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Shiro Tora Karate-Do

(White Tiger Way of the Empty Hand)

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Presented by:

Tora Martial Arts Academy



Dear Parents and Students:

I want to congratulate you for your interest in wanting to study martial arts. We will always have to deal with conflict. That battle might come in the form of a physical attack, but it might just as well come in the form of an emotional conflict with a friend, spouse, boss, parent, or even yourself. Martial arts will give you some help in preparing for the inevitable battles we will face throughout our lifetime.

An old martial artist was once asked, “What does the martial artist do in a time of peace?” His reply was simple, but it rings true. “The purpose of a warrior in times of peace is to prepare for the battles that will come.” They may be financial, emotional, physical, social, or spiritual, but we will always have some type of battle in the distance which we must someday face. The strategies we study are a road map that will help us to navigate the treacherous waters of our lives.

Ever since I began studying, the martial arts have been and continue to be the single most important part of my life. It has helped me enjoy the good times, and get through the bad. One of my instructors once told me that, “The victory is in the journey, not the destination.” I hope your journey will bring you the same kind of fulfillment that mine continues to bring me.

Thomas Altizer, Owner/Head Instructor:
Tora Martial Arts Academy

About the Instructor

Thomas Altizer has been involved with the martial arts for over 20 years, and has been teaching in the New River Valley since 2005. He has training in Karate, Tae Kwon Do, Kung Fu, Aikijitsu, Jiu-jitsu, Jeet Kun Do, Muay Thai, and Kali. He graduated from Radford University in 2010 with a degree in Exercise Sport and Health Education with a concentration in Martial Arts and Self-Defense. Thomas served as President and Head Instructor of the Radford University Karate Club for his last two years at Radford University. Thomas was a member of the 2009 ISJA United States Sport Ju-jitsu Team, which took the gold medal at the 2009 ISJA Sport Ju-Jitsu World Championships.

Thomas currently holds the following ranks:

- 3rd degree black belt in Shito-Ryu Karate-Do
- 1st degree black belt in Daito-Ryu Aikijitsu
- 1st degree black belt in Moo Duk Kwon Tae Kwon Do
- 1st degree black belt in Go-shin Jiu-jitsu
- 4th degree black sash in Long Fu Ying Pai Kung Fu
- Blue belt in Brazilian Jiu-jitsu
- Certified Instructor under Guro Dan Inosanto in Filipino Kali
- Certified Instructor under Guro Dan Inosanto in Lee Jun Fan Jeet Kun Do
- Completed Gracie Combatives Qualification in Jan. 2017

About the Class

There are 3 main areas of combat this class will focus on: striking, standing self-defense, and ground grappling. Each area will draw its technique from one or more different styles of martial arts.

Striking	Standing Self-Defense	Ground Grappling
Various punching, kicking, and blocking technique. Training includes solo drills or patterns called Kata, partner drills, and free sparring.	Students will learn to escape various grabs and holds (such as head locks, bear hugs, chokes) that are common in self-defense situations.	Students will learn to defend against and subdue an opponent in a ground fighting situation using various escapes, pins, and submissions (such as joint locks or chokes)
Drawn from: Shito-Ryu Karate Muay Thai Kickboxing Jeet Kun Do	Drawn from: Daito-Ryu Aikijitsu Goshin Jiu-Jitsu	Drawn from: Brazilian Jiu-Jitsu

Shito-Ryu Karate	Founded in 1930 by Kenwa Mabuni who studied the Okinawan styles of Shuri-te and Naha-te from masters Yasutsune Itosu and Kanryo Higashionna. Mabuni combined these teachings into what he called Shito-Ryu, based upon the Japanese characters for both of his instructors' names. The techniques focus on strength, speed, and stamina, and emphasize deep stances and long range fighting technique.
Muay Thai Kickboxing	Originally developed as a military fighting style, Muay Thai evolved over centuries in Thailand (formerly Siam) into the combat sport we know today. Known commonly as the "Art of 8 limbs," Muay Thai makes use of punches, elbows, knees, and kicks for a highly effective and versatile striking art that is commonly practiced by many modern MMA fighters.
Jeet Kun Do (JKD)	Literally, "The way of the intercepting fist," JKD was developed by the late Bruce Lee after many years of study and research of various fighting arts. It blends various kickboxing styles with many of the short range trapping techniques from Wing Chun Kung Fu. Bruce Lee passed the full teaching credentials of JKD to only three people before his death, one of whom was Guro Dan Inosanto, under whom Sensei Tom is certified to teach the art.
Daito-Ryu Aikijitsu	This art traces its origins back to feudal Japan as a combative method utilized by the Samurai to defend themselves against armed attackers on the battlefield. Striking was often ineffective against the armor wearing Samurai, so Aikijitsu was developed as a system of attacking the joints of the body with various locks and throws with the aim of disabling one's attacker as quickly as possible. This brutal combat art is the predecessor to modern Aikido, developed by Morihei Ueshiba in the 1920's to incorporate his newfound pacifist philosophy.
Goshin Jiu-Jitsu	Developed by the Kodokan Judo School in the 1950's, Goshin Jiu-Jitsu was intended to be a modernized set of self-defense techniques as compared to the classical Jiu-jitsu styles. It focuses on teaching students to defend against various armed and unarmed attacks, including various strikes, grabs, and holds, as well as focusing on more modern weapons such as a knife or club as opposed to classical weapons such as a sword.
Brazilian Jiu-Jitsu (BJJ)	BJJ traces its origins to Kodokan Judo, which itself was modified from classical Japanese Jiu-Jitsu. Many Judo fighters found early success by focusing a majority of their training on ground grappling. One such fighter named Mitsuyo Maeda eventually settled in Brazil and began teaching the art to Carlos and Helio Gracie, who further refined the techniques into what would become modern BJJ. BJJ allows a much smaller fighter to use leverage, timing, and technique to subdue a larger attacker with various submissions, such as joint locks or chokes. It is a staple of modern MMA fighters.

Belt System:

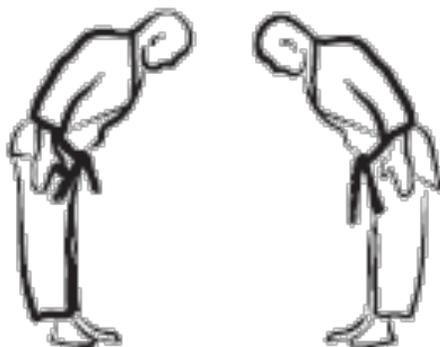
A student's progress from white belt to black belt is marked by a series of colored belts. The belt system not only allows the instructor to ensure that the appropriate information is taught at each level, but also gives the students short term goals to work toward on their journey to black belt. To earn the yellow belt, students must show proficiency in the basics of our karate system. These include basic stances (front stance, fighting stance, side stance), blocks (down block, outside block, inside block, head block), punches (lunge punch, reverse punch, jab, cross), and kicks (front kick, round kick). For all other color belts, students will learn a new form, called a "kata" in Japanese. The kata are pre-arranged solo patterns of attack and defense that contain many of the technique of a karate system. As students get closer to black belt, they will also be required to demonstrate varying degrees of proficiency at kumite (free sparring). There are also various self-defense and ground fighting techniques students are responsible for at each belt level which are listed in the pages that follow.

Striping System:

Between rank exams, students will earn stripes on each belt. The stripes are earned by attending a specified number of classes since the student's last promotion. The number of classes needed to earn each stripe will increase as the student makes their way toward black belt. Students will receive a total of 4 black stripes on each belt. The exception to this rule is the white belt, on which students will earn 5 stripes of varying colors. The instructor will simply award stripes to the appropriate students at the beginning of every class.

Note to students:

While it is good to be motivated by rank, do not dwell so heavily on the color of your belt that you miss the bigger picture. After all, it's just a colored strip of cloth. What is important is that you are having fun, improving your physical fitness, and learning to defend yourself. Focus on these and let the rank come with time, and your journey will be much more enjoyable. It is generally frowned upon for a student to continuously ask about when they will test for rank. Students will test when the instructor has decided they are ready, and not a moment before. The best way to demonstrate to your instructor that you are ready to test is to show up to class consistently, focus and work hard while in class, and always practice with a serious attitude.



Shiro Tora Karate-Do Rank Requirements

White Belt		
Yellow stripe	3 Classes	
Blue stripe	3 Classes	
Green stripe	3 Classes	
Red stripe	3 Classes	
Black stripe	3 Classes	
Yellow Belt	Exam	Basic stance, strikes, blocks.
1st Stripe	5 Classes	
2nd Stripe	5 Classes	
3rd Stripe	5 Classes	
4th Stripe	5 Classes	
Orange Belt	Exam	Kata Kihon Roku
1st Stripe	5 Classes	
2nd Stripe	5 Classes	
3rd Stripe	5 Classes	
4th Stripe	5 Classes	
Blue Belt	Exam	Kata Chi-No
1st Stripe	10 Classes	
2nd Stripe	10 Classes	
3rd Stripe	10 Classes	
4th Stripe	10 Classes	
Purple Belt	Exam	Kata Heian Yon-Dan
1st Stripe	10 Classes	
2nd Stripe	10 Classes	
3rd Stripe	10 Classes	
4th Stripe	10 Classes	
Green Belt	Exam	Kata Heian Go-Dan
1st Stripe	15 Classes	
2nd Stripe	15 Classes	
3rd Stripe	15 Classes	
4th Stripe	15 Classes	
Red Belt	Exam	Kata Rohai
1st Stripe	15 Classes	
2nd Stripe	15 Classes	
3rd Stripe	15 Classes	
4th Stripe	15 Classes	
Brown Belt	Exam	Kata Jion
1st Stripe	25 Classes	
2nd Stripe	25 Classes	
3rd Stripe	25 Classes	
4th Stripe	25 Classes	
Sho Dan, 1st Degree Black Belt		
Kata Kosokundai	Breaking	Kumite (sparring)
Weapon Kata	Self-Defense	Grappling

The Black Belt:

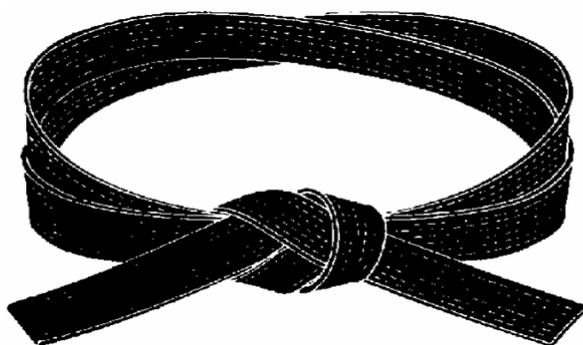
The black belt is a highly distinguished rank that many will aspire to, but only a small percentage of those who begin training will attain. A student at the black belt level should have a deep knowledge of the techniques and principles of a system, both in theory and application, and be able to apply their skills in a live combative situation. A student at the black belt level should also be knowledgeable enough to teach the techniques and principles of the system to others. Even if you have no plans to go into teaching, either as a career or a hobby, one can learn a great deal by teaching others. It is a valuable part of the learning process and will help to solidify your conceptual understanding of the system in ways that mere practice cannot.

In addition, all black belt candidates must be in good physical shape and of sound moral character. It is the responsibility of all martial arts practitioners, but especially those at the black belt level, to never misuse their training, and to use the absolute minimum amount of force needed to resolve any conflict. Black belts should be a force for good in this world, and stand out as examples of humility, politeness, and respect, and kindness. Generally, students who do not live up to this standard will eventually drop out for one reason or another before reaching the black belt level. However, on the rare occasion that this is not the case, the instructor reserves the right to refuse instruction or promotion to any student at any time, and for any reason he deems necessary.

