

Zimmermann Karate Schools



Student Handbook

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Welcome to Zimmermann Karate Schools

You are about to begin the study of Wado-Ryu Karate-Do. The style was founded by Grandmaster Hironori Otsuka I in 1934. The study of karate requires the discipline of both the mind and body in order to excel. Movements are practiced over and over, even by the advanced student. This may seem repetitive and boring at times but, brings a deeper understanding. The path of the student is a never-ending journey. All schools are licensed by the USEWF and the International Federation of Wado Ryu Karate Do Organizations. We are happy to have you along!

Keith & Niki Fall

General Rules

1. Students always arrive before class starts.
2. Tachi-rei (standing bow) is performed upon entering and leaving the dojo floor.
3. Students must follow the instructor's directions.
4. During class, students must work with a serious attitude and complete concentration. Laughing, talking, chewing gum are not allowed. Asking questions is allowed with the permission of the instructor.
5. Rapid movement is an essential part of training, even as it pertains to lining up on command. This habit of moving quickly, without wasted motion and effort will keep the class running smoothly.
6. The class is divided into two sessions with a short break between them.
7. Students may leave the floor during the break but are not allowed to leave the building without permission from the instructor.
8. If a student must stop work, permission must be obtained from the instructor.
9. Unless given permission, no student shall go directly to the Chief Instructor with questions without following the Chain of Command. For the purpose of this rule the Chain of Command is as follows in ascending order: below black belt, Asst Instructor 1st and 2nd black, Instructor 3rd and 4th black, Senior Instructor 5th black, Chief Instructor. Each student should, however, make every endeavor to learn the answer to the question by continued practice and observation of other students.
10. Each student must thoroughly understand the Code of Conduct along with the dojo ethics and tenets.
11. Wearing the do-gi other than to or from class is strictly prohibited.

Zimmermann Karate Schools

Requirements for Belt Advancement

Students must successfully complete an oral exam covering the prominent figures and glossary terms of Wado-Ryu Karate-Do before attending the physical examination.

Belt exams are held every January, April, July, and October at the Hohenwald Dojo 28A Swan Ave. Hohenwald, TN.

Below are the **minimum** times and ages for ranks. They may be **extended** based on class attendance, age, and/or personal progress.

Gold

Age- 4.

Time- 3 months.

Glossary- Counting ichi-ju, Gedan-uke, Soto-uke, Jodan-uke, Gyakuzuki, Hajime, Junzuki, Kiai, Mae-geri, Mate, Mawashi-geri, Obi, Rei, Sensei.

Technique- Junzuki, Mae-geri, Mawashi-geri, Jodan-uke, Soto-uke, Gedan-uke, Kette-junzuki.

Kata- First basic kata.

History- 13& over, Grandmaster Otsuka I birth year and death year. Mr. Cecil T Patterson birth year and death year.

Orange

Time- 3 months after obtaining gold.

Glossary- Zenkutsu-dachi, Dojo, Heiko-dachi, Kamae, Kata, Mawate, Musubi-dachi, Ryu, Shiko-dachi, Yohan-nukite, Yoi, Neko-ashi-dachi.

Technique- Same as gold.

Kata- Pinan-Nidan.

History- 13& over. The year Wado was established. The year Mr. Cecil T Patterson started training.

Blue

Time- 3 months after obtaining orange.

Glossary- Bushido, Hikite, Keri, Kette-junzuki-no-tsukomi, Junzuki-no-tsukomi, Kumite, Naorei, Nukite, Seiza, Torimi, Ukemi, Waza, Yame.

Technique-Junzuki-no-tsukomi, Gyakuzuki, Shuto-uke, Gyakuzuki. Kette Gyakuzuki.

Kata- Pinan-Shodan.

History- 13& over. The age Grandmaster Otsuka I began training ju-jitsu. The year the USEWF was established.

Purple

Time- 6 months after obtaining blue.

Glossary- Haishu, Kiotsuke, Morote-tsuki, Pinan, Uraken

Technique- Same as Blue.

Kata- Pinan-Sandan.

History- 13& over. All bulletin points of Grandmaster Otsuka I and Mr. Cecil T. Patterson.

Green

Time- 6 months after obtaining purple.

Glossary- Haku-geri, Kohai, Mokuso, Seiretsu, Shomen Neko Ashi Dachi, Tachi Rei, Tae Uke, Kake-uke, Empi.

Technique- Same as Purple.

Kata- Pinan-Yondan.

History- 13& over. Birth year Mr. John Patterson. Birth and death year Mr. James Zimmermann, Birth year Mrs. Jean Zimmermann.

3rd Brown

Time- 6 months after obtaining green.

Glossary- Gyaku Neko Ashi Dachi, Embusen, Heisoku Dachi, Ippon Ken, Irimi, Mae Tobi Geri, Nagasahi-zuki, Nagasu, Nakadaka Ippon Ken, Nidan Geri, Noru, Sokuto geri, Taisubaki, Tobi Komi Tsuki, Yoko geri

Technique-Yoko-geri/Sokuto-geri, Gyakuzuki-no-tsukomi, Kette gyakuzuki-no-tsukomi,

Kata- Pinan-Godan.

History- All ages. All bullet points of Mr. CT Patterson. All bulletin points of Mr. & Mrs. Zimmermann.

2nd Brown

Time- 6 months after obtaining 3rd brown.

Glossary-Same as 3rd Brown.

Technique- Same as 3rd Brown.

Kata- Kushanku.

History- All ages. All bullet points of Grandmaster Otsuka II.

1st Brown

Time- 6 months after obtaining 2nd brown.

Glossary- Same as 2nd Brown.

Technique- Same as 2nd Brown.

Kata- Naihanchi.

History- All ages. All bullet points Grandmaster Otsuka III. All bulletin points of Mr. John Patterson.

1st Black

Age- 10.

Time- 9 months after obtaining 1st brown.

Kata- Same as 1st brown.

Kihon Kumite- Ipponme

20 question test with essay answers.

2nd Black

Age- 13.

Time- 2 years after obtaining 1st black.

Kata- Chinto.

Kihon Kumite- Nihonme.

3rd Black

Age- 16.

Time- 3 years after obtaining 2nd black.

Kata- Seishan.

Kihon Kumite- Sanbonme.

4th Black

Age- 20.

Time- 4 years after obtaining 3rd black.

Kata- Bassai, Jion.

Kihon Kumite- Yohonme, Gohonme.

5th Black

Age- 32.

Time- 5 years after obtaining 4th black.

Kata- Niseishi, Wanshu.

Kihon Kumite- Ropponme, Nanahonme.

6th Black

Age- 36.

Time- 6 years after obtaining 5th black.

Kata- Rohai, Jitte.

Kihon Kumite- Hachihonme, Kuhonme, Jupponme.

7th Black

Age- 45.

Time- 10 years after obtaining 6th black.

Approval from the President of the USEWF.

8th Black

Prescribed by the Wado Ryu Karate Do Renmei.

9th Black

Prescribed by the Wado Ryu Karate Do Renmei.

Etiquette

When making a standing bow, the heels are together, and the feet are turned outward 45 degrees. Arms are relaxed at your sides. You bend forward at the hips keeping the back straight, eyes looking forward. The hands come forward barely touching the top of the thighs. Then you return to the original position. This basic bow is done when entering the office, upon entering/exiting the dojo floor, and when a black belt enters/exits the dojo floor. If you enter the dojo floor where one or more black belts are present you will bow twice. The first is to the dojo the second bow is to the senior black belt. It is not necessary to know who the senior is. If there is one or more black belts on the floor when you exit the order of bowing is reversed.

At the beginning of class three bows are used. Shomen-ni-rei (bow to the front), Sensei-ni-rei (bow to the teacher), and Otagai-no-rei (bow to each other). During class, partner work may be done, if so, students bow to each other at the beginning and end of such. Traditional karate contains a large amount of respect which is shown by the formal bow. There are many other times that require the student to bow and you will be shown in class.

All kyu ranks, white through brown, should address all black belts as Mr. (last name) or Ms. (last name). They should also use yes/no sir and yes/no ma'am. Words like yeah and naw are not respectful and should be avoided when addressing black belts. This is out of respect to the hard training and discipline the black belt has endured and not to the person themselves. These rules apply to 1st degree black belts when addressing 2nd degree black belts and so on.

Code of Conduct

Karate

Begins with courtesy, disciplines the mind and body, builds character, promotes respect, ends with courtesy and lead to Wa-No-Michi (Way of Peace)

Purpose

The purpose of the Wado system of karate is to teach the Japanese martial arts, its attitudes, traditions, and culture. To teach a way of harmony with the student, within the student, and around the student.

Reverence

Revere which is holy. Honor your father and mother. Respect your elders and other people's property and rights.

Thankfulness

Be thankful for all things; life, friendship, and love. Thankfulness will bring happiness.

Discipline

Discipline your mind and body so you have absolute control over both. Only a disciplined person can win their goal.

Sincerity

A person's character will be judged by their sincerity and integrity. Only a disciplined person is worthy of friendship.

Unity

Unity of one's mind and singleness of one's purpose are essential to success. Concentrate on one thing at a given time.

Purpose of Wado Ryu

A unique point about Wado-Ryu, it is a mixture of Wado-Ryu Karate and Wado-Ryu Jujitsu Kenpo. Contrary to other styles of karate which were introduced to Japan from Okinawa around 1922. Wado-Ryu developed entirely on the mainland.

Katas in Wado-Ryu are very important and should never be changed from their original form in order to look better for competition. Each part of the body movement must be able to be applied in kumite. Therefore, students must understand the meaning of each technique deeply. If you know the moves well, each technique will appear subconsciously while you are fighting. This is the purpose of training kata. We are trying to enter a state of Mushin "empty mind." You must be fearless, purify your mind and spirit. Release it from all emotion. This will allow you execute your skills unconsciously.

Wado-Ryu kumite is unique because it includes many techniques from jujitsu. These techniques are illegal in karate competition. The type of attacks practiced are made to the opponent's vital points and make use of several joint holds, locks, and takedowns. The aim of Wado-Ryu's kumite is not to score points. When fighting you must feel your opponent as if you have a remote control in your hand. Choose a good channel and control your opponent. In this way, you can have confidence to control yourself and not to hurt your opponent.

The name Wado-Ryu comes from the idea of TEN CHI JIN no RI-DO ni WA suru.

TEN means the sky, heaven, and the air.

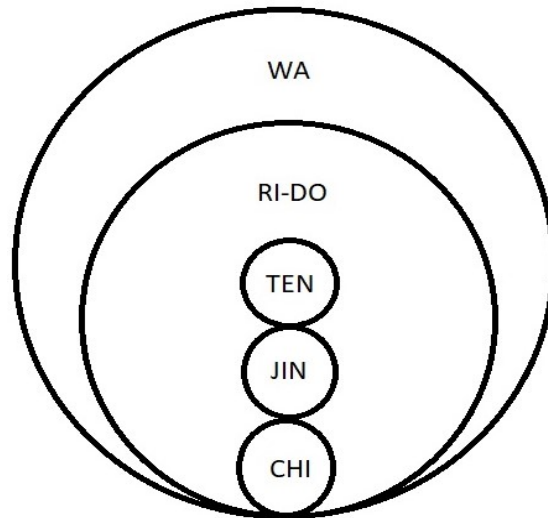
CHI stands for the earth, the soil, and the ground.

JIN represents men, mankind, and human beings.

RI-DO means reason and truth.

WA stands for the sum of the whole, peace, and harmony.

These definitions are not the literal meanings, but imply many other concepts and symbols which encompass the existing world such as sunlight, rain, harvesting crops, desire, love, etc. The phrase TEN CHI JIN no RI-DO ni WA suru can be envisioned by three circles encompassing TEN (sky), CHI (ground), and JIN (human beings). These three circles are encompassed by a larger circle called RI-DO (reason). RI-DO can be used in combination with any of the three circles and if those combinations are naturally executed then WA (harmony) is created and that is represented by a larger circle that encompasses all the other principles. (See diagram next page)

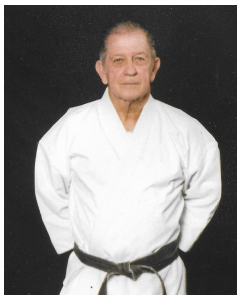


Creating WA (harmony) is the most difficult condition to attain in the martial arts. The founder of Wado-Ryu wrote in a poem. "When you practice Wado-Ryu as a martial artist, it not only means committing yourself to the way of Wado-Ryu, but also committing yourself to a way of life, which includes hard training, overcoming obstacles in life and finding the way to lead a healthy and meaningful existence in the time you have on this planet. Through this way of life, you can reach the center of WA and lead a life of wholeness. Once you have entered the center of WA you find many other ways to grow and improve your way of life. In order to do this, you have to sharpen your intellect not only through physical training but mental training as well.

The martial arts are not a sport. Whereas sports are concerned with the concept of winning, martial arts are concerned with idea of growing. The struggles we face in training are similar to the ones we face in life. We must not train to destroy others, but rather to develop our human spirit. The philosophy of Wado-Ryu can help a person in any area of life.

Grandmaster Otsuka III

Mr. James Zimmermann



Mr. Zimmermann was born November 30, 1930 in Hohenwald, TN. He began his training during June 1966 in Nashville under the instruction of Mr. CT Patterson, Mr. Charlie Parrish, and Mr. Rikuo Takizawa. Soon after Mr. Zimmermann opened his first school in Hohenwald where Mr. Parrish came to teach. On occasion, Mr. Patterson would also visit and teach. After receiving his black belt in 1976 he began instructing. Mr. Zimmermann and his wife Mrs. Zimmermann expanded opening schools in Savannah, Decaturville, Linden, and Centerville. Several black belts were given permission to open schools under Mr. Zimmermann's control. These included Lexington, Selmer, Kentucky and Michigan. The Zimmermann's hosted the Hohenwald Open Karate Tournament from 1981 to 2006. In 1992 he received the Grandmaster Otsuka award presented by Mr. Cecil Patterson. Mr. Zimmermann was inducted into the USEWF Hall of Fame in 2006. He was the director/owner for Zimmermann Karate Schools until his death on April 21, 2015. He held a 7th degree black belt and served on the USEWF Board of Directors.

1930 – Born November 30, 1930 in Hohenwald, TN

1966 – Begins training in Wado Ryu

1967 – Opens the Hohenwald dojo

1976 – Advanced to the rank of Sho Dan

1992 – Receives the Grandmaster Otsuka award from Mr. Cecil T Patterson

2002 – Advanced to the rank of Shichi Dan by Mr. Cecil T Patterson

2006- Inducted into the USEWF Hall of Fame

2015 - Passed away April 21

Mrs. Jean Zimmermann



Mrs. Jean (Coop) Zimmermann was born February 20, 1945 in Tullahoma, TN. She began her training in early 1975. Her instruction came from Mr. Zimmermann and Mr. Patterson. In addition to her training in Hohenwald she attended Mr. Patterson's weekly class in Nashville. Her dedication and hard work paid off as she was promoted to Sho Dan (1st degree) in 1978. She became the Chief Instructor for the schools under Zimmermann Karate. Mrs. Zimmermann received the Grandmaster Otsuka award in 1990 from Mr. Cecil T Patterson. In 2002 she advanced to Shichi Dan by Mr. Cecil T Patterson. 20xx she was inducted into the USEWF Hall of Fame. Along with working a fulltime job, she would teach karate six days a week. Over time the public's interest waned in the martial arts causing several schools to close. As of today, only three schools are left Hohenwald, Lexington, and Savannah. Mrs. Zimmermann has been director for the schools since her husband's death. She has passed on the day to day teaching to the senior instructors. She currently sits on the Federation black belt exam board and serves on the USEWF Board of Directors.

- 1945 - Born February 20, 1945 in Tullahoma, TN
- 1974 - Begins training in Wado Ryu
- 1978 - Advanced to the rank of Sho Dan
- 1990 - Receives the Grandmaster Otsuka award from Mr. Cecil T Patterson
- 2002 - Advanced to the rank of Shichi Dan by Mr. Cecil T Patterson
- 2012 - Inducted into the USEWF Hall of Fame
- 2015 - Upon the death of her husband becomes the Director of Zimmermann Karate Schools.
- 2025- Passed away July 20th.

Grandmaster Hironori Otsuka I



Hironori Otsuka was born in the city of Shimodate in Ibaraki Prefecture on June 1, 1892. On April 1, 1897, at the age of 5, he started to receive tuition in martial arts from his Great Uncle Chojiro Ehashi, who was a master in the former Tsuchiura Clan. In April of 1905, the 14-year-old Hironori became a disciple of Master Shinzaburo Nakayama of the Shinto Yoshin-Ryu Jujutsu school. On June 1, 1920, the 29-year-old Hironori attained the degree of full mastership in the art, which was the highest rank in the school. This formally made him the 4th Generation successor of the style.

In July of 1922, Hironori Otsuka began to study Ryukyu (Okinawan) Karate. By adding elements of Okinawan Karate to his foundation of Jujutsu he created an innovative style of martial art which blended the supreme elements of both fighting forms. At the age of 43, in May of 1934, Hironori Otsuka officially founded Wado-Ryu Karate Jutsu/Wado-Ryu Jujutsu Kenpo. Hironori used the principle of “Wa” which not only has its literal and broader meaning of “harmony”, but also indicates something that is holistic and in balance with our universe. In his composition of “**武の道はただ荒事とな想ひそ和の道を究め和を求む道**” (Bu no Michi wa Tada Aragoto to na Omoi so Wa no Michi wo Kiwame Wa wo Motomu Michi) which is roughly translated as “Martial art is not a path that leads to fighting and brutality. It is a path where one needs to always seek and pursue balance and harmony”. Using this theory as the principle for the school of Wado-Ryu, Hironori encouraged practitioners to use their training of martial art as a pursuit of bettering and fulfilling themselves as human beings, rather than focusing on attaining sheer strength and power from this practice. The principles to which Hironori Otsuka adhered can be adapted to an ever-changing world around us. If these principles are followed, they can help a person develop high ability to grow and adapt, and foster a resolute will and a robust body to overcome any hardship that he or she may face.

On April 29, 1966, Hironori received the Order of the Rising Sun - Gold and Silver Rays Award (Soko Kyokujitsusho) from the Japanese government for his services in proliferation of Karate. On October 9, 1972, Hironori Otsuka was the first person in Karate to receive a rank of 10th Dan Meijin. The award was awarded by the International Martial Arts Federation (IMAF) whose governor was the General Prince Naruhiko Higashikuni (who was also Prime Minister of Japan). At that time the only other Meijin in Japanese martial arts were the late Kyuzo Mifune, the first Meijin in Judo and the late Hakudo Nakayama, the first Meijin in Kendo. On December 20, 1981, Hironori Otsuka abdicated his position and nominated his son Jiro, Second Generation Grandmaster Hironori Otsuka, as the successor of the martial art of Wado-Ryu Karate-Do and Jujutsu Kenpo. Hironori Otsuka passed away peacefully on January 29, 1982, at the age of 89.

Grandmaster Hironori Otsuka I

- 1892 - Born June 1st Shimodate, Ibaraki Prefecture Japan.
- 1897 - Begins training in Jujutsu from his Great Uncle Chojiro Ehashi.
- 1903 - Enters Shinto Yoshin Ryu Jujutsu under Shinzoburo Nakayama.
- 1920 - Attained degree of full mastership in Shinto Yoshin Ryu from Nakayama.
- 1922 - Begins the study of Karate under Gichin Funakoshi.
- 1934 - Officially founds Wado Ryu Karate Do/ Wado Ryu Jujutsu Kenpo.
- 1966 - Received the Order of the Rising Sun.
- 1972 - First person in Karate to receive the rank of 10th Dan, Meijin.
- 1981 - Abdicated his position and nominated his son Jiro as second Grandmaster.
- 1982 - Passed away January 29.

Grandmaster Hironori (Jiro) Otsuka II



Grandmaster Hironori Otsuka II was born February 24, 1934 in Tokyo, Japan. The second son of Grand Master Hironori Otsuka I, he was born the same year the first Grand Master established his own organization, "Dai Nihon Karate-do Shinko Club", which was the parent organization of Wado-Ryu Karate-Do. He began his Wado Ryu training at the age of 15. He has also trained in Iai-Do, Ken-Do, Judo, Aiki-do and Wado Shindo Yoshin Ryu Jujitsu Kempo. After graduating from high school, Grandmaster Otsuka II attended Meiji University where he received a degree in economics. For decades, he travelled with his father exhibiting Wado Ryu across the globe. In December 1981 Grandmaster Otsuka

I abdicated his position and named Grandmaster Otsuka II as his successor. There are presently 1,000 branch dojos throughout the world, with a membership of 40,000, which are under his supervision. Grand Master Otsuka II and his wife, Aiko, have three (3) children. Kazutaka, who was born in 1965, has trained in Iai-Do, Judo, and Wado-Ryu Karate and is presently the chief instructor at the main dojo in Tokyo. A daughter, Rika, was born in 1967 and has trained in Iai-Do and Wado-Ryu. His youngest son, Michi, was born in 1968. Sadly, both Grandmaster Otsuka II and his wife passed in 2015.

- 1934 – Born February 24 in Tokyo Japan
- 1948 - Begins training in Wado Ryu
- 1981 - Appointed Grandmaster of Wado Ryu by his father
- 2015 - Passes away June 26

Grandmaster Hironori (Kazutaka) Otsuka III



I was born March 14, 1965, the first son of Grandmaster Jiro Otsuka II and grandson of Grandmaster Hironori Otsuka I – Founder of Wado-Ryu Karate.

My first experience of practicing Wado-Ryu Karate was when I was five years old, but it did not last long. It was difficult for a five year old to accept the learning of a family business, particularly to study a subject under my father, who had to treat me as one of his students and not to give anyone special treatment during his karate class. Moreover, my father had a belief in the saying that the father lion let his own children fall into the unfathomable ravine and only the child who climbed up to the top would succeed. Then he put the theory into practice on me.

I refused to practice karate when I turned six. But, in order to quit karate training, my father gave me a bargaining point, which was I had to start practicing other martial arts. He then put me into Iai-do training and I practiced that for 11 years. During those 11 years I also practiced other martial arts parallel with Iai-do such as Judo, Aiki-do, and wrestling.

When I was admitted to Tokai University, I joined the Iai-do club. The club was well known as promoting champions at the university level. Even then, I was chosen to be a regular member of championship from my first years. My second time of the unfathomable ravine was there.

About the same time, the members of the Wado-Ryu committee began to be concerned about the Wado-Ryu successor of the third generation not being nominated. So, I had to start practicing Wado-Ryu Karate again and submit to my fate. There was a Wado-Ryu Karate Club in the same university, and it made it easy to transfer to the karate world, except the Iai-do club did not want me part from them. The member of the karate club gave a warm welcome, because the son of the Grandmaster of Wado-Ryu was going to practice with them, but I was not congenial with part of the alumnus of the club.

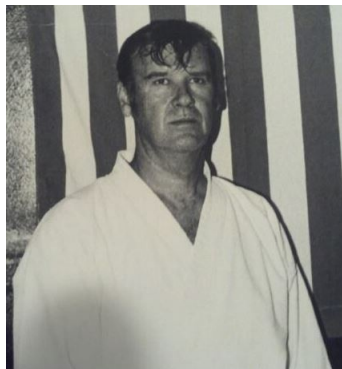
In 1981 the Wado-Kai separated from the main body of Wado-Ryu. After that happened there were still some dojos that had not determined yet to which group they should belong.

Around 1983, the part of the alumnus from Tokai University Karate Club had a scheme to take side with Wado-Kai. During the same period, I practiced in the club without knowing the facts. So, years of my college life got into a mess. They tried to encourage me to drop out of the club quickly. For these reasons I experienced a variety of hazing and torment, but I did not give up by the halfway. Since then, the club does not belong to either side.

After graduating from Tokai University, I studied in America when I met my wife Marie-Caroline from France. I currently hold the position of Director of the Wado-Ryu Honbu Dojo in Tokyo. Three times a week, my father and I teach children and adults the finer points of kata and kumite at the Honbu Dojo. Many people from all over Japan train with us here and because we also teach in English, several international students have also joined us. Upon the death of his father, Hironori (Kazutaka) Otsuka is now the third Grandmaster of Wado-Ryu. He and his wife have two children Benoit and Marion.

- 1965 - Born March 14.
- 1969 - Begins Wado Ryu training but drops out after 1 year.
- 1970 - Begins training in Iai-do and continued for 11 years.
- 1982 - Enters Tokai University and joins the Iai-do club.
- 1983 - Restarts training in Wado Ryu.
- 2015 - Upon the death of his father becomes the third Grandmaster of Wado Ryu.

Mr. Cecil T Patterson



Mr. Cecil Patterson was born on June 22, 1930, in the small mountain town of Sevierville, Tennessee. Prompted by an early, youthful appreciation of law enforcement, Patterson Sensei first became interested in the practicality of self-defense while training in Federal Law Enforcement tactics under the FBI. Limited though it was, it was this basic training that would ignite his desire for a deeper understanding of the *art* of self-defense; a desire that would take him a world away from the mountains of East Tennessee to the village of *Iwakuni*, on the banks of the *Inland Sea* in southern Japan.

Stationed there during his tour of duty in the US Navy, Patterson Sensei enrolled in a small Wado Dojo under the instruction of *Sensei Kazuo Sakura* - one of the few ranking senior students directly under Master Otsuka. Starting in August 1955, training six-seven days every week for hours each day, the years passed with Patterson Sensei growing closer every day to realizing his dream of reaching a deeper understanding of martial arts.

In 1959, Mr. Patterson was advanced to the rank of *San Dan*, or, 3rd degree Black Belt. Five years later, he was promoted to the rank of *Yon Dan* (4th degree) and in December of 1968, Master Otsuka himself advanced Patterson Sensei to the rank of *Go Dan* -5th degree- the highest rank achievable in the Wado system at that time, making Cecil Patterson the highest-ranked Occidental in the Wado system, worldwide.

With that honor, however, came many responsibilities; including Master Otsuka's instruction that Mr. Patterson bring the art of Wado Ryu to the Eastern United States. In 1968, that responsibility was fulfilled with Patterson Sensei's formal establishment of *The US Eastern Wado Kai Federation*, and taking on the new responsibility of overseeing the operations and instruction of all Wado Ryu Dojos in the entire Eastern half of the United States. With the formation of the first Federation, however, also came recognition for Cecil Patterson. He served as both the State Representative and the Regional Director for the *United States Karate Association*, serving also on that organization's Board of Research. In addition, he became one of the most recognized and respected consultants to federal and state law enforcement agencies, lecturing and instructing on Police Defensive Tactics at the Tennessee Law Enforcement Academy, and serving for 40 years until his retirement as Director of the *Arson and Fraud Division for the Department of Commerce and Insurance* for the state of Tennessee.

Even well past 70 years of age, this quiet, contemplative man still searched for that deeper understanding, training every day, teaching every week, hosting the yearly USEWF Tournament, and bringing his annual Summer and Fall Seminars to hundreds of Wado students from 11 states. Holding the rank of *Hachi-Dan* (8th Degree Black Belt) Mr. Patterson received many awards for his role in karate, including being named *Father of Karate* for the State of Tennessee, by the Nineteenth General Assembly, and the prestigious *Master Otsuka Award*, presented to him by Hironori Otsuka II when visiting Japan in 1971. He authored two books on Wado Ryu karate and several books on police defensive tactics. On June 16th of 2001 he was inducted into the Bluegrass Nationals Sport Karate Hall of Fame.

Mr. Patterson and wife Joan were blessed with four children, two sons and two daughters. The oldest son John began training in Judo and Karate in 1961 at the age of six and due to Sensei C. T. Patterson's death has taken the responsibility as President of the USEWF. The eldest daughter holds a rank of *San-Kyu* (3rd Degree Brown Belt) in Judo. The youngest son Shaine trained in Wado Ryu and assisted Sensei John Patterson with Federation matters. Sadly, Shaine passed away in August 2021.

Mr. Patterson was very active until his death October 27, 2002. He taught a seminar at Zimmermann Karate in Hohenwald just two weeks prior to passing away.

- 1930 - Born June 22, 1930 Sevierville, TN.
- 1955 - Began training in Wado Ryu under Kazuo Sakura.
- 1959 - Advanced to the rank of San Dan.
- 1964 - Advanced to the rank of Yon Dan.
- 1968 - Advanced to the rank of Go Dan by Grandmaster Otsuka I.
- 1968 - Established The United States Eastern Wado Kai Federation, serving as President.
- 1978 - Named The Father of Karate in the State of Tennessee by the Governor.
- 2001 - Inducted to the Blue Grass Hall of Fame for his contributions to Martial Arts.
- 2002 - Passes away October 27 holding the rank of Hachi Dan.

Sensei John V. Patterson



John Patterson was born January 26, 1955 in Gatlinburg, TN. He was first introduced to the martial arts at the age of 6. He was enrolled in judo at his father's karate school in Donelson, TN. At the age of 8 he showed interest in karate so his father allowed him to start practicing. In those days not many children were practicing, it was almost unheard of. This proved to be very hard as his father did not show any preferential treatment. Promotions came very slow. However, he finally received his Sho Dan (1st degree) at the age of 17.

Mr. Patterson spent the last of his teenage years and early 20's teaching Wado Ryu at various affiliated schools, and assisting his father at seminars. In 1980 he enlisted in The United States Navy, subsequently stationed at N.A.S. Cecil Field Florida. He continued his practice in Wado Ryu and made frequent trips to Tennessee for Federation events and business. In 1994, he was transferred to California where he would spend the next two years. In 1996, He was transferred to Japan and stationed at Atsugi. Following his return to the U.S. Mr. Patterson became the Managing Officer of the Navy's Aviation Electronics School. He remained in that position until his retirement as Master Chief Petty Officer in July of 2000.

Throughout the years highlights in Mr. Patterson's Wado Ryu career include Grandmaster Otsuka I promoting him to Go Dan (5th degree) during one of his last visits to Nashville and his promotion to Shichi Dan (7th degree) by his father and the International Federation in 1993. Mr. Patterson currently resides in Nashville serving a President of the USEWF. He and his wife, Julie, have one child Angelique Rose.

- 1955 - Born January 26, 1955 in Gatlinburg, TN.
- 1961 - Began training in Judo.
- 1963 - Began training in Wado Ryu under his father.
- 1973 - Advanced to the rank of Sho Dan.
- 1980 - Enlisted in the US Navy.
- 1993 - Advanced to the rank of Shichi Dan.
- 2000 - Retires from the Navy.
- 2002 - Upon the death of his father becomes President of the USEWF.

Counting in Japanese

1. Ichi (e-chee)
2. Ni (knee)
3. San (saan)
4. Shi (she)
5. Go (go)
6. Roku (row-coo)
7. Shichi (see-chee)
8. Hachi (ha-chee)
9. Ku (koo)
10. Jyu (jew)

Glossary

- Bushido** –(boo-she-dough)- Way of the Warrior.
- Dachi** –(da-chi)- Stance.
- Dojo** –(dough-joe)- The area used to practice a martial art.
- Gaiwan** –(guy-wan)- Thumb side.
- Gedan** –(gay-don)- Low level. Indicates below the waist.
- Gedan Uke** –(gay-don oo-kay)- Low block.
- Gi** –(gi)- Uniform. Formally called do-gi.
- Gyaku-zuki** –(ya-coo zoo-key)- A punch made with the back hand, reverse punch.
- Gyaku Neko Ashi Dachi** –(ya-coo nay-co ah-she da-chi)- Reverse cat stance.
- Embusen** –(Em-boo-sin)- The line of movement between you and your opponent.
- Empi** –(em-pee)- Elbow.
- Haishu** –(hi-oo-shoe)- A strike made with the back of the open hand.
- Haito** –(hi-e-toe)- Ridgehand.
- Hajime** –(ha-gee-may)- Begin, start.
- Haku-geri** –(ha-coo-gary)- An outside in crescent kick.
- Heiko Dachi** –(hay-co da-chi)- Ready stance. Feet apart.
- Heisoku Dachi** –(hay-so-coo da-chi)- Stance where the feet are together. Heels and toes touching.
- Hikite** –(he-ka-tay)- The position of the back hand when doing formal techniques.
- Hiza** –(he-za)- Knee.
- Ippon** –(ep-pon)- Generally means one.
- Ippon Ken** –(ep-pon ken)- A strike made with the second knuckle of the index finger.
- Irimi** –(e-rim-e)- Entering.
- Keri** –(carrie)- Kick. When used in a compound, Keri becomes Geri. Example Mae-Geri.
- Kette-Junzuki** – (ketay-june-zoo-key)- Kick front punch combination.
- Kette-Junzuki-no-Tsukomi** – (ketay-june-zoo-key no sue-co-me) Kick lunge front punch combination.
- Kette-Gyakuzuki**-(ketay- yah-co-zoo-key) Kick reverse punch combination.

Kette-Gyakuzuki-no-tsukomi – () Kick reverse lunge punch combination.

Kime –(ki may)- Focus.

Jodan –(joe-don)- High level. Indicates above the shoulders.

Jodan Uke –(joe-don o-kay) High level block.

Jun-zuki –(June-zoo-key)- A punch made with the front hand.

Jun-zuki no-tsukkomi –(June-zoo-key no sue-co-me)- A lunge punch made with the front hand.

Kamae –(ca-may)- A position of readiness. Generally, refers to taking a stance with your hands at the ready.

Kata –(ca-ta)- Form. A prearranged series of movements.

Kiai –(key-eye)- The sound made when executing techniques.

Kiba Dachi –(key-ba da-chi)- Horse stance. The feet are parallel with the toes pointing forward. The knees are pushed out over the big toes.

Kiotsuke –(ket-ot-sue-kay)- Attention.

Kohai –(co-hi)- Junior.

Koshi –(co-she)- Hips

Kumite –(coo-me-tay)- Free sparing.

Mae Geri –(my gary)- Front kick.

Mae Tobi Geri –(my toby gary)- Flying front kick.

Mate –(ma-tay)- Stop.

Mawate –(ma-wa-tay)- Turn around.2

Mawashi Geri –(ma-wash-e gary)- Roundhouse kick.

Mokuso –(Moe-coo-so)- Meditation.

Morote-tsuki –(moe-row-tay zoo-key)- Punch with both hands.

Musubi Dachi –(moo-sue-bee da-chi)- Attention stance. Heels touching toes apart

Nagashi-tsuki –(na-gosh-e zoo-key)- Front snap punch moving off the line of attack.

Nagasu –(na-ga-sue)- Parrying, move off the line of attack.

Naiwan- (nai-wan)- Little finger side.

Nakadaka Ippon Ken –(na-ka-dak-ah ep-pon ken)- A strike made with second knuckle of the middle finger.

Naorei –(na-o-ray)- Command given to move from Heiko Dachi to Musubi Dachi.

Neko Ashi Dachi –(nay-co ah-she da-chi)- Cat stance.

Nidan Geri –(knee-don gary)- Double kick.

Noru –(no-you)- Riding.

Nukite –(new-key-tay)- An opened-handed strike using the fingertip.

Obi –(Oh-bee)- Belt.

Pinan –(pin-on)- Literally means peace. A set of katas 1-5.

Rei –(A)- Bow. More commonly pronounced as (ray).

Ryu –(you)- Style. More commonly pronounced as (roo).

Seiretsu –(say-rhet-sue)- Line up.

Seiza –(say-zah)- Command to kneel.

Seiken –(say-ken)- Fist.

Senpai –(sin-pie)- Senior.

Sensei –(sin-say)- Instructor.

Shiko Dachi –(she-co da-chi)- Same as Kiba Dachi but the feet are turned out 45 degrees.

Shomen Neko Ashi Dachi –(show-men nay-co ah-she da-chi)- Front facing cat stance.

Shote –(show-tay)- Palm heel strike.

Shuto –(shoe-toe)- Knife hand strike.

Shuto Uke –(sho-toe oo-kay)- Knife hand block.

Sokuto Geri –(so-coo-toe gary)- Side kick made with the knife edge of the foot.

Soto Uke –(so-toe oo-kay)- Block made from the inside to the outside of the body.

Tachi Rei – (ta-chi a)- Standing bow.

Taisubaki –(tie-sue-bah-key)- A naturally balanced movement used to avoid an opponent's attack.

Tae Uke –(tay o-kay)- The position where one arm is in front of the chest bent 90 degrees at the elbow and the other hand is hikite.

Tate –(tah-tay)- A vertical fist strike.

Tetsui –(tet-sue-e)- Hammer fist strike.

Tetsui Uke –(tet-sue-e oo-kay)- Hammer fist block.

Tobi komi tsuki- (toe-bee co-me zoo-key) Flying front punch.

Tori –(toe-e) Attacker. More commonly pronounced as (tore- e).

Uke –(oo-kay)- A block or defender.

Uraken –(oo-ah-ken) Back fist. More commonly pronounced as (oo-rha-ken)

Ura Mawashi Geri –(oo-ah ma-wash-e gary)- Hook kick.

Ushiro Geri –(oo-she-oh gary) Back kick.

Waza –(wah-za)- Technique.

Yohan Nukite –(yo-han new-key-tay)- Four fingertip strike.

Yoko Geri –(yo-co gary)- Kick made from the side of the body.

Yoi –(yo-e)- The command to go from Musubi Dachi to Heiko Dachi.

Zanshin –(zohn-shin)- A state when the body is relaxed and the mind is alert.

