



California Shitoryu

Karate

Grading Syllabus and Club Information

Instructor: Sensei Jason Stanley
Telephone: (951) 638 DOJO
Web: www.socalkarate.com

Thank you for becoming part of California Shitoryu Karate – the only traditional karate club in Lake Elsinore!

Over the coming months and years you will learn a great deal about Shitoryu karate and much about yourself along the way. Karate training will not only teach you how to defend yourself successfully, it will also improve your fitness, build your confidence and teach you how to concentrate effectively. You will also gain insight into traditional Japanese values and etiquette.

For many karate students, karate is the beginning of a personal journey to discover much about themselves and the development of their own character. The great master Funakoshi promoted "karate-do" or the "way" of karate as the cornerstone of the martial art. Funakoshi's "way" focused largely on perfection of character before anything else.

Karate is however, a martial art. (Martial - fit for combat; Art - perfection of technique). Although you will learn many effective techniques, if you follow the "way of karate" you will put courtesy foremost in your training and life, and keep your karate knowledge for when there is no other option, to protect yourself, friends and loved ones. Usually a life threatening situation can be avoided through developing a higher sense of awareness, or diffused easily without needing to resolve to combat.

I look forward to sharing with you the knowledge that I have gained, and the knowledge I am yet to learn. I also hope you choose to make karate a life long pursuit.

Yours in karate-do,

Jason Stanley
5th Dan Shitoryu
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GUNG FU AND KARATE

Gung-fu

This art originated some 2000 years ago in China and is the ancestor of all Eastern "boxing" type arts, including karate. Strictly speaking Gung-fu means only exercise, though the art is known in the East also as Ch'uan-fa or Kempo, which approximates in meaning to what boxing means to a Westerner. Once it was practiced by Buddhist monks as a means of strengthening their physiques and maintaining good health, they also attached to it a mystical significance. Gung-fu secret societies formed the nucleus of the Boxer Rebellion of 1900 and they succeeded in convincing the peasants that an adept practitioner was invulnerable to Western bullets. Unfortunately for them this was not so. . . .

The techniques of Gung-fu are not very different from those of karate, though in most Gung-fu systems high kicks are rarely used.

Karate

Karate evolved from Chinese Boxing (kempo) and spread from China to Okinawa - a small island off the coast of Japan. It is here to where Shitoryu roots can be traced.

Karate was not seriously imported by the Japanese until the 1920's when the name was changed from "Chinese Hand" to the Japanese equivalent of "Empty Hand" meaning empty of weapons, empty of evil intentions.

Kenwa Mabuni (1887-1952), the Shitoryu founder, developed Shitoryu by taking the best aspects of both of the original karate systems taught in the Okinawan villages of Shuri and Naha respectively.... and Shitoryu was born. The name "Shito" comes from the names of Mabuni's two greatest instructors - Yasutsune "Anko" Itosu (one of Funakoshi's masters) and Kanryu Higa'shi'onna.

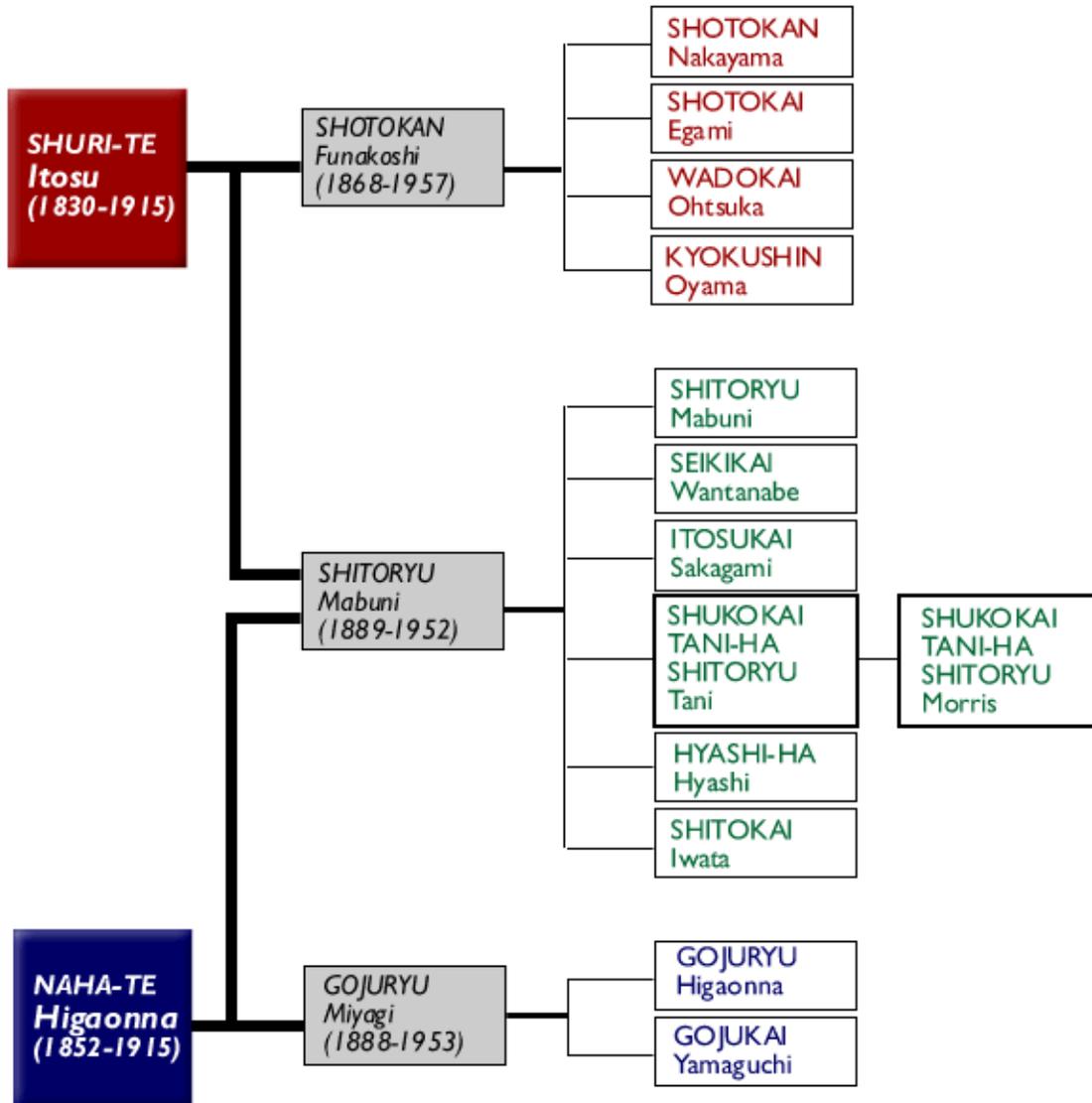
Since this time through various means karate has propagated throughout most of the western world, now with over 80 styles practiced globally, but only 4 recognized by the World Karate Federation.... of which Shitoryu is one. The other 3 styles being Shotokan, Wado-ryu and Goju-ryu.

Mabuni's finest student Sensei Chojiro Tani, developed the style further after Mabuni's death. While Shitoryu today has different systems around the world, it's hard to look past K.O.I and Shihan Tommy Morris - current W.K.F Referees Council Chairman - who again has developed the Shitoryu system over the last 30 years.

And it is largely from K.O.I that Shitoryu (and Shukokai) karate has spread throughout the world today. K.O.I has members in over 45 countries world wide.

Karate Geneological Map

major karate organizations



DOJO ETIQUETTE

The great master Funakoshi said: "Those who follow karate-do must consider courtesy of prime importance. Without courtesy the essence of Karate-do is lost". Conceit has no place in Karate. The student who really wishes to progress should show proper respect to their Sensei and their seniors. They should be aware of, and be receptive to, criticism, and should not pretend to have knowledge of that which they do not have.

The way of Karate is not easy; it is not meant to be. The beginner may find the attitude and methods of their teachers difficult to understand; obstacles will be put in their path; they will be tested. Their Sensei will not "tell them everything"; much will be up to them to find; but if they persevere, truly they will in time find the "way".

Japanese students understand "dojo etiquette" but for the western student unfamiliar with the customs of Okinawa and Japan, here is a guide to conduct in the Karate dojo.

