

# PELLETIER'S KARATE ACADEMY

## Basic Information

NAME OF THE SCHOOL: Pelletier's Karate-Do

FOUNDER OF OUR SCHOOL: Shihan Richard Pelletier

Black belts in Okinawa Shorin Ryu Matsumura Seito Karate-Do & Okinawa Kenpo Karate Kobudo

INSTRUCTOR'S NAMES: Sensei Ferdinand Torres

Sensei Sadie Landry

Sensei Matt Vattaso

Senpai Per Almquist

OUR STYLE: Okinawa Kenpo Karate Kobudo

FOUNDER OF OKINAWA KENPO: Shigura Nakamura

SHIHAN PELLETIER'S INSTRUCTOR: Kyoshi Marcus Devalentino

Black belts in Okinawa Kenpo Karate Kobudo, Shobukan, Tae Kwon Do, Chinese Goju

### HISTORY

The principles that became karate went from India to China (thanks to a Buddhist monk named Daruma or Bodhidharma) to Okinawa and then introduced to Japan by Gichan Funakoshi.

### DOJO PRECEPTS:

1. Humility
2. Self Control
3. Integrity
4. Courtesy
5. Discipline
6. Perseverance

### SOME TERMS:

Please refer to our website for a more complete list of terminology and other information on the Dojo.

Dojo – *School or training hall*

Gi – *Uniform*

Obi – *Belt*

Rei – *Bow*

Kiotsuke – *Position of attention*

Yoi – *Ready*

Shihan – *Teacher of Teachers*

Sensei – *Teacher*

Senpai – *Big brother/sister*

Kohai – *Student*

Kenpo – *the law of the fist; there are five styles: Chinese,*

*Okinawan, Japanese, American, and Polynesian*

Kobudo – *the way of weapons*

Kumite – *sparring*

Kata – *the formal patterns that are the backbone of karate training.*

*It develops form, style, balance, speed, and control. Kata trains the kohai in alertness of mind and body.*

Karate – *an art through which a person trains the mind and body. It*

*is a method of perfecting one's self, learning to live, making a better person, overcoming fear, and learning humility and self-discipline.*

### JAPANESE NUMBERS

- |         |          |
|---------|----------|
| 1. Ichi | 6. Roku  |
| 2. Ni   | 7. Sichi |
| 3. San  | 8. Hachi |
| 4. Shi  | 9. Ku    |
| 5. Go   | 10. Ju   |

### The Karate Creed

I come to you with only Karate.

My hands are empty but I fear no man.

Should I be forced to defend myself, my honor, or my principles,

Should it be a matter of right or wrong, life or death,

then here are my weapons,

my empty hands.