

000-1: Purpose and Background

The overarching *why* behind our school, style, and this kyohan.

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000-1000 - Preamble & What This Site Is/Isn't

The *Art* That's Here

Preamble by Sensei Beatrix

I've been training karate in some way shape or form since 2008, and began my instruction journey in 2014. In that time, I've seen hundreds of students across almost a dozen dojos, but I don't say that as a brag - more so as credentials. Within my martial arts scene, it's all endorsements & reputation rather than a governing body (much to the policy nerd inside me's dismay,) and I think I've proven my reputation enough during what I still see as the beginnings of my career to where my opinion holds some merit.

Within the circles of my personal life, I am known as "The Karate One" and I get asked a lot of questions about what I do because it's known I'll give a detailed answer (I'm a big fan of a good info-dump.) Recently, I was asked if karate is more a *cardio* sport or a "get yolked" (*fitness/muscle building*) sport and my answer basically boiled down to:



Sourced from [Know Your Meme](#), screen capture from 'The Pirates! In an Adventure with Scientists!'

My view on karate & martial arts is very much from a practitioner standpoint; people with a more competition/self-defence focus may disagree, but I see it all as a vessel to achieve your goals more than setting what those goals are.

Like with my personal training, as an example, I use kata to improve my conditioning & flexibility, plus sparring drills for cardio. That's how I work it; given *my* needs as an instructor, I want a very technical training regime.

But I know of others that will purely drill bag work and kata like Sanchin to build their strength. And there is absolutely nothing wrong with that.

I am writing this not to be prescriptivist - while I will talk about what I guide my students through in class, it's not designed to be the be-all and end-all of your journey. This should never be deemed a Single-Version-Of-Truth, because this isn't law or science - there is no *truth* here.

What I'm trying to say is that my karate teaching style is very descriptivist. I am all about giving you the tools to get what you want out of it - I'm not telling you what to paint, but I will help you out with how you hold your brushes and what paint to use and advise on colour choices. Ultimately, *your* art is *your* art. Use this as a guide to help decipher your next masterpiece.

This text, or collection of texts, is written to preserve our contributors' knowledge with the next generation. We are in an age where information *should* be free, not pay-walled behind subscriptions or book purchases - there's no copyright here, our karate is open source.

I'll see you in the dojo,

Beatrix Samuelsson Sensei
Lead Maintainer & System Admin, Open Source Karate

What This Site Is/Isn't

This site is a guide.

The word *kyōhan* translates from Japanese as *accomplice*, and this site is exactly that. It is designed to accompany you in your training, work side-by-side with you to hone your craft.

This site is not your only source of knowledge.

Art must come from a variety of sources, treating this as your only source of truth is dangerous. This site is to be used in collaboration with a consistent training regime under an instructor.

This site is neutral.

At the time of writing, all maintainers & contributors hold their most prominent rank in Goju-Ryu karate. That does not imply Goju values are held higher than any other systems. This is not a place for debate on which style/discipline is better than another. All hold merit, and must be treated equally.

This site is not for everyone.

This site was spawned from a need we identified for ourselves. Not everyone will learn like we do, or will find this as useful as we do. And that's okay! Find the way you learn, and work with that.

A hastily written note on AI / LLMs

There is always risk with every martial arts text that someone will misuse the content, or will attempt something without proper training. This would be compounded if I allowed content wholly

derived from LLMs to be contributed without any regard for the risk there.

To ensure the safety of our readers, and to ensure our content can be trusted, contributors **must not** submit content sourced from machine learning or similar generative tools. Content submitted must come from subject matter experts with a strong and practical understanding of what they are writing about - this understanding can *only* be derived from human intelligence.

000-1005 - Licence, Credits and Associations

Acknowledgement of Country

This document was written & developed on the traditional lands of the Whadjuk Noongar people. The authors & their respective organizations pays respect to their continued connection to land and water; and to elders past and present.

Key Team Members

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License

This resource is released in good faith with the hopes of broadening the scope and level of documentation available in Goju-Ryu karate. It is not to be used as a **sole** source of knowledge, and techniques enclosed are to be practiced under the direct supervision of a qualified instructor.

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Misc

Assets Used:

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human body by Oleksandr Panasovskyi from [Noun Project](#) (CC BY 3.0)

000-9999 - Progress Tracker & Path to Full Release

Current Tranche - Alpha (Pre-Release)

Tranche	Status?	Description	Summary								
1 - Alpha	Current - 47.83%	Minimum viable product for public viewing. While in this stage, documents are available to registered users only.	<table><tr><th>Total Articles</th><th>To Start</th><th>In Progress</th><th>Complete</th></tr><tr><td>33</td><td>12</td><td>16</td><td>5</td></tr></table>	Total Articles	To Start	In Progress	Complete	33	12	16	5
Total Articles	To Start	In Progress	Complete								
33	12	16	5								
2 - Beta	Future	Public viewing available. Honing content, adding summaries & overviews	<table><tr><th>Total Articles</th><th>To Start</th><th>In Progress</th><th>Complete</th></tr><tr><td>16</td><td>15</td><td>1</td><td>0</td></tr></table>	Total Articles	To Start	In Progress	Complete	16	15	1	0
Total Articles	To Start	In Progress	Complete								
16	15	1	0								
3 - Full Release	Future	Content relatively complete & ready for full release.	<table><tr><th>Total Articles</th><th>To Start</th><th>In Progress</th><th>Complete</th></tr><tr><td>33</td><td>22</td><td>11</td><td>0</td></tr></table>	Total Articles	To Start	In Progress	Complete	33	22	11	0
Total Articles	To Start	In Progress	Complete								
33	22	11	0								