1. On entering the dojo or upon meeting ones' Sensei bow (rei).
2. Never walk on any training or contest area wearing shoes.
3. Smoking or swearing in the dojo is strictly forbidden at all times.
4. Any person who has been drinking will not present themselves for training.
5. Students must keep their bodies clean, nails should be cut short, gi should be clean and well pressed.
6. No jewelry is permitted to be worn during training.
7. No talking is permitted during training, unless absolutely necessary.
8. Members shall do their utmost to carry out the training as laid down by their instructors.
9. Students must make every effort to attend class on time.
10. Never lean against walls or sprawl about on the dojo floor. Always sit upright (cross-legged or seiza). If you are waiting for your turn to train with a partner, do not sit or stand around, but train in a similar manner to the rest of the class. When listening to explanations by the Sensei, never stand with arms folded or hands on the hips. Hands should be held straight down the side, fists should be preferably clenched.
11. On greeting one's Sensei, training partner or other budoka (practitioner of martial arts), always bow and say "oss".
12. When asked to "line out" or called on by the instructor, always run into position.
 - a) As soon as the Sensei enters the training area, students will line out in the appropriate manner immediately, standing in musubi-dachi (hands by the sides, heels together, and toes apart).
 - b) The senior grade present in the body of the class shall, as soon as everyone is in position, call "seiza".

- c) The class shall then kneel in unison, (first on the left knee, keeping the back upright, then on their right knee) and finally sitting back on the heels with the palms of the hands resting on the upper thighs.
 - d) On the command "mokuso" the hands shall be cupped, the eyes are closed and the student composes himself for training.
 - e) On the command "Yamae" the eyes are opened and the hands returned to the thighs.
 - f) On the command "Rei" the class shall place their hands on the floor palms down, and bow for approximately two seconds. (They shall not raise their heads before the Sensei as this is a breach of etiquette).
13. Any member arriving after training has begun, shall execute a full kneeling bow at the edge of the mat, facing the direction of the Sensei, before joining the rest of the class.
14. Any member wishing to leave the mat (for whatever reason), shall not do so until he has received the Sensei's permission.
15. Any member leaving the dojo before the class has completed training, shall execute a full kneeling bow at the edge of the mat.
16. When demonstrating for, or with the Sensei, or upon receiving instructions from him, students will acknowledge with a standing bow and "oss". Note that the student always bows to the Sensei first, the Sensei will acknowledge.
17. Instructors and seniors shall never be called by their first names during class. Instructors shall be called "Sensei" and senior students "sempai".
18. When called upon to assist the Sensei, the student should acknowledge with a loud "oss", and run into position. He should then bow to the instructor and await further instructions.
19. When training with a partner, both shall bow simultaneously before and after each session of training.
20. Before entering any training or contest area for a competition, always bow at the perimeter before advancing into the area, taking care to enter from your own side. Never cut across the contest area (shiai-jo). Bow first to the referee and then to your opponent. At the end of the contest, reverse the order.
21. Finally, remember the dojo creed: HUMILITY, SINCERITY, RESPECT, PURITY, ENDEAVOUR, PATIENCE, and LOYALTY.
22. The AIM of Karate is to:-
- a) Develop self confidence and personal fitness;
 - b) To harmonize mind and body;
 - c) To promote friendship amongst the students;
 - d) To foster the true spirit of peace and humility through the martial art of KARATE.

JAPANESE KARATE TERMINOLOGY AND ENGLISH TRANSLATIONS

Japanese

English Translation

| | |
|--------|-------|
| ichi | one |
| ni | two |
| san | three |
| shi | four |
| go | five |
| roku | six |
| shichi | seven |
| hachi | eight |
| gu | nine |
| ju | ten |

| | |
|-----------|--------|
| ichi ban | first |
| ni ban | second |
| san ban | third |
| yon ban | fourth |
| go ban | fifth |
| roku ban | sixth |
| nan ban | seven |
| hachi ban | eight |
| kyu ban | nine |
| ju ban | ten |

| | |
|-----------|--------------------------|
| shodan ho | first dan (probationary) |
| shodan | first dan |
| nidan | second dan |
| sandan | third dan |
| yondan | fourth dan |
| godan | fifth dan |

Japanese

English Translation

The basics

| | |
|--------|----------------|
| Soke | founder |
| Shihan | master |
| Sensei | teacher |
| Sempai | senior student |
| Kohai | student |

| | |
|----------|----------------|
| dojo | karate school |
| tatami | training area |
| makiwara | punching board |
| gi | karate uniform |

| | |
|---------|--------------------------------|
| hara | abdominal tension |
| kime | focus |
| kihon | basics |
| kumite | sparring |
| kata | pre arranged form of movements |
| koshi | ball of foot |
| ma-ai | distancing |
| sanchin | awareness |

| | |
|---------------|-------|
| zuki or tsuki | punch |
|---------------|-------|

| | |
|-------|--------|
| geri | kick |
| uchi | strike |
| uke | block |
| dachi | stance |

| | |
|---------|------------|
| ken | knuckle |
| kage | hook |
| mawashi | roundhouse |
| ushiro | back |

