Black belt inside / Red belt outside	Master
06 Dan	Black belt inside / Red stripe top White stripe bottom	Master
07 Dan	Black belt inside / White stripe top Red stripe bottom	Senior Master
08 Dan	Red Belt	Senior Master
09 Dan	Red Belt Gold Writing	Grand Master
10 Dan	Red Belt Gold Trim Gold Writing	Grand Master

Small Circle Jujitsu has 20 belts starting at negative Ten (-10) to positive ten (+10)

-10 Kyu	White Belt	Beginner
-09 Kyu	Orange Belt	Beginner
-08 Kyu	Orange belt / Yellow Stripe Belt	Beginner
-07 Kyu	Yellow Belt	Beginner
-06 Kyu	Blue Belt	Intermediate
-05 Kyu	Green Belt	Intermediate
-04 Kyu	Purple Belt	Intermediate
-03 Kyu	Brown Belt	Advance
-02 Kyu	Brown / Black Stripe	Advance
-01 Kyu	Black Belt / Brown Stripe	Advance
01 Dan	Black Belt	Expert
02 Dan	Black Belt / Red Stripe	Expert
03 Dan	Black Belt / Two Red Stripes	Expert
04 Dan	Black belt outside / Red belt inside	Master

05 Dan	Black belt inside / Red belt outside	Master
06 Dan	Black belt inside / Red stripe top White stripe bottom	Master
07 Dan	Black belt inside / White stripe top Red stripe bottom	Senior Master
08 Dan	Red Belt	Senior Master
09 Dan	Red Belt Gold Writing	Grand Master
10 Dan	Red Belt Gold Trim Gold Writing	Grand Master

“Dan” Ranking. When it talks about Writing on the belt it means in Japanese OR English you must have your name on one end of the belt and the Style on the other side.

What is REQUIRED for the ranks?

Just time in grade does not mean that most people do not continue to get promoted. You must still improve and teach to be eligible to be promoted ADDED with the time in years. The Time in grade for belts is your level in years before you are eligible for the next.

Specialty belts- If you are taking **BOTH** Kempo Jitsu & Scall Circle Jujitsu styles at the same time. You may be entitled to wear the special belts below.

- 1.) You must be paying for both classes.
- 2.) You must pay for both tests.
- 3.) You can lose this belt at any time due to at least but not including below.
 - a. Unbecomming conduct
 - b. Lack of knowledge of either style.
 - c. Lack of ability to instruct others.

The belts are as followed.

-10 Kyu	White Belt / Black Stripe	Beginner
-09 Kyu	Orange Belt / Black Stripe	Beginner
-08 Kyu	½ Orange belt ½ yellow belt / Black Stripe	Beginner
-07 Kyu	Yellow Belt / Black Stripe	Beginner
-06 Kyu	Blue Belt / Black Stripe	Intermediate
-05 Kyu	Green Belt / Black Stripe	Intermediate
-04 Kyu	Purple Belt / Black Stripe	Intermediate
-03 Kyu	Brown Belt / 2 Black Stripes	Advance
-02 Kyu	½ Brown belt / ½ Black belt	Advance
-01 Kyu	½ Brown belt / ½ Black belt / Black Stripe	Advance
01 Dan	Black Belt 1 red tape on each tip	Expert
02 Dan	Black Belt 2 red tapes on each tip	Expert
03 Dan	Black Belt 3 red tapes on each tip	Expert
04 Dan	Black Belt 4 red tapes on each tip	Master
05 Dan	Black Belt 5 red tapes on each tip	Master
06 Dan	Black Belt 6 red tapes on each tip	Master
07 Dan	Black Belt 7 red tapes on each tip	Senior Master
08 Dan	Black Belt 8 red tapes on each tip	Senior Master
09 Dan	Black Belt 9 red tapes on each tip	Grand Master
10 Dan	Black Belt 10 red tapes on each tip	Grand Master

Little Dragons

-10 Kyu	White Dragon	Beginner
-10 Kyu	Blue Dragon	Beginner
-10 Kyu	Green Dragon	Beginner
-10 Kyu	Copper Dragon	Beginner
-10 Kyu	Black Dragon	Beginner
-10 Kyu	Red Dragon	Beginner
-10 Kyu	Gold Dragon	Beginner

Little Dragons are for children ages 4 to 7 years old

How to get rank (Time in rank)

LKD and Kempo Jitsu recognizes the ICMAUA time in grade for rank

Basic requirements for time in rank in International Combat Martial Arts Unions Association (ICMAUA) for all the styles: This is just the minimum time in rank not the only thing you must do to be promoted.

1st Degree Black Belt	4 years from the beginning of training.
2nd Degree Black Belt	1 year in 1st Degree Black Belt.
3rd Degree Black Belt	2 years in 2nd Degree Black Belt.
4th Degree Black Belt	3 years in 3rd Degree Black Belt.
5th Degree Black Belt	3 years in 4th Degree Black Belt.
6th Degree Black Belt	3 years in 5th Degree Black Belt.
7th Degree Black Belt	3 years in 6th Degree Black Belt.

8th Degree Black Belt	3 years in 7th Degree Black Belt.
9th Degree Black Belt	5 years in 8th Degree Black Belt.
10th Degree Black Belt	5 years in 9th Degree Black Belt.

Privileges in rank

Advancement in Rank allows certain privileges according to rank.

Beginner You may only wear a black uniform.

Cannot Teach other students. May work with students to increase knowledge.

Intermediate Black solid / White solid. Junior Instructor, May teach beginners with approval from an instructor (acting instructor). May be an acting instructor if needed.

Advance You may wear Black and White mixed. Assistant instructor. May be an acting instructor if needed. May promote a student three ranks below. The student will be two ranks below AFTER the promotion has happened. Example a purple belt may promote up to a yellow belt up to a blue (With permission of an instructor)

Expert

Black Belt can wear any uniform. May promote to any rank UNDER the instructors rank. Example; a 1st degree black belt can promote to any color other than black.

More information about who can do what is discussed later in Chapter 13 (Rules)

Chapter 09

Clubs

Little Dragons – Little Dragons are for children 4 to 7 years old

Note – You can be in the Little Dragons Program until age 8 and they MUST go to the adult class. At age 7 they can go either way. If they are mature enough I highly recommend going to the adult class.

It is designed for children to have a chance to experience martial arts in a setting designed for them.

This is a karate school your child must be watched after class is over. After Little dragons Class , when separated, there is the adult class, please do not leave children unattended.

Okinawan name American Belt Requirements For next belt

-10 Kyu	White Dragon	Low Block , Middle Block, High Block, Ready Stance, Horse Saddle Stance, Punch
-10 Kyu	Blue Dragon	Ippon Kumite Kata Sho Dan , Inside Block, Outside Block, Shuto Block, Seison Stance
-10 Kyu	Green Dragon	Ippon Kumite Kata Ni Dan
-10 Kyu	Copper Dragon	Ippon Kumite Kata San Dan
-10 Kyu	Black Dragon	Ippon Kumite Kata Yon Dan
-10 Kyu	Red Dragon	Ippon Kumite Kata Go Dan
-10 Kyu	Gold Dragon	Concludes the Little Dragon Program

Minimum 1 month each belt, But this is not the norm. With children of this age a white belt is possibly the only rank they will receive. A gold dragon can join the adult class IF they wish, No matter the age.

Hard Charger Student - Some students just really want to do more. Be there all the time. Lead, and really just love the lifestyle. Rare and few are these special students a special reward must be made for them.

- If a student has perfect attendance from one belt to the next they will earn a chevron on their uniform.

Appalachian Mountains Karate Alliance

(A.M.K.A.)

The A.M.K.A. was developed for Martial artist to assist each other schools in the local area to communicating tournament , seminars and other important information for Students in Martial arts in the Appalachian Mountains.

The A.M.K.A. is a non-political, non-commercial and Traditional Martial Art oriented, established to support all martial artists from all Martial Arts.

Some of the things the A.M.K.A. provides are.

