

KYU GRADINGS

Don't rush. Consider your stance and keep stability. Use reaction. Complete each technique.

Understand what it is you are doing.

8TH KYU

KIHON TSUKI & KERI (BASIC TECHNIQUES)

- | | | |
|----|--------------------------------|--|
| 1) | Juntsuki turn in jodan uke | -lunge punch, turn with head block |
| 2) | Gyakutsuki turn in gadan barai | -reverse punch, turn with low block |
| 3) | Maigeri | -front kick, turn with fighting stance |
| 4) | Surikomi maigeri | -slide step, front kick |
| 5) | Sokuto fumikomi | -knee kick with edge of foot |

RENRAKU WAZA (COMBINATION TECHNIQUES)

- | | | |
|----|---------------------------------------|---|
| 1) | Chudan maigeri tobikomitsuki | -front kick, snap punch |
| 2) | Chudan surikomi maigeri tobikomitsuki | -slide step, front kick and snap punch |
| 3) | Chudan maigeri gyakusuki | -front kick, reverse punch |
| 4) | Chudan surikomi maigeri gyakutsuki | -slide step, front kick and reverse punch |

UKE (BLOCKS)

- | | | |
|----|----------------------------|------------------------------------|
| 1) | Chudan Soto uke gyakutsuki | -middle outer block, reverse punch |
| 2) | Chudan Uchi uke gyakutsuki | -middle inner block, reverse punch |

Whatever you do, do it with full power. Strengthen your hands. Make your knees strong. Don't be lazy and say, "I'll work harder at a later time" or "I would do this technique with full power, but I'll just practise at half steam for now - it's easier!" Rather practise a technique in the exact manner you'd apply it - **with full force**.

Have great enthusiasm when training. Train hard and become proficient. Do not neglect your basics and don't be in a rush to become skilful. Karate without solid basics is like a house without a foundation. Neither lasts long.

A stance is taken at the moment a technique is delivered. Sometimes a technique must be delivered just as a stance settles. Different stances are used for different circumstances.

7TH KYU

KIHON TSUKI & KERI (BASIC TECHNIQUES)

- 1) Juntsuki no tsukkomi -reaching lunge punch
- 2) Gyakutsuki no tsukkomi -reaching reverse punch
- 3) Mawashigeri - roundhouse kick to body

RENRAKU WAZA (COMBINATION TECHNIQUES)

- 1) Maigeri mawashigeri gyakutsuke -front kick, roundhouse kick, reverse punch
- 2) Surikomi maigeri mawashigeri gyakutsuke -slide step, front kick, roundhouse kick, reverse punch

UKE (BLOCKS)

SANBON GUMITE (THREE POINT SPARRING)

- 1) Chudan soto uke - middle outer block - maigeri gyakutsuki counter
- 2) Chudan uchi uke - middle inner block - empi counter
- 3) Maigeri uke ipponme - front kick block #1 - gyakutsuki counter
- 4) Maigeri uke nihonme - front kick block #2 - gyakutsuki counter

KATA (FORM)

- 1) Pinan nidan

Ibuki is exhalation from (with vigour) from the lower abdomen. *Ibuki* will synchronize all the muscles' tension as a single action. The stronger the exhalation, the stronger the technique will be. The shorter the exhalation, the faster the technique will be.

Aim is a development of *kime* and is not the same thing. A bullet is focused wherever the gun points, but with out accurate aim, it will miss it's target. Make sure you focus your technique on the target you choose. Do not just focus you punch or kick arbitrarily, but aim for a point on your opponent (real or imaginary). This applies to basics, *kata*, and *gumite*.

Etiquette - Humility, attentiveness, obedience to authority, respect for others, and politeness are desirable character traits which are not always found in abundance in a beginner. Accordingly, etiquette, a training for this maturity, is provided and adhered to whenever entering, leaving, visiting, or practising in the dojo. This is the most important aspect of training for green belt karateka. Green belts are responsible for sweeping the *dojo*, tidying the change rooms, cleaning the washrooms, and performing repairs as necessary. Those who would learn the value of humility look upon these tasks as an honour.

