

Grading Syllabus

2nd Kyu (Blue) to 1st Kyu (Brown)

Strikes (from Tate)

Chudan Tetsui Uchi
Jodan Gyaku Haito Uchi
Gedan Shuto Uchi
Chudan Uraken Uchi
Jodan Haishu Uchi

Kicks (From Moto Dachi)

Mawashi Hiza Geri
Yoko Mawashi Geri
Yoko Geri Tsugi Ashi
Gyaku Mawashi Geri Tsugi Ashi
Previous Technique

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

Koken Uke
Kake Uke
Jodan Wa Uke
Mawashi Uke
Haito Uke, Osae Uke
Previous Technique

Exercises

Hakku Undou (eight direction) Tsugi Ashi (half step), kick, strike and block
Hakku Undou (eight direction), Kumite Dachi, kick and strike

Kata

Kihon Kata 17, 18, 19, or 20, Pinan Yodan; Previous kata; Primary Bunkai.

Kihon Kumite

Attacker	Defender
Zenkutsu Dachi to Zenkutsu Dachi	Moto Dachi slide back to Sanchin Dachi, shuffle in to Sanchin Dachi to strike.
Jodan Tsuki	Koken Uke, Jodan Teisho Uchi
Chudan Tsuki	Kake Uke, Ura Tsuki
Jodan Tsuki	Gyaku Jodan Uke, Age Hira Tsuki
High double grab	Shuto Wa Uke, Chudan Hasami Tetsui Uchi
	Previous Technique

Self Defense

Attacker	Defender
Yoko Geri	Sukui Uke, grab leg with rear hand, grab arm, Nami Ashi, Chudan Tsuki.
Jodan Tsuki, Chudan Tsuki	Mawashi Uke, wrap arms to Ikkajo
One arm choke from behind	Protect breathing, drop knee while pivoting, shoulder throw.
Jodan Tsuki	Mawashi Uke, trap with rear hand, raise elbow with the forward hand and pivot on forward leg, shoulder lock, bring opponent to one knee.

Sparring

Proper karate techniques.
Strikes and kicks 1 – 2 inches from body 2 - 3 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 Okinawan origins of Japanese Karate.
Ippon Seoi Nage (one arm shoulder throw).
Back breakfall from standing.
Front Roll from kneeling.

Terminology

Kake Dachi - Hooked Stance	Sanchin Dachi – Inward Tension Stance	Kagi Tsuki - Slip Punch
Hira - Flat or Horizontal	Mae Tobi Geri - Jumping Front Kick	Moto Dachi - Sparring Stance
Haito Uke -Ridge Hand Block	Sukui Uke - Scooping (deflection) Block	Oi Ashi - Full step
Teisho Uke - Palm Heel Block	Kihon Kumite - Prearranged Sparring	Tsuri Ashi - Sliding Feet
Juji Uke - Cross Block	Ippon Kihon Kumite - One Point Prearr'd Sparring	Chidori Ashi - Cross Step
Fumikomi - Stomping Kick	Nihon Kihon Kumite - Two Point Prearr'd Sparring	Tsugi Ashi - Half Step
Hiza Geri - Knee Kick	Sanbon Kihon Kumite - Three Point Prearr'd Sparring	

Suggested Reference Material: Fundamentals of Karate-Do by Keiji Tomiyama Funakoshi introduced the formalized Karate system to Japan. This is his philosophical approach to Karate.

Grading Syllabus

1st Kyu (Brown) to Shodan-Ho

Strikes (from Angled Zenkutsu Dachi)

Chudan Tate Tsuki
Jodan Age Tsuki
Gedan Teisho Uchi
Chudan Tate Shuto Tsuki
Jodan Mawashi Tsuki

Kicks (From Moto Dachi)

Mae-Yoko Geri
Ushiro Mawashi Geri
Mae-Yoko- **Ushiro Geri**
Spin Gyaku Mawashi Geri
Previous Technique

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

Nagashi Uke
Osae Uke
Chudan Sukui Uke
Kuri Uke
Sashite Uke
Previous Technique

Exercises

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

Kata

Pinan Godan, Naifunchi Shodan; Naifunchi Nidan, Naifunchi Sandan, Previous kata; Primary Bunkai.

Kihon Kumite

Attacker	Defender
Zenkutsu Dachi to	Moto Dachi slide forward to angled
Zenkutsu Dachi	Shiko Dachi, block and strike together.
Mae Geri	Nagashi Uke, Mawashi Tsuki
Chudan Tsuki	Osae Uke, Mawashi Hiji Ate
Jodan Tsuki	Kuri Uke, Ipponken Tsuki
Jodan Mawashi	Shashite Uke, Chudan Hiji Ate
Tsuki	Previous Technique

Self Defense

Attacker	Defender
One lapel grab	Reach over grasping hand and grab, lift elbow up then over, drop to shoulder lock.
Bear hug	Hook foot, apply pressure to inside of knee.
Bear hug	Step forward, drop back knee while pivoting.
Mae Geri	Left hook under ankle; roll knee over; pull back and drop; ankle lock

Sparring

Strikes and kicks 0 – 1 inches from body 1 - 2 inches from face.
All strikes and kicks must be targeted above partners belt.
Open hand techniques allowed.
Spinning techniques allowed.
Takedown techniques allowed.
No joint locking techniques.

Miscellaneous

Identify your Wado Lineage.
Front Roll from standing.
Side Breakfall from standing.

Terminology

Kiba Dachi - Straddle Stance	Mae - Front	Nami Ashi Uke - Inside Foot	Haishu Uke - Back Hand Block
Ashi Harai - Foot Sweep	Morote - Both Hands	Snapping Block	Hira Tsuki - Flat (fist) Punch
Ushiro - Back (Backwards)	Hiji Ate - Elbow Strike	Shodan-ho - Probationary Black Belt	Teisho Tsuki - Palm Hand Thrust
Kake Uke - Hook Block	Gyaku - Reverse	Seishan Dachi - Wide Inward	Nikkajo - Second control method
Ikkajo - First control method	Tate Tsuki - Vertical Punch	Tension Stance	Haishu Uchi - Back Hand Strike
		Gyaku Mawashi Geri - Hook Kick	
		Mawashi Uke - Circular Block	

Suggested Reference Material: