



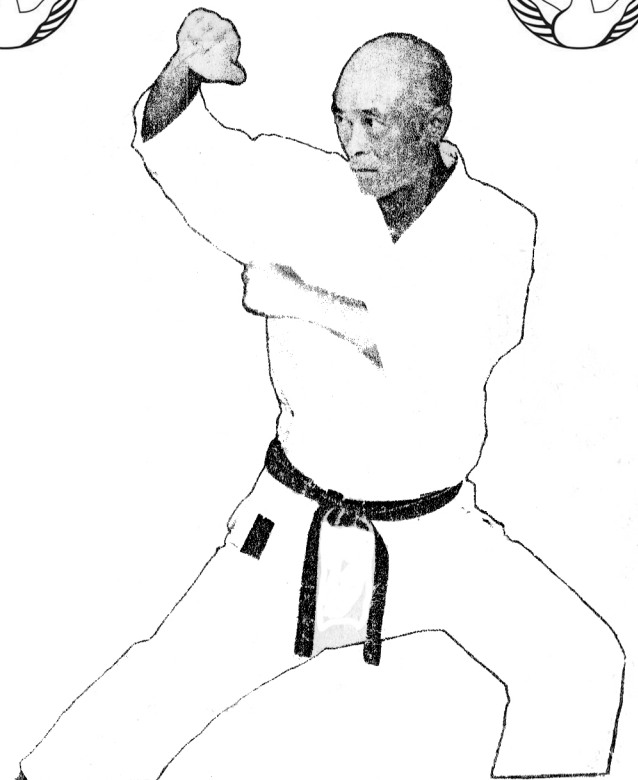
W.I.K.F



GRADING SYLLABUS



W.I.K.F



GRADING SYLLABUS



KARATE NI SENTENASHI

A basic and very essential part of Karate training. It means that Karateka must never attack first—mentally or physically. To understand this fully years of hard, correct training are needed.

As the Karateka grows in stature so also will grow his good manners and etiquette, outwardly and, even more important, inwardly.

All Karate training must be intense and with purpose.

Correct Dojo etiquette is essential.

LICENCES AND GRADING RECORD BOOKS

LICENCE

This must be renewed annually—an application form is available from your club secretary. Please ensure you give all information required on the form; this will reduce delay in returning your licence. Please include a self-addressed stamped envelope. Print your name and address on the form in block capitals.

RECORD BOOKS

This is a complete record of your progress in Karate gradings and must be produced when asked for by the club principals. This is particularly important when visiting other Dojos. If you lose your record book notify the Licence officer immediately. Your licence and record book is your Karate passport so please take care of it.

Enquiries concerning licences and gradings should be addressed to the Federation Licence Officer. Application, including payment, must be made direct to the Federation Treasurer.

Your club secretary will provide you with the addresses of any of the above Officers.

All information about championships, other contests, and all Federation matters, are contained in the circulars which are sent to all clubs from time to time. All club members must ask to see these circulars if they are not displayed.

REMEMBER: You are responsible for applying for your licence whether initial or renewal, and to reduce delay an envelope of adequate size should be included, self addressed and stamped. You cannot enter for a grading unless you possess a current licence and you must get the grading instructor to sign your book in the appropriate "box" immediately after a grading session, if you have passed your examination.

9th KYU RED BELT (CHILDREN ONLY)

1/ SHIKO DACHI — OPEN LEG STANCE

- (a) Chudan Zuki — Middle Punch
- (b) Jodan Uke — Head Block
- (c) Gedan Barai — Downward Block

2/ HIDARI (MIGI) HANMI GAMAE — LEFT (RIGHT) FIGHTING STANCE

- (a) Mae-Geri — Front Kick
- (b) Gyaku Zuki — Reverse Punch

3/ HIDARI GAMAE — LUNGE PUNCH STANCE

- (a) Mawatte Jodan Uke — Turn and Head Block (Left and Right)

DOJO KUN (Dojo Maxims)

These Maxims are mottos, the spirit of which serious students of Karate should try to follow if they wish to gain the maximum from their training. The Maxims are like the English sayings "Service not self" "Deeds not words", "Be prepared" and exemplify an attitude which dictates a way of life.

1. Reisetsu O Mamori (stick to the rules). In the Dojo good etiquette must be observed by following the rules.
2. Shingi O Omanji (A student must have loyalty to his instructor). This is the most important thing in Martial Arts. It is not possible for someone to change his style in Japanese Martial Arts — people who do so cannot learn the correct etiquette and spirit of Martial Arts.
3. Jojitsu Ni Oberezu (Teachers and students are not all one). Outside the Dojo you can be friendly with your Sensei but do not take advantage of this friendship. In the Dojo respect and revere him.
4. Shinkenmi Ni Teseyo (Be serious in your efforts). No flippancy, chattering, smoking, gum chewing, eating or drinking in the Dojo. Concentrate solely on Karate and train hard in everything you do. The Dojo is not a social gathering hall and visitors as well as students shall respect the rules and the Maxims.

8th KYU YELLOW BELT

KIHON, TSUKI & KERI (BASIC TECHNIQUES)

1. Junzuki turn in Jodan Uke—Straight punch, head block
L & R
2. Gyakuzuki turn in Gedan Barai—Opposite punch, low block
L & R
3. Maegeri—Front kick
4. Surikomi-Maegeri—One step front kick
5. Sokuto-Fumikomi—Knee kick (edge of foot)

RENRAKU WAZA (COMBINATION TECHNIQUES)

1. Chudan-Maegeri-Tobikomizuki—Front kick, snap punch
2. Chudan-Surikomi-Maegeri-Tobikomizuki — One step front kick and snap punch
3. Chudan-Maegeri-Gyakuzuki—Front kick opposite punch
4. Chudan-Surikomi-Maegeri-Gyakuzuki—One step front kick and opposite punch

UKE (BLOCKS)

1. Chudan-Soto Uke-Gyakuzuki—(Middle) outer block opposite punch
2. Chudan-Uchi Uke-Gyakuzuki—(Middle) inner block, opposite punch

MOKUSO (EMPTY MIND)

Mokuso is part of the training of the mind called 'MUSHIN' which comes from ZEN BUDDHISM. One must attempt to return to the mental state of a new-born child — that is — without a sense of fear, not conscious of distress, pain, cold, etc. A baby cannot anticipate these things and therefore has no fear and does not hesitate before moving. An adult knows fear and is afraid. When attacked he feels tense and is often useless against the assailant because movement is restricted.

If one sees a beautiful flower, normally the mind concentrates on it — but with an empty mind (MOKUSO) the mind is aware of everything else as well as the flower.

So when one fights an enemy — attacking and defending — if only concentrating on blocking techniques — the mind is restricted to that movement, but if the mind is empty (and blocking practised enough) the body is able to do the next movement automatically and movements will always be natural.

If the body is tense it is wasting energy and restricting speed — it is essential to move without being conscious of it — that feeling is called MUSHIN.

MOKUSO IS PART OF THE TRAINING FOR MUSHIN

HOW TO PRACTICE MOKUSO

Sit in seiza position.

Back straight, chin pulled in, eyes half closed.

Look at a spot on the floor 2 metres in front of you.

In the beginning it is difficult to empty the mind so the first step is to practice SUSOSU-KAN — that is control of the mind.

To do this count from 1 to 10 slowly, repeatedly.

Breath in as you count 1 and out as you count 2 etc. Do not concentrate on anything but counting.

If you can do this for 30 minutes then you can control your mind.

The next step is to empty your mind. If you have to think about emptying your mind — it is not empty — there should be no effort involved.

When you can do that you will find a great difference in your free fighting.

Suhari

SUHARI is an old and important Martial Arts word in Japan.

Su

Indicates that a beginner must correctly copy all karate techniques from his instructor.

Ha

Means that after a number of years training, when the Karateka has attained a high-degree Black Belt, he is allowed to develop new techniques, provided they are improvements. This applies to all movements with the exception of basic techniques.

Ri

Is the highest form. It means that after an even longer period of training than for HA, the Karateka must be able to perform all forms of Karate automatically, not stopping to think about his moves.

Kikioji, Mikuzure, Futanren

Kikioji

Being afraid because the enemy looks very fierce and strong.

Mikuzure

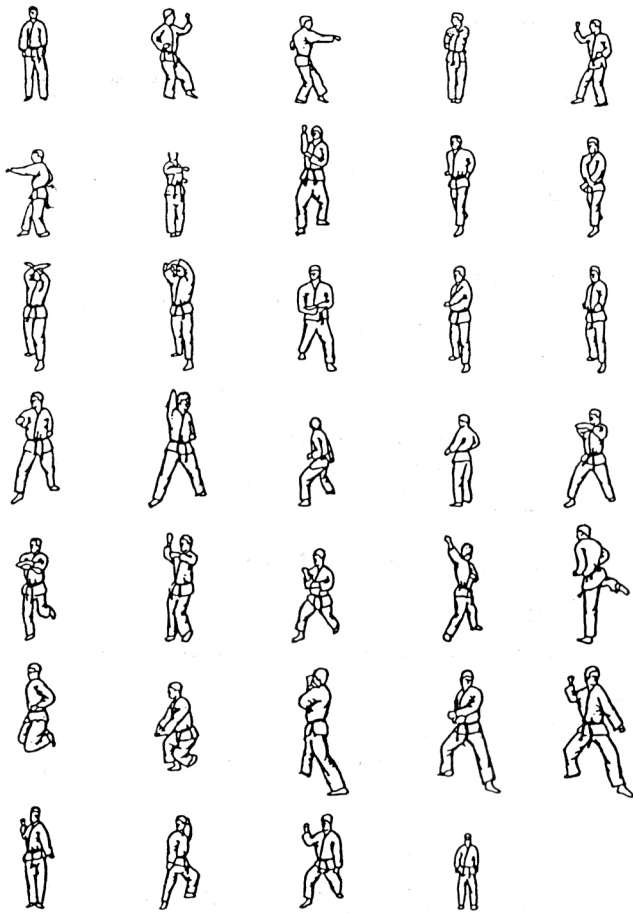
This is a Historical Samurai Maxim.

Being afraid before fighting, because of the enemy's reputation.

Futanren

Inadequate training.

Any one of these three is enough to lose the contest for the Samurai. The Maxim also applies to all Martial Arts, including Karate.



KIHON. TSUKI & KERI (BASIC TECHNIQUES)

1. Junzuki no Tsukkomi
2. Gyakuzuki no Tsukkomi
3. Mawashigeri

RENRAKU WAZA (COMBINATION TECHNIQUES)

1. Maegeri—Mawashigeri—Gyakuzuki
2. Surikomi—Maegeri—Mawashigeri—Gyakuzuki

UKE (BLOCKS)

SANBON GUMITE

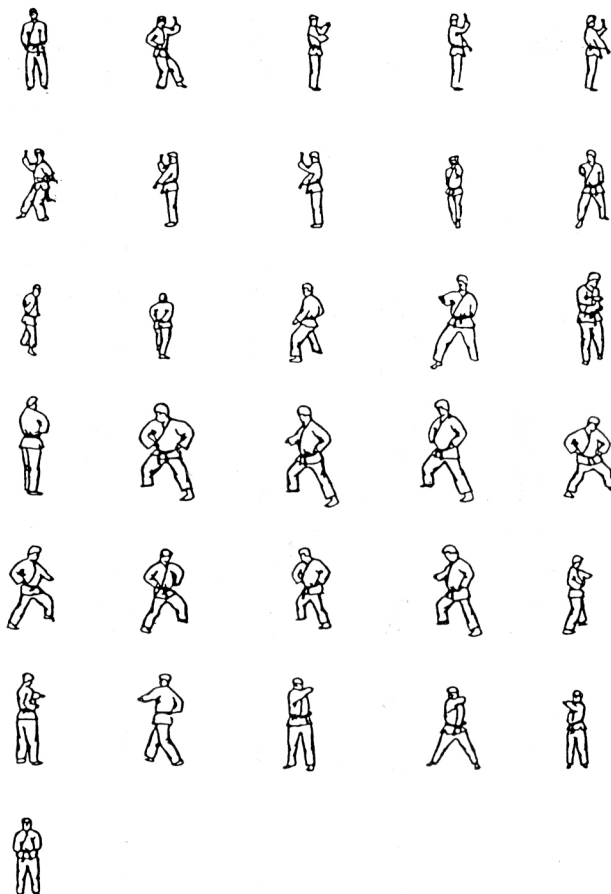
1. Chudan Soto Uke—Maegeri Gyakuzuki
2. Chudan Uchi Uke—Empi
3. Chudan Maegeri—Uke Ipponme—Gyakuzuki
4. Chudan Maegeri—Uke Nihonme—Gyakuzuki

KATA (FORM)

Pinan Nidan

Pinan Sandan

5th KYU BLUE BELT



KIHON. TSUKI & KERI (BASIC TECHNIQUES)

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki No Tsukkomi
4. Kette Gyakuzuki No Tsukkomi
5. Nagashizuki
6. Ushirogeri Gedan
7. Sokuto Chudan
8. Nidan Geri Jodan

RENRAKU WAZA (COMBINATION TECHNIQUES)

1. Mawashigeri Chudan—Ushirogeri Gedan—Gyakuzuki Chudan
2. Surikomi Sokuto Fumikomi—Ushirogeri Gedan—Uraken Jodan

UKE (BLOCKS)

SANBON GUMITE

1. Jodan Uke—Sanbonme, Yonhonme
2. Chudan Maegeri Uke—Sanhonme, Yonhonme
3. Chudan Soto Uke and Uchi Uke

KATA (FORM)

1. Pinan Sandan
2. Pinan Yodan

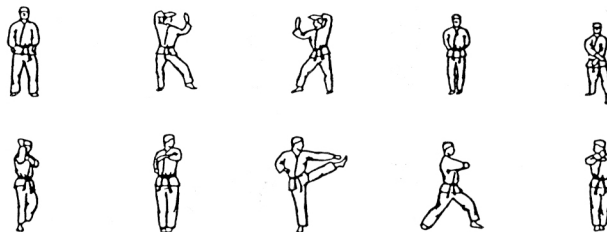
OHYO GUMITE (SEMI-FREE FIGHTING)

Nihonme

JI YU KUMITE (FREE FIGHTING)

KIHON. TSUKI & KERI (BASIC TECHNIQUES)

1. Kette—Junzuki
2. Kette—Gyakuzuki
3. Tobikomizuki
4. Surikomi—Mawashigeri Chudan
5. Surikomi Sokuto Chudan



RENRAKU WAZA (COMBINATION TECHNIQUES)

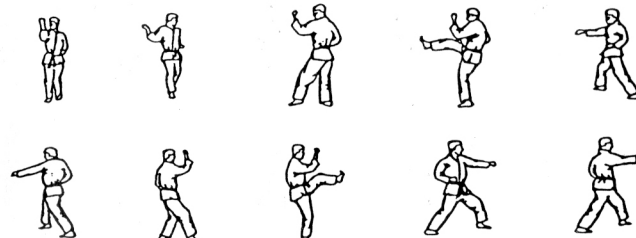
1. Maegeri—Sokuto Fumikomi—Gyakuzuki Chudan
2. Surikomi Maegeri—Sokuto Chudan—Gyakuzuki Chudan



UKE (BLOCKS)

SANBON GUMITE

1. Jodan Uke Ipponme
2. Jodan Uke Nihonme
3. Chudan Maegeri—Uke Gohonme
4. Chudan Maegeri—Uke Ropponme



KATA (FORM)

- Pinan Shodan
Pinan Sandan



OHYO GUMITE (SEMI-FREE FIGHTING)

- Ipponme



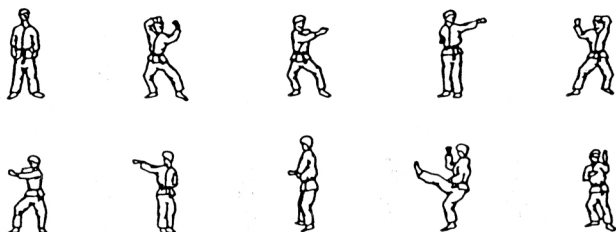
JI YU KUMITE (FREE FIGHTING)

4th KYU PURPLE BELT

Pinan Shodan

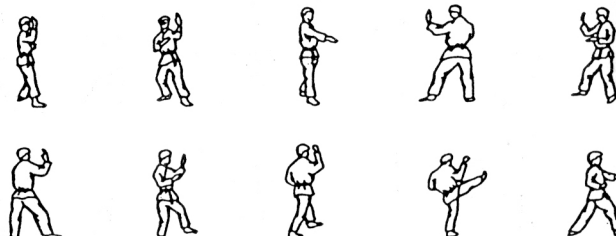
KIHON. TSUKI & KERI (BASIC TECHNIQUES)

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki No Tsukkomi
4. Kette Gyakuzuki No Tsukkomi
5. Nagashizuki
6. Mawashigeri Chudan
7. Ushirogeri Chudan
8. Sokuto Chudan



RENRAKU WAZA (COMBINATION TECHNIQUES)

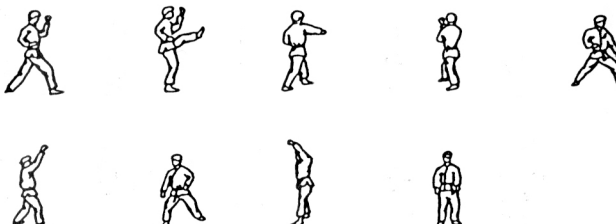
1. Maegeri Chudan—Nagashizuki Jodan—Gyakuzuki Chudan
2. Surikomi Maegeri Chudan—Nagashizuki Jodan—Mawashigeri Chudan
3. Maegeri Chudan—Sokuto Fumikomi—Ushirogeri Gedan Gyakuzuki Chudan



UKE (BLOCKS)

SANBON GUMITE

1. Jodan Uke Ipponme. Sanbonme
2. Chudan Soto Uke and Uchi Uke
3. Chudan Maegeri Uke. Yonhonme, Gohonme



KATA (FORM)

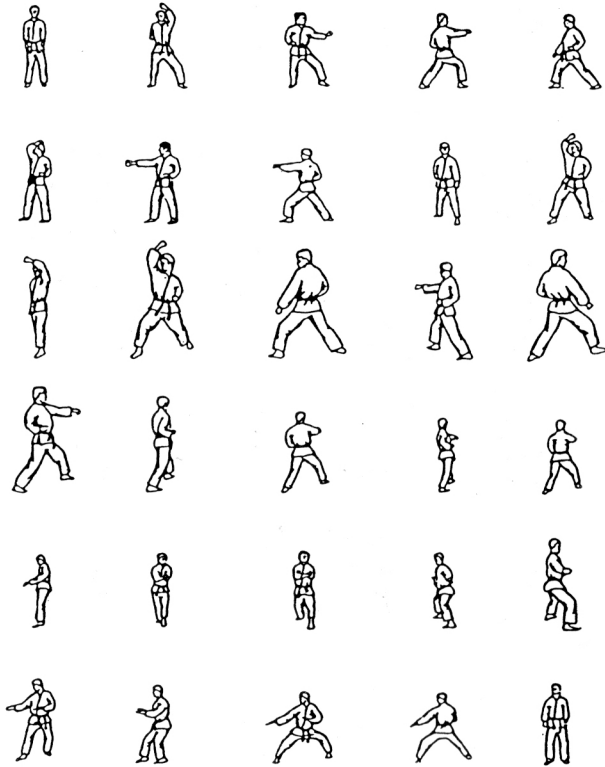
- Pinan Yodan
Pinan Godan



OHYO GUMITE (SEMI-FREE FIGHTING)

- Sanbonme

JI YU KUMITE (FREE FIGHTING)



KIHON. TSUKI & KERI (BASIC TECHNIQUES)

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki No Tsukkomi
4. Kette Gyakuzuki No Tsukkomi
5. Tobikomizuki
6. Nagashizuki
7. Mawashigeri Jodan
8. Ushirogeri Chudan
9. Sokuto Chudan

RENRAKU WAZA (COMBINATION TECHNIQUES)

1. Surikomi Maegeri Chudan—Mawashigeri Chudan—Ushirogeri Chudan—Gyakuzuki Chudan
2. Maegeri Chudan—Nagashizuki Jodan—Gyakuzuki Chudan—Mawashigeri Chudan
3. Surikomi Maegeri Chudan—Sokuto Fumikomi—Ushirogeri Chudan—Uraken Jodan

UKE (BLOCKS)

SANBON GUMITE

1. Jodan Uke. Nihonme. Yonhonme
2. Chudan Maegeri Uke. Ipponme, Sanbonme, Gohonme

KATA (FORM)

Ku Shanku

OHYO GUMITE (SEMI-FREE FIGHTING)

1. Ipponme, Nihonme, Yonhonme

KIHON GUMITE

1. Ipponme Nihonme

JI YU KUMITE (FREE FIGHTING)

UKE

1. Jodan Uke
2. Shuto Uke
3. Gedan Barai
4. Morote Uke

RISING BLOCK

1. Forearm Block
2. Knife Hand Block
3. Downward Block
4. Augmented Forearm Block

TSUKI-WAZA

1. Jun Zuki
2. Gyaku Zuki
3. Morote Zuki
4. Furi Zuki

PUNCHING

1. Lunge Punch
2. Reverse Punch
3. Double Fist Punch
4. Swing Punch

UCHI-WAZA

1. Tetsui Uchi
2. Shuto Uchi
3. Haito Uchi
4. Teisho Uchi
5. Empi Uchi

STRIKING

1. Bottom Fist Strike
2. Knife Hand Strike
3. Ridge Hand Strike
4. Palm Heel Strike
5. Elbow Strike

KERI-WAZA

1. Mae-Geri
2. Mae-Geri-Keage
3. Mawashi-Geri
4. Nidan-Geri
5. Hiza-Geri
6. Yoko-Geri
7. Sokuto
8. Fumikomi
9. Sokuto Fumikomi
10. Ushiro Geri

KICKING

1. Front Kick
2. Front Snap Kick
3. Roundhouse Kick
4. Flying Front Kick
5. Knee Kick
6. Side Kick
7. Foot Edge Kick
8. Stamping Kick
9. Foot Edge Stamping Kick
10. Back Kick

1st KYU BROWN THREE

KIHON. TSUKI & KERI (BASIC TECHNIQUES)

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki No Tsukkomi
4. Kette Gyakuzuki No Tsukkomi
5. Nagashizuki
6. Surikomi Mawashigeri Jodan
7. Mawashigeri Jodan
8. Ushirogeri Chudan
9. Surikomi Sokuto Jodan

RENRAKU WAZA (COMBINATION TECHNIQUES)

1. Zenshinshite Jodan—Renzuki Chudan—Maegeri Chudan—Mawashigeri Chudan—Ushirogeri Chudan—Gyakuzuki Chudan
2. Surikomi Jodan—Renzuki Chudan—Surikomi Maegeri Chudan—Mawashigeri Chudan—Ushirogeri Chudan—Uraken Jodan
3. Zenshinshite Jodan—Renzuki Chudan—Maegeri Chudan—Nagashizuki Jodan—Gyakuzuki Chudan—Mawashigeri Chudan

UKE (BLOCKS)

SANBON GUMITE

1. Jodan Uke. Ipponme, Nihonme, Sanbonme
2. Chudan Soto Uke and Uchi Uke
3. Chudan Maegeri Uke. Ipponme, Yonhonme, Gohonme

KATA (FORM)

1. Seishan
2. Chinto

OHYO GUMITE (SEMI-FREE FIGHTING)

Gohonme, Ropponme, Nanahonme

KIHON GUMITE

Ropponme Nanahonme

JI YU KUMITE (FREE FIGHTING)

KIHON. TSUKI & KERI (BASIC TECHNIQUES)

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki No Tsukkomi
4. Kette Gyakuzuki No Tsukkomi
5. Nagashizuki
6. Surikomi Mawashigeri Jodan
7. Surikomi Sokuto Jodan
8. Ushirogeri Chudan
9. Nidan Geri (Jodan)

RENRAKU WAZA (COMBINATION TECHNIQUES)

1. Surikomi Maegeri Chudan—Nagashizuki Jodan—Mawashigeri Jodan
2. Maegeri Chudan—Sukuto Chudan—Ushirogeri Chudan—Gyakuzuki Chudan
3. Zenshinshite Jodan—Chudan Renzuki—Surikomi Maegeri Chudan—Mawashigeri Chudan—Gyakuzuki Chudan

UKE (BLOCKS)**SANBON GUMITE**

1. Jodan Uke, Ipponme Yonhonme
2. Chudan Soto Uke and Uchi Uke
3. Chudan Maegeri Uke Nihonme, Yonhonme, Ropponme

KATA (FORM)

1. Ku Shanku
2. Nai Hanchi

OHYO GUMITE (SEMI-FREE FIGHTING)

Sanbonme, Yonhonme, Gohonme

KIHON GUMITE

Sanbonme, Yonhonme

JI YU KUMITE (FREE FIGHTING)**ETIQUETTE**

COMMAND	PRONUNCIATION	POSITION
Seiza	Say-Zar	Kneeling
Sensei Ni Rei	Sen-Say-Nee-Ray	Bow to Instructor
Otagai Ni Rei	Ott-Toe-Guy-Nee-Ray	Bow to Dojo and all assembled
Kiritsu	Kiritz	Stand to Attention

BASIC TECHNIQUES

COMMAND	PRONUNCIATION	POSITION
Yohi	Yoy	Ready Stance
Hidari Gamae	Hid-Ar-Ee-Gam-I	Junzuki Stance
Hidari Hanmi Gamae	Hamee	Fighting Stance
Mawatte	Ma-Watt-Ay	Turn
Hidari Shizentai	Shee-zen-ti	Left Natural Stance
Kiai	Kee-eye	Shout
EXAMPLES		
Mawatte Jodan Uke		Turn in Jodan Uke
Mawatte Gedan Barai	Gedan Bar-Eye	Turn in Gedan Barai
Yame	Yam-Ay	Relax to Ready Stance or Stop
Naore	Noray	Adopt Attention Stance
Hadjime	Hajimay	Start
Kyukei	Q.K.	Rest after Bow
Sonobade	Sonno-barde	Change to
Ippon Toru	Ippon-Toru	Gyakuzuki Stance
Jodan Head	Chudan Solar Plexus	Gedan Low

TE

1. Seiken
2. Uraken
3. Tettsui
4. Ippon Ken
5. Nakadaka Ippon Ken
6. Haito
7. Shuto
8. Nihon Nukite
9. Ippon Nukite
10. Yonhon Nukite
11. Teisho
12. Koko
13. Ude
14. Empi

KIND OF HAND

1. Fore Fist
2. Back Fist
3. Bottom Fist
4. One Knuckle Fist
5. Middle Finger One Knuckle Fist
6. Ridge Hand
7. Knife Hand
8. Two Finger Spear Hand
9. One Finger Spear Hand
10. Spear Hand
11. Palm Heel
12. Tiger Mouth Hand
13. Forearm
14. Elbow

ASHI

1. Hiza
2. Sokuto
3. Kakato
4. Johsokutei

KIND OF FOOT

1. Knee
2. Foot Edge
3. Foot Heel
4. Ball of Foot

SHISHEI

1. Heisoku Dachi
2. Shiko Dachi
3. Kiba Dachi
4. Neko Ashi Dachi

FORM

1. Informal Attention Stance
2. Open Leg Stance
3. Straddle Leg Stance
4. Cat Stance