- Communication of when/ where a seminar or tournament will be held.

- A place where teachers can bring students to different styles to learn other types of styles and teaching by keeping an open mind.

- A place for people who wants to be an independent school but would also like to belong to an organization that will recognize their students from other schools.

- Membership in the A.M.K.A. has no politics or fees.

- Other Martial artist to help you in whatever you want to accomplish. (find a good certificate for my school? An old book on kata. Etc)

Chapter 10

Other Schools

February 15, 2012

Below is a list of rules for other styles coming to our style for training. This is for people changing styles not visiting for a short length of time.

Any person from another school (no matter from another style or another kempo instructor) may keep their belt color if . . .

- They are under black belt. If from a different style Sensei Lester (or other Master Sensei) must evaluate or see some proof of knowledge of their style if they wish to wear their rank.
 - If they say they are a belt color and are not capable of doing anything close to that level of training then they cannot wear that colored belt.
- If they claim black belt, proof MUST be shown with certificate and / or knowledge. A black belt should be able to recognize another black belt quickly no matter how long they have been out.
- When a person makes a black belt in our styles and begins teaching at his / her own school they are highly recommended to follow the standards of the A.M.K.A. Failure to do so could result in loss of promotion. A.M.K.A. is a loose organization but some standards are needed.

Lester's Karate-Do (LKD) automatically recognizes the belt rank from other Kempo schools (such as Deans karate USA, Bob Lawson's Small Circle Jujitsu and McCoy's Karate studio) as well as recognizes the belt rank from future black belts teaching future students.

- If students leave one school to another (because of moving or other reasons) they are allowed to keep the highest rank they have achieved even if the school teaches other things. (Example Dean's Karate USA have students know All Drills, all Tayukas & Sason at Orange belt. This is a not taught at orange in our school but they may keep the belt they have earned and will be taught Aunkyu before there test to yellow (NOT yellow Stripe) All students will be taught to their rank before allowed to test.

All future schools of Lester's karate-do are HIGHLY encouraged to accepted the rank of other schools if they can be validated by their instructor.

This brings up another question in Martial arts in schools.

If the skill of a martial artist surpasses the belt rank AND they are soon to leave the school (Because of moving or leaving for a long period of time of six months or more.) They can be promoted one belt or more on the final day of their class. The belt and certificate will be given but they cannot wear the belt at the class until they come back. (not on the same day given.) This must be at least 90 days for a one time visit or 180 days for more than one class visit or they can lose the belt. This is a promotion for exceptional skill without time in grade in the style. After 180 days they can return with the new rank.

Chapter 11

Fee's and testing

February 15, 2012

Fee's are per month and there are no contracts at this time (Nor do I wish to have them). The preference is to pay at the first of the month but arrangements can be made. (these prices are subjected to change)

- \$35 dollars a month for the student.

- \$30 dollars a month for any student that is immediate relation to another student paying together (\$35, \$30, \$30, \$30, etc) They have always paid together. No one can get the deal paying separate times.

- \$20 a month for Little Dragons.

- If a person can only show up for once a week they can subtract \$10 from the class, but they can only show up once per week as decided by the Teacher and Student. Little Dragons is \$5.00 less not \$10.00.

- \$5. 00 a class. This is for people who have a hard time showing up regularly for class. (Note this can really hurt your time for minimum time in rank. Remember time in rank is per class not time in months.)

Other deals can be made for people who cannot make those payments or have other money problems please contact the head instructor for more information.

Testing other students

When it comes to testing other students we have a somewhat unique way of testing, but this seems to be the most fair in my opinion and the opinion of other instructors in the A.M.K.A. They are three types of black belts.

- 1.) A Black belt. – An expert in martial arts BUT does not teach or promote students.

- 2.) One with an instructor License. – A person teaching martial arts (May or may not be a black belt), the person does not promote students.

- 3.) One with an Examiner License. – A person taking martial arts the person is a black belt, May or may not teach their own school, can promote students.

If you have an instructor with examiner license.

This is usually only good for an instructor helping you get your examiner license.

- For Color belts testing other Color Belts under black. Some restrictions include you (and others helping with the test). **No color belt has an examiner license.**
 - You must have permission from your instructor.
 - You must be at least two belts higher than the belt the student is going to become.
 - For example with the teachers permission a purple belt is allowed to promote a Yellow belt to blue (2 belts below purple)
 - Another restriction is not to promote family (this can lead to unrest in the local martial art community no matter if the test was fair or not)

If you do not have an instructor

If you have lost an instructor because of a move/ death / loss of school then this should help in your promoting process until you can get a hold of an organization to get the highest ranking person promoted to an acceptable level.

- Normal rule - If at least one is a black belt with examiner certification you can promote up to one level lower than black belt (BUT the other tester must be of one rank lower by the end of the promotion)

- Normal - If you have a 2nd degree black belt you can (By yourself) promote any person up to 1st Degree black.

- If you have 3 or more of any black belts above 2nd degree with examiner certification you can promote any person to that SAME rank. Example if you have three 3rd Degree black belts you can promote a second degree to a 3rd if all agree.

- **Without any examiners** - If you have 3 people you can promote one level lower (BUT the person testing must be no higher than one rank lower by the end of the promotion)
 - Example Three 1st degree black belts can promote a student to a first Kyu Brown belt.

Remember they are three types of black belts and must have certification for each.

Black belt – This is a person who knows everything needed to be a black belt.

Instructor – This person can teach without another instructor assisting.

Examiner – This person can promote without another examiner assisting.

Chapter 12

Uniform Patch Locations

February 15, 2012

Patches are not something that you can put on your Gi because you think they look good. Only certain patches can be worn in certain places. Some are for color belt only, Some are for black belt only,, some are for special events. Only ONE type of patch can be worn at one time. IE one weapon patch, Red OR Gold chevron's.

American Flag

Goes on the Left shoulder. On top of everything. Can wear at any rank.

Okinawan Flag

Goes on the Right shoulder. On top of everything. Can wear at any rank.

School Patch

Goes over your heart (left chest). Can wear at any rank.

Weapons Patch

Goes on the Right shoulder. Under Okinawan Flag. Can wear after being tested for a weapons test and only the weapon you were tested for.

Gold Chevron

Goes under USA Flag. For perfect attendance one belt to the next.

Red Chevron

Goes under USA Flag. One for Junior instructor, a second for assist instructor. Can wear an extra one if was a little dragon first. (Can wear at adult white If was a little Dragon.)

Color Belts Only. **Note** if you have both a red and a gold chevron you may not wear both. Unless you wish to wear Two Red chevron's. You cannot wear extra gold chevrons.

Red Star

Black belts only. This patch goes in the front of the uniform on the trim.

One Star for every 5 years in **active** martial arts.

Chapter 13

Dojo Rules

February 15, 2012

Rules and Etiquette are

1. Gi must be clean at all times.
2. No jewelry worn while working out.
3. No candy or gum while working out.
4. Gi must be worn in the dojo, except for valid reasons.
5. Never show anyone what you learned in the dojo.
6. Never attempt to teach anyone unless instructed to do so by your Sensei.
7. Always be respectful in and out of the dojo.
8. Don't brag that your studying karate — let people find out on their own. They will respect you more.
9. Respect other person's rank, especially if higher than yours.
10. Always rei (bow) when entering or leaving the workout area.
11. Pay strict attention to what you are taught.
12. Be humble and courteous, but be confident.
13. Never ask a higher rank to kumite. If they want to, they will ask you.
14. No conversation on workout area, especially during class.
15. Act properly at all times in and around dojo, no goofing off.

16. Always keep busy practicing while in workout area, unless instructed otherwise.
17. During formal class get permission of high rank before leaving the floor.
18. Never take advantage of a lower rank.
19. If any student has a problem of some sort in regard to the Martial Arts, speak with Sensei Lester.
20. Karate is only to be used for self defense. Don't try techniques on family or school classmates.

Dojo Etiquette

Formal Bows are the traditional way of displaying respect and humility. Za-rei, or Formal bows, are executed by kneeling with hands open and feet crossed.

