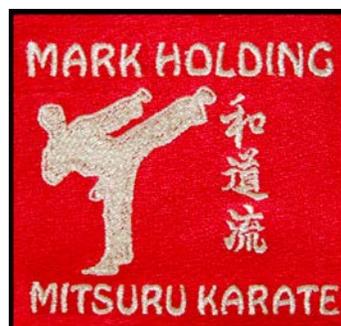


MARK HOLDING MITSURU KARATE GRADING SYLLABUS



WELCOME TO MARK HOLDING MITSURU KARATE

You have taken the first steps on what may well be a life long participation in an enjoyable and fulfilling martial art.

All classes are based on traditional wado ryu karate with a strong sporting and competition based element accompanying it. Wado ryu has a strong jujitsu influence as well as being a fast fighting style

Under 13's classes are designed to develop the students to a point where they are ready to enter into the adult grading process. Our aim is to ensure that children enjoy their classes whilst gaining the valuable lessons skill and discipline karate has to offer. We have a significant competition background which we encourage children to partake in if they wish and when they are ready.

Adult and Teens are on the full grading syllabus as well as the competitive sports side. Classes cover the traditional elements and more advanced karate including self defence sparring and kata.

Club	Instructors
PENRITH	Mark Holding 5 th Dan Dougie Jones 2 nd Dan Stephen Broadbridge 2 nd Dan Caroline Broadbridge 2 nd Dan Nick Strange 1 st Dan Gordon Crawshaw 1 st Dan Dave Docherty 1 st Dan Amy Hodkin 1 st Dan
APPLEBY	Mark Holding 5th Dan Sharon Healey 1st Dan Nick Strange 1st Dan
KESWICK	Mark Holding 5th Dan
SHAP	Dave Docherty 1st Dan

About the Head Instructor

Mark Holding 5th Dan is the Head Instructor of Mark Holding Mitsuru Karate Do. He first became involved in the martial arts at the age of 8 when he took up Judo at Kendal Judo Club. During his formative years he engaged in Tae Kwon Do and Amateur Boxing. It wasn't until the late 80's when moving to Penrith that he joined the local karate Club then based at the Queen Elizabeth Grammar School where he trained under the Club instructor Richard 'Dick' Bird and the Association Head Instructor who visited Sensei Doug James. Mark was a full time Police Officer who in 1995 became the Head Instructor at Penrith Karate Club and taking over the reins from the retiring Dick Bird.

Marks passion from an early stage was competition karate and this saw him travel the country and into Europe competing for the association. He has been the British Champion and has made the final of both the British and English Championships on no lesser than 8 occasions.

Having run Penrith, Appleby and Keswick clubs under his previous association, Mark in 2015 decided to start his own association focusing on the development and progression of his students through an open and progressive approach. 'Traditional Karate, Modern methods' with a significant sporting background and coaching base in other sports mark has a wealth of knowledge in sports conditioning

Mark believes in a very simple ethos. You only get out of Karate what you put into it. Mark s wish and long term legacy is to return to the students what he has learned, giving his students the opportunities they should have to develop and grow. (Mitsuru 'to grow')

DOJO ETIQUETTE AND DISCIPLINE

1. Bow in and out of Dojo (Training Hall).
2. Always be on time If late wait at the side of the training hall until acknowledged by the instructor and bowed in.
3. Ask permission to leave Dojo or take drink/refreshment.
4. Address your instructor as Sensei. (Instructor).
5. Treat your instructor and fellow students with respect at all times.
6. Do not eat or chew in the Dojo.
7. No bad language or manners.
8. Always apply your self fully in lessons.
9. Gi s should always be clean and ironed.

KARATE GRADINGS

The "Grading System of the Association" starts at WHITE BELT (Beginner), then after passing a grading exam conducted by the Chief Instructor, the following JUNIOR and INTERMEDIATE STUDENT (KYU) Grades, denoted by coloured belts apply:-

ADULTS/TEENAGERS

8th KYU - Yellow Belt; 7th KYU - Orange Belt; 6th KYU - Green Belt; 5th KYU - Blue Belt; 4th KYU - Purple Belt. The recommended training period between grades is normally three months, based on an average of 20 classes attended.

JUNIORS- BOYS/GIRLS (12 and under)

It has to be recognised that children and teenagers are still developing both mentally and physically and as such there is a degree of flexibility in grading these age groups compared to the adults. After all the principles of good karate is to help develop and nurture these age groups towards becoming the future of karate.

Consideration is given to the development and progression of the individual taking into consideration their strengths and weaknesses.

Within the syllabus it can be noticed that these groups grading requirements are less than those of the adults going for the same grade. The leveling of skills comes when the junior reaches 16 and retakes junior first dan or 18 when they retake senior 2nd dan.