6TH KYU

KIHON TSUKI & KERI

- | | | |
|----|-----------------------------|-----------------------|
| 1) | Kette juntsuki | - kick, lunge punch |
| 2) | Kette gyakutsuki | - kick, reverse punch |
| 3) | Tobikomitsuki | - snap punch |
| 4) | Surikomi mawashigeri chudan | |
| 5) | Surikomi sokuto chudan | |

RENRAKU WAZA

- 1) Maigeri sokuto fumikomi gyakutsuki
- 2) Surikomi maigeri sokuto chudan gyakutsuki

SANBON GUMITE

- 1) Jodan uke ipponme
- 2) Jodan uke nihonme
- 3) Maigeri uke gohonme
- 4) Maigeri uke ropponme

KATA

- 1) Pinan shodan
- 2) Pinan sandan

OHYO GUMITE (SEMI FREE FIGHTING)

- 1) Ipponme

JI YU KUMITE (FREE FIGHTING)

Ohyo Gumite is simulated, prearranged sparring. It is not to be viewed as competitive and each partner should co-operate to ensure beneficial practise for both. Keep your chin in.

5TH KYU

KIHON TSUKI & KERI

- | | |
|---------------------------------|---------------------|
| 1) Kette juntsuki | 5) Nagashitsuki |
| 2) Kette gyakutsuki | 6) Ushirogeri gadan |
| 3) Kette juntsuki no tsukkomi | 7) Sokuto chudan |
| 4) Kette gyakutsuki no tsukkomi | 8) Nidan geri jodan |

RENRAKU WAZA

- 1) Mawashigeri chudan, ushirogeri gadan, gyakutsuki chudan
- 2) Surikomi sokuto fumikomi, ushirogeri gadan, uraken jodan

SANBON GUMITE

- 1) Jodan uke - sanbonme, yonhonme
- 2) Maigeri uke - sanbonme, yonhonme
- 3) Chudan soto uke and uchi uke

KATA

- 1) Pinan sandan
- 2) Pinan yodan

OHYO GUMITE

- 1) Nihonme

JI YU KUMITE

Zanshin means alertness of mind. Most people are relatively alert when attacking or defending, but one should be alert and prepared when there is no apparent threat of attack. In fighting, if one loses *zanshin* for even a moment one can be easily defeated in one or more of the following ways:

(a) by a surprise attack before one is prepared to fight, (b) by a surprise and unexpected counter while one is considering an attack, (c) by a surprise counter as attention is relaxed just after an unsuccessful single or combination assault has been attempted, (d) by a surprise counter as attention is relaxed just after delivering a seemingly successful assault, (e) by a surprise attack after fighting has ceased, (f) by a surprise attack when one is distracted by some action of the opponent or indeed if one allows oneself to be distracted by anything at all - that however is bordering on strategy, not technique. If you keep *zanshin* you are not likely to be surprised and you will be more difficult to defeat (consider the converse of this).

4TH KYU

KIHON TSUKI & KERI

- | | |
|---------------------------------|-----------------------|
| 1) Kette juntsuki | 5) Nagashitsuki |
| 2) Kette gyakutsuki | 6) Mawashigeri chudan |
| 3) Kette juntsuki no tsukkomi | 7) Ushirogeri chudan |
| 4) Kette gyakutsuki no tsukkomi | 8) Sokuto chudan |

RENRAKU WAZA

- 1) Maigeri chudan, nagashitsuki jodan, gyakutsuki chudan
- 2) Surikomi maigeri chudan, nagashitsuki jodan, mawashigeri chudan
- 3) Maigeri chudan, sokuto fumikomi, ushirogeri gadan, gyakutsuki chudan

SANBON GUMITE

- 1) Jodan uke - ipponme, sanbonme
- 2) Maigeri uke - yohonme, gohonme
- 3) Chudan soto uke and uchi uke

KATA

- 1) Pinan Yodan
- 2) Pinan Godan

OHYO GUMITE

- 1) Sanbonme

JI YU KUMITE

Kihon Gumite is basic sparring using prearranged techniques, which must be defended, by using the subtle principles of etiquette, *zanshin*, *maai*, *taisabake*, power, *uke*, etc. *Kiai* on each move.

If you make a mistake while training, don't dwell on it. Move ahead by trying again without becoming depressed or discouraged. This attitude is beneficial. If you never make mistakes consider the intensity of your *zanshin*.