The basic stances

| | |
|--------------------|---|
| heiko dachi | heels together toes apart with straight legs |
| gankaku dachi | crane stance |
| kake dachi | one knee pressed in the back of the bent front leg |
| kiba dachi | horse stance similar to shiko dachi but feet face forward |
| kokutsu dachi | back stance |
| musubi dachi | heels together, toes apart at 90 deg |
| neko ashi dachi | cat stance |
| sanchin dachi | hour glass stance |
| shiko dachi | sumo stance |
| shizen dachi | open leg stance before "yoi" |
| shizen dachi heiko | "yoi dachi" feet shoulder width apart facing forward |
| sochin dachi | diagonal straddle leg stance |
| yoi dachi | ready stance feet shoulder width apart |
| zenkutsu dachi | forward stance |

The levels

| | |
|--------|---------------------------------------|
| jodan | above shoulder level |
| chudan | middle area between hips and shoulder |
| gedan | lower area below hips |

The commands

| | |
|----------|--------------------------------|
| hajime | begin / start |
| kamae te | on guard |
| mawate | turn around / change direction |
| seiza | to kneel or sit back on heels |
| yame | stop |
| yasame | relax, stand at ease |
| yoi | ready |

The punches

| | |
|-----------------|---|
| age tsuki | rising punch |
| awase tsuki | combined punch |
| choko tsuki | straight punch |
| gyaku tsuki | reverse punch |
| hiraken tsuki | fore knuckle fist straight punch (second joints of fingers) |
| ippon ken tsuki | one knuckle punch |
| kage tsuki | hook punch |
| kizami tsuki | front jab |
| mae ken tsuki | front hand punch (vertical fist) |
| mawashi tsuki | roundhouse punch |
| morote tsuki | double fist punch |
| oi tsuki | lunge punch (step over punch) |
| tataken tsuki | Vertical fist (as in Shukokai combinations) |
| teisho tsuki | palm heel straight punch |
| tettsui | hammer fist |
| ura tsuki | close punch |
| yama tsuki | double handed U punch |

The strikes

| | |
|-------------|--|
| empi uchi | elbow strike (also called hijiatei) |
| haishu uchi | backhand strike |
| keito uchi | chicken head strike |
| haito uchi | ridge hand strike |
| hiraken | punch using the second knuckles of the hand (towards throat) |
| mawashi uke | circular block |
| nukite | spear hand strike |
| shotei | palm heel strike towards chin or nose |
| shuto uchi | knife hand strike towards side of neck - the karate chop! |
| teisho | palm heel strike towards other areas such as inner bicep |
| uraken | back knuckle strike |

The blocks

| | |
|-----------------|---|
| jodan age uke | upper rising block |
| chudan ude uke | mid section across the body block using forearm |
| chudan uchi uke | mid section inside out block using forearm |
| gedan barai | lower block |
| jiyi uke | cross block |
| kake te | hooking hand (for grabbing) |
| kake uke | hooking block |
| mine uke | backhand block with bent wrist |
| morote uke | two hand forearm block |
| nami ashi | inside snapping block with foot |
| nagashi uke | open hand pushing block |
| osae uke | pressing hands |
| shuto uke | knife hand block |
| sukui uke | sweeping block (for mae geri) |

The kicks

| | |
|------------------|---|
| ashi barai | foot sweep |
| fumakomi geri | stomping kick |
| hiza geri | knee strike |
| kansetsu geri | stomping or joint kick usually to knee joint |
| kin geri | front snap kick to groin using instep |
| mae ashi geri | rising shin kick (half way between mae geri and mawashi geri) |
| mae geri | front kick |
| mawashi geri | roundhouse kick |
| mikatsuki geri | crescent kick |
| yoko geri keage | side kick (snapping) |
| yoko geri kekomi | side kick (thrusting) |
| yoko tobi geri | flying side kick |
| ura mawashi geri | hook kick |
| ushiro geri | back kick |

GRADING REQUIREMENTS

The student must ensure the following requirements have been met before attempting any grading –

1. The number of lessons meet the required minimum;
2. Knowledge of the syllabus and terminology;
3. Appropriate grading fees paid;
4. Training fees up to date;
5. Annual membership current.

LESSON REQUIREMENTS

All students must have a minimum of 25 lessons between each grading up to and including 3rd kyu.

Students must have a minimum of 50 lessons between each grading from 3rd kyu to Shodan-ho.

All students attempting 3rd kyu and above will only do so at the invitation of their instructor. These grading will only be done at association level by Sensei Tommy Morris or his representative.

ORDER OF BELTS

| | |
|-----------------------------------|----------------------------------|
| 10 th Kyu | White belt |
| 9 th Kyu | Red belt |
| 8 th Kyu | Yellow belt |
| 7 th Kyu | Orange belt |
| 6 th Kyu | Green belt |
| 5 th Kyu | Blue belt |
| 4 th Kyu | Purple belt |
| 3 rd Kyu | Brown belt (one black stripe) |
| 2 nd Kyu | Brown belt (two black stripes) |
| 1 st Kyu | Brown belt (three black stripes) |
| 1 st Dan (provisional) | Black belt (Shodan-ho) |
| 1 st Dan | Black belt (Shodan) |
| 2 nd Dan | Black belt (Nidan) |
| 3 rd Dan | Black belt (Sandan) |
| 4 th Dan | Black belt (Yondan) |
| 5 th Dan | Black belt (Godan) |

POINTS TO REMEMBER WHEN GRADING

Here are a few points to bear in mind when you attempt to grade:-

1. Ensure that you have trained regularly and thoroughly in the techniques and kata required for the grade you hope to achieve.
2. A grade is not awarded on the number of techniques that you can perform, rather on the quality of the performance. i.e. good strong stances, snappy techniques, good hip movement, concentration, posture, etc.
3. Your kata should be a combination of technical skill, power and concentration and should not be rushed. Take a few seconds to compose yourself before starting the kata and concentrate fully on it.
4. If you do not understand the examiner's request, ask him or her to repeat it. Failure to understand the Japanese terminology does not necessarily mean loss of points; however students should know the names of all the basic techniques.
5. You should wear a clean pressed karate-gi. Make sure that finger and toe nails are cut short and never wear any jewelry.
6. When you are called before the examiner, do not forget to bow correctly. Failure to do this before and after each section of the examination, and before and after working with a partner, shows lack of knowledge of basic dojo etiquette.
7. When waiting your turn to be called, do not lean against the walls or sprawl about the floor. Always remain silent while others are taking part in their examination.
8. Remember at your grading you are not only assessed on form and technique, but also your mental attitude and concentration.

Finally, remember the examiner is not there to fail you. He or she wants you to pass. You have to help them by doing the right thing during your grading. Make sure you have prepared yourself accordingly.

KUMITE

Sandan Gi

Partners face each other in yoi dachi.

First person punches to the head, chest then stomach alternating hands.

Second person blocks up with their left arm (age uke), then across (chudan uke), then down (gedan barai)

Then it's time to switch roles and the first person now blocks.

Sanren Zuki

Partners face each other.

First person steps forward into kamae.

Second person stands in yoi dachi.

First person steps over and punches to the head, chest and stomach.

Second person steps back with their right leg, and blocks up, across and down with the front arm. (in this case the left)

First person steps over again (this time other leg forward) and repeats the action.

Second person steps back again (this time other leg back) and repeats the blocks - this time with the other arm as it's the one forward.

Repeat one more time, and the second person finishes with punch & thrust after the final block down. Don't forget the kiai!

Then it's time to switch roles and go back in the other direction.

Sanban Kumite

This is similar to sanren tsuki, however involves only one punch per step. On the first step the first person punches to the head, while the second person steps back and blocks up (age uke) with the front hand. On the second step the first person punches to the chest, second person steps back and blocks across (chudan uke) with the other arm (which is now the front arm). On the third step the first person punches to the stomach, second person steps back and blocks down (gedan barai) and then counters with punch & thrust. Don't forget the kiai! Then switch roles and start over in the opposite direction.

Yonban Kumite

Same as above only add on rear leg mae-geri for the attacker and step back sukui-uke for the defender.

Goban Kumite

Same as above only add on rear leg mawashi-geri for the attacker and step back shuto-uke for the defender.

Rokuban Kumite

Same as above only add on ushiro-geri for the attacker while the defender slides to the side and counter punches.

KUMITE – Continued

Ippon Kumite

One Step Sparring

Ju Kumite

Free sparring

SHUKOKAI BASIC COMBINATIONS

Starting from left kamae. (Opposite when performing from right kamae)

1 - Step over right oi zuki, left thrust. Then step back.

1b – Right one leg punch, left thrust. Then step back.

2 - Slide in gyaku zuki(reverse punch), left thrust.

3 - Slide in mae ken zuki(front knuckle punch) to the head (fist vertical), right thrust, recover guard.

4 - Rear leg mae geri (front kick), land forward, right oi zuki(as in combination 1)

4b – Rear leg mae geri, right one leg punch, land forward. Then step back.

5 – Right gyaku tsuki, step up front foot mae geri, land forward, right gyaku tsuki.

6 – Step back, right jodan shuto uke, left gyaku tsuki, right thrust, step forward.

7 – Slide in left shuto gedan barai, right gyaku tsuki, left thrust.

8 – Right shotei, step forward left gyaku tsuki, right thrust, step back.

9 – Rear leg ashi barai, right mae ken tsuki, land forward, left thrust, step back.

10 – Rear leg mae geri, land forward, rear leg mawashi geri, step back twice.

KOI GRADING SYLLABUS

9th KYU RED BELT

Straight Punch (Choku tsuki) Straight punch from yoi dachi. Be sure that the hikete hand (pull back hand) moves before the hand that has just punched retracts to the hikete position.

Spear Hand Strike (Nukite) From yoi dachi, strike in the same way as above except this time the hand is open to form a spear. The strike is done towards the throat (sometimes the solar plexus). Note the hikete hand still must form a fist when in the hikete position.

Ready Stance (yoi dachi) Correct ready stance requires the feet to be parallel at shoulder width apart. Make sure that the outer edges of your feet point directly ahead.

Standard stance (zenkutsu dachi) Correct standard stance requires the front leg to be bent, so that the knee is over the toes and the foot pointing straight ahead. To find the length of the stance, simply kneel on the rear knee so that it is alongside the back of the front heel. The correct width is to place the rear foot (pointing forward at 45°) between one and two fist widths to the side. In other words, if you drew two parallel lines four inches to eight inches apart, the inside edge of the front foot would be on one and the edge of the rear heel on the other.

Standing in standard stance (zenkutsu dachi) demonstrate:

Reverse punch (gyaku tsuki) Twist your hip sharply and snap the rear hand forward at chest level.

Step-in punch (oi tsuki) Step (or jump) forward with the rear foot and punch with the hand on the same side. i.e. If you step forward with the right foot, you punch with the right hand, and vice versa. Make sure you finish with the back leg straight, the front hip fully forward, and outward tension on the front knee. Try to feel the "connection" from the rear foot to the punching hand.

Snap kick (kin-geri) Keep your back straight, twist your hip and lift your knee to hip level, stretch as you kick and remember to pull the foot back quickly. Shift your weight above your supporting foot and keep good control of your balance at all times. Be sure to point the toes and kick with the instep of the foot.

Shukokai Basic Combinations Nos 1 & 2

Impact Pad

On the Impact Pad, demonstrate the power of your reverse punch, snap kick.

Kumite Sandan Gi

Kata Taikyoku Shodan

8th KYU YELLOW BELT

Front hand punch (mae ken tsuki) Pull the outstretched leading hand sharply back at about shoulder level and punch out at face level. Note that the fist makes only a part turn and finishes with the thumb on top.

Back fist strike (uraken uchi) Hold both hands loosely in front of the chest and snap out at face level striking with the back of the fist.

Elbow strike (hiji-ate) Circular strike using the bony part of the elbow. Swing the elbow in an arc, shoulder relaxed and pull the opposite hand back to the side in the usual way. (Keep the shoulder down).

Knife hand block (jodan shuto uke) Block using the edge of the hand. At impact point, the edge of the hand is in line with the opposite shoulder at face level. Be certain to block straight across and not downward. Fingers should be straight and hand braced, palm turned towards your face.

Standard stance (zenkutsu dachi) Correct standard stance requires the front leg to be bent, so that the knee is over the toes and the foot pointing straight ahead. To find the length of the stance, simply kneel on the rear knee so that it is alongside the back of the front heel. The correct width is to place the rear foot (pointing forward at 45°) between one and two fist widths to the side. In other words, if you drew two parallel lines four inches to eight inches apart, the inside edge of the front foot would be on one and the edge of the rear heel on the other.

Standing in standard stance (zenkutsu dachi) demonstrate:

Reverse punch (gyaku tsuki) Twist your hip sharply and snap the rear hand forward at chest level.

Step-in punch (oi tsuki) Step (or jump) forward with the rear foot and punch with the hand on the same side. i.e. If you step forward with the right foot, you punch with the right hand, and vice versa. Make sure you finish with the back leg straight, the front hip fully forward, and outward tension on the front knee. Try to feel the "connection" from the rear foot to the punching hand.

Front hand punch (mae ken tsuki) Move the front hip sharply in a whip-like manner and punch to the face with the "guard" hand. e.g. If you have your left hand and foot leading, you punch with the left hand from the outstretched position. You must work to develop "snap" in this technique. Again try to feel the "connection" between fist and rear foot.

Front kick (mae-geri) Keep your back straight, twist your hip and lift your knee to hip level, stretch as you kick and remember to pull the foot back quickly. Shift your weight above your supporting foot and keep good control of your balance at all times.

Step-in side kick (sokuto geri) Start off with a side-facing stance with the kicking leg in front. Move the rear foot behind the front foot and drop the hips by bending both legs. Make sure you pick up the knee of the kicking leg and arch your back as you drive the foot to the target. You must hit the target with the heel if the kick is to be effective. At point of impact, the heel should be higher than the toes. (Make certain you pull the toes back towards the shin).

Shukokai Basic Combinations Nos 1, 2, 3, and 4a.

Impact Pad

On the impact pad, demonstrate the power of your reverse punch, front kick and roundhouse kick.

Kumite SanRen Tsuki, Sanban Kumite

Kata Pinan Nidan

7th KYU ORANGE BELT

As you take each new grade you are required to perform or demonstrate all that was required for your previous grades, plus the requirements for the grade you are now attempting.

Standing in parallel stance (yoi dachi) perform:

Close punch (ura tsuki) Short-range punch, elbow bent at right angles and locked against the side, hands palm up.

Palm heel strike (teisho uchi) Straight thrust as in the basic punch but striking surface is the palm-heel, fingers uppermost.

Knife-hand strike (shuto uchi) Strike with the edge of the open hand. (The classic "karate chop"). Note the difference between this technique and shuto uke, the knife-hand block.

Standing in standard stance (zenkutsu-dachi) perform:

Spinning back kick (ushiro geri) Start the turn still looking at the target and as you kick, look in the opposite direction. Make sure you strike with the heel and arch your back, head up. The kicking foot should brush your supporting leg on the way to the target.

Shukokai Basic Combinations Nos 1, 2, 3, 4a, 5 and 6.

Kata Pinan Nidan

You will also be asked to explain the meaning of the movements in the kata (Bunkai).

Kihon Kumite (prearranged sparring) All attacks and defenses are prearranged before sparring practice commences. All blows are controlled.

Demonstrate 3 defenses against a punch to the face.

Demonstrate 2 defenses against a kick to the midsection.

Impact Pad

Demonstrate step-in sidekick (sokuto geri). Make sure you arch your back and impact with the heel. Remember that the "stepping" foot goes behind the kicking leg.

Kumite Yonban Kumite

Kata Pinan Shodan

6th KYU GREEN BELT

By now you should be familiar with the Japanese names for the techniques. You may be required to demonstrate anything from previous belt tests plus the following stances: Heiko dachi, Musubi dachi, Musubi dachi heiko, Shizen dachi, Shizen dachi heiko, Naihanchi dachi, Shiko dachi.

Standing in yoi dachi demonstrate:

Tsuki age Punch up and out at 45°, palm of the hand towards the face. This is the karate equivalent of the uppercut.

Ago uchi Literally "chin strike", it is very similar to the jab in boxing, hands are held back towards the face and snapped at the target, palm down (no twist).

Shukokai Basic Combinations Nos 1, 2, 3, 4a, 5, 6, 7 and 8

Shuto-uke (in neko ashi dachi) This block is performed by crossing the arms and blocking outwards, quite different from the block required for 8th kyu. As for stance, the front heel is raised and about 70% of the weight is on the rear foot.

Gedan barai (in shiko dachi) Downward block in sumo stance. Weight must be 50/50 and body upright.

Kata Pinan Shodan Explain the meaning of the kata (Bunkai).

Impact Pad

Ushiro geri (Spinning back kick) You must be able to hit the pad while looking in the opposite direction.

Kihon Kumite (Prearranged sparring). Various defenses against kicks, punches and strikes.

Kumite Goban Kumite

Kata Pinan Sandan

5th KYU BLUE BELT

By now we expect to see some real "snap" to your techniques. Better stances, better balance, better form and good "separation", between hip and shoulder. Free style sparring now becomes important.

You may be required to demonstrate anything from previous belt tests plus:

Standing in yoi dachi demonstrate:

Tettsui uchi (hammer fist strike) Strike with little-finger side of clenched fist.