9th KYU - Red Belt; PROVISIONAL 8th KYU - Yellow Stripe; 8th KYU - Yellow Belt. PROVISIONAL 7th KYU - Orange Stripe; 7th KYU - Orange Belt; PROVISIONAL 6th KYU - Green Stripe; 6th KYU - Green Belt, PROVISIONAL 5th KYU - Blue Stripe. 5th KYU - Blue Belt; PROVISIONAL 4th KYU - Purple Stripe; 4th KYU - Purple Belt. The recommended training period between grades is normally three months (including stripe to full belt), based on an average of 20 classes attended. BOYS AND GIRLS ARE USUALLY NOMINATED TO TAKE GRADINGS BY THEIR CLASS INSTRUCTOR. It should be noted that the "12 year old" cross over point is for guidance only. The grading examiner has a variance of one or two years either way based on the standard achieved. **In exceptional circumstances the Head Instructor can grade the level that he considers appropriate for the student.**

PASS LEVELS - UP TO 1st KYU

'A' Grade 'B' Grade

Above Average Standard Good Standard - student should have reached the required standard to take next grading at the normal recommended time interval.

Satisfactory.

'C' Grade and the student must obtain their class instructor's approval before attempting next grading.

'D' Grade Below Average - The time level states minimum time student must (with time limit) wait before attempting next grading. (min 6 months), the student must obtain their class instructor's approval before attempting the next grading.

SENIOR STUDENTS GRADES - BROWN BELT

3RD KYU (Black Stripe); 2nd KYU (2 Black Stripes), 1st KYU (3 Black Stripes) - these gradings are normally conducted by Sensei Holding or a panel of senior grades after special classes headed by the head Instructor (Purple/Brown/Black Belt Courses).

The recommended training time between grades is six months, based on 40 classes attended for students, Junior Brown Belts Under 16 yrs designate their grade level with white stripes. It is the head instructors sole decision as to whether a person is suitable to attempt a grading.

INSTRUCTOR GRADE - BLACK BELT

The Black Belt Grades are 1st Dan, 2nd Dan and 3rd Dan - The minimum training time between these grades are equivalent to the Dan Grade level. ie 1st Dan to 2nd Dan - 2 years, and 2nd Dan to 3rd Dan - 3 years. **It is a requirement for 3rd Dan examinees to be sponsored by a Senior Instructor of 4th Dan level or above, who has trained and helped the 2nd Dan prepare for the grading exam.** 4th Dan and above are HONOURARY GRADES and are awarded to Senior Black Belt Instructors who consistently contribute to the development and operation of the Association. These awards are at the sole discretion of Sensei Holding and the Head of the Association Sensei Iain Swain. The nominee must have an in-depth knowledge and experience in Karate and demonstrate a continued ability to train and teach Mark Holding Mitsuru Karate. The Dan grade level is designated on the belt with orange stripes. 5th Dan and above is designated with silver stripes.

BLACK BELT - Minimum ages - WKF guidelines. There is no minimum age for Junior Black Belt 1st Dan (designated with a white stripe) **The minimum age for a Senior Black Belt 1st Dan is 16 yrs, 2nd Dan is 18 years & 3rd Dan is 21 yrs.** A Junior 1st Dan wishing to upgrade to a Senior 1st Dan, must go through a grading re-assessment & the re-grade exam will be free of charge. **It is possible to attempt a Junior 2nd Dan or 3rd Dan when sponsored by a 4th Dan** If successful, the student will still have to re-grade Senior 2nd Dan at aged 18 or 3rd Dan at 21 years & this will also be free of charge.

GRADING EXAM CRITERIA & GUIDANCE

The criteria for Grading Promotion is based on Technical Standard & Performance on the day, with the requirements detailed in the syllabus however, it is not possible to have a standard benchmark that will cover every type of person, considering the wide range in age (6-60+) together with build, sex & possible physical / medical constrictions. It is recognised in fairness and progression that there has to be flexibility within this area.

It also has to be recognised that some Karateka represent the Clubs at open and national and international level. As well as instructors that conduct classes on a regular basis on occasions going above and beyond normal training requirements. These individuals excel in particular areas of karate whether it be instructing or competing and on occasions have to forego their regular training to either teach or compete. It is at the sole discretion of Sensei Holding in respect of grading requirements

In such cases, these factors are considered, however there is still a minimum standard that should be attained & this level which is determined by the Grading Examiner or by the Grading Panel. In addition to achieving an acceptable Technical Standard, students are expected to also demonstrate the correct attitude to karate showing intention, commitment and an understanding of techniques.

SENIOR GRADING PANEL

The grading panel will consist of Sensei Holding and on occasions Sensei Swain. The panel may also be made up of the Senior black belt grades however this is dependent on the grade been attempted and the members forming the panel must be at least a grade higher than the grade been attempted

GRADING FEES Inclusive of Certificate & Karate Belt

Red to and including full Orange Belt. £15

Green Stripe up to and including Full Purple £18

Brown Belts £25

1st 2nd or 3rd Dan £50

RED BELT 9th Kyu Under 12 s only

Junzuki Head Block Downward Block in horse riding stance
Front Kick In horse riding stance
Demonstration of round house kick stationary
Demonstration of Snap punch in fighting stance
Demonstration of Gykazuki in fighting stance.
Demonstration of front kick in horse riding stance

YELLOW BELT (8th Kyu)

KIHON-TSUKI (Basic Hand Techniques)

1. Junzuki turn in Jodan Uke - Straight Punch, Head Block (S & R)
2. Jodan Uke - Head Block (S & R)
3. Gyakazuki turn in Gedan Barai - Opposite Punch, Downward Block (S & R)
4. Gedan Barai - Downward Block (S & R)

KIHON - UKE (Basic Hand Blocks)

Downward block from fighting stance with gyakazuki counter punch

Head block with gyakazuki counter punch

KIHON-KERI (Basic Kick Techniques)

1. Maegeri – Front snap Kick (S & R)
2. Mawashigeri - Round House Kick (Instep)(S)
3. Surakomi mawashigeri one step round house kick
4. Ura Mawashergeri

RENRAKU WAZA (Combination Techniques)

1. Step through and front hand punch (R)
2. Surikomi - Tobikomizuki - One step front punch (S & R)
3. Maegeri - Tobikomizuki - Front kick, snap punch (S)
4. Mawashigeri Gayakuzuki - Round kick reverse punch
5. Surikomi - Maegeri-Gyakazuki - One step front kick and opposite punch

Self Defence/Basic blocking drills

As taught by the instructor to cover use of blocking techniques both upper block and lower block with counter punching techniques. These drills are not designed to be onerous but flowing and functional.

Free sparring with competition hand mitts and gum shields being compulsory. Light body techniques but displaying a good attitude towards positively applying competition techniques. No face techniques

ORANGE BELT (7th KYU) - STRIPE & FULL BELT

KIHON, TSUKI AND KERI (Basic Techniques)

1. Junzuki no Tsukkomi (Lunge punch to head level with lean, narrow basic stance but with both heels in line)
2. Gyakazuki no Tsukkomi (reverse punch to groin level with lean, heel of front foot in line with front toes of back foot in wide stance – twice width of normal stance with feet turned inover)
3. Tobikomizuki (Front hand Snap Punch from Free Fighting Stance-hitching forwards)
4. Uraken (Front hand Back Fist from Free Fighting Stance-hitching forwards)
5. Mawashigeri (Roundhouse Kick with instep)
6. Sokutoeri Fumikomi (Side Kick Stamping downover, with side edge/heel of foot/knee height) This needs to be a powerful kick and not lost in a restrictive application
7. Ura mawashigeri (Back kick)
8. Shuto uke Knife hand block in long cat stance.

RENRAKU WAZA (Combination Techniques)

1. Ashi-Barai - Gyakazuki (Foot Sweep with Reverse Punch)
2. Front kick double punch
3. Maegeri - Mawashigeri - Gyakazuki (Front thrust Kick, Roundhouse Kick then Reverse Punch competition application)
4. Maegeri Mawashigeri Gyakazuki uraken

Block drills Using inner outer downward and rising blocks with movement and countering.

KATA (Form Demonstration) PINAN NIDAN – Starting sequence only for STRIPE For Full Belt - Full Kata to a reasonable standard

Light Sparring in pairs – Body techniques only – **Competition Hand Pads & Gum Shields are required** - show karate techniques to a reasonable standard displaying positive mental attitude and application

GREEN BELT (6th KYU) - STRIPE & FULL BELT

KIHON, TSUKI & KERI (Basic Techniques)

1. Kette Junzuki (Front kick, with Lunge Punch to middle area)
2. Kette Gyakazuki (Front kick, with Reverse Punch to middle area)
3. Tobikomizuki (Front hand Snap Punch from Shizentai Stance – left/right, Natural Stance)
4. Soto Uke (Outer Forearm Block in Long Cat Stance) – to minimum standard (Discus removal)
5. Ura Mawashigeri (Reverse Roundhouse/hook Kick with bottom of foot/instep straight)
6. Surikomi Mawashigeri (One step Roundhouse Kick to knee/middle area, with instep)
7. Surikomi Sokutogeri (One step Side Kick to knee/middle area, with side edge/heel of foot)

RENRAKU WAZA (Combination Techniques)

1. Surikomi-Ashi-Barai - Gyakazuki (One Step front Foot Hook backover with Reverse Punch)
2. Maegeri - Sokutogeri Chudan - Gyakazuki (Front Kick, Side Kick, with side edge/heel, then Reverse Punch)
3. Surikomi Maegeri - Sokutogeri - Gyakazuki (One step Front Kick, Side Kick, with side edge/heel of foot, then Reverse Punch)
4. Ohyu Gumite No 1 (Step forward & Front Punch to head, combined with Reverse Punch to middle, then Full Sweep with rear leg & Reverse Punch to Middle Area)

KATA (Form Demonstration) Pinan Nidan & Pinan Shodan (Opening sequence) For Stripe

For Full belt - Perform both Kata to a reasonable standard.

For Stripe & Full Belt (Bunkai) - demonstrate ONE basic self defence explanation of a technique from Pinan Nidan, as taught by their own instructor.

Plus self defence using sweeping techniques and counters as taught by the class instructor.

Blocking drills - Simulated defence executed freestyle. Instructor will offer guidance and examples where necessary. Examples are also contained within this syllabus.

Ohyu Gumite number 1 with partner.

JI YU KUMITE (Free Fighting) – Competition Hand Pads & Gum Shields are Required - no contact to face for Juniors, light touch only for Seniors – show variation of karate techniques to minimum standard & distancing.

BLUE BELT (5th KYU) - STRIPE & FULL BELT

KIHON, TSUKI & KERI (Basic Techniques)

1. Kette Junzuki (Front kick, with Lunge Punch to middle area)
2. Kette Gyakazuki (Front Kick, with Reverse Punch to middle area)
3. Kette Junzuki No Tsukkomi (Front Kick, with Lunge punch to head with lean, narrow basic stance but with both heels in line)
4. Nagashizuki (Front hand head punch/slight body shift (avoiding attack) from Shizentai Stance – left/right, Ready Stance)
5. Double ashi bari
6. Ura - Mawashigeri (Reverse Roundhouse/hook Kick with bottom of foot/instep straight)
7. Sokuto Chudan (Side Kick to middle area (Knee minimum) with side edge/heel of foot)
8. Ushirogeri Chudan

RENRAKU WAZA (Combination Techniques)

1. Mawashigeri Chudan - Ushirogeri- Gyakazuki (Round Kick, turning into back kick with Reverse Punch)
2. Surikomi Sokutogeri Fumikomi - Ushirogeri - Uraken Jodan (One step Side Kick turning into Back Kick with Back Fist to Head)
3. Tobikomizuki-Gyakazuki-Uraken (Front Punch, Reverse Punch, Back Fist – all combined in Free Fighting Stance-hitching forward with each technique)
4. Ohyu Gumite No 2 - Gyakazuki Jodan -Surikomi Ashi Barai - Gyakazuki Chudan (Hitch Forward Reverse Punch to head, Step back foot to front foot (same time as punch pull back), Hook with front foot & Reverse Punch off centre, pivoting on back heel)

Blocking drills - Simulated defence executed freestyle. Instructor will offer guidance and examples where necessary. Examples are also contained within this syllabus.

Ohyu Gumite number 1 and 2 with a partner.

KATA (Form Demonstration) Pinan Shodan - to reasonable standard **Pinan Sandan** - to min standard for Stripe & reasonable for Full Belt

Pinan Yodan - to minimum standard **FOR STRIPE & FULL BELT (Bunkai)** – demonstrate **ONE basic self defence explanation of a technique from Pinan Shodan**, as taught by their own Instructor.

JI YU KUMITE (Free Fighting) – **Competition Hand Pads & Gum Shields are Required** – no contact to face for juniors, light touch only for seniors - controlled touch to the body to “Competition Scoring Areas” (show variation of karate techniques to reasonable standard & distancing)

PURPLE BELT (4th KYU) - STRIPE & FULL BELT

KIHON, TSUKI & KERI (Basic Techniques)

1. Kette Junzuki (Front kick, with Lunge Punch to middle area)
2. Kette Gyakazuki (Front kick, with Reverse Punch to middle area)
3. Kette Junzuki No Tsukkomi (Front kick, with Lunge punch to head level with lean, narrow basic stance but with both heels in line)
4. Kette Gyakazuki no Tsukkomi (Front kick, with reverse punch to groin level with lean, heel of front foot in line with front toes of back foot in wide stance - twice width of normal stance with feetinover)
5. Nagashizuki (Front hand head punch/light body shift (avoiding attack) from Shizentai Stance - left/right, Reade Stance))
6. Mawashigeri Chudan (Roundhouse Kick with instep)
7. Ura – Mawashigeri (Reverse Roundhouse/hook Kick with bottom of foot/instep straight)
8. Sokutogeri Chudan (Side Kick to middle area (Knee minimum) with side edge/heel of foot)
9. Ushirogeri Chudan (Back Kick - Middle level/Knee minimum)
10. Ashi Bari
11. Mikazuki geri inner crescent kick

RENRAKU WAZA (Combination Techniques)

1. Maegeri Chudan - Nagashizuki Jodan - Gyakazuki Chudan
2. Surikomi Maegeri Chudan - Nagashizuki Jodan - Mawashigeri Chudan (Instep) (One step Front Kick into Front hand head punch/slight body shift (avoiding attack) with reposition foot to side with Round Kick)
3. Tobikomizuk i- Gyakazuki - Uraken (Front Punch into Reverse Punch, Back Fist – all combined in Free Fighting Stance-hitching forward with each technique)

KATA (Form Demonstration) – Pinan Sandan and Yodan to reasonable standard. **Pinan Godan** - to minimum standard for stripe & reasonable for Full Belt (Plus and attempt at opening sequences of **Ku Shanku** as set by Instructor).

FOR STRIPE & FULL BELT (Bunkai) – demonstrate ONE basic/intermediate self defence explanation of a technique from PINAN GODAN as taught by their own Instructor.

Blocking drills - Simulated defence executed freestyle. Instructor will offer guidance and examples where necessary. Examples are also contained within this syllabus.

Ohyu Gumite number 1, 2 and 4 with partner.

PADWORK DEMONSTRATION without Competition Hand Pads

(FOR JUNIORS - All Ages - Pad work Drill No 4 (Stripe & Full Belt) A demonstration onto hand held focus mitts of ANY COMBINED HAND & KICK TECHNIQUES to a reasonable standard.

JI YU KUMITE (Free Fighting) – Competition Hand Pads & Gum Shields are Required – no contact to face for juniors, - controlled touch to the body to Competition Scoring Areas (show variation of karate techniques to reasonable standard & distancing).

BROWN BELT (3rd KYU) - FULL BELT

KIHON, TSUKI & KERI (Basic Techniques)

1. Kette Junzuki
2. Kette Gyakazuki
3. Kette Junzuki No Tsukkomi
4. Kette Gyakazuki No Tsukkomi
5. Nagashizuki
6. Mawashi Geri
7. Ura Mawashgeri
8. Sokuto Geri
9. Ushiro Sokuto geri
10. Ashi bari
11. Mikazuki geri

RENRAKU WAZA (Combination Techniques)

1. Zenshinshite Jodan - Renzuki Chudan - Maegeri Chudan - Mawashigeri Chudan - Ushirogeri Chudan - Gyakazuki Chudan
2. Surikomi Jodan - Renzuki Chudan - Surikomi Maegeri Chudan - Sokutogeri Chudan - Ushirogeri Chudan - Uraken Jodan
3. Zenshinshite Jodan - Renzuki Chudan - Maegeri Chudan - Nagashizuki Jodan - Gyakazuki Chudan - Mawashigeri Chudan

KATA (Form Demonstration)

Any two pinan kata & Ku Shanku

KATA (BUNKAI) - demonstrate basic/intermediate application, two from any Pinan kata Kata, as taught by their own instructor.

UKE (Blocks) IPPON GUMITE - All Ages with Partner. Simulated defence executed freestyle. Instructor will offer guidance and examples where necessary. Examples are also contained within this syllabus.

OHYU GUMITE (Semi-Free Fighting) 1, 2, 3 and 4

KIHON GUMITE 1 & 2

PADWORK DEMONSTRATION without Competition Hand Pads TECHNIQUES to a reasonable standard in 10 sec spurts (10 sec/stop/10 sec etc)

JI YU KUMITE (Free Fighting) - COMPETITION HAND PADS & GUM SHIELDS ARE REQUIRED - no contact to face for juniors, - controlled touch to the body to "Competition Scoring Areas" **(SHOW VARIATION OF KARATE TECHNIQUES TO A COMPETENT STANDARD WITH CORRECT DISTANCING & TIMING)**

BROWN BELT (2nd & 1st KYU) – FULL BELT

KIHON, TSUKI & KERI (Basic Techniques)

1. Kette Junzuki
2. Kette Gyakazuki
3. Kette Junzuki No Tsukkomi
4. Kette Gyakazuki No Tsukkomi
5. Nagashizuki
6. Mawashigeri
7. Ura Mawashigeri
8. Sokuto Geri
9. Ushiro Sokuto Geri
10. Ashi bari
11. Mikazuki geri

RENRAKU WAZA (Combination Techniques)

1. Zenshinshite Jodan - Renzuki Chudan - Maegeri Chudan - Mawashigeri Chudan - Ushirogeri sokutogeri Chudan - Gyakazuki Chudan
2. Surikomi Jodan - Renzuki Chudan - Surikomi Maegeri Chudan - Sokutogeri Chudan – Ushirogeri Sokutogeri Chudan - Uraken Jodan
3. Zenshinshite Jodan - Renzuki Chudan - Maegeri Chudan - Nagashizuki Jodan - Gyakazuki Chudan - Mawashigeri Chudan

KATA (Form Demonstration)

Any two Pinan Kata - Examiners Choice Plus Ku Shanku

Ku Shanku is meant as a test to ensure its complete understanding and perfection .

Plus Ni hanchi

KATA (Bunkai)

2nd Kyu Two applications from Kushanku

1st Kyu Three Applications from Kushanku

UKE (Blocks) IPPON GUMITE - All Ages with Partner. Simulated defence executed freestyle. Instructor will offer guidance and examples where necessary. Examples are also contained within this syllabus.

OHYU GUMITE

2nd Kyu - 3, 4 & 5

1st Kyu - 4, 5 & 6

BROWN BELT (2nd & 1st KYU) – FULL BELT continued...

KIHON GUMITE

2nd Kyu - 1, 2 & 3

1st Kyu - 2, 3 & 4

PADWORK DEMONSTRATION

JI YU KUMITE (Free Fighting) - Competition Hand Pads & Gum Shields are Required - no contact to face for juniors, light touch only for seniors - controlled touch to the body to "Competition Scoring Areas" **(show variation of karate techniques to a competent standard with correct distancing & timing)**

BLACK BELT 1, 2 & 3rd Dan

KIHON, TSUKI & KERI (Basic Techniques)

1. Kette Junzuki
2. Kette Gyakazuki
3. Kette Junzuki No Tsukkomi
4. Kette Gyakazuki No Tsukkomi
5. Nagashizuki
6. Mawashigeri
7. Ura Mawashigeri
8. Sokuto Geri
9. Ushiro sokuto Geri
10. Ashi Bari

RENRAKU WAZA (Combination Techniques)

1. Zenshinshite Jodan - Renzuki Chudan - Maegeri Chudan - Mawashigeri Chudan – Ushiro sokuto geri Chudan - Gyakuzuki Chudan
2. Surikomi Jodan - Renzuki Chudan - Surikomi Maegeri Chudan - Sokutogeri Chudan – Ushiro sokuto geri Chudan - Uraken Jodan
3. Zenshinshite Jodan - Chudan Renzuki - Maegeri Chudan - Nagashizuki Jodan - Gyaku zuki Chudan - Mawashigeri Chudan

KATA (Form Demonstration)

1st Dan - Seishan, Nai Hanchi, Chinto

2nd Dan - Seishan, Wanshu, Passai, Ro Hoi

3rd Dan - Seishan, Wanshu, Neisi Shi, Jitte, Jion

KATA (Bunkai) 1st Dan, 2nd Dan & 3rd Dan

1st Dan - 1 from each kata

2nd Dan - 1 from each kata

3rd Dan - 1 from each Kata

UKE BLOCKS IPPON GUMITE

All Dan examinees to demonstrate two examples of blocking against all four attacks with their own variation finish.

OHYU GUMITE 1st Dan 2, 5 & 8

KIHON GUMITE 1st Dan 5, 8 & 9

BLACK BELT 1, 2 & 3rd Dan continued...

2nd Dan Ohyo

3, 6 & 7

2nd Dan Kihons

2, 5 & 10

3rd Dan Ohyu

2,4,5,8

3rd Dan Kihons

1,3,5,8 and 10

PADWORK DEMONSTRATION without Competition Hand Pads (FOR JUNIORS - Light touch or Moderate contact only - ADULTS & TEENS - Moderate or Power contact) ALL AGES - PADWORK DRILL NO 4 - A demonstration onto hand held focus mitts of ANY COMBINED HAND & KICK TECHNIQUES to a reasonable standard in 10 sec spurts (10 sec/stop/10 sec etc)

JI YU KUMITE (Free Fighting) - Competition Hand Pads & Gum Shields are Required - no contact to face for juniors, light touch only for seniors - controlled touch to the body to "Competition Scoring Areas" (show variation of karate techniques to a competent standard with correct distancing & timing)

GENERAL SAFETY WHEN GRADING AND TRAINING

All pair work, whether Bunkai, Pre-arranged or Free-Sparring, must be performed with the opponents safety in mind, **wreckless techniques will not be tolerated.** Head and body techniques for seniors must be controlled to the level of light skin touch - light contact is only permitted to the muscled area of the stomach for Seniors. With regard to Juniors, light controlled skin level tough is permitted to the body and **NO TOUCH WHATSOEVER TO THE HEAD, FACE OR NECK.**

(2/3cm should be the margin of control aimed for when training)

GUIDANCE, PROCEDURE & ETIQUETTE FOR BUNKAI DEMONSTRATION

Whilst displaying Bunkai the student who is to do the sequence will face the panel whilst his partner remains still.

The student will display the segment of the kata they are going to use then they will face their partner as per the blocks procedure and do one bunkai in slow motion followed by one at half pace and one at a reasonable speed

The following Etiquette will be performed when doing Ippon Gumite

A formal bow at the start attacker steps forward into relevant attack position defender steps back into stance both Kiai. Upon completion of a block a Kiai on finishing the strike and then a full step away from the attacker into fighting then step away again in to naore.

Ohyu Gumite as above.

Kihon Gumite As above but on completion rather than step out it is a hitch away sliding the stance to an appropriate safety distance.

Ippon Gumite blocks

Students the below are written down as to a reminder of what you will be taught in class please don't try to learn the blocks from scratch from here.

The below are not set blocks and are examples for guidance only and the responses can be applied freestyle to suit the student.

Attack one

Left stance step through with lunge punch

Defence one. Right stance step back soto cover straight into a maegeri counter kick before the grab of the opponents forearm and delivering a punch to either the stomach area or short of the face.

Defence two. Left stance step back and again cover the punch but deliver a mawash to either stomach or short of the attackers inner thigh area control being paramount on the second option.

Attack Two

Left stance step through with Jodan Head Punch.

Defence one. Right stance move lead foot back and to the side 45 degrees whilst delivering a head block/hook punch block then grab opponents shoulder both hands and deliver knee strike with control to the stomach area.

Defence two. This time step back and using the rear foot as the pivot point completely round to 270 degrees and punch over the punch being delivered. Timing is essential on this technique then deliver a mwash or other strike to the stomach.

Attack Three

Left Stance Deliver right thrust Maegeri kick to chudan.

Defence one. Defender right stance timing must be good to step with rear foot and drag front foot using tisabaci cover with double reverse down over block. The strike response is totally optional.

Defence two. Attacker left stance. As kick is delivered defender moves front foot to the left distance not too excessive so a quick delivery of forearm block using the left arm can be effected strike to finish is optional.

Attack Four

Attacker left stance delivers right chudan mawashigeri. No pull back

With this attack the response for both defences either left or right stance is to use the principle of Tisabaci to move and avoid impact. A block cover is required as this attack isn't pulled. Again the response is optional but for the basic level must be a strike.

An advanced version of these blocks will be done by all those students sitting a dan grade examination. The advanced section is self expressing and can be anything the student wishes but must be done with control and the safety of their partner in mind.

OHYU-GUMITE (SEMI-FREE FIGHTING TECHNIQUES)

Procedure & Etiquette - See Opposite

- 1 Attacker left defender left. A. Step forward double punch (jodan, Chudan) pivoting right foot, sweep with left foot then right gyakazuki to kidney.

D. Step back as attacker moves forward and blocks first punch with open hand Uchi Uke. (Keep in free fighting stance - slight lean with block)
- 2 Attacker right stance defender left. A. Left Gyakazuki Jodan, step left foot to right as left punch returns to body centre. Right hook opponents foot and left gyakazuki to kidney. – D. Slide stance backover and block in over left open hand. (keep in free-fighting stance - slightly lean with block)
- 3 A. Step forward double punch (jodan, chudan with lock out)

D. Step back and left open block in over Jodan punch. After Attackers Chudan punch, slide forward with left Junzuki No Tsukkomi.

A Hitch under left punch into right shiko dachi behind defender. Left back hand under defender's chest (simultaneous with defenders junzuki) - Scissor throw over right leg without holding, straightening legs. Drop down bending knees and right Uraken to nose. (If opponent falls out of distance - close distance).
4. Attacker right stance defender right stance. A. Right Uraken Jodan with left step, continuous movement with left open hand elbow guard whilst returning right to hip - right ura-tsuki to kidney. (No wrist twist - Shiko Dachi)

D. Hitch back over in straight line (Shiko dachi), right head block attacker's uraken jodan.

A. Grab defender's shoulders and right hiza geri (knee kick to stomach whilst twisting, body into kick) Dropping on to right foot, right empi (elbow) to either shoulder blade, with left open hand under elbow for safety (Shiko Dachi screwing hip into empi) Place your hand under empi to protect partner.
5. Attacker left defender left. On this one the defender is the one doing the technique.

A . Full step through into right stance and deliver left chudan reverse punch then one step, right maegeri thrust kick.

D. Step back, right uchi uke chudan blocking reverse puch. Step back left in over block with outer forearm, blocking kick

D. Right Haito (ridge hand) to stomach, (whilst sliding right foot in slightly) continuous uraken to back of head - Simultaneous left hand pull down (reposition right foot if required) with right shuto breaking balance behind knee - Continuous right shuto to nose.

6. One step left maegeri - Right gyakazuki jodan, reposition right foot, left sweep and right mawashigeri chudan after repositioning left foot for distancing. One step back out of kick range and block punch open right hand in over slight hitch and lean
7. Left double snap punch to head, shuffling forwards. Right open hand in open block (Both snap punches). - Stepping slightly to left, right maegeri chudan

Block kick with left outer forearm (Basic ippon No.7), then right ura-tsuki to kidney (no wrist twist - Shiko Dachi) - Simultaneous, step left foot slightly to left, grab attacker's neck collar and break balance behind right knee with bottom of right foot, pulling to floor

Right Side). - Left reverse punch to face.

8. Attacker right defender left. Left foot slide and right foot hook attempt. After left sweep attempt turning into right back kick chudan. Turning into left reverse punch chudan (right back hand blocks defender's left hand). One step back (out of hook range) - One step back (out of sweep range)

KIHON-GUMITE (BASIC SPARRING)

1. Slide, Right head punch, left reverse punch chudan to defender's changed position. (Reposition right foot). Slide, right head block, step left foot (triangle) body twist, simultaneous, left one knuckle punch with right forearm guard.
2. Slide, right head punch, one step; left foot to right foot, perform sokuto chudan to defender's changed position. (Drop to Shiko Dachi Stance both feet in line). Slide, right head block, step left foot (right angle to right foot), drawing right foot to 'T' stance and right gedan barai, right foot step, body twist haito (ridge) with left Teisho (Palm).
3. Slide, Right head punch, square stance, right foot slightly back, for left maegeri. Slide, Right head block, body twist to right (Nagashazuki principal) with right half punch to solar plexis and simultaneous left fist in guard position to inner thigh. (Junzuki Tsukkomi Stance)
4. Slide, Left head punch, right reverse punch, Jodan to defender's new position. Slide, Right head block, step left foot right angle to right foot, left uchi uke leaning backover (short cat-stance) step right foot with right one knuckle punch to armpit/ribs (Junzuki No Tsukkomi Stance).
5. Slide, Left head punch, right reverse punch Chudan Slide, Right head block, right backhand block whilst drawing right foot backover to right short Cat Stance (Pivoting Heel) - Left hand grasp, twist wrist and keep hold of attackers right fist right foot step and perform haito to side of face. Step right foot to shiko dachi and right empi chudan. - Right hand, open hand grasp attacker's right hand pivoting ball of foot, draw Right Foot to right Cat Stance with bent wrist hold - Body twist step left foot behind. Pull anti clockwise to floor - Right knee hold attacker's elbow, while punching to face (right foot under opponents shoulder blade) - Both hands hold attacker's wrist and lower forearm, hitch backover in stance.

6. Slide, Left head punch, one step right foot to left foot, perform left sokuto chudan with right gyakazuki jodan. Slide, Right head block - Step left foot, right angle to right foot, drawing foot to 'T' stance and right gedan barai.

Body twist left foot (triangle), right knife hand block with left punch chudan.

7. Slide, left head punch, square Stance, left foot slightly back, right mawashigeri jodan. Slide, Right head block, body twist (Nagashazuki principle), right shuto strike (no pull back) to collarbone, left forearm guard. (Vertical with open hand)
8. Slide, Right chudan punch - Left Jodan punch Slide, Right Uchi Chudan (Shiko Dachi/Side Stance). Right elbow block Jodan -Right middle knuckle punch past attacker's thigh - Right reinforced elbow to ribs (Shiko Dachi) - Left foot slightly to left in over with body twist open hands hold attacker's right fist - push off to break attacker's balance, whilst stepping back with right foot.
9. Slide, Right Chudan punch, left Chudan punch. Slide, Right Uchi Chudan block in over (Shiko Dachi) - Same hand Soto Uke, step left foot (triangle), left punch Chudan keeping right edge of open hand block in position.
10. Slide, Right punch Jodan -Left Reverse Punch Jodan. Slide, Right Shuto head block in over - With body twist, right outside wrist block, with left open palm hand holding attacker's right fist - Right grasp of attacker's left sleeve perform right elbow armpit, then left groin strike (back of hand) while moving right foot to side - Left foot step across, twisting body and grasping attacker's left Gi (knee) with left hand -Throw over shoulder stepping back with right foot.