



# **Fudoshin Karate Kai**

**SENIOR GRADE SYLLABUS  
2013**

## **What is Karate?**

Karate is a form of self defense and was developed in Japan and on the island of Okinawa. It uses punching, kicking, striking and blocking techniques on an attacker / opponent, making the most of the laws of physics to increase the damage caused by each blow.

The karate student will learn (over many years) to perfect each technique enabling him or her to deliver a knock out blow after only a few moves or even one technique.

Aiming at sensitive weak points in the body like the throat and knees, and points where nerves are unprotected by bone and muscle like the neck, means each strike causes as much damage as possible.

Simple moves, proper timing and distancing are used to be effective, unlike many Chinese styles of fighting, which seem to use both hand and both legs in some rather complicated 'balletic' techniques.

The bodies' centre of gravity is kept as low as possible, the power of the strike depending on the legs, buttocks and torso. Solid stances and footing are emphasised, so punching and striking are generally used a lot more frequently than kicking, unlike some other martial arts such as Tae Kwon Do.

Karate means Empty Hand, implying that your hands are empty because there are no weapons in them. Zen Buddhists believe your mind should also be 'empty', which is also frequently used to explain the name.

These days there are three main styles of karate in Japan; Shito-Ryu, Wado-Ryu and Gojo-Ryu.

Each has a different view of training and fighting, and the best way of doing things, but they have the same basis.

## **DOJO ETHIQUETTE**

It is tradition in Karate to bow into at the doorway of the main training room every time you enter or exit the room. This signifies respect.

Don't be late, as this is disrespectful to your instructors. If on the odd occasion you happen to arrive late, kneel at the side of the dojo until instructed to join the class by your instructor. You should always aim to arrive at least 5-10 minutes before the scheduled training time of each and every lesson.

For your safety and the safety of others, don't wear jewelry when training. All rings and watches **MUST BE REMOVED** before hand. Do not eat, chew gum or go to smoke during your training sessions, even during breaks.

When you are asked to move from one room to another, do so as quickly as possible, in a responsible manner. If training is still in progress when you enter please keep to the sides of the room you are entering and stand still without talking and await to be called forward by the Instructor in the room.

Be serious in your efforts, no flippancy or chattering when you should be listening to your Instructor and concentrating solely on your karate - You can and should be always looking to improve your technique. Train hard in everything you do. This also applies to the time while warm-ups are taking place as at this stage the training session has began.

Kiai - This should not be a word but a sound usually either "Ei" or "Ouse" However you decide, your Kiai should be short, sharp and most of all loud.

## **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 exemplify an attitude which dictates a way of life.

- 1 Reishetsu 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

## Numbers and Counting

English			
One	Ichi	Shodan	Ipponme
Two	Ni	Nidan	Nihonme
Three	San	Sandan	Sanbonme
Four	Yon/Shi	Yodan	Yonhonme
Five	Go	Godan	Gohonme
Six	Rok	Rokdan	Ropponme
Seven	Shichi	Schichidan	Nanahonme
Eight	Hachi	Hachidan	Happonme
Nine	Ku	Kudan	Kyuhonme
Ten	Ju	Judan	Jipponme

## Etiquette

Command	Pronunciation	English meaning
Seiza	Say-Zar	Kneel
Sensei Ni Rei	Sen-Say-Nee-Ray	Bow to Instructor
Otagai Ni Rei	Ott-Toe-Guy-Nee-Ray	Bow to Dojo and other students
Kritsu	Kiritz	Stand to Attention
Yoi	Yoy	Prepare

## Basic Techniques

Command	Pronunciation	English meaning
Mawatte	Ma-Watt-Ay	Turn
Kiai	Kee-eye	Shout
Yame	Yam-Ay	Relax to ready stance or Stop
Naore	Noray	Adopt Attention stance
Hadjime	Hajimay	Start
Kyukei	Q.K	Rest after Bow
Hidari	Hid-Ar-Ee	Left
Migi	Mig_Eye	Right
Sonobade Ippon Toru	Sonno-barde Ippon-Toru	Change to Gyakuzuki Stance

## Targets on the body

Command	English Meaning
Jodan	Head
Chudan	Solar Plexus
Gedan	Low

## Stances (dachi)

Command	Pronunciation	English meaning
Heisokudachi	Hiso-Ku-Dach-Ee	Closed Toe (Informal Attention) Stance
Mushubidachi	Mush_ubi_Dach-Ee	Attention Stance
Shizentai	Shiz-Ent-Eye	Natural Stance
Zenkutsudachi	Zen-kusu-Dach-Ee	Front Stance
Shiko Dachi	She-Ko-Dach-Ee	Open Leg Stance
Yoi	Yoy	Ready Stance
Junzuki Hidari Gamae	Hid-Ar-Ee-Gam-I	Left Junzuki Stance
Hidari Hanmi Gamae	Hid-Ar-Ee-Hamee-Gam-I	Left Fighting Stance
Nekoashi Dachi	Neck-O-Ash-Ee-Dash-Ee	Cat Stance
Gyaku Nekoashi	Gaku-Neck-O-Ash-Ee	Reverse Cat Stance
Kibadachi	Kee-Bad-Ach-Ee	Horse Riding Stance
Kokutsudachi	Kok-Ut-Sud-Ash-Ee	Back Stance
Hanmi No Nekoashi	Han-Me-No-Neck-O-Ash-Ee	Half Side Viewing Cat Stance
MaHanmi No Nekoashi	Ma-Han-Me-No-Neck-O-Ash-Ee	Side Viewing Cat Stance

## Kind of Hand

Command	English Meaning
Seiken	Fore (normal) fist
Uraken	Back fist
Tettsui	Hammer Fist
Ippon Ken	One Knuckle (Finger) Fist
Nakadaka Ippon Ken	Middle Finger One Knuckle Fist
Haito	Ridge Hand
Shuto	Knife Hand
Nihon Nukite	Two Finger Spear Hand
Ippon Nukite	One Finger Spear Hand
(Yohon) Nukite	Spear Hand
Teisho	Palm Hand
Haishu	Back Hand
Koko	Tiger Mouth Hand
Ude	Forearm
Empi	Elbow

## Rising Block (Uke)

Command	English Meaning
Jodan Uke	Forearm block (up)
Shuto Uke	Knife Hand Block
Gedan Barai	Downward Block
Morote Uke	Augmented Forearm Block

## Kind of Foot

Command	English Meaning
Josokutei	Ball of Foot
Yubisaki	Toe Tops
Haisoku	Instep
Chusoku	Sole of Foot
Hiza	Knee
Sokuto	Foot Edge
Kakato	Foot Heel
Sune	Shin

## Punching (Zuki)

Command	English Meaning
Seizuki	Normal Punch
Chokuzuki	Straight Punch
Junzuki	Lunge Punch
Gyakuzuki	Reverse Punch
Tobikomizuki	Snap Punch
Kagizuki	Hook Punch
Hagizuki	Upper-cut
Morotezuki	Double Fist Punch
Furizuki	Swing Punch

### Striking (Uchi)

Command	English Meaning
Seiken	Normal Fist
Uraken	Back Fist
Tettsui Uchi	Bottom Fist Strike
Ipponken	One Finger Fist
Shuto Uchi	Knife Hand Strike
Haito Uchi	Ridge Hand Strike
Haishu Uchi	Back Hand Strike
Nukite Uchi	Spear Hand Strike
Teisho Uchi	Palm Hand Strike
Empi Uchi	Elbow Strike

### Kicking (Geri)

Command	English Meaning
Maegeri	Front Kick
MaegeriKeage	Front Snap Kick
Mawashigeri	Roundhouse Kick
Nidangeri	Flying Front Kick
Hizageri	Knee Kick
Yokogeri	Side Kick
Sokuto	Foot Edge Kick
Fumikomi	Stamping Kick
Sokuto Fumikomi	Foot Edge Stamping Kick
Ushiro Geri	Back Kick
Uramawashigeri	Back Roundhouse Kick
Kakatogeri	Heel Kick/Axe Kick

### Miscellaneous

Command	English Meaning
Zenshinshite	Step Forward with the Back foot
Surikomi	Step with the Back foot followed by Step or Kick with Front Kick
atemi	a punch
do	Way
dojo	training hall
gi	uniform worn when training
kata	prearranged series of movements
ki	energy, living power, spirit
kumite	Sparring
jutsu	Art
randori	free taking, multiple attackers, form practice one-on-one
sensei	teacher

## **9<sup>th</sup> KYU – RED BELT**

### **KIHON TSUKI & KERI (Basic Techniques)**

1. Tsuki – Shiko Dachi – Punch From Open Leg Stance
2. Junzuki turn in Jodan Uke – Straight Punch, Head Block L & R
3. Tobikomizuki – Step Snap Punch
4. Maegeri - Front Kick, On The Spot
5. Maegeri - Front Kick
6. Surikomi Maegeri – One Step Front Kick
7. 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 Snap Punch



## **8<sup>th</sup> KYU – YELLOW BELT**

### **KIHON TSUKI & KERI (Basic Techniques)**

1. Junzuki turn in Jodan Uke – Straight Punch, Head Block L & R
2. Gyakuzuki turn in Gendan 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 Snap Punch
3. Chudan Maegeri, Gyakuzuki – Front Kick, Opposite Punch
4. Chudan Surikomi Maegeri, Gyakuzuki – One Step, Front Kick, Opposite Punch

### **UKE (Blocks)**

1. Chudan Soto Uke Gyakuzuki – (Middle) Outer Block, Opposite Punch
2. Chudan Uchi Uke Empi – (Middle) Inner Block, Elbow



## 7<sup>th</sup> KYU – ORANGE BELT

### KIHON TSUKI & KERI (Basic Techniques)

1. Kette Junzuki
2. Kette Gyakuzuki
3. Junzuki no Tsukkomi
4. Gyakusuki no Tsukkomi
5. Sokuto Chudan
6. 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 (1)
4. Chudan Maegeri - Uke, Nihonne Gyakuzuki (2)

### KATA

Pinan Nidan

## 6<sup>th</sup> KYU – GREEN BELT

### KIHON TSUKI & KERI (Basic Techniques)

1. Kette Junzuki
2. Kette Gyakuzuki
3. Junzuki no Tsukkomi
4. Gyakusuki no Tsukkomi
5. Tobikomizuki – Shizenti Stance
6. Surikomi Mawashigeri Chudan
7. Surikomi Sokuto Chudan

### RENRAKU WAZA (Combination Techniques)

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

### UKE (Blocks)

#### SANBON GUMITE

1. Jodan Uke, Ipponme (1)
2. Jodan Uke, Nihonme (2)
3. Chudan Maegeri Uke, Sanbonme (3)
4. Chudan Maegeri Uke, Yonhonme (4)

### KATA

Pinan Shodan, Pinan Sandan

### OHYO GUMITE

1. Ipponme (1)

### JI YU KUMITE (Free Fighting)

## 5<sup>th</sup> KYU – BLUE BELT

### KIHON TSUKI & KERI (Basic Techniques)

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki no Tsukkomi
4. Kette Gyakusuki no Tsukkomi
5. Nagashizuki
6. Ushirogeri Hiza
7. Mawashigeri Chudan
8. Sokuto Chudan
9. Nidan Geri Jordan

### RENRAKU WAZA (Combination Techniques)

1. Mawashigeri Chudan, Ushirogeri Hiza, Gyakuzuki Chudan
2. Surikomi Sokuto Fumikomi, Ushirogeri Hiza, Uraken Jordan

### UKE (Blocks)

#### SANBON GUMITE

1. Jordan Uke, Sanbonme Yonhonme (3, 4)
2. Chudan Maegeri Uke, Sanbonme, Yonhonme (3, 4)
3. Chudan Soto-Uke & Uchi Uke

### KATA

Pinan Sandan, Pinan Yondan,

### OHYO GUMITE

1. Ipponme (1)
2. Nihonme (2)

### KIHON KUMITE

1. Ipponme (1)

### JI YU KUMITE (Free Fighting)

## **4<sup>th</sup> KYU – PURPLE BELT**

### **KIHON TSUKI & KERI (Basic Techniques)**

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki no Tsukkomi
4. Kette Gyakusuki no Tsukkomi
5. Nagashizuki
6. Ushirogeri Chudan
7. Mawashigei Chudan
8. Surikomi Mawashigeri Jodan
9. Sokuto Chudan
10. Uwashi Mawashi

### **RENRAKU WAZA (Combination Techniques)**

1. Maegeri Chudan, Nagashizuki Jodan, Gyakuzuki Chudan
2. Surikomi Maegeri Chudan, Nagashizuki Jodan, Mawashigeri Chudan
3. Maegeri Chudan, Sokuto Chudan, Ushirogeri Chudan, Gyakuzuki Chudan

### **UKE (Blocks)**

#### **SANBON GUMITE**

1. Jodan Uke Ipponme, Nihonme, Sanbonme (1, 2, 3)
2. Chudan Soto-Uke & Uchi Uke
3. Chudan Maegeri Uke, Sanbonme, Yonhonme, Gohonme (3, 4, 5)

### **KATA**

Pinan Sandan, Pinan Yondan, Pinan Godan

### **OHYO GUMITE**

1. Sanhonme (3)
2. Yonhonme (4)

### **KIHON KUMITE**

1. Ipponme (1)
2. Nihonme (2)

### **JI YU KUMITE (Free Fighting)**

## **3<sup>rd</sup> KYU – BROWN BELT (1)**

### **KIHON TSUKI & KERI (Basic Techniques)**

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki no Tsukkomi
4. Kette Gyakusuki no Tsukkomi
5. Nagashizuki
6. Mawashigei Jodan
7. Surikomi Mawashigeri Jodan
8. Sokuto Chudan
9. Surikomi Sokotu Jodan
10. Ushirogeri Chudan
11. Nidan Geri Jodan
12. Uwashi Mawashi Jodan

### **RENRAKU WAZA (Combination Techniques)**

1. Surikomi Maegeri Chudan, Mawashigeri Chudan, Ushirogeri Chudan, Uraken Jodan
2. Maegeri Chudan, Nagashizuki Jodan, Gyakuzuki Chudan, Mawashigeri Chudan
3. Surikomi Maegeri Chudan, Sokuto Chudan, Ushirogeri Chudan, Uraken Joden

### **UKE (Blocks)**

#### **SANBON GUMITE**

1. Jodan Uke Nihonme, Sanbonme, Yonhonme (2, 3, 4)
2. Chudan Soto-Uke & Uchi Uke
3. Chudan Maegeri Uke, Ipponme, Sanbonme, Gohonme (1, 3, 5)

### **KATA**

Pinan Yondan, Pinan Godan, Ku Shanku

### **OHYO GUMITE**

1. Ipponme, Nihonme, Yonhonme, Gohonme (1, 2, 4, 5)

### **KIHON KUMITE**

1. Ipponme, Nihonme, Sanbonme (1, 2, 3)

### **JI YU KUMITE (Free Fighting)**

## **2nd KYU – BROWN BELT (2)**

### **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 Jodan
7. Surikomi Mawashigeri Jodan
8. Sokuto Chudan
9. Surikomi Sokoto Jodan
10. Ushirogeri Chudan
11. Nidan Geri Jodan
12. Uwashi Mawashi Jodan
13. Surikomi Uwashi Mawashