



GKRKARATE
STRONG • HUMBLE • BRAVE

SECTION 2: CLASS FORMATS

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2.1 Class Warm Up

Guidelines

Warm-up exercises should be specific to the training that follows.

They should activate the energy systems required.

They should promote flexibility among the joints and muscles.

Inadequate warm up routines have been shown to be associated with injury to muscles and connective tissue.

Purpose of the warm up

- Increase body and tissue temperature.
- Increase heart rate, which will prepare the cardiovascular (heart/lung) system for exercise.
- Decreases muscular tension.
- Minimise the risk of injury.
- Enhance optimal performance.
- Enhance joint mobility.

Note: *Students should always be encouraged to arrive at class 15 minutes early to do their own warm-up (especially those students of less flexibility and/or fitness). Please promote that students should not engage in serious stretching if their body is not completely warmed up.*

Warming up is crucial to prepare the body for exercise and to prevent injuries.

GKR Karate class warm up

Warm-up covers:

1. Muscle groups and cardiovascular system.
2. Joints and connective tissue.
3. Dynamic stretching.

Note: *Always start by warming up your students attitudes - A simple smile with 'How is everyone today!' Response 'Fantastic'*

1. Muscle groups and cardiovascular system

Note: *Any students who may have injuries such as bad backs or knees should keep to low impact light jogging on spot.*

Approximate time to complete is 1 ½ minutes.

- Light jogging on the spot (approximately 15 - 20 seconds).
- Jogging on spot with knees up (approximately 15 seconds).
- Jogging with feet back – towards buttocks (approximately 15 seconds).
- Bouncing forward and back in fighting stance - get your students to put right leg back into a fighting stance. Have them bounce back and forward on the balls of the feet. Have them keep their guard up while doing this exercise. This may be done for approx 20-30 seconds, changing legs approximately every 10 seconds.

2. Joints and connective tissue

Approximate time to complete is 1 minute.

Feet

- Lift one leg.
- Point toes down and hold.
- Point toes up and hold.
- Point foot up and hold.
- Rest leg on the ground to stretch calf muscle.
- Rotate the ankle one direction slowly, then opposite.
- Change legs and repeat.

Knees

- Bring legs together and bend slightly at the knees.
- Hands are placed next to your knee caps (not over them).
- Rotate slowly in small circles then change directions.

Hips

- Have legs one shoulder width apart with the hands on the hips.
- Rotate the hips in slow circles in one direction then change.
- Keep the stomach muscles tense while doing this to support the spine.

Hands

- Fingers open and close.
- Roll wrists around in circles one direction then change.

Elbows

- Arms out slightly off the body.
- Rotate from the elbows in circles slowly.
- One direction then change.

Shoulders

- Start by rotating the shoulders while keeping the arms down to the side.
- Next, swing both arms in a crossing motion across the body (In across the chest then out and apart).
- When they swing apart they should move up slightly to incorporate chest muscles also.

(This should not be done fast and only use the muscles instead of momentum to move the arms).

Neck

- Look to one side - hold 5 seconds - change sides.
- Look up - hold for 5 seconds.
- Look down - hold for 5 seconds.

3. Dynamic Stretching

Dynamic stretching allows the muscles to gradually find their full range of motion. It should not be done in an excessive manner at this stage of training.

Leg raises (to the front)

Students start with right leg back in a short fighting stance. The right leg then swings upwards no higher than necessary (until a slight discomfort is felt in the hamstring muscle) then comes back to the starting position.

This is to a count of 10 on each leg. Students should start with a relatively low swinging motion, and gradually increase the range as the count gets up to 10.

Leg raises (to the side)

Starting in heiko dachi, swing the right leg outwards to the side. Again, students should start with a relatively low swinging motion, and gradually increase the range as the count gets up to 10 (Students should not stretch beyond a point of slight discomfort in the groin muscle).

Key points that must be adhered to when performing leg raises

- Don't allow the heel of the foot that remains on the ground to lift.
- Keep the leg that raises straight.
- Keep the hips completely square to the front.
- Don't compete with yourself or anyone else for height.
- Use muscle control (not momentum) to raise the leg.
- Height doesn't necessarily mean a better stretch.

2.2 Class Stretching

- In producing our stretching format our two main goals were safety and effectiveness.
- Let your students know that they do not need to push themselves as this does more harm than good.
- It is important during all stretches to breathe deeply and keep the body relaxed.
- For more information on stretching, be sure to read 'The Psychology of Stretching' and 'Types of Stretching' which can be found in section 5.

The GKR Karate stretching format

- The *GKR Karate Stretching Format* covers stretches for 6 muscle groups.
- All stretches should be done twice unless specified.
- Hold each stretch for approximately 20 seconds.

- After this it is important to shake the muscles out and relax them for a few seconds.
- Stretching in total should take no more than 5 minutes.



Stretch 1 Quadricep Stretch

Starting position

Stand on one leg. Bending opposite knee while grasping foot or ankle. Looking forwards with back straight.

Stretch action

Keeping back flat and knee pointing straight down to the floor. Pull ankle in towards buttocks while pushing hips forward slightly. Keep knees together.

Reps

Each leg to be stretched twice.



Stretch 2 Calf Stretch

Starting position

Hands on hips. Back straight. Right leg back into parallel stance. Back foot pointing straight ahead and back leg bent.

Stretch action

Bend front knee while moving weight forward. Keeping back heel on the floor, bend the back leg until you feel the stretch in your calf.

Reps

Each leg to be stretched twice.



Stretch 3 Groin Stretch A

Starting position

Starting in sumo stance. Lean slightly forward with a straight back. Place elbows on the inside of the knees. Look forward.

Stretch action

Push your knees back with your elbows while keeping back straight and looking forwards.

Reps

Repeat stretch twice.



Stretch 4 Groin Stretch B

Starting position

Sit with the soles of feet together and drawn close to the groin area. Hold your ankles with the elbows resting on the inside of the knees.

Stretch action

Press down with the elbows while simultaneously leaning forward from the hips – keep your back straight.

Reps

Repeat stretch twice.



Stretch 5 Lower Back Stretch

Starting position

Lie on back. Left leg stays out straight. Bring right knee to chest and grab shin. Head remains on the floor.

Stretch action

Pull leg in towards chest. Keep head on the floor.

Note: *This stretch can be performed both legs at one time.*

Reps

Each leg to be stretched twice.



Stretch 6 Gluteals and Upper Hamstrings Stretch

Starting position

Lie on back. Left leg stays out straight. Lean forward slightly to grab right leg. Grab the ankle and the thigh so the leg is perpendicular to the left leg (as shown in diagram).

Stretch action

Gently pull the right leg (ankle and thigh together) in towards the chest. The left leg may stay on the floor or come up behind the right leg to support it.

Reps

Each leg to be stretched twice.



Advanced Stretch

Stretch action

Grab left leg with both hands and pull towards the chest.



Stretch 7 Back Stretch

Starting position

Lie on back. Left leg is bent. Left arm is held out to the side. Right hand grabs top of the left knee.

Stretch action

Right hand pulls left knee, crossing the right leg towards the floor. keep upper back and shoulders flat on the ground.

Reps

Each side to be stretched twice.



Stretch 8 Hamstring Stretch A

Starting position

Sit with leg to be stretched out in front. Knee straight, toes pointing up. Other leg bent so the foot is by the knee of the leg to be stretched.

Stretch action

Keeping back straight, reach forward with both hands. For those with little flexibility they may have one hand behind supporting the back and reach with the other hand.

Reps

Each leg to be stretched twice.



Stretch 9 Hip Flexor Stretch

Starting position

Start in long forward stance. Extend the length of the stance and lower back leg to the ground. Have the hands on the ground on either side of the front leg.

Stretch action

While keeping the back straight, the eyes forward and back leg straight, push forwards from the hips down towards the floor.

Reps

Each leg to be stretched twice.



Stretch 10 Hamstring Stretch B

Starting position

Standing up. Left leg slightly bent. Right leg out in front with heel on ground and toes pointing up. Hands are both placed over the thigh of the leg being stretched.

Stretch action

Lean forward slightly from the hips keeping the back straight. Aim to pull hip back to increase the stretch on the hamstring. This stretch also improves calf muscle flexibility.

Reps

Each leg to be stretched twice.

2.3 Class Cool Down

As it is important to warm the body up to prepare it for activity, it is equally important to cool the body down to prepare it for rest. It is always important after exercise to bring the body's heart rate, blood flow and temperature back towards a normal level before resting.

Purpose of the cool down

- Decrease body temperature, heart rate and muscular tension.
- Minimise muscle soreness, stiffness and potential injury during the days that follow.
- Promote flexibility.

Note: *Students should always be encouraged to further cool down and stretch after class if they tend to get muscle soreness and stiffness in days that follow training.*

Class Cool Down

Step 1

Option A

Have the class run through 1st Kata. It should be done at a very slow pace, while concentrating on deep breathing.

Stress the importance of:

- Students need not go into full-length stances.
- Students should be relaxed - NO TENSION in the body at all.
- Students should concentrate on slow, deep breathing.
- Students should understand that the goal is to slow the heart rate and cool the body down.

Option B

If the class has been sparring, have everyone spar one more round at a very slow pace (approximately 20% focus).

Stress the importance of:

- Students should not be (at all) competitive.
- Students should be relaxed and concentrating on their breathing.
- Students should be going slow enough to allow their heart rate to slow down.
- Students should understand the goal is cool down.

Step 2

Run through the 'joint and connective tissue' portion of the warm-up format.

Hint: *While cooling down you may give the class feedback on how they went.*

Step 3

Once the body's heart rate has been reduced back to a normal level, follow the stretching routine again, focusing mainly on legs, lower back and shoulders.

2.4 Karate Techniques

There are many techniques in karate. The most common ones are listed below, and will be the main techniques that GKR Karate students will practice and be tested on up to and beyond Black belt.

Strikes	Japanese
Head level punch	Jodan tsuki
Stomach level punch	Chudan tsuki
Short punch	Shita tsuki
Rising elbow strike	Hijiate
Round elbow strike	Mawashi empi
Forward back fist	Ura uchi
Side back fist	Yoko ura uchi
Ridge hand strike	Haito
Knife hand strike (out)	Gyaku shuto
Knife hand strike (in)	Shuto uchi

Blocks	Japanese
Head level block	Jodan age uke
Inside hooking block	Uchi uke
Outside hooking block	Soto uke
Downward block	Gedan barai
Sweeping block	Gedan uke
Double block	Chuge uke
Open hand hook block	Kake uke
Open hand round block	Mawashi uke
Knife hand block	Shuto uke

Stances	Japanese
Parallel stance	Heiko dachi
Forward stance	Zenkutsu dachi
Horse riding stance	Kiba dachi
Sumo stance	Shiko dachi
Back leaning stance	Kokutsu dachi
Pigeon toe stance	Sanchin dachi
Cat stance	Neko ashi dachi

Kicks	Japanese
Front kick	Mae geri
Round kick	Mawashi geri
Side kick	Yoko geri
Back kick	Ushiro geri

The techniques that we practice and develop help to nurture solid foundations for self defence applications. They are introduced and taught at various stages of the students development. Most are introduced at the beginning (beginners course) as a way of introducing the student to the basic strikes, blocks, kicks, stances, with the remaining techniques introduced progressively between Yellow and Black belt.

There are more techniques that you will learn and practice as you progress in your karate journey. Many of these are not required for any grading or formal progression purpose for any pre black belt grades. Some of them will be learnt through the practice of kata. Some are practiced as a result of extended training for tournament competition purposes.

2.5 Beginners Class Format and Training Drills

We start our karate journey with learning basic karate strikes, blocks, kicks, and stances. This helps to develop gross motor and movement skills, and allows for the practitioner to begin to appreciate the need to develop focus and power through the proper use and application of technique.

Essentially, karate is learning how to use our body. We learn to use both sides of our body, improve coordination and understand how to generate power and effectiveness through proper use of technique. We are learning principles and developing strategies for self-defence.

The following basic techniques are to be practiced in standing position (heiko dachi) for beginners. They also form the grading format that will be tested for White and Yellow belt students.

Strikes		Japanese			
1	Punch (head level)	Jodan tsuki	4 slow	6 medium	10 fast
2	Punch (mid level)	Chudan tsuki	•	•	•
3	Short punch	Shita tsuki	•	•	•
4	Rising elbow strike	Hijiate	•	•	•
5	Round elbow strike	Mawashi empi	•	•	•
6	Forward back fist	Ura uchi	•	•	•
7	Side back fist	Yoko ura uchi	•	•	•

Blocks		Japanese			
1	Head level block	Jodan age uke	4 slow	6 medium	10 fast
2	Inside hooking block	Uchi uke	•	•	•
3	Outside hooking block	Soto uke	•	•	•
4	Downward block	Gedan barai	•	•	•
5	Sweeping block	Gedan uke	•	•	•

Stances		Japanese			
1	Parallel stance	Heiko dachi	* Hold each stance for 20 seconds		
2	Forward stance	Zenkutsu dachi			
3	Horse riding stance	Kiba dachi			
4	Sumo stance	Shiko dachi			

Kicks		Japanese				
1	Front kick	Mae geri	4 stages	3 stages	5 slow	10 fast
2	Round kick	Mawashi geri	•	•	•	•
3	Side kick	Yoko geri	•	•	•	•
4	Back kick	Ushiro geri	•	•	•	•

NB: Only Front kick will be tested for first grading (to Yellow Belt). White belt students may practice all 4 kicks to develop technique, balance, leg

strength and flexibility. Kicking uses the major muscle groups and is a great cardio vascular activity.

Combinations

Drill: Use front stance to generate forward movement with lunge punch.

Focus: Develop coordination, use push/pull principle to maximise focus/power.

Drill: Move through in front stance with head block and downward block. Move back with head block and downward block.

Focus: Use of head block as defence technique. Develop push pull, kime, goju principles. Awareness (guard up) and lowest belt wins (stances) can also be discussed and applied in both forward and backward movement in this drill.

Drill: Move through in short front stance (fighting stance) with front kick.

Focus: Use good technique. Knee up, correct use of hips, guard up.

NB: * Front kick can also be practiced as a knee strike. This is a very important self defence technique. Same principles of movement apply - low stance for balance - knee up (stage 1 kick) - use hips to thrust forward. Keep your guard up. Grab attacker by head to increase both control and power (push pull, kime).

* Head level punch may be practiced as palm heel strike, especially useful and practical for self defence training and applications.

Partner Work

The use of partner work is very important to simulate the action of attack and defence. We start off by using single punch and block techniques - using head, outside hook block, downward block. Variations of the drill can be added once students are gaining confidence in the execution of the drill.

Drill: One side punches head level, other side blocks (mirror image). Head level punch head level block. Stomach level level/outside hook block, groin level punch/downward block ... can also use sweeping block in this exercise. 10 of each, change to next punch/block combo, alternate sides.

Variations: Advanced versions include using alternating punch and blocks, single arm blocks to three simultaneous punches. Add reverse punch at end of triple block. Move into short stance. Use more hips in the blocking action.

Self Defence Applications

We focus on putting meaning and purpose into all basic techniques. All blocks can be used as self defence techniques.

Drill: Defence against a punch. (head/body/straight/hook)

1. Punch (hook or straight) to head - Head block/inside hook block/punch or palm strike to face.
2. Hook punch to body - inside hook block/punch to head or body.
3. Straight punch to body - downward block/punch to head or body.

NB: Use noodles or shin guards to simulate attacks to head and body (swinging punches/strikes). Kick/strike shields may also be used.

Drill: Defence against a wrist grab. (mirror image/same hand).

1. Left hand grabbing right wrist (mirror image).
 - Execute palm strike to face (push pull principle).
 - Execute head block to throat - step into front stance to extend.
 - Execute downward block to break hold (to wrist and various points up the attackers arm to show how effective the block is when used in multiple ways/areas).
 - Execute outside hook block to 1. On/just above wrist and 2. Crease of arm at elbow. This action will help to release the hold whilst also hurting attackers arm. Follow through with either of back fist strike, inside hook block (as strike), head level block (as strike to head/throat).
 - Kick to groin/knee to groin. Follow through with palm heel strike to face (second kata principle).
2. Right arm grabbing right wrist (cross over).
 - Execute palm strike to face/open hand hook punch to side of head/ear.
 - Execute inside hook block and follow up with outside hook block as strike to back of arm at elbow (careful when practicing!)
 - Execute Gedan barai as strike to the attackers arm at the crease of the elbow

while pulling grabbed arm back towards your side (hikite), can also use same action but strike to head, follow through with back fist to head with same arm, strike back down onto attackers arm to break their hold and follow through with strikes to head and kick/s to groin (can also grab their head to execute knee strike/s).

- Age uke can be used to break hold (more advanced).

NB: In all drills, the use of 'hikite' (returning arm to side of body) is as important as the block/strike itself. This is where the application and understanding of the push/pull principle can be explained and practiced.

Drill: Defence against a single throat or lapel grab.

1. Trap the attackers hand while executing palm heel strike to face. The trapping action reduces the pressure of the grab (greatly reducing the chance of pain/injury) while also allowing you to use push/pull principle to increase power and effectiveness of the strike. Trapping the attackers hand also increases control and limits their ability to use that same hand to strike again.

2. Use one hand to trap the attacking arm at the crease of the elbow (pull it towards you) as you execute round elbow strike to head. Follow through with back fist strike. Use stance to maximise rotation of hips/shoulders to increase striking power.

3. Use one hand to trap the attacking arm at the crease of the elbow (pull it towards you) as you execute head block as strike to head/throat with other hand. This is using the exact action that we practice for head level block.

4. Execute kick/knee to groin. In this example, assume right leg back, use right hand to trap and left palm heel strike to face, then switch legs as you grab the attackers head with both arms and knee to groin/mid/head.

Drill: Defence against a double throat or lapel grab.

1. Strike to eyes, ears, side of head. If you cannot reach these areas, strike to side of body, ribs, even grab their arms for support and knee strike to groin. Follow through with round either/or of elbow strike, strike to ear/side of face, palm heel strike/punch to face.

2. Trap one hand while striking round elbow strike with other. Follow through with either/or reverse elbow strike, back fist strike, drop same striking arm down onto attackers arms to reduce hold,

trapping their arms (like hikite action) and strike to face with palm heel strike or punch with other arm. Step back to initiate either kick to groin, shins, or knee to groin.

3. Strike to face/head or side of body, follow through with striking down on one arm with soto uke/hammer fist technique, on the crease of the arm at elbow joint, as you simultaneously strike to the face/head with other hand. Use hook punch, palm heel strike, elbow strike.

Drill: Defence against hair grab from front/side/back:

1. Front: Trap their hand onto your head to reduce pain from pulling onto hair, step back as you drag their posture forward and execute kick to groin or shin. Follow through with multiple kicks until you feel their hands wanting to release hold.

2. Side: Trap the hand as you turn towards them and execute kick to groin/shins. If the attacker is close enough, execute side back fist to face or groin, or side kick to knee.

3. Back: Turn fast while lifting arm (left arm for left turn, right arm for right turn) up over their hand to trap, strike to face/head with palm heel strike, or round elbow strike, or hook punch to side of head, or slap into side of head/ear.

Bag Work - Strikes/Kicks

Using kick bags to practice kicking and striking bridges the gap between learning the basic techniques and principles of movement, and applying the techniques in reality. Effective use of bag work helps to gain understanding of how the theory is applied in practice and builds confidence in the effectiveness of the technique. It also helps to improve strength and conditioning whilst providing real time feedback on the application and quality of the striking/kicking being performed.

Aim to spend 10-15 minutes per class on average on this type of training. Often it may be that 2-3 lessons go by without utilising bag work, and that is ok as long as it does not become habitual. We also have to resist the notion of using bag work as a 'treat' or something unique or special we do every so often. This is likened to a boxer who is taught to box by shadow sparring for 95% of the time for training, and every so often gets the opportunity to 'hit the bag' or do some pad work with a partner. We need to appreciate the nature and objective of this type of training, and how it will be highly beneficial for developing not only skill but also strength, focus, and confidence in the student and his/her ability to execute effective techniques.

GRADING FORMAT

White (9th Kyu) to Yellow Belt (8th Kyu)

All basics to be performed in Heiko dachi.

Strikes		Japanese			
1	Punch (head level)	Jodan tsuki	4 slow	6 medium	10 fast
2	Punch (mid level)	Chudan tsuki	•	•	•
3	Short punch	Shita tsuki	•	•	•
4	Rising elbow strike	Hijiate	•	•	•
5	Round elbow strike	Mawashi empi	•	•	•
6	Forward back fist	Ura uchi	•	•	•
7	Side back fist	Yoko ura uchi	•	•	•

Blocks		Japanese			
1	Head level block	Jodan age uke	4 slow	6 medium	10 fast
2	Inside hooking block	Uchi uke	•	•	•
3	Outside hooking block	Soto uke	•	•	•
4	Downward block	Gedan barai	•	•	•
5	Sweeping block	Gedan uke	•	•	•

Stances		Japanese			
1	Parallel stance	Heiko dachi	* Hold each stance for 20 seconds		
2	Forward stance	Zenkutsu dachi			
3	Horse riding stance	Kiba dachi			
4	Sumo stance	Shiko dachi			

Kicks		Japanese				
1	Front kick	Mae geri	4 stages	3 stages	5 slow	10 fast

Combinations (6 forward, 6 backwards)

Moving forward in front stance	Lunge punch (head level)
Moving backward in front stance	Head level block
Moving forward in front stance	Lunge punch (mid level)
Moving back in front stance	Outside hook block
Moving forward in short forward (fighting) stance	Front kick
Moving back in front stance	Downward block

GRADING FORMAT

Yellow (8th Kyu) to Orange Belt (7th Kyu)

All basic techniques to be performed in Heiko dachi. Front and round kick to be performed from short forward (fighting) stance. Side and back kick to be performed from Heiko dachi.

Strikes		Japanese			
1	Punch (head level)	Jodan tsuki	4 slow	6 medium	10 fast
2	Punch (mid level)	Chudan tsuki	•	•	•
3	Short punch	Shita tsuki	•	•	•
4	Rising elbow strike	Hijiate	•	•	•
5	Round elbow strike	Mawashi empi	•	•	•
6	Forward back fist	Ura uchi	•	•	•
7	Side back fist	Yoko ura uchi	•	•	•

Blocks		Japanese			
1	Head level block	Jodan age uke	4 slow	6 medium	10 fast
2	Inside hooking block	Uchi uke	•	•	•
3	Outside hooking block	Soto uke	•	•	•
4	Downward block	Gedan barai	•	•	•
5	Sweeping block	Gedan uke	•	•	•

Stances		Japanese			
1	Parallel stance	Heiko dachi	* Hold each stance for 20 seconds		
2	Forward stance	Zenkutsu dachi			
3	Horse riding stance	Kiba dachi			
4	Sumo stance	Shiko dachi			

Kicks		Japanese				
1	Front kick	Mae geri	4 stages	3 stages	5 slow	10 fast
2	Round kick	Mawashi geri	•	•	•	•
3	Side kick	Yoko geri	•	•	•	•
4	Back kick	Ushiro geri	•	•	•	•

Combinations

All basics strikes and blocks to be performance in zenkutsu dachi. Moving forward 6 counts, and then stepping backwards for 6 counts.

Moving forward in front stance	Lunge punch (head level)
Moving backward in front stance	Head level block
Moving forward in front stance	Lunge punch (stomach level)
Moving back in front stance	Outside hook block
Moving forward in short forward (fighting) stance	Front kick
Moving back in front stance	Downward block

Kata

Taikyoku shodan (First kata)	Performed by the count
Taikyoku nidan (Second kata)	Performed by the count

GRADING FORMAT

Orange (7th Kyu) to Green Belt (6th Kyu) Green (6th Kyu) to Blue Belt (5th Kyu)

Stances

Heiko dachi, Zenkutsu dachi, Han zenkutsu dachi, Kiba dachi, Shiko dachi, Sanchin dachi, Neko ashi dachi.

Basics (strikes/blocks)

All basics strikes and blocks to be performance in Zenkutsu dachi. Moving forward 6 counts, and then stepping backwards for 6 counts.

1	Jodan oi tsuki moving forward	Age uke moving backwards
2	Chudan oi tsuki moving forward	Uchi uke moving backwards
3	Shita tsuki moving forward	Soto uke moving backwards
4	Hijiate moving forward	Gedan barai moving backwards
5	Mawashi empi moving forward	Gedan uke moving backwards
6	Uraken moving forward	Chuge uke moving backwards
7	Sanchin dachi moving forward	Neko ashi dachi moving backwards

Kicks

Front, round, back kicks in short fighting stance (Han zenkutsu dachi).

Front, round. Step through with each kick.

Side kicks in side fighting stance (similar to kiba dachi).
Step up to kick and step back to stance position.

Back kick to be performed off front leg, returning to original position. When kicking from the back leg, step back to kick off back leg, return to start position.

Perform 6 kicks, Mawate (turn), back with 6 kicks.

1	Mae geri x 6	First round medium, second round full focus
2	Mawashi geri x 6	First round medium, second round full focus
3	Yoko geri x 6	First round medium, second round full focus
4	Ushiro geri x 4 off each leg	First round medium, second round x 6, full focus

Kata

Orange belts to perform Saifa	By the count
Green belts to perform Saifa	Own timing

GRADING FORMAT

Blue (5th Kyu) to Red Belt (4th Kyu) Red (4th Kyu) to Brown Belt (3rd Kyu)

Stances

Heiko dachi, Zenkutsu dachi, Han zenkutsu dachi, Kiba dachi, Shiko dachi, Sanshin dachi, Neko ashi dachi, Kokutsu dachi.

Basics (strikes/blocks)

All combination basics to be performed in Zenkutsu dachi. Shuto uke to be performed with kokutsu dachi. Count to be 6 forward, 6 backwards. Change legs after first and second set/combo.

1	Jodan oi tsuki (forward). Age uke, Uchi uke, Soto uke, Gedan barai, Gedan uke, Shuto uke (backwards).
2	Jodan oi tsuki, chudan gyaku tsuki, shita tsuki (forward). Age uke, Chudan gyaku tsuki, Chudan oi tsuki... continue same combination with 5 basic blocks and Shuto uke/Kokutsu dachi (step front foot across to Zenkutsu dachi for Gyaku tsuki and Oi tsuki).
3	Age uke, Gyaku tsuki, Mawashi empi, Chudan gyaku tsuki (forwards). Gedan barai, Gyaku tsuki, Mawashi empi (backwards).
4	Uchi uke, Kizami tsuki, Gyaku tsuki, Chudan oi tsuki (forwards). Soto uke, Uraken, Gyaku tsuki, Chudan oi tsuki (backwards).
5	Kokutsu dachi/Shuto uke forwards, Kokutsu dachi/Shuto uke backwards.
6	Kokutsu dachi/Shuto uke, step front foot across into Zenkutsu dachi and execute Haito uchi (forwards), Kokutsu dachi/Shuto uke, step front foot across into Zenkutsu dachi and execute Haito uchi (backwards).
7	Sanchin performing Chuge uke - using slow strength (forwards). Neko ashi dachi with Kake uke (backwards).
8	Sanchin performing Chuge uke (forwards). Neko ashi dachi with Kake uke (45 degree backwards).

Kicks

Front, round, back kicks in short fighting stance (Han zenkutsu dachi).

Front, round. Step through with each kick.

Side kicks in side fighting stance (similar to Kiba dachi).

Back kick to be performed off front leg, returning to original position. When kicking from the back leg, step back to kick off back leg, return to start position.

Perform 6 kicks, Mawate (turn), come back with 6 kicks.

1	Mae geri (medium)
2	Oi tsuki, Gyaku tsuki, Mae geri
3	Mawashi geri (medium)
4	Oi tsuki, Gyaku tsuki, Mawashi geri
5	Yoko geri (medium)
6	Yoko geri, Uraken
7	Ushiro geri x 4 off each leg (first round medium, second round x 6, full focus)

Kata

Bassai Dai (5 th Kyu)	By the count
Bassai Dai (4 th Kyu)	Own timing

GRADING FORMAT

Brown (3rd Kyu) to Brown Belt (2nd Kyu) Brown (2nd Kyu) to Brown Belt (1st Kyu)

Stances

Heiko dachi, Zenkutsu dachi, Han zenkutsu dachi, Kiba dachi, Shiko dachi, Sanchin dachi, Neko ashi dachi, Kokutsu dachi.

Basics (strikes/blocks)

All combination basics to be performed in Zenkutsu dachi. Shuto uke to be performed with Kokutsu dachi. Count to be 6 forward, 6 backwards. Change legs after first and second set/combination.

1	Jodan oi tsuki (forward). Age uke, Uchi uke, Soto uke, Gedan barai, Gedan uke, Shuto uke (backwards).
2	Jodan oi tsuki, Chudan gyaku tsuki, Shita tsuki (forward). Age uke, Chudan gyaku tsuki, Jodan oi tsuki... continue same combination with 5 basic blocks and Shuto uke/Kokutsu dachi (step front foot across to Zenkutsu dachi for Gyaku tsuki and Oi tsuki).
3	Age uke, Gyaku tsuki, Mawashi empi, Chudan gyaku tsuki (forwards). Gedan barai, Gyaku tsuki, Mawashi empi, Uraken (backwards).
4	Uchi uke, Kizami tsuki, Gyaku tsuki, Jodan oi tsuki (forwards). Soto uke, Uraken, Gyaku tsuki, Jodan oi tsuki (backwards).
5	Kokutsu dachi/Shuto uke, step front foot across into Zenkutsu dachi and execute Haito uchi. Same combination going backwards.
6	Kokutsu dachi/Shuto uke, step front foot across into Zenkutsu dachi with Haito uchi. Next count, inside Shuto, outside Shuto. Same combination going backwards.
7	Sanchin performing Chuge uke, Gedan barai, Gyaku tsuki (forwards). Neko ashi dachi with Kake uke (backwards).
8	Sanchin performing mawashi uke (forwards). Neko ashi dachi with Kake uke, Mae geri (45 degrees backwards).

Kicks

Front, round, back kicks in short fighting stance (Han zenkutsu dachi).

Front, round. Step through with each kick.

Side kicks in side fighting stance (similar to Kiba dachi).

Back kick to be performed off front leg, returning to original position. When kicking from the back leg, step back to kick off back leg, return to start position.

Perform 6 kicks, Mawate (turn), come back with 6 kicks.

1	Mae geri (medium)
2	Oi tsuki, Gyaku tsuki, Mae geri, Gyaku tsuki
3	Mawashi geri (medium)
4	Oi tsuki, Gyaku tsuki, Mawashi geri (off front leg), Gyaku tsuki
5	Yoko geri (medium)
6	Yoko geri, Uraken (Zenkutsu dachi), Gyaku tsuki. (step back to side fighting stance)
7	Ushiro geri x 4 off each leg (first round medium, second round x 6, full focus)

Kata

Seiunchin (3 rd kyu)
Empi (2 nd kyu)

2.6 Kata Grading Criteria

Grade level	Belt	Kata to be performed
8 th Kyu	Yellow	N/A
7 th Kyu	Orange	Taikyoku Shodan & Taikyoku Nidan (to the count)
6 th Kyu	Green	Saifa (to the count)
5 th Kyu	Blue	Saifa
4 th Kyu	Red	Bassai Dai (to the count)
3 th Kyu	Brown	Bassai Dai
2 nd Kyu	Brown	Seiunchin
1 st Kyu	Brown	Empi
Shodan-ho	Black (Prov)	Sanseru/Sepai
Shodan (1st Dan)	Black	Sepai/Hangetsu
2 nd Dan	Black	Kanku Dai/Kururunfa
3 rd Dan	Black	Shisochin/Kanku Sho
4 th Dan	Black	Seisan/Sochin

2.7 Terminology

Strikes

English	Japanese
Stomach level punch	Chudan Tsuki
Head level punch	Jodan Tsuki
Forward back fist	Ura uchi
Side back fist	Yoko ura uchi
Short punch	Shita Tsuki
Rising elbow strike	Hijiata
Round elbow strike	Mawashi empi
Inside knife hand	Uchi shuto
Outside knife hand	Soto shuto
Ridge hand strike	Haito
Jab punch	Kizami tsuki
Lunge punch	Oi Tsuki
Reverse punch	Gyaku Tsuki

Advanced Strikes found in Kata

English	Japanese	Kata
Parallel punch	Heiko tsuki	Saifa
Hammer fist	Tetsui	Saifa
'U' shaped punch	Awase tsuki	Bassai Dai
4 finger spear hand	Yonhon nukite	Seiunchin, Kanku Dai, Sochin
Hooking back fist strike	Furi uchi	Sepai
Palm heel strike	Teisho uchi	Sepai, Shisoshin, Seisan
Vertical punch	Tate tsuki	Seiunchin, Seisan
Hook punch	Kagi tsuki	Empi, Seisan
Thumb knuckle punch	Oya yubi ken	Hangetsu
Groin level back fist	Gedan uraken uchi	Hangetsu

Blocks

English	Japanese
Rising head level block	Jodan age uke
Inside hooking block	Uchi uke
Outside hooking block	Soto uke
Downward block	Gedan barai
Groin block	Gedan uke
Double block	Chuge uke
Hooking	Kake uke
Circular block	Mawashi uke
Knife hand block	Shuto uke

Advanced Blocks found in Kata

English	Japanese	Kata
Palm heel block	Shotei uchi	Saifa, Seiunchin
Knee strike	Hiza geri	Saifa
Palm heel block	Teisho uke	Saifa, Sepai, Shisoshin, Seisan
Scooping block	Sukui uke	Bassai Dai
Circular groin block	Harai Uke	Seiunchin, Sepai
Reinforced block	Morote uke	Seiunchin, Kanku Sho
Wrist joint block	Koken uke	Sanseru
Press down block	Osae uke	Kanku Dai, Sochin
'X' block	Juju uke	Kanku Dai, Kururunfa

Kicks

English	Japanese
Front kick	Mae geri
Round kick	Mawashi geri
Side kick	Yoko geri
Back kick	Ushiro geri

Advanced Kicking Techniques

English	Japanese
Ushiro mawashi geri	Hook kick
Hiza geri	Knee strike
Ashi barai	Foot sweep
Mae tobi geri	Jumping front kick (Kanku Dai)
Stamping knee joint	Kansetsu geri (Bassai Dai, Sanseru, Kururunfa, Seisan)
Crescent kick	Mikazuki geri (Bassai Dai)

Stances

English	Japanese
Parallel stance	Heiko dachi
Forward stance	Zenkutsu dachi
Horse riding stance	Kiba dachi
Sumo stance	Shiko dachi
Back stance	Kokutsu dachi
Pigeon toe stance	Sanchin dachi
Cat stance	Neko ashi dachi
Short fighting stance	Han zenkutsu dachi

Advanced Stances in Kata

English	Japanese	Kata
Reverse cat stance	Gyaku Neko ashi dachi	Saifa
Feet together stance	Heisoku dachi	Saifa, Bassai Dai, Empi
Crane foot stance	Tsuru ashi dachi	Saifa, Empi
Cross legged stance	Kosa dachi	Empi, Sepai, Kanku Dai, Kanku Sho
Half-moon stance	Hangetsu dachi	Hangetsu
Natural stance (opening sequence)	Hachiji dachi	Kanku Dai
'L' stance	Renoji dachi	Kanku Dai, Kanku Sho
Rooted stance	Fudo dachi	Sochin

General Terminology

Training room	Dojo
Karate uniform	Gi
Karate belt	Obi
Karate student	Karate ka
Coloured grade	Kyu
Black belt grade	Dan
Instructor	Sensei
Assistant instructor	Sempai
Master instructor	Shihan
Founding instructor	Kancho
Yes	Hai
Line up (gather together)	Shugo
Standing to bow	Musubi dachi
Kneel to bow	Seiza
Quiet meditation	Mokuso
Bow	Rei
Face everybody	Otagai ni
Face sensei	Sensei ni
Face multiple sensei	Sensei gata ni rei
Shout of spirit	Kiai

Begin	Hajime
Stop	Yame
Relax	Yasume
Pattern/form	Kata
Application of technique	Bunkai
Face the front	Shomen ni
Move to parallel stance	Yoi
Make stance	Kamae
Technique	Waza
To thrust	Tsuki
Hips to front (square)	Shomen
Hips 45 degrees	Hanmi
Left	Hidari
Right	Migi
Pulling hand	Hikite
Breathing technique	Ibuki waza
Mind, spirit, energy, intention	Ki
To turn around (180 degrees)	Mawate
Sparring	Kumite