

Grading Syllabus

4th Kyu (Orange) to 3rd Kyu (Green)

Strikes (from Okutsu Dachi)

Chudan Tate Nukite
Jodan Haito
Gedan Haito Tsuki
Chudan Teisho Uchi
Jodan Shuto

Kicks (From Moto Dachi)

Gyaku Mawashi Geri
Mae-Ushiro Geri
Mae Geri Tsugi Ashi
Mawashi Geri Chidori Ashi
Previous Technique

Walking & Blocking (Neko Ashi Dachi, 3 forward, turn on 4)

Haishu Uke
Chudan Shuto Uke
Kakiwake Uke
Jodan Juji Uke
Morote Uke
Previous Technique

Exercises

Hakku Undou (eight direction), Zenkutsu Dachi, block and strike
Hakku Undou (eight direction), Kumite Dachi, kick

Kata

Kihon Kata 9, 10, 11, or 12, Pinan Shodan; Previous kata; Primary Bunkai.

Kihon Kumite

Attacker	Defender
Zenkutsu Dachi to Zenkutsu Dachi	Moto Dachi slide back to Neko Ashi Dachi, shuffle into Renoji Dachi to strike.
Chudan Tsuki	Haishu Uke, Age Hiji Ate
Chudan Tsuki	Chudan Shuto Uke, Mawashi Hiji Ate
Double lapel grab	Kakewake Uke, Jodan Morote Uraken
Jodan Tsuki	Juji Uke, grab, Tate Uraken Previous Technique

Self Defense

Attacker	Defender
One Wrist Grab (front)	Shuffle in (outside), Ura Tsuki, step in, takedown, shoulder lock, Chudan Tsuki
One Wrist Front Grab	Advance, grab, escape, Yoko Hiji Ate, elbow lock
Mae Geri	Sidestep in, trap leg, Chudan Tsuki, step in, takedown, Chudan Tsuki
One Wrist Grab (front)	Gyaku Nikajjo. Previous technique

Sparring

Proper karate techniques.
Strikes and kicks 3 – 4 inches from body 4 - 5 inches from face.
All strikes and kicks must be targeted above partners belt.
No open hand techniques.
No spinning techniques.
No takedown techniques.
No joint locking techniques.

Miscellaneous

Explain the difference between a hard and a soft breakfall.
Explain the three main force vectors in a punch and the timing.
Backward Breakfall from squatting position
O-Goshi (Hip Throw)

Terminology

Shomen - Front	Shomen Ni Rei - Bow to the Front	Furi Uke - Forearm Block	Six- Roku
Dojo - Training Hall	Zenkutsu Dachi - Forward Stance	Ushiro Geri – Back Kick	Seven – Shichi
Tate - Vertical	Neko Ashi Dachi – Cat Stance	Gyaku Tsuki – Reverse Punch	Eight – Hachi
Mae Geri – Front Kick	Shuto Uke - Knife Hand Block	Ura Tsuki - Inverted Punch	Nine – Ku
Yoko Geri – Side Kick	Mawashi Geri – Roundhouse Kick	Uraken (Uchi) - Backfist (Strike)	Ten - Ju

Suggested Reference Material: Introduction to Karate by Shingo Ohgami. A book demonstrating various Karate techniques, terminology, drills and exercises. This book also discusses motion and energy.

Grading Syllabus

3rd Kyu (Green) to 2nd Kyu (Blue)

Strikes (from Kiba Dachi)

Yoko Chudan Hira Tsuki
Yoko Jodan Hira Nukite
Yoko Gedan Ipponken Tsuki
Kagi Tsuki
Yoko Jodan Nihon Nukite

Kicks (From Moto Dachi)

Mae Hiza Geri
Mae Tobi Geri
Mawashi Geri Tsugi Ashi
Yoko Geri Chidori Ashi
Previous Technique

Walking & Blocking (Angled Shiko Dachi, 4 forward, 4 back) Exercises

Gedan Shuto Uke
Morote Uke
Haito Uke
Inside Sukui Uke
Gyaku Yoko Uke
Previous Technique

Hakku Undou (eight direction) Tsuru Ashi (sliding), block and strike
Kihon Dosa (Shiho Undou), Kumite Dachi, kick and strike

Kata Kihon Kata 13, 14, 15, or 16, Pinan Sandan; Previous kata; Primary Bunkai.

Kihon Kumite

Attacker	Defender
Zenkutsu Dachi to	Moto Dachi slide back to angled Shiko
Zenkutsu Dachi	Dachi, shift to Zenkutsu Dachi to strike.
Mae Geri	Gedan Shuto Uke, Jodan Shuto Uchi
Mae Geri	Inside Sukui Uke, Jodan Teisho Uchi
Chudan Tsuki	Haito Uke, Jodan Hira Tsuki
Chudan Tsuki	Gyaku Yoko Uke, Chudan Tate Tsuki
	Previous Technique

Self Defense

Attacker	Defender
Jodan Tsuki	Shuffle in, Mawashi Uke, trap with rear hand, Ikkajo with the forward hand and pivot on forward leg, bring opponent to one knee.
One lapel grab	Reach over grasping hand and grab, turn wrist, Nikajo.
Chudan Tsuki	Teisho Uke, grab, wrist lock, pivot to outside, drop inside knee, Uraken Uchi. Turn into grab, Nikajjo
One Wrist	
Rear Grab	Previous technique

Sparring

Proper karate techniques.
Strikes and kicks 2 – 3 inches from body 3 - 4 inches from face.
All strikes and kicks must be targeted above partners belt.
Open hand techniques allowed.
Spinning techniques allowed.
No takedown techniques.
No joint locking techniques.

Miscellaneous

Identify the four major styles of Japanese Karate.
What are the four critical factors in Nikajjo
Explain the meaning of "Primary" Bunkai
Side Breakfall from squatting position

Terminology

Teisho Uchi - Palm Hand Strike	Morote Uke - Augmented Inside Middle Block	Hiji- Elbow
Heisoku Dachi - Closed Toes Stance	Kokutsu Dachi – Back Facing Stance	Age - Rising
Nukite Tsuki - Spear Hand	Musubi Dachi – Informal Attention Stance	Otoshi - Dropping
Mikazuke Geri - Crescent Kick	Okutsu Dachi - Side Forward Stance	Yoko - Side
Tetsui Uchi - Hammer Fist Strike	Gyaku Mawashi Geri - Reverse Roundhouse (Hook) Kick	Shuto Uchi - Knife
Hiji Uke - Elbow Block	Yoko Mawashi Geri - Spinning Side Kick	Hand Strike
Haito Uchi - Ridge Hand Strike	Ushiro Mawashi Geri - Spinning Back Kick	Kuro Tora - Black Tiger

Suggested Reference Material: Karate Do - My Way of Life by Gichin Funakoshi. Funakoshi introduced the formalized Karate system to Japan. This is his philosophical approach to Karate.