

CURRICULUM



Novice Grades

(Pre Yellow 1 to 7th Kyu)

PREPARATION FOR PRE YELLOW BELT 1

GENERAL/ NOTES

- Rei: Bow in Musubi dachi (MSD)
- Yoi: Ready in Hajiji dachi (HCD)
- Hanmi: Hips and shoulders 45 degree angle
- Shomen: Hips and shoulders to the front
- Count for candidates
- Contraction and expansion
- Counting 1 - 10

The successful student will wear a yellow belt with a white stripe through the length of the belt

DACHI (Stances)

- Musubi dachi (MSD): Heels together, toes out
- Hajiji dachi (HCD): Yoi position
- Heisoku dachi (HSD): Feet together
- Zenkutsu dachi (ZD): Forward stance; weight distribution 70% (front leg) - 30% (back leg)
- Kiba dachi (KD): Straddle stance; weight distribution 50% - 50%

KIHON (Basic Techniques)

All these techniques below must first, be achieved in HCD or KD.

- Choku zuki must be practiced on a punching bag
- Gedan uke stepping forward and backward in ZD (body in hanmi position)
- Oi zuki (chudan) stepping forward in ZD (body in shomen position)
- Age uke stepping forward and backward in ZD
- Soto uke standing
- Gedan Kakiwake uke
- Mae geri standing in HSD
- Kiba dachi - show only

KATA (Form)

- Kihon Kata: 11 moves (Kiai: 08 + 11)

KUMITE (Sparring)

- Offence: Jodan Choku zuki
- Defence: Age uke

PREPARATION FOR YELLOW BELT 1

GENERAL/ NOTES

- Contraction and expansion
- Hanmi: Hips and shoulders 45 degree angle
- Shomen: Hips and shoulders to the front
- Mawate: Turn on heel

DACHI (Stances)

- Musubi dachi (MSD): Heels together, toes out
- Hajiji dachi (HCD): Yoi position
- Heisoku dachi (HSD): Feet together
- Zenkutsu dachi (ZD): Forward stance; weight distribution 70% (front leg) - 30% (back leg)
- Kiba dachi (KD): Straddle stance; weight distribution 50% - 50%
- Kokutsu dachi (KKD): Back stance; weight distribution 40% (front leg) - 60% (back leg)
- Neko Ashi dachi (NAD): Cat stance; weight distribution 10% (front leg) - 90% (back leg)

KIHON (Basic Techniques)

- Gedan uke stepping forward and backward in ZD (body in hanmi position)
- Oi zuki (chudan) stepping forward in ZD (body in shomen position). Mawate and repeat.
- Age uke stepping forward and backward in ZD
- Soto uke stepping forward and backward in ZD
- Shuto uke stepping forward in KKD. Mawate and repeat
- Mae geri forward in ZD. Mawate and repeat
- Kiba dachi stepping (but NO cross over)
- Yoko Geri Keagi standing in HSD
- Neko Ashi dachi show

Combo:

- Zenkutsu dachi x kokutsu dachi x kiba dachi (show change of weight distribution & static anchor foot)
- Tate uke x gyaku zuki in ZD

KATA (Form)

- Heian Shodan: 21 moves (Kiai: 09 + 17)

KUMITE (Sparring) Gohon Kumite

- Kamae: Gedan barai stepping backward in ZD
- Offence: Jodan Oi zuki in ZD Defence: Age uke in ZD Counter: Gyaku zuki in ZD
- Offence: Chudan Oi zuki in ZD Defence: Soto uke in ZD Counter: Gyaku zuki in ZD
- Offence: Chudan Mae geri in ZD Defence: Gedan uke in ZD Counter: Gyaku zuki in ZD (one attack only)

BUNKAI/SELF DEFENCE

- Heian Shodan: Move 4 (Grabbing)

PREPARATION FOR YELLOW BELT (8th KYU)

GENERAL/ NOTES

- Contraction and expansion
- Hanmi: Hips and shoulders 45 degree angle
- Shomen: Hips and shoulders to the front
- Mawate: Turn on heel

DACHI (Stances)

- Musubi dachi (MSD): Heels together, toes out
- Hajiji dachi (HCD): Yoi position
- Heisoku dachi (HSD): Feet together
- Zenkutsu dachi (ZD): Forward stance; weight distribution 70% (front leg) - 30% (back leg)
- Kiba dachi (KD): Straddle stance; weight distribution 50% (front leg) - 50% (back leg)
- Kokutsu dachi (KKD): Back stance; weight distribution 40% (front leg) - 60% (back leg)
- Neko Ashi dachi (NAD): Cat stance; weight distribution 10% (front leg) - 90% (back leg)

KIHON (Basic Techniques)

- Gedan uke stepping forward and backward in ZD (body in hanmi position)
- Oi zuki (chudan) stepping forward in ZD (body in shomen position). Mawate and repeat.
- Age uke stepping forward and backward in ZD
- Soto uke stepping forward and backward in ZD
- Shuto uke stepping forward in KKD. Mawate and repeat
- Mae geri forward in ZD. Mawate and repeat
- Kiba dachi stepping (but NO cross over)
- Yoko Geri Keagi stepping in KD
- Uchi uke standing in HCD
- Neko Ashi dachi show

Combo:

- Zenkutsu dachi x kokutsu dachi x kiba dachi (show change of weight distribution & static anchor foot)
- Tate uke x gyaku zuki in ZD

KATA (Form)

- Heian Shodan: 21 moves (Kiai: 09 + 17)

KUMITE (Sparring). Gohon Kumite

- Kamae: Gedan barai stepping backward in ZD
- Offence: Jodan Oi zuki in ZD Defence: Age uke in ZD Counter: Gyaku zuki in ZD
- Offence: Chudan Oi zuki in ZD Defence: Soto uke in ZD Counter: Gyaku zuki in ZD
- Offence: Chudan Mae geri in ZD Defence: Gedan uke in ZD Counter: Gyaku zuki in ZD

BUNKAI/SELF DEFENCE

- Heian Shodan: Move 4 (deflecting an attack)

PREPARATION FOR ORANGE BELT 1

GENERAL/ NOTES (Additional)

- Gyaku Hanmi: Reverse hip position in ZD
- Jiyu kamae: Free style kamae
- Koshi kamae: Double fist kamae at hip
- Haiwan uke: Defence with the back of the forearm
- Osae Uke: Pressing down block
- Tettsui uchi: Striking with the outside of the fist

DACHI (Stances) - Additional

- Fudo dachi (FD): Rooted stance; weight distribution 55% (front leg) - 45% (back leg)

KIHON (Basic Techniques) - Additional

- Gyaku zuki stepping forward in ZD
- Kizame zuki from jiyu kamae. Move only front foot forward in ZD. Pull back to jiyu kamae.
- Uraken uchi stepping forward and backward in ZD
- Shuto uke stepping forward and backward in KKD.
- Uchi uke stepping forward in ZD.
- Uchi uke with the opposite arm stepping forward in ZD
- Morote uke stepping forward in ZD
- Yoko geri kekomi standing in HSD

Combo:

- Gedan uke x gyaku zuki - static
- Age uke x gyaku zuki - static
- Soto uke x gyaku zuki - static

Spinning Combo:

- Stepping back in ZD with a gedan uke x step forward oi zuki x spin forwards uchi uke in KKD x gyaku zuki in ZD

KATA (Form)

- Heian Nidan: 26 moves (Kiai: 11 + 26)
- Heian Shodan: 21 moves (Kiai: 09 + 17)

KUMITE (Sparring) Sanbon Kumite

- Kamae: Gedan barai stepping backward in ZD
- Offence: Jodan Oi zuki in ZD Defence: Age uke in ZD
- Offence: Chudan Oi zuki in ZD Defence: Soto uke in ZD
- Offence: Chudan Mae geri in ZD Defence: Gedan uke in ZD Counter: Gyaku zuki in ZD

BUNKAI/SELF DEFENCE

- Heian Nidan: Move 1
- Heian Nidan: Moves 16, 17, 18

PREPARATION FOR ORANGE BELT (7th KYU)

GENERAL/ NOTES (Additional)

- Yori ashi: Shifting forward and backwards in fudo dachi

DACHI (Stances) - Additional

- Fudo dachi (FD): Rooted stance; weight distribution 55% (front leg) - 45% (back leg)

KIHON (Basic Techniques) - Additional

- Gyaku zuki stepping forward in ZD
- Kizame zuki from jiyu kamae. Move only front foot forward in ZD. Pull back to jiyu kamae
- Uraken uchi stepping forward and backward in ZD
- Shuto uke stepping forward and backward in KKD.
- Uchi uke stepping forward in ZD.
- Uchi uke with the opposite arm stepping forward in ZD
- Morote uke stepping forward in ZD
- Yoko geri kekomi standing in HSD

Combo:

- Gedan uke x gyaku zuki - moving backward and forward in Yori ashi
- Age uke x gyaku zuki - moving backward and forward in Yori ashi
- Soto uke x gyaku zuki - moving backward and forward in yori ashi
- Osae uke x nukite - moving backward and forward in yori ashi

Spinning Combo:

- Stepping back in ZD with a gedan uke x step forward oi zuki x spin forwards uchi uke in KKD x gyaku zuki in ZD

KATA (Form)

- Heian Nidan: 26 moves (Kiai: 11 + 26)
- Heian Shodan: 21 moves (Kiai: 09 + 17)

KUMITE (Sparring) Sanbon Kumite

- Kamae: Gedan barai stepping backward in ZD
- Offence: Jodan Oi zuki in ZD Defence: Haiwan uke in KKD
- Offence: Chudan Oi zuki in ZD Defence: Uchi uke in KKD
- Offence: Chudan Mae geri in ZD Defence: Gedan uke in ZD (yori ashi) Counter: Mae geri in ZD

BUNKAI/SELF DEFENCE

- Heian Nidan: Move 1
- Heian Nidan: Moves 16, 17, 18, 19, 20, 21