The amount of time it takes to reach the black belt level will vary greatly depending on several factors, including: how many days a week a student trains, either in class or at home; the level of focus and dedication with which one practices; previous martial arts training in other styles; how old a student is when they begin training; a student's natural ability and coordination. Generally, it will take the average teen/adult 4-6 years to complete the entire curriculum through to the black belt level. Some people may take more or less time depending on the above mentioned circumstances, particularly if a student starts training at a very young age.

We also have age requirements for our black belt students. A student must be at least 15 years old to be promoted to black belt. Any student 12 and older who meets the requirements for black belt will be permitted to test for a junior black belt rank, and then re-test for black belt at age 15.

The black belt exam is cumulative: meaning students will be required to demonstrate proficiency on all previous testing material, in addition to the new material listed above.



Tora Martial Arts Academy
Youth Self-defense requirements:

-Yellow Belt-

Physical Skills:

-Backwards breakfall

Grab Defense:

-Single straight wrist grab escape: "answer the telephone"

-Single cross wrist grab escape: rotate and strike

Throws/takedowns

-none

Groundfighting:

-none

Tora Martial Arts Academy
Youth Self-defense requirements:

-Orange Belt-

Physical Skills:

- Forward shoulder roll (left and right from kneeling)
- Backward shoulder roll (left and right from seated)

Grab Defense:

- 2 handed straight wrist grab low variations:
 - 2 on 1: reach and pull
 - 2 on 2: answer the phone x 2

- Single straight wrist grab, high variation: elbow slice

Throws/takedowns

- none

Groundfighting:

- Knowledge of positions:
 - mount
 - side mount (aka side control or cross body)
 - guard
 - back control (aka rear mount)
 - turtle

Tora Martial Arts Academy
Youth Self-defense requirements:

-Blue Belt-

Physical Skills:

- Side breakfall (from standing)
- Rolling breakfall (from standing)

Grab Defense:

- 2 handed straight wrist grab, high variations:
 - 2 on 1: grab and turn to elbow slice
 - 2 on 2: elbow slice x 2
- front choke escapes:
 - 1) throat push
 - 2) duck under

Throws/takedowns

- none

Groundfighting:

- Knowledge of positions:
 - half guard
 - scarf hold
 - knee on belly (aka knee on stomach or knee mount)
- Mount control techniques:
 - low swim
 - high swim
 - anchor and base (hooks and hands)
- Trap and roll escape from mount, 3 variations:
 - 1) standard variation (from choke or pin)
 - 2) punch block variation
 - 3) headlock variation (with hook removal)

Tora Martial Arts Academy
Youth Self-defense requirements:

-Purple Belt-

Physical Skills:

- Tactical stand up
- Establishing the clinch (drop-cover-shoot-wrap)

Grab Defense:

- Lapel grab defenses
 - straight single arm: straight arm wrist compression lock (ikkyo)
 - 2 arm close:
 - 1) elbow drag to chin grab
 - 2) back bend throw (se mage nage)
- Cross wrist grab defense: turning shoulder lock
- Kotegaeshi (outside wrist throw)
 - 1) from the straight wrist grab
 - 2) from the front choke
- Ikkyo (straight arm wrist compression lock)
 - 1) from the straight wrist grab
 - 2) from the single straight arm lapel grab

Throws/takedowns

- Osotogari (outside leg sweep)

Groundfighting:

- Open guard pass
- Positional transition sequence:
 - knee on belly – side mount – mount
- Submissions:
 - Americana (aka bent arm lock, aka key lock)
 - Straight arm lock from the mount

Tora Martial Arts Academy
Youth Self-defense requirements:

-Green Belt-

Physical Skills:

- Shrimp drill
- Sprawl
- 4 point stance drill

Grab Defense:

- Standing side headlock escape 1: arm trap and chin peel
- Standing guillotine choke escape: arm trap and neck frame
- Standing 2 handed neck clinch escape: frame and swim
- Nikkyo ("Z" wrist lock)
 - 1)from lapel grab
 - 2)as a follow up from an ikkyo counter

Throws/takedowns

- Leg hook takedown
- Ogoshi (hip throw)

Groundfighting:

- Punch block series 1-4 from the guard
 - 1: head and arm control with swims
 - 2: shin shield inside the biceps
 - 3: knees in the chest, hips up
 - 4: feet on hips, hips down
- Side headlock escape from the ground (2 variations)
 - 1)frame and leg trap to scissor leg choke
 - 2)frame and roll up to arm lock
- Submissions from the guard
 - kimura
 - straight arm lock
 - cross collar choke

Tora Martial Arts Academy
Youth Self-defense requirements:

-Red Belt-

Physical Skills:

- Transitions to the rear clinch:
 - 1)from the haymaker punch
 - 2)from the body lock clinch guillotine attempt

- Arm drag

Grab Defense:

- Front bear hug escape, arms free: frame escape
- Front bear hug escape, arms captured: hip frame to clinch and throw
- Rear choke escape 1: leg hook, spin, and sweep
- Standing straight arm lock from the front shoulder grab
- Shiho nage (step under shoulder lock)
 - 1)from a straight wrist grab
 - 2)from a cross wrist grab

Throws/takedowns

- Single leg scoop from the clinch
- Sitting takedown from the rear clinch

Groundfighting:

- Taking the back from the mount (2 variations)
 - 1) from the rollover
 - 2) sitting back from the technical mount

- Side control escapes:
 - 1) bridge escape
 - 2) shrimp escape

- Submissions:
 - 1) Rear naked choke (commonly abbreviated "RNC")
 - 2) Cross collar choke from back control
 - 3) Straight arm lock from back control

Tora Martial Arts Academy
Youth Self-defense requirements:

-Brown Belt-

Physical Skills:

-none

Grab Defense:

-Bear hug escapes from the rear, arms free:

- 1) finger peel
- 2) standing kimura

-Bear hug escapes from the rear, arms captured:

- 1) drop, step around, and reverse throw
- 2) drop and slip out to straight arm lock

Throws/takedowns

- Double leg takedown
- Guard pull from the clinch

Groundfighting:

-Sweeps from the guard:

- 1) scissor sweep
- 2) double ankle sweep

-Elbow escape from the mount:

- standard variation
- heel drag variation
- hook removal variation

-Log splitter guard break

-Guard passes:

- 1) Long step pass
- 2) Double underhook pass

-Submissions:

-Triangle choke from the guard:

- leg jump variation
- punch block stage 1.5 variation

Tora Martial Arts Academy
Youth Self-defense requirements:

-Black Belt-

Physical Skills:

-none

Grab Defense:

-Full nelson escape:

-standard variation: frame, step behind, and reverse throw

-drop variation: frame, step behind, rear takedown

-Rear choke escape 2: spin out the back to underhook and head control

-guillotine finish

-head and arm throw finish

-Standing side headlock escape 2: drop/spin to technical mount and arm lock

Throws/takedowns

-Tomoe nage: overhead sacrifice throw

-Seio nage: shoulder throw

-Uchi mata: inside leg throw

-De ashi harai: advancing foot sweep

Groundfighting:

-Sweeps from the guard:

1) pendulum sweep

2) elevator sweep

-Twisting arm control from the mount

1) arm lock finish

2) back take finish

-Escape from rear mount and remount counter

-Standing guard break

1) to knee slice pass

2) to X pass

-Submissions:

1) From the guard: Arm bar – triangle – arm bar

2) Head and arm choke from mount