

History

Buddhist monks introduced this art in India. In the early days, the Buddhist monks used this art to save themselves from the wild animals and thieves in the forests, by overpowering them without harming the opponents in accordance to the non-violence beliefs of Buddhism. As Buddhism gathered prominence in China and Japan, this art travelled with the monks and reached the foreign shores.

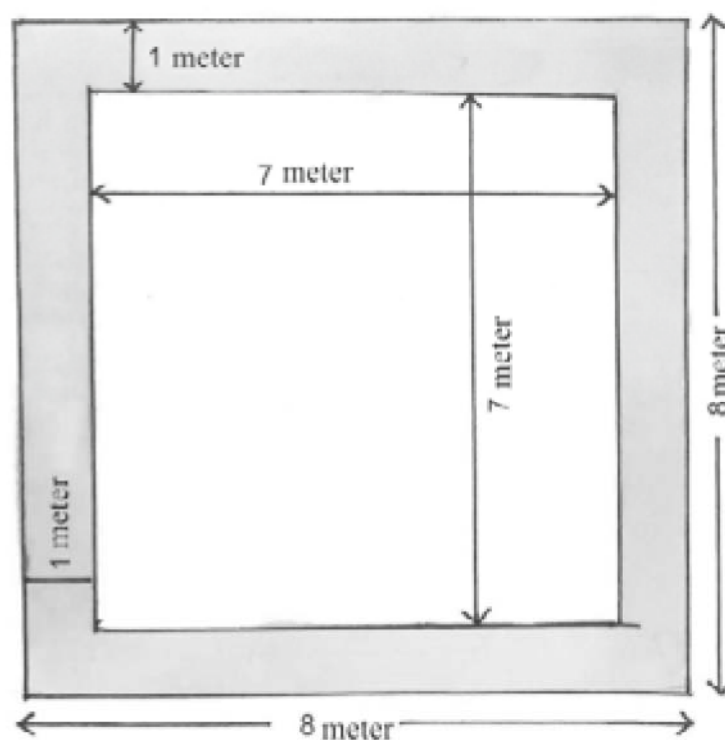
Karate is a Japanese word. "Kara" means empty, "te" means hands. The art of fighting with empty hands (without weapons), is called Karate.

In the 17th century, the King had banned the usage of weapons in the Okinawa province of Japan, so that no one could dare fight the King. Under these circumstances, the people of the province started to learn and promote fighting empty handed for self-defence to handle enemies and opponents, which became famous as Karate. From the Okinawa province, it spread all over Japan and then it spread to the whole world. Now people from more than 180 countries are learning Karate.

Gichin Funakoshi is revered as the founder of Karate in Japan. At the end of the 18th century, he promoted and popularised Karate. In the beginning of the 19th century, this art form was modernised and promoted across the western world by Hansi Gogin Yamaguchi.

In India, this martial art form was first demonstrated in Shanti Niketan. Shinzo Tagaki from the Tokyo province of Japan had come to India at the behest of Shri. Rabindranath Tagore

Ground



The ground is 8 meters in length and 8 meters in width. This game is played on a square field. It used mats made out of specialised rubber materials. The mat is either Red or Blue in colour. The middle square of 2 metre by 2 metre is red in colour and the outside 1 metre is also in Red colour. This outside 1 meter red area is called the safety zone. Outside the safety zone, the opponent is not given any points. While in play, if any player enters the safety zone, the referee stops the play and calls the players into the middle area and then restarts the play.

Equipment :

Specialised rubber mats, stop watch, Karate Gi

Skills:

The main skills of karate are mentioned below :

- (1) Punch - Japanese word Zuki (2) Kick - Japanese word Geri
- (3) Block - Japanese word Uke

(1) Punch :

In Japanese, the punch style is called Zuki. There are many methods of punch and some of them are mentioned below :

(a) Choku Zuki (Straight Punch) :

In this stance the player keeps his balance on both the legs and with strong hands and at shoulder height, attacks the opponents.

(b) JodanZuki (Straight upper Punch) :

In this stance, the player keeps his balance on both the legs and with strong hands, attack the upper part (above the shoulders) of the opponent's body. He should avoid the eyes, nose and mouth of the opponent in this attack.

(c) Gedan Zuki (Straight Lower Punch) :

In this stance, the player keeps the weight of the body on his legs and with strong hands attack the parts of the opponent's body below the waist.

(2) Kick (Geri) :

This is an important stance in karate. The opponent can be attacked in various positions using the legs. Some of them are mentioned below:

(a) Hiza Geri (Knee Kick) :

In this stance, the player balances his body weight on his strongest leg and using the edge of the other leg kicks the knees of the opponent

(b) Mae Geri :

In this stance, the player balances his body weight on this strongest leg and raising the knee of the other leg to his waist, kicks the opponent.



(c) Yoko Geri Side Snap Kick :

In this skill the player puts his body weight on the stronger leg and kicks through other leg. While attacking or kicking the eyes should be on the place or region of the attack, so more attack kicking can be done.



(3) Hand Blocks :

In this game, defence is also equally important like attack. Through this the player can protect himself or save himself from any strong attack of opponent. In Japanese language defence is called 'UKE'

(a) Jodan Uke:

In this block the hand is bent from elbow and kept a bit above and away from forehead and the attack on the upper part of the body is blocked.



(b) Chudan Uke Middle area Block :

In this skill attack on the body's trunk part is blocked or made unsuccessful. In this skill the hand is bent from elbow, hand is fist and kept right in front of nose.



Rules :

- (1) The game is of two types (i) Kata (ii) Fight
- (2) In Kata type individual performance is done. This attack is done on the pre assumed imaginative opponent.
- (3) In second type two players attack each other, within norms and rules.
- (4) In this game a special kind of white loose jacket and white loose trouser (karate gi) are worn.
- (5) No gloves can be worn on hands or feet for any defence or attack.
- (6) It is played barefooted.
- (7) In this game there is one mat referee and three side judges.
- (8) Mat referee has to be on the mat when the match is on.
- (9) The player on the left hand side of the referee is called 'Aaeo' and the player on the right hand side called 'Aka'
- (10) During the match no hand attack can be done on eye, nose or any other lower part of waist.
- (11) Each match is of 3 (three) minutes.
- (12) And the match is of 2 (two) minutes for junior boys and girls.
- (13) It is compulsory to follow the safety rules during the match.
- (14) For different attacks different points are awarded. like

Sunbon	-	3 Points
Nihon	-	2 Points
Nippon	-	1 Point

(15) For different errors, different fouls or penalty points are given. Like

- (1) Keikoku - 1 point to opponent
- (2) Haso kuchuee - 2 points to opponent
- (3) Ippon - Knock out from the match

(16) Opponent's hair cannot be pulled.

(17) Opponent cannot be injured by biting with teeth during the game.

(18) One can make any sort of sound or noise for enthusiasm and excitement.

(19) If during match opponent is abused or said bad words then abuser is given 'Keikoku' points.

(20) If during the game, the referee or the judges are abused the 'Haso kuchuee' point is awarded.

(21) When player falls on the ground during the match then he cannot be attacked.

(22) When the match is indecisive in the stipulated time then one extra minute is given.

(23) If the player is not attacking even after the match has started then that player is given penalty point.

(24) In karate martial art, weight categories and age categories are taken care off.

(25) While playing karate, no metallic ornaments or metallic things can be worn on the body.

(26) Today karate is popular Sotokan, Shitoriyu, Gojoriyu, Vadoriyu, like style in India.

(27) During the match, when opponent is outside safety area no attack can be made.

(28) In today's Karate in some styles equipments like head guard, chest guard and chin guard are used as safety devices or safety purpose.

EXERCISE

1. Answer the followings questions :

- (1) Name and explain the techniques of Punch.
- (2) Name and explain the techniques of Kick.
- (3) Name and explain the techniques of Hand Block

2. Write short notes on :

- (1) Ground of Karate
- (2) Dress for the karate competition.
- (3) Safety devices for karate competition

3. Select the correct option from the given as an answer to the following questions :

- (1) Give the Length and breadth of Karate ground
 - (A) 8 metres x 8 metres (B) 7 metres x 7 metres
 - (C) 8 metres x 7 metres (D) 7 metres x 8 metres

- (2) Which of the following is the skill of Punch ?
 (A) Choku-zuki (B) Hiza Geri (C) Jodan Uke (D) Chudan Uke
- (3) Which of the following is the kick attack skill ?
 (A) Jodan Juke (B) Gedan Juke (C) Mae Geri (D) Chudan Uke
- (4) Which of the following is the skill of Hand Block ?
 (A) Jodan Juke (B) Hiza Geri (C) Mae Geri (D) Jodan Uke
- (5) Where cannot it be attacked in Karate ?
 (A) On stomach (B) On waist (C) On shoulder (D) On mounts
- (6) What is the match timing for junior group in Karate ?
 (A) 3 minutes (B) 4 minutes (C) 2 minutes (D) 1 minutes
- (7) In which attack is the player awarded 3 points ?
 (A) Niton (B) Ippon (C) Sunbon (D) Keikok
- (8) For which error is the opponent given 1 point ?
 (A) Hansoku Sui (B) Keikoku (C) Hansoku (D) Ippon
- (9) What cannot be used in Karate game ?
 (A) Head guard (B) Chest guard (C) Chain guard (D) Metal bangle
- (10) How many types of Karate are there ?
 (A) One (B) Two (C) Three (D) Four