Informal bows Tachi-rei are executed by standing with heels together, feet together, hands at the sides with palms turned toward the thighs,

bowing from the waist. They are used to begin and end an informal class, Entering or leaving the Dojo, Addressing another student

(especially higher ranking students), Addressing the Sensei and when in doubt.

When class begins and at any time "Ki-O-Tsuke" or "line up" is called, the students should form lines according to rank, or stand at attention

if class is in progress with hands at sides with heels together. This position should be maintained until the instructor gives the command

"Rei." (bow) At this point the students should rei (bow) appropriately. The Sensei will rei (bow) in return showing respect for the student's desire to learn.

When in the Dojo, all students should treat higher ranking students and Black Belts with the respect attributed to their rank. If you want to talk to an instructor or senior student stand silently until you are asked to speak; execute a Tachi-rei, ask your question, addressing him or her as Sensei, sir or use their last name appended with the suffix 'san (honorable). When the Sensei has completed his answer, bow again before walking away.

Before leaving class early, the student should ask the Sensei or the highest-ranking instructor that has been designated for permission to leave class early.

Once you have entered the Dojo there is to be no horseplay. If class has not yet begun, you may begin stretching or do some warm up on your own by practicing your stretching, Kata or Bag work. Kumite is not permitted without the permission of Sensei.

You are here to work out and learn. Maintain your respect for each other, in and out of the Dojo and Sensei at all times and get the most out of the time you spend here. Students are to come to class and be ready to learn, not to disturb others.

Shoes shall not be worn on the Dojo floor without the permission of Sensei. Remove your shoes before taking your place in class.

Late entrance: Students should stand at the door and wait to be acknowledged by Sensei. Once acknowledged, rei and enter the dojo, take your respected place in class. Late entrance should not become a habit, Sensei would rather have you come late than choose not to come at all. This is a disruption to the entire class in progress. Be quick and quiet and take your place as soon as possible.

Parents' conduct should not at any time be distracting. Conversation and unrelated activity should be taken outside the dojo or you will be asked to leave and return when class is over. This includes small children.

If unsure what to do, you should watch the higher-ranking student, or black belts, and follow their example.

Any time the Sensei is speaking, all students should listen attentively. Stand with feet shoulder width apart, hands together behind the body

(Kiba-Dachi). No slouching, or crossed legs or arms. You should look at the Sensei or sempai and pay attention when class is being taught.

"Do not ever!" ask when you will be promoted to a higher (belt) level. This shows great disrespect and can only add time to the length of your next promotion.

If at any time you are disciplined for an error, quickly follow through with the assignment (usually pushups or leg kicks), do it correctly and without argument. If you feel you have been accused unfairly be respectful to the higher rank and never argue. Ask to see Sensei after class or at an appropriate time.

Remember that you are constantly being tested. When you are ready you will receive your reward and be advanced forward only by your individual efforts and merit when your Sensei sees you are ready. No one takes greater pleasure in presenting you with your deserved promotion to a higher level than that of your Sensei. This also assures that you are ready to grow into this rank and obtain additional knowledge that goes with the level of achievement. Remember always that you are here to learn and perfect your skills, not to hurt a fellow student. Those that deliberately try to hurt another student will be dealt with directly by Sensei. Respect is a two-way street. Unless a true emergency you should go to the restroom before class or after class. Remember class is only 90 mins.

Chapter 14

Conclusion

I hope you received enough information about Lester's Karate-Do. Although information such as basic punches, Kicks, Blocks and strike were not described in this report they are taught in the Kata as well as self defense.

I hope this information was helpful. I wrote this information down so that people can know what I want for this martial arts style and Lester's karate-do.

They will always be upgrading, tweaking or changing of this organization. It is after all a business.

When someone leaves this school as a black belt (hopefully at least second degree black) they will be able to do what they want to teach. I hope this report will assist them in how I run the school and they can make any changes they feel necessary.

Again thank you and I hope you find the information useful.

William J. Lester

9th Degree Grandmaster