3RD KYU

KIHON TSUKI & KERI

- | | |
|---------------------------------|----------------------|
| 1) Kette juntsuki | 6) Nagashitsuki |
| 2) Kette gyakutsuki | 7) Mawashigeri jodan |
| 3) Kette juntsuki no tsukkomi | 8) Ushirogeri chudan |
| 4) Kette gyakutsuki no tsukkomi | 9) Sokuto chudan |
| 3) Tobikomitsuki | |

RENRAKU WAZA

- 1) Surikomi maigeri chudan, mawashigeri chudan, ushirogeri chudan, gyakutsuki chudan
- 2) Maigeri chudan, nagashitsuki jodan, gyakutsuki chudan, mawashigeri chudan
- 3) Surikomi maigeri chudan, sokuto fumikomi, ushirogeri chudan, uraken jodan

SANBON GUMITE

- 1) Jodan uke - nihonme, yonhonme
- 2) Maigeri uke - ipponme, sanbonme, gohonme

KATA

- 1) Kushanku

OHYO GUMITE

- 1) Ipponme, nihonme, yonhonme

KIHON GUMITE

- 1) Ipponme, nihonme

JI YU KUMITE

2ND KYU

KIHON TSUKI & KERI

- | | |
|---------------------------------|-------------------------------|
| 1) Kette juntsuki | 6) Surikomi mawashigeri jodan |
| 2) Kette gyakutsuki | 7) Surikomi sokuto jodan |
| 3) Kette juntsuki no tsukkomi | 8) Ushirogeri chudan |
| 4) Kette gyakutsuki no tsukkomi | 9) Nidan geri jodan |
| 5) Nagashitsuki | |

RENRAKU WAZA

- 1) Surikomi maigeri chudan, nagashitsuki jodan, mawashigeri jodan
- 2) Maigeri chudan, sokuto chudan, ushirogeri chudan, gyakutsuki chudan
- 3) Zenshinshite jodan, chudan rentsuki, surikomi maigeri chudan, mawashigeri chudan, gyakutsuki chudan

SANBON GUMITE

- 1) Jodan uke - ipponme, yonhonme
- 2) Maigeri uke - nihonme, yonhonme, ropponme
- 3) Chudan soto uke & uchi uke

KATA

- 1) Kushanku
- 2) Nai hanchi

(2nd kyu –continued)

OHYO GUMITE

- 1) Sanbonme, yonhonme, gohonme

KIHON GUMITE

- 1) Sanbonme, yonhonme

JI YU KUMITE

Preparation. Be prepared. If you block or dodge successfully but cannot counter successfully, it may be because you were not prepared to counter. Preparation should take place during blocking, etc. If you block, position a fist, and throw a punch, which is unsuccessful, you may have lost your only chance because you prepared too late (your fist should have been pre-positioned). Every part of your body must be pre-positioned for the next technique in any situation.

Consider the difference between *zanshin* and being prepared. Between being aware and being ready. If you went for a walk, being aware of black clouds overhead would not be of any advantage unless you were also prepared (e.g. with an umbrella). Seeing a chance to win without being prepared is of no advantage.

1ST KYU

KIHON TSUKI & KERI

- | | |
|---------------------------------|-------------------------------|
| 1) Kette juntsuki | 6) Surikomi mawashigeri jodan |
| 2) Kette gyakutsuki | 7) Mawashigeri jodan |
| 3) Kette juntsuki no tsukkomi | 8) Ushirogeri chudan |
| 4) Kette gyakutsuki no tsukkomi | 9) Surikomi sokuto jodan |
| 5) Nagashitsuki | |

RENRAKU WAZA

- 1) Zenshinshite jodan, rentsuki chudan, maigeri chudan, mawashigeri chudan, ushirogeri chudan, gyakutsuki chudan
- 2) Surikomi jodan, rentsuki chudan, surikomi maigeri chudan, mawashigeri chudan, ushirogeri chudan, uraken jodan
- 3) Zenshinshite jodan, rentsuki chudan, maigeri chudan, nagashitsuki jodan, gyakutsuki chudan, mawashigeri chudan

(1st Kyu -continued)

SANBON GUMITE

- 1) Jodan uke - ipponme, nihonme, sanbonme
- 2) Maigeri uke - ipponme, yonhonme, gohonme
- 3) Chudan soto uke & uchi uke

KATA

- 1) Seishan
- 2) Chinto

OHYO GUMITE

- 1) Gohonme, ropponme, nanahonme

KIHON GUMITE

- 1) Ropponme, nanahonme

JI YU KUMITE