Current Tranche Working List

Shelf	Book	Chapter	Code	Page	Tranche?	Rank?	Progress?
000 - About	000-10 - Purpose and Background		000-1000	Preamble & What This Site Is/Isn't	1 - Alpha		100%
000 - About	000-10 - Purpose and Background		000-1005	Credits & License	1 - Alpha		90%

000 - About	000-10 - Purpose and Background		000-9999	Progress Tracker & Release Plan	1 - Alpha		100%
000 - About	000-20 - Syllabus	000-21 - OPMA	000-2101	OPMA Grading requirements by belt	1 - Alpha		100%
000 - About	000-20 - Syllabus	000-22 - FGK	000-2201	FGK Grading requirements by belt	1 - Alpha		0%
001 - Techniques	001-20 - Kihon		001-2000	Background & Kihon Waza	1 - Alpha		0%
001 - Techniques	001-20 - Kihon	001-21 - Stances	001-2101	Dachi (Stances)	1 - Alpha		0%
001 - Techniques	001-20 - Kihon	001-21 - Stances	001-2102	Tenshin Ho (Movement)	1 - Alpha		0%
001 - Techniques	001-20 - Kihon	001-22 - Upper Body Blocks	001-2200	Uke Kihon	1 - Alpha		0%
001 - Techniques	001-20 - Kihon	001-23 - Upper Body Strikes	001-2300	Tsuki Kihon	1 - Alpha		0%
001 - Techniques	001-20 - Kihon	001-24 - Leg Strikes	001-2400	Geri Kihon	1 - Alpha		0%
002 - Patterns	002-20 - Kihon Ido		002-2001	Kihon Ido Ich	1 - Alpha	9	50%
002 - Patterns	002-20 - Kihon Ido		002-2002	Kihon Ido Ni	1 - Alpha	6	50%
002 - Patterns	002-20 - Kihon Ido		002-2003	Kihon Ido San	1 - Alpha	3	47%
002 - Patterns	002-30 - Yakusoku Kumite		002-3001	Yakusoku Kumite Ich	1 - Alpha	9	50%
002 - Patterns	002-30 - Yakusoku Kumite		002-3002	Yakusoku Kumite Ni	1 - Alpha	7	50%
002 - Patterns	002-30 - Yakusoku Kumite		002-3003	Yakusoku Kumite San	1 - Alpha	5	0%
002 - Patterns	002-30 - Yakusoku Kumite		002-3004	Yon Hon Kumite	1 - Alpha	3	0%

002 - Patterns	002-30 - Yakusoku Kumite		002-3005	Go Hon Kumite	1 - Alpha	2	0%
002 - Patterns	002-1 - Kata	002-11 - 4 Way Patterns	002-1101	4WP	1 - Alpha	10	100%
002 - Patterns	002-1 - Kata	002-11 - 4 Way Patterns	002-1102	4WP BSP	1 - Alpha	10	93%
002 - Patterns	002-1 - Kata	002-12 - Taikyoku Series	002-1201	Taikyoku Jodan	1 - Alpha	9	93%
002 - Patterns	002-1 - Kata	002-12 - Taikyoku Series	002-1202	Taikyoku Chudan	1 - Alpha	9	92%
002 - Patterns	002-1 - Kata	002-12 - Taikyoku Series	002-1203	Taikyoku Gedan	1 - Alpha	8	93%
002 - Patterns	002-1 - Kata	002-12 - Taikyoku Series	002-1204	Taikyoku Kake	1 - Alpha	8	100%
002 - Patterns	002-1 - Kata	002-12 - Taikyoku Series	002-1205	Taikyoku Mawashi	1 - Alpha	7	90%
002 - Patterns	002-1 - Kata	002-13 - Gekisai Seires	002-1301	Gekisai Dai Ich	1 - Alpha	6	90%
002 - Patterns	002-1 - Kata	002-13 - Gekisai Seires	002-1302	Gekisai Dai Ni	1 - Alpha	6	90%
002 - Patterns	002-1 - Kata	002-13 - Gekisai Seires	002-1304	Choku	1 - Alpha	5	0%
002 - Patterns	002-1 - Kata	002-10 - Fundamental	002-1001	Sanchin	1 - Alpha	3	33%
002 - Patterns	002-1 - Kata	002-10 - Fundamental	002-1002	Tensho	1 - Alpha	6	33%
002 - Patterns	002-1 - Kata	002-10 - Fundamental	002-1003	Sanchin-Tensho	1 - Alpha	2	0%
002 - Patterns	002-1 - Kata	002-10 - Fundamental	002-1004	Naihanchin	1 - Alpha	4	33%