

Braun's Karate and Martial Arts Academy



Student Packet

***Where there is no fight,
there is no blame.*** The motto of the BKMA

Student's Name: _____

Student Packet March 2009

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What is B.K.M.A.?

Braun's Karate and Martial Arts Academy (BKMA) is a martial arts club that teaches discipline and respect through the martial arts since 1996 in the Kenosha area.

Students learn a wide range of styles including karate, aikido, capoeira and more, giving the student a balanced training. All classes are taught in the traditional style that has worked for hundreds of years.

Students will also learn more than just martial arts. We teach life changing principles like leadership, healthy living, and discipline that is carried over into all parts of life.

We teach the students how to get out of fights without fighting, **maintaining a way of peace above all else**. If the student must fight, *with all other options gone*, then doing only what one must do to get away.

We also don't believe that there is just one style of martial arts; only that by taking the martial arts from many different sources and making them into your style can it truly work for you.

After a student has learned a "base" style like Karate Do, we then look at the student's weak points and find other martial arts that may help him/her. Remember, the samurais of old Japan did not train in just one style of combat. They trained in many different styles so that they were ready for all areas of combat.

Our Logo-

The logo of BKMA (which can be found on the front cover) is the American Bald Eagle holding a red and black yin yang symbol. The eagle shows our American pride and the yin yang symbol, meaning balance in life, is a display of our Asian background.

This logo was the creative talent of two of BKMA's students back in 1997 and redesigned by Bob Andersen in 1998. From that day on, all members of BKMA have worn this patch on their gi tops.

Our Motto- *Where there is no fight, there is no blame*

Student within our club must realize that fighting does not solve anything. More to truth, it only opens the door to more problems. We want the students to understand that the only way to a true victory is by not fighting to begin with.

Our Creed-

I am a martial artist
I am a warrior in training
Always will I uphold what my club honors most;
Discipline, Respect, and Self Control
Never will I misuse my training
Where there is no fight, there is no blame
With my skills come responsibilities
My actions will always be judged by others
May the eternal spirit grant me peace

Where did our style come from?

The history of the martial arts

The history of Karate is full of uncertainty and mythology.

It has been suggested that 1,500 years ago a young Buddhist monk (Bodhidharma) invented a method of self-defense that was possibly the original form of Karate during the 5th or 6th Century AD.

Travelling from India to China through the Himalayas, he used his hands to defend himself against wild life and hostile natives. His religion prevented him from carrying (and using) weapons.

After getting to China, he lived with the Shaolin monks at their temple. At that time, the Shaolin monks dedicated their lives to meditation (zazen). This left their bodies in a weakened state so people would come often to the temple to rob them of any money and food they had.

Bodhidharma developed a group of exercises from the Indian martial art Kalaripayattu to help get the monks into better shape and to teach them on how to defend themselves from attackers. This was the foundation to what is now called Kung Fu.

Kung Fu (the term Kung Fu had the original name of China Hand or Kempo) was spread over to many other parts of the world by many different ways. Most notably, the small islands found South of Japan called the Ryukyu Islands, or now called Okinawa.

Okinawa's martial art history is more linked to China than Japan. In fact, the first name of Karate was Okinawa Te (or Okinawa Hand, taken from the term China Hand). A group of 36 Chinese families moved to Okinawa around 1392 for the purpose of cultural exchange, where they established the community of Kumemura and shared their knowledge of a wide variety of Chinese arts and sciences, including the Chinese martial arts.

In 1609, the Okinawa government created the 'Policy of Banning Weapons' on all non-military personal. This led to the people hiding their training in the martial arts by changing to darker uniforms and using farming tools as weapons.

From that time on, there has been many great instructors of the martial arts (see your Sensei History). But our style of Karate Do came from the Rev. William Foster.

Master Foster received shodan (black belt) from Master Phillip Koeppel. He began studying Chinese martial arts from Lo Wei Doun in 1937, after boxing for several years in the US Marines. Later, in 1960, he met Master Koeppel in Peoria, Ill, where they opened a school together.

After leaving Peoria, he moved to Kenosha, WI. He then created a martial art that mixed the soft styles of the Chinese martial arts and the hard style of Japanese Karate that he learned from Master Koeppel, calling it *Shorei Kempo*. He subsequently founded the Yin Yang Do Karate Association and taught in Kenosha for more than 25 years.

A student of Master Foster was a man named Robert Brown. Sensei Brown opened the first youth karate class under the Yin Yang Do Karate Association at the Kenosha Youth Foundation in 1986. Among his first students was Christopher Braun.

Braun stayed with Sensei Brown for more than 11 years, and even crossed trained during that time with other instructors in the Yin Yang Do including its founder; Master Foster.

After taking over for Sensei Brown in 1996, Braun began teaching a few friends on the side with Sensei Brown's permission, which led to the beginnings of Braun's Karate and Martial Arts.

The first few years, BKMA was held outside in an open field. Soon the classes moved into one of Kenosha's middle schools as an after school club. Now, BKMA is held in many different locations, however its main dojo is found at St. John's Lutheran Church in Kenosha.



Master Rev. William Foster (1913-1994)

Belt Ranking

***Please note that this is the ranking system that we will use in our club. Other schools and styles may have their own ranking system. There is no one way of doing it. Please talk to the instructor of any classes outside of the BKMA before wear your belt to that class.

The *Kyu* Ranks

Hachikyu	8th Kyu	White Belt
Shichikyu	7th Kyu	Yellow Belt
Rokkyu	6th Kyu	Green Belt
Gokyu	5th kyu	Blue Belt
Yonkyu	4th Kyu	Purple Belt
Sankyu	3rd Kyu	Brown Belt
Nikyu	2nd Kyu	Brown Belt
Ikkyu	1st Kyu	Brown Belt

The *Dan* Ranks

Shodan	1st Degree	Black Belt
Nidan	2nd Degree	Black Belt
Sandan	3rd Degree	Black Belt
Yodan	4th Degree	Black Belt
Godan	5th Degree	Black Belt
Rokudan	6th Degree	Black Belt
Schchidan	7th Degree	Black Belt
Hachidan	8th Degree	Black Belt
Kudan	9th Degree	Black Belt
Judan	10th Degree	Black Belt

Proper Titles

Formal- Last name + Title (Smith Sensei)

Informal- Title + Last name (Sensei Smith)

Ka- A title added to the end of a student of the martial art's name. This is for *all students* no matter the age, rank, or title. But when you are addressing a person of a different title (like sensei), you should use the higher title to show respect.

Sempai- Simply means *higher student*. Also can be used as "big brother or big sister". In the martial arts, this is the title used for a sensei in training.

Sensei- A title that means "one that came before". In the martial arts, it is used as a title for an *honorable teacher*. Also can be used for a priest or a grandfather.

Shihan- A title given to a sensei that has earned the right to be called a *master*. (Yodan or higher)

O-Sensei- Meaning *teacher of teachers or the great teacher*. This means that the sensei as gone pass being just a master and has started his/her own traditions under his/her association or master.

Renshi- This is a special title that is given to a sensei from the association or master that he/she works under. Means that the sensei is now his/her own master and does not need to fall under the direction of the association or the master. Means *Polished Practitioner*.

Kyoshi- A title that is given to a master that is placed in charge of an association or governing body. Means *Polished Teacher*.

Hanshi- *Polished Master* or the last master. People that have earned this title are normally the highest ranked person in that style.

Dojo Rules & Expectations

Just Remember
At All Times
Inside and Outside of the Dojo!

Discipline *Respect* *Dedication*
Discretion *Compassion*

1. It is customary to bow upon entering and exiting the dojo.
2. Punctuality for class is desired, if a student shows up late for class, the student should wait at the opening to the dojo until recognized by the Sensei. The student once recognized should bow; enter the dojo and take his/her place on the training area.
3. Leave all problems outside of the dojo. Come here to learn and focus on your training 100%
4. Horseplay will not be tolerated.
5. Don't make unnecessary conversations. It disrupts the class and the instructor.
6. Always show respect to all people.
7. Karate gis will be cleaned after each class.
8. If your obi becomes untied during training stop and retie it (always face the rear of the dojo).
9. Personal hygiene is required by each student and instructor.
10. Students must always keep their finger and toenails clipped and clean.
11. No cursing in any part of the dojo at anytime.
12. Report all injuries to Sensei immediately.
13. Never interrupt Sensei or Sempais if they are speaking to someone else. (Unless it's an emergency)
14. When you are given directions or an order always bow to the sensei to show respect.
15. When you are told to line-up or move to another location of the dojo, do it as fast as possible.
16. Everyone should strive to give 100% of themselves in every class.
17. Upper belts should set an example for the lower belts by adhering to the rules of the dojo.
However, it is not your job to punish or ridicule a lower belt for breaking them, simply inform or remind them of the rule.
18. It is important to have respect for the art that we study, the past master, the present masters, as well as the dojo instructors (including guest instructors), and fellow practitioners.

19. Always pay strict attention to the instructor and not to other distractions.
20. Never leave the class for a break, water, or any early dismissal, except with permission.
21. Students should remove all jewelry before class, for their own safety and that of others.
22. No smoking, profanity or gum in the dojo.
23. Never lose your temper in the dojo. Show discipline.

A special note from Braun Sensei on the Dojo Rules and Expectations

These rules are not set up to make your training harder or less fun. These rules are here for two very important reasons.

Reason one is for the other students in the class. If you are undisciplined, then the other students will have a hard time in learning what they need to know. This may cause them to not fully understand something that may save their life.

Reason two is for you. A true student of the martial arts must set the example for not only the other members of the class, but more importantly all the people out side of the class.

We (martial artists) are the leaders. People look at us with certain expectations. These expectations will be hard for you to fulfill, but that does not mean that we don't try. We are here to better ourselves. We are the modern day warriors. We must always bring honor to our instructor, to our club, to our art, and most importantly; to ourselves.



Christopher R. Braun Sensei

Itoshiki oshieo idaki

May we never lose the lessons we have learn

About the Dogi

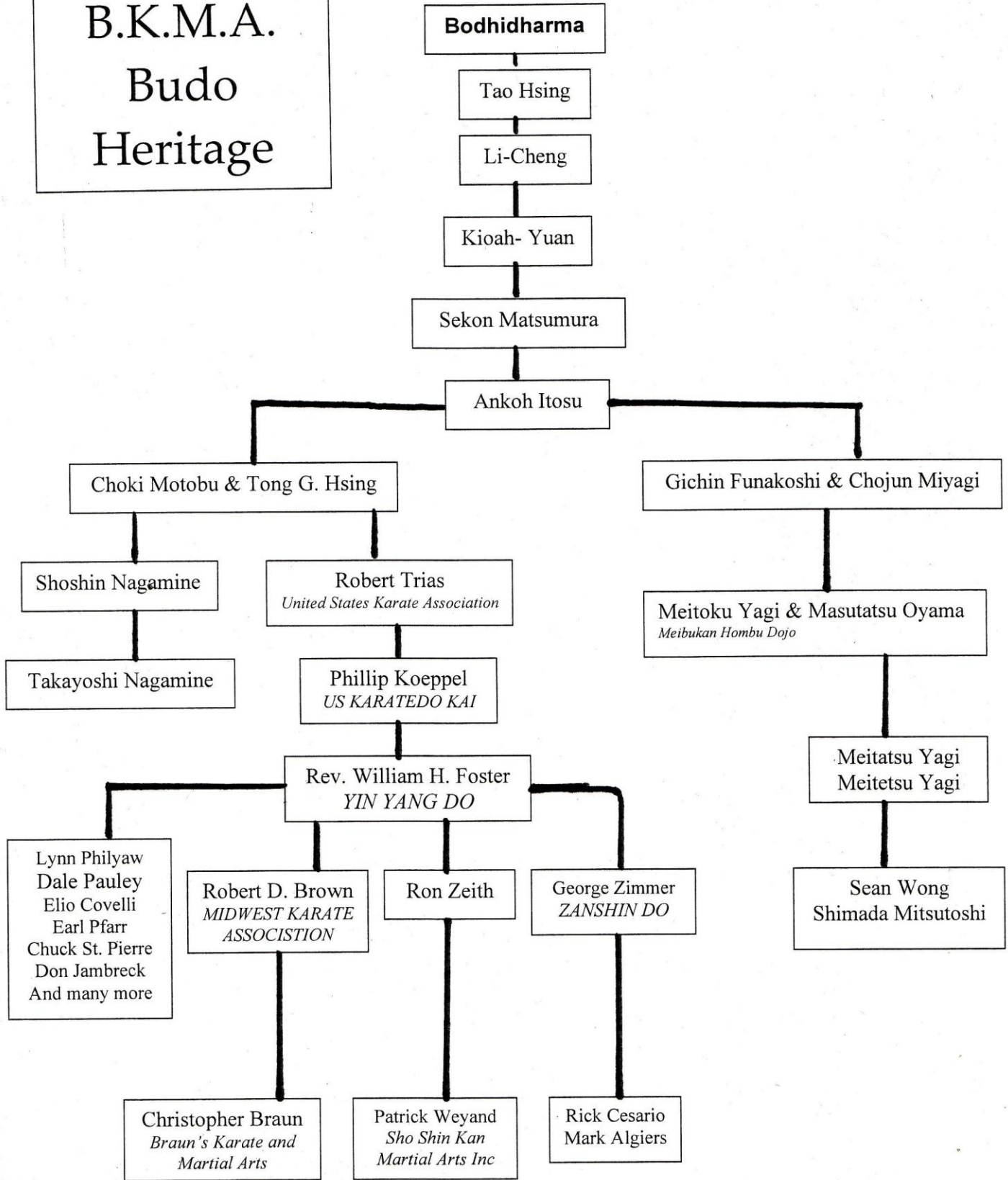
1. Keep your dogi clean. Wash it after each use. Never wash your obi.
2. The dogi top and obi (belt) should be put on after arrival to the dojo and removed before departure from the dojo. Do not wear the gi top and belt outside.
3. Women and girls must wear some kind of shirt under their dogi top.
4. The obi should never touch the floor.
5. When the dogi is not being worn, it should be folded or hung up.
6. When the obi is not being worn, it should be hung up or folded and put away.
7. The dogi's pants and top should be cut and hemmed to the proper length.
8. The BKMA patch is worn on the left side, over the heart.
9. When wearing any non-BKMA patches, please check with your Sensei for the proper location on the dogi.
10. Sleeves can be rolled up, but never cut off.
11. The pant legs may not be cut into shorts for any reasons.
12. All BKMA students should wear the fold over Japanese style uniform unless he/she is in another class with a different style uniform.
13. Unless told otherwise by your Sensei, white, black, red, and blue are the only colors that can be worn by students. Any combinations of those colors are also permitted.
14. If you need to fix your uniform during training, turn around so that you are not facing any black belts and quickly fix your dogi. Don't waste time.
15. Students should wear the full uniform during classes unless told otherwise. This is the dogi top or a BKMA t-shirt, obi, and dogi pants.

Sensei History

- *1846 **"Ankoh" Yasutsune Itosu** (1830-1915) -- Trained in Shuri. Completed training between 1890-1900, and in 1901 he opened the first school of Karate to the public, in the Okinwawa Middle School. (Ankoh=Iron Horse).
- Gichin Funakoshi** (1868-1957) -- Trained in Shuri, introduced Shotokan (lit. "House of little Tiger") to Japan in 1922. Also known as the father of Japanese Karate.
- *1910 **"Saru" Choki Motobu** (1871-1944)-- Received shodan in Shuri. Accredited as being the first to design many of our modern day katas.
- Chojun Miyagi** (1888-1953) -- Founded and taught (with Gogen Yamaguchi) Gojuryu, after learning Naha-te from 1902-1915.
- *1930 **Tung Gee Hsiang** -- Received shodan in Canton, China. In 1942, Hsiang was in the Solomon Islands as a Chinese missionary. A master of Hsing-I Chinese Boxing. Possibly the nephew of the great Chinese martial artist Sun Lu T'ang (1859 - 1932) and had learned the secrets of Hsing-I Chinese Boxing from his late uncle.
- *1942 **Robert A. Trias** (1922-1989) -- Received shodan in Tulagi. Known as the father of American Karate, as he introduced the art to the U.S. in 1946. He subsequently formed the USKA.
- William K. S. Chow** (1914-1987) -- One of the first to teach Kempo in 1944, in Honolulu. He was one of only five of Master Mitose's students ever to reach shodan.
- Adriano Emperado** (1926-) -- Originally learned Kempo, and received shodan sometime after 1949. He also founded, with four others (Walter Choo-Karate; Joseph Holke-Judo; Frank Ordonez-Jujitsu; Clarence Chang-Chinese Boxing) Kajukenbo, in 1947.
- Richard Kim** (1917-2001) -- Aside from Karate, Kim studied T'ai ChiCh'uan in China, along with Pa-kua. He is known as the foremost historian of the martial arts in the U.S., and has written many books, including "The Weaponless Warriors."
- *1960 **Phillip Koeppel** (1938-) -- Received shodan from Master Trias in Peoria (through the mail). There, he taught with Master William Foster. He began his training with Kim and Yahito Kauaguchi in 1956 in the Japanese Islands, where he was fighting in the U.S. Navy. He then continued with Emperado in Hawaii. He was one of the co-promoters of the first World Karate Tournament, held in Chicago, in 1963.
- Lo Wei Doun** -- Shanghai, 1930's
- *1963 **Reverend William H. Foster** (1913-1994) -- Received shodan from Master Koeppel. He began studying the martial arts with Lo Wei Doun in 1937, after boxing for several years. Later, in 1960, he met Master Koeppel in Peoria, where they opened a school. He subsequently founded the Yin Yang Do Karate Association, and taught in Kenosha, Wisconsin.

*Any names with a year on the left side are required learning for all BKMA students.

The
B.K.M.A.
 Budo
 Heritage



Anything that is in *italic font* is the martial art association that was founded by the person above.
 Not all names are present.
 These are only a small number of people that have had an impact on the history of martial art.

What Makes *True* Power

What should be done with every movement in the martial arts!

1. **Stance:** The stance is the base upon which everything else is built. One must first develop a good low stance before learning how to punch or kick. Shorei stances are deeper than other styles that focus on speed and agility. The premise of lower stances is for greater stability and power.
2. **Hip Rotation:** To develop greater power in all techniques one must learn to move the hips first, followed by the technique. By moving the hips a fraction of a second before your technique, you will accumulate greater force through the torso leading the extremities to the target. If you use the torque of your whole body through your hips, you will not only have a stronger technique, but a faster one as well.
3. **Action/Reaction:** Sir Isaac Newton's Third Law is the Law of Reciprocal Actions. It states that, "To every action there is always an equal and opposite reaction". We put this to use in our hand techniques by retracting the arm opposite of the one employing our technique. The greater the speed and force with which you pull back your opposing arm, the greater the force you will have in your forward technique. If your stance is solid, the force of the technique striking your target will be passed through your body to the legs and floor and transferred back to the striking appendage. This will add further force to the blow.
4. **Breathing:** Breathing is the most fundamental principle in Karate. You inhale fully and deeply before a technique and exhale with a sharp focus at the moment of impact. An important principle of exhalation during the strike is the Kiai. This vocal exhalation should come from the diaphragm and not the throat. A kiai may also be used. The kiai lowers your center of gravity and tightens the abdominal muscles to reduce the chance of injury as well as increases your power.
5. **Mind:** Your mind is the last principle of power. It is often said one should have a mind like calm water, one that reflects and is mindful of everything around it. If you allow something to disturb your mind, you lose focus and develop a rippling or wave effect that disrupts concentration and limits your ability to respond quickly and accurately. When practicing karate, always maintain a clear, focused mind on the present task and surroundings. Train your mind to keep from wandering to the past or future. Keep it from thinking of other things that you need to do or accomplish. **If you always practice karate with the utmost seriousness and clarity of mind, you will be better prepared to focus during a time when you may actually need to use a technique.**

What makes a true warrior?

Training for Students

Master Gichin Funakoshi, founder of the Japanese Shotokan Karate, was asked how much training a student should do outside of class each day. Funakoshi replied, "One should train more hour than you sleep at night."

What you must understand is that training comes in many different forms. If you dedicate all your time into the physical part of the martial arts, then your mental half of the martial arts will suffer.

A student of the martial arts must understand that training comes in three parts. The first is the **physical training**. A student needs to be as healthy and combat ready as possible. As your body gets older or changes, your training must change with it. *Here are a few guidelines for the physical training:*

- 1 Stay away from drugs and alcohol.
- 2 Do a well rounded 20 minute workout everyday and a longer one twice a week.
- 3 Eat healthy. Drink lots of water.

The second part comes in the form of **the mental training**. As long you think of yourself as a student of the martial arts and not as a master of the martial arts, you will know that there is always something more that a person can learn. *Here are a few guidelines for the mental training:*

- 1 Read books on many different views of the martial arts and keep an open mind about them. Learn why they do what they do.
- 2 Ask questions from everybody. Make everybody your sensei.
- 3 Keep a journal or some kind of collection of your training to help you review.
- 4 Turn even the littlest daily tasks into a martial arts lesson. Like doing the dishes while standing in a horse stance.

The third portion of becoming a true warrior of the martial arts is letting the martial arts become more than something you learned. You need to become the martial arts and let it be your **guild in life and spirit**. A student who does not truly understand the spirit of the martial arts cannot understand the deepest meaning of their training. *Here are a few guidelines for the training of your martial art spirit:*

- 1 Meditate on why you are in the martial arts and what you want out of it.
- 2 What is the purpose of each movement and how can you use it?
- 3 What do you show to the people outside of the dojo about the martial arts?
- 4 Do you have the proper discipline, respect, self control, and peace that is needed for the martial arts?
- 5 Never let your anger control you. Relax your mind.
- 6 Lower any mental blocks that you may have that is stopping you from doing what you need to do.
- 7 BREATH

A man who has attained mastery of an art reveals it in his every action.

-Samurai maxim

Training outside of the dojo

As you would imagine, training outside of class is just as important as training during class. The time that students spend in class is not enough for proper training. More time is needed for students to learn and walk the true path of the martial arts.

Here are a few ideas to help you in your training at home:

1. **Set goals.**
One of the biggest mistakes people make is to not set goals with their workouts. Be specific and write down your goals. What are you trying to get out of your workouts?
2. **Schedule your workouts.**
I don't recommend just winging it. Schedule your workouts. If you don't, you will likely postpone it. This is one sure way to make sure you find the time outside of class. Try to pick the same time everyday (before school, after work, etc).
3. **Start slow.**
This not applies to the pace of your workout but also the number of items you practice. Don't do everything at once. Pick a couple stretches, basics, techniques, sets, drills or forms. Remember: slow to learn, slow to forget. Just keep things simple; especially in the beginning.
4. **Be specific.**
Know what you're going to practice before you practice. Write a list of what you're going to work on. Be sure what you work on matches your goals for working out mentioned in idea #1.
5. **Gradually increase intensity.**
Once you get into the swing of things, start stepping up the intensity of your workouts. Start doing your katas for cardio. Get a heavy bag and work on combinations in 2 minute spurts.
6. **Track your workouts.**
Keep a journal of what you covered so you can make your future workouts more productive. Keep rotating through your manuals and make sure to mark off what you have down well and what you have yet to learn.
7. **Add 5 minutes per week to your workout.**
Each week, add 5 more minutes to your workout. I recommend getting your workouts to about 20-30 minutes each day.
8. **Listen to music.**
Put together your own compilation of music that lasts at least an hour. Then set it to random and enjoy your workout!

If you are having problems training on your own, here are a few things that you can try:

- 1) Try repeating everything that was done during your training earlier that week. You can always ask your sensei to write down what you did at the end of each class to help you remember.
- 2) Work on one area of training each day and don't change the routine for one full month. (example: Monday- kicks, Tuesday- punches)
- 3) If you find yourself getting lazy, meet with someone in your class to train with you a few days a week.
- 4) Try going though every kata that you know once or twice.

Remember- You are training for you and not for anybody else. If you quit early, what is that saying about yourself. If you only train at class and never outside of class, you are showing a lack of dedication and discipline for the martial arts. Both dedication and discipline are key principles for students in the martial arts.

Katas

&

Wazas

What is a Kata? LONG FORMS

A kata is a Japanese word describing detailed choreographed patterns of movements practiced either solo or in pairs. Kata are used in many traditional Japanese arts such as theater forms like *kabuki* and schools of tea ceremony (*chadō*), but are most commonly known for the presence in the martial arts. Kata are used by most traditional Japanese and Okinawan martial arts, such as *aikidō*, *iaidō*, *jōdō*, *jūdō*, *jūjutsu*, *kendō* and *karatedō*. Other arts such as t'ai chi ch'uan and taekwondo feature the same kind of training, but use the respective Chinese and Korean words instead.

What is a Waza? SHORT FORMS

A waza is also a Japanese word describing detailed choreographed patterns of movements practiced either solo or in pairs. The main difference in katas and wazas is the amount of movements within them. There is no set number for the amount of movements in a waza that makes it into a kata. But a good idea is that any patterns that are 10 movements and less is a waza and 11 movements and more is a kata. But as stated before, there is no set numbers.

List of all BKMA katas and wazas

WAZAS

Aite Wazas
Kogeckis
Warm Up Wazas
Tanren Wazas
Pauly Wazas
Tegumi Wazas

KATAS

Karumpha
Neko Buto Inchi & 2
Gaki Sei
National Dance
Shaolin Training Form
Shaolin Tiger Form
Sanchin
Basai Dai
Saifi
Shorei Mege
Nandan Sho

Please Note:

There are many different forms from many different schools. You may choose to learn more than just these forms above. However these will be the only ones required for rank test by BKMA. Please talk to your instructor to see if there are more than what is listed above.

Japanese Terms for Basic Knowledge

Numbers

Ichi-	One	(1)
Ni-	Two	(2)
San-	Three	(3)
Yo-	Four	(4)
Go-	Five	(5)
Roku-	Six	(6)
Shichi-	Seven	(7)
Hachi-	Eight	(8)
Kyo-	Nine	(9)
Ju-	Ten	(10)

Strikes

Tota-	Half Punch
Seiken-	Full Punch
Empi-	Elbow
Gyaku Zuki	Reverse Punch-
Nukite	Spear Hand-
Shuto	Knife Hand-
Uraken	Back Fist-
Koko	Ridge Hand-

Blocks

Jodan Age Uki-	High Block
Soli Uki-	Outside Block
Uchi Uki-	Inside Block
Gedan Barai-	Down Block
Gaki Uke	Open Hand
Shuto Uke	Knife Block
Keito Uke	Chicken Head
Te Uke	Drawing the Sword

Stances

Kiba Dachi-	Horse Stance
Zenkutsu Dachi-	Front Stance
Neko Ashi Dachi-	Cat Stance
Sochi Dachi-	Diagonal Horse Stance
Kokutsu Dachi	Back Stance -
Kosa Dachi	Cross Leg Stance-
Sanchin Dachi	Hour Glass Stance-
Tsuru Dachi	Crane Stance-

Kicks

Mae Geri-	Front Kick
Yoko Geri-	Side Kick
Maewashi Geri-	Roundhouse Kick
Ushiro Geri-	Back Kick
Yoko Tobi Geri	Flying Side Kick
Mae Tobi Geri	Flying Front Kick
Haku Ge ri	Crescent Kick
Kake Geri	Hook Kick
Hisa Geri	Knee Kick

General Terms

Kara-	Empty	Te-	Hand
Karate-	Empty Hand	Gi-	Uniform
Kata-	Prearranged Form of Movements (Long)	Obi-	Belt
Waza-	Prearranged Form of Movements (Short)	Rei-	Bow
Do-	The Way, The Path Of	Dojo-	Martial Art Training Hall
Hajime-	Start	Mata-	STOP/ FREEZE
Bunkai-	Application	San-	General Title
Jutsu-	Art or Technique	Ryu-	School or Style
Yudansha-	Holder of a black belt (any degree)	Zanshin-	Total alertness
Mushin-	No Mind	Ka-	Student
Ippon-	One point	Kumite-	Inner dojo fighting
Yame-	Stop Immediately	Tanren-	Discipline
Budo-	Student of the Way	Kobudo-	The Way of weapons
Sonkei-	Respect	Bu-	A warrior
Bushi-	Another name for the martial arts		