

WELCOME TO BLAIRGOWRIE & COUPAR ANGUS
SHOTOKAN
KARATE CLUB

Toudi Jutsu

Means "Chinese Hand Method". It is a defensive martial art system that originated in the Ryukyu Islands or Okinawan Islands, south west of Japan and south east of China. The origin of Toudi Jutsu was primarily a result of recurrent cultural exchanges with the Ryukyu Islands by both China and Japan throughout the last millennium.

The influence of both Chinese and Japanese cultures and the interaction of these peoples with the Okinawans provided a source of information to formulate a definitive native Okinawan self defence system collectively called Toudi Jutsu.

Following final annexation by Japan and the resultant stability, Toudi Jutsu was developed into many different schools culminating in the 19th Century as Shuri-te, Naha-te, Tomari-te and Uechi-Ryu schools. By this time Toudi Jutsu was primarily an activity followed by the middle & ruling classes.

Karate Do & Shotokan

In the first half of the 20th century an Okinawan school teacher called Gichin Funakoshi developed a Toudi Jutsu system by combining elements from two schools Shorei-Ryu and Shorin-Ryu. These schools were previously developed by other masters from Naha-te, Shuri-te & Tomari-te respectively.

In 1921 Gichin Funakoshi left Okinawa for Japan where he taught his interpretation of Toudi Jutsu to the wider Japanese population. His first Dojo or training hall (literally "Place of The Way") was named by Funakoshi's students as the "Shotokan" Dojo. The term Shotokan was derived from Funakoshi's pen name "Shoto" which means "Pine Waves" and "Kan" which means hall. Funakoshi's pen name was "Pine Waves" because he often reminisced about the sound of the wind flowing through Okinawa's fine pine forests.

In 1936 Okinawan Toudi Jutsu masters decided to change the name of Toudi Jutsu to Karate Do ("Way of the Empty Hand"), to reflect a more Japanese expression of culture.

Gichin Funakoshi introduced the Twenty Guiding Principles of Karate and the Dojo Kun to guide the Karate-Ka (student). These axioms guide the karate-ka (karate student) throughout their training life.

Throughout the 20th Century karate began to be spread to other nations. Shotokan was organised into the Japanese Karate Association that governed the ethos of Shotokan. Instructors were prepared by the JKA in Japan and were sent around the world to teach. Now there are numerous associations and organisations that perpetuate the same guiding principles.

The ethos and teachings of Shotokan Karate are through physical and mental training. These are accomplished by the three elements of Karate – Kihon, Kata and Kumite. Kihon is the basic training in which students (Karate-Ka) learn and practice the various striking and blocking techniques as drills. Kumite is engaging with a partner in controlled sparring. Kata is the application of techniques in set sequences in which the karate-ka explores (bunkai) and practically applies these sequences to self-defence drills (oyo). Ultimately the depth of karate can be realised by exploring the bunkai or application of kata.

The Club

The club is affiliated to the British Combat Karate Association (BCKA Scotland).

The club is run by Alexander (Ally) Whytock (5th Dan) & Karen Whytock (2nd Dan).

The fundamental principle of our club is to teach people karate skills, for self-protection, that they will retain for a lifetime.

The objective of our karate training is to learn self-protection skills that are practical, simple & effective. The details of these skills require intensive tuition and learning.

The karate student (karate-ka) acquires and retains knowledge during the skill learning process.

To measure progress each karate-ka can optionally undergo a grading examination which sincerely tests the student for the expected levels of competence, skill & effectiveness. This gives the students the confidence that if they progress then their proficiency in karate is effective.

TRAINING TIMES

Blairgowrie Newhill Campus	Monday	7.00 – 8.00pm
	Monday	8.00 – 9.00pm
Coupar Angus Town Hall	Wednesday	6.30 – 7.30pm
Blairgowrie Newhill Campus	Friday	6.00 – 7.00pm
	Friday	7.00 – 8.00pm

OTHER INFORMATION

1. Contact Ally Whytock 0785 481 2541 or blairkarate@hotmail.co.uk
2. Class prices are: £3 for 1 hour/ £4.50 for 2 hours
3. After 3 weeks, a £18 (Under 15 yrs) or £21 (15 yrs & Over) fee is required for annual club membership, insurance, BCKA membership & SKGB membership.
4. Grading is optional, every 3 months for beginner to intermediate. Grading cost is £10. This includes the governing body ratification (£3), the hall fee (£3), a small administration charge (£1) and the new belt (£3)
5. Approximate equipment costs- belt ~ £3; suit ~ £16+ (Junior); suit ~ £24+ (Senior); badges ~ £3