

# SHOTOKAN KARATE

**A Guide in the Fundamentals of Martial Arts  
with Disarming Techniques  
for Criminology Students**

**GREG MABBAYAD FRANCISCO**



# SHOTOKAN KARATE

A Guide in the Fundamentals of Martial Arts  
with Disarming Techniques for Criminology Students

Greg Mabbayad Francisco

0788



**Wiseman's Books Trading, Inc.**

Philippine Copyright, **2020**

By:

**Wiseman's Books Trading, Inc.**

and

**Greg Mabbayad Francisco**

PUBLISHED AND DISTRIBUTED BY:

**WISEMAN'S BOOKS TRADING, INC.**

**ISBN: 978-621-418-164-3**

**All Rights Reserved**

No part of this book may be reproduced or transmitted in any form or by means, electronic or mechanical, including photocopying, recording or by any information storage and retrieval system, without permission in writing from the publisher and author.

Any copy of this book without the signature of the author is considered from illegal source or is in possession of one who has no authority to dispose of the same.



# TABLE OF CONTENTS

Dedication	i
Acknowledgement	ii
Preface	iii
<b>Chapter I - Martial Arts</b>	<b>1</b>
1. Introduction	2
2. Martial Arts According to Bruce Lee	3
3. Martial Arts for Criminology	3
4. Types of Martial Arts Style	5
<b>Chapter II - Karate</b>	<b>17</b>
1. History of Karate	18
2. Karate According to Mas Oyama	22
3. Karate Do Discipline	22
A. Dojo Etiquette	23
B. Uniform	24
C. Equipments	24
4. Different Styles of Karate	25
<b>Chapter III - Fundamentals of Shotokan Karate</b>	<b>27</b>
1. Shotokan Karate Defined	29
2. Preparations in Shotokan Karate	29
A. Basic Principles of Karate Movement	29
B. Warm-Up and Stretching	31
3. Shotokan Karate Skills	39
A. Stances	39
B. Fundamental Techniques	42
a. Punches and Strikes	42
b. Kicks	47
c. Blocks	53
4. Kata (Forms)	56
A. Kata Defined	56
B. Shotokan Kata	58
C. Shotokan Karate Kata Description	58
D. Major Kata List of the World Karate Federation	63
E. Kata Criteria for Decision	64
F. Heian Nidan Demonstration	65

5. Kumite (Sparring)	71
A. Kumite Scoring	72
B. Basic First Aid on Selected Injuries during Sparring	73
6. Promotion	74
A. Shotokan Karate Do International Organization	75
7. Special Trainings	76
A. Special Training Exercises	76
B. Tameshiwari	77
a. Power and Striking Angle	78
<b>Chapter IV - Disarming with Handcuffing Techniques</b>	<b>79</b>
1. Basics of Disarming	80
A. Preparations	80
B. Vital Points	81
C. 10 Commandments of Self-Defense	82
2. Disarming Techniques	84
A. Four Steps of Approach in Gun or Knife Defense	84
3. Handcuffing Techniques	88
Selected Terminologies	89
Instructor's Certificate	92
References	94



## AUTHOR'S PROFILE



**GREG MABBAYAD FRANCISCO**

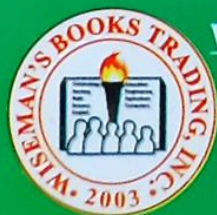
Mr. Greg Francisco is a 1st Dan Black Belt of the Shotokan Karate Black Belters Association of the Philippines (Santiago City Chapter).

He was a graduate of Bachelor of Laws, a Registered Criminologist, a Criminology Reviewer, and a Dean of Criminology from 2009-2016.

He has been teaching Shotokan Karate for 15 years since 2005 at the University of La Salette, College of Criminology in Santiago City. He also serves as a karate instructor in different colleges in the Region that offers the same discipline. He taught Defensive Tactics 1 (Fundamentals of Martial Arts) and Defensive Tactics 2 (Disarming Techniques).

He was appointed as Dean of the Criminology Department at the Metropolitan College of Science and Technology in 2009 after finishing his Master of Science in Criminology at the age of 21. He taught karate to barangay tanods and served as a panel in some karate-do tournaments.

Presently, he is a full-time faculty member of the College of Criminal Justice Education of Ifugao State University-Potia Campus, Potia, Alfonso Lista, Ifugao.



### **WISEMAN'S BOOKS TRADING, INC.**

171 Tandang Sora Ave.,  
Brgy. Tandang Sora, Quezon City  
Tel. No.: (02) 425-3368 / (02) 398-6205;  
Telefax: (02) 456-6209

E-mail Address: [wisemanbooks@yahoo.com](mailto:wisemanbooks@yahoo.com)  
Website: [www.wisemanbook.com](http://www.wisemanbook.com)

Member



**pbai**  
Philippine Booksellers Association, Inc.

