



Goju Ryu Shimbukai



GREEN BELT FACT SHEET

1. YOUR BODY MUST WORK AS A TEAM

A karate strike involves the entire body. Practice by moving a little slower but involve your entire body into a punch.

It's time to develop your understanding of this, and to start focusing on making sure you use it during training. It's important that your body begins to work as a team.

2. IMPROVE YOUR COMBINATION ATTACKS

At Yellow belt, you followed the principles in the 1st kata.

At Orange belt, you continued to develop those skills, and started applying the principles of 2nd kata.

At Green belt level, we recommend you continue to keep your combination to a minimum of two techniques. Don't compromise your stance or the other principles you have learnt.

3. DEVELOP YOUR ZANSHIN

At Orange belt we introduced you to zanshin. Having reached Green belt, it's important to start developing your zanshin.

4. DEVELOP YOUR IKIMI AND ITSOKU

Ikimi is the principle of floating. When you are in the process of moving, you should avoid any excess tension in your body.

Itsoku is the principle of being glued to the floor. The moment you make contact with the ground (and punch) you should adopt itsoku. This ensures you land in a rock-solid stance.

Balancing these two principles is part of the life-long journey of karate. Your time to start focusing on this is now.

There is a huge benefit in developing ikimi and itsoku. Your kata and basic combinations will improve greatly.

5. UNDERSTANDING THE IMPORTANCE OF THE BOW

The importance of the bow is just the first step. The second step is to understand how and when it should be done.

6. CONTROL YOUR SELF-TALK

Karate is a pursuit of both body and mind. At Green belt you should have degree of unconscious competence (*to do something well without having to think about it*) now you have room in your mind for other things.

While you have plenty of new techniques, strategies and principles to learn, don't forget to think about your self-talk.

You talk to yourself 24 hours a day and this is your greatest opponent when trying to be successful - **It can lift us up or drag us down!!!!**

