

Yellow Belt Test review

Basic Facts:

Our school is the Crozet Yoseikan karate school. We study Chito-Ryu Karate-do. Chito-ryu means "Thousand year old Chinese style". Karate-do means "open hand way". We are part of the U.S. Chito Kai, which means "United States Chito family".

Important historical figures:

Gichin Funakoshi: the founder of modern karate. Born 1869, died 1957.

Tsuyoshi Chitose: physician, founder of Chito Ryu karate. Born 1898, died 1984. Dr. Chitose's message to students of Chito-ryu Karate-do: "The soul is lost without courtesy."

William Dometrich: first Caucasian student of Dr.Chitose. Founded the U.S. Chito Kai in 1967. Born in 1935, died 2012.

Barbara Dometrich: wife of William Dometrich, co-founder of U.S. Chito Kai. Born in 1936.

Facts about Taikyoku ichi:

This kata was developed by Gikko Funakoshi (son of Gichin) in 1935 2. It teaches students: the ability to relax, then focus power into a block or punch, to maintain balance on turns to use the forward motion of the body to increase power, to visualize and focus on an opponent.