Kage zuki (hook punch) Short-range punch, arm bent about 90°.

Haito uchi (ridge hand strike) Roundhouse or circular strike with index finger edge of hand.

Throws Demonstrate at least one throw and one lock or hold down.

Shukokai Basic Combinations Nos 1, 2, 3, 4a, 5, 6, 7, 8, 9 and 10

Kata Pinan Sandan + Bunkai.

Impact Pad

Sokuto geri and gyaku zuki with pad moving towards you.

Ju Kumite (Free sparring). You must exhibit good control and effective karate technique.

Kata Pinan Yondan

4th KYU PURPLE BELT

As for previous tests plus: In yoi dachi

Haishu uchi (back hand strike) Strike with knuckles of open back hand.

Nihon nukite (two finger spear-hand)

Mawashi zuki(roundhouse punch)

Shukokai Basic Combinations Nos 1, 2, 3, 4a, 5, 6, 7, 8, 9, 10, 1b and 4b in either left or right hand forward stance. In other words you must be able to demonstrate the combinations to either side and not just strong side only as previously.

Kata Pinan Godan plus all five pinan without error.

Impact Pad

In addition to demonstrating effectiveness in single strikes, you must now demonstrate your ability to deliver multiple powerful strikes, against two or three simulated opponents to your front side and rear.

3rd KYU BROWN BELT (One black bar)

Now you are in serious training for your Black Belt and must be prepared to train at least three times per week or more. You must be able to perform techniques and combinations with noticeable improvement, demonstrate any of the five Pinan Kata without making mistakes and the Kata **Bassai Dai**.

Throws

Demonstrate two throws or sweeps, and two locks or strangles.

Ju Kumite

Your free fighting should now be coordinated and effective.

Impact Pad

Multiple strikes.

2nd KYU BROWN BELT (Two black bars)

As for 3rd kyu with the addition of the Kata **Annanko**.

1st KYU BROWN BELT (Three black bars)

Your next test will be for the Black Belt itself and you should now be demonstrating techniques showing understanding of the power of the "hara" or stomach. You must be able to perform the Kata **Seienchin** competently.

SHODAN-HO (Provisional Black Belt)

You must know the Japanese terminology for a wide range of techniques and should be competent in both kata and kumite. In addition to previous kata, you must now know **Jiin** and **Matsukaze**. You must be able to demonstrate power and shock (in proportion to your body-weight) on the Impact Pad with a wide variety of techniques. All of your past performance is now taken into account, your spirit, etiquette, loyalty, helpfulness, attitude to others, regularity of training and many other factors go towards this most prestigious award.

SHODAN/1st DAN BLACK BELT

Since the award of Shodan-Ho you have been on probation. You should have trained regularly and hard. You must know in addition to all previous Kata, **Saifa** and **Seipai**. You should have a basic knowledge of first aid, particularly in regard to typical karate injuries such as fractures, dislocations, lacerations, trauma, and so on. You should be capable of carrying out resuscitation techniques. A first aid certificate is acceptable. You should hold at least a Kumite judge's certificate at Association level.

However, attaining your black belt should be looked upon as another beginning, not the end. You now have the experience and knowledge to embark on the next stage of your journey through life; you have served your apprenticeship. Welcome to the world of journeymen martial artists.

NIDAN/2nd DAN BLACK BELT

You must have trained regularly three times per week on average for the last two years. You should have completed a coaching award and should have upgraded your kumite judge qualification to referee. In addition to the previous requirements, you should now be familiar with the katas **Bassai Sho** and **Kosokun Shiho**.

SANDAN/3rd DAN BLACK BELT

At least three years must pass before attempting Sandan. During this time you will have demonstrated your ability to teach, your willingness to work for our Federation and your loyalty to Kobe Osaka. You should be familiar with the katas **Kururunfa, Seisan, Rohai, and Shisochin.**

YONDAN/4th DAN BLACK BELT

You are now a senior instructor and many qualities will be demanded of you. You must be familiar with the katas **Suparimpei, Nipaipo, Sanseiru and Unshu.**

GODAN/5th DAN BLACK BELT

This is the "Master" grade and not many people achieve it. You will have been practicing for twenty years or more and in order to be awarded 5th Dan you must have given exceptional service to KOI and to karate-do in general. You must have a thorough knowledge of all aspects of karate-do including the other major katas of the style such as **Niseishi, Seiryu, Jion, Tensho, Sanchin, Chinto, Naifanchin, Sochin, Kosokun Dai, Kosokun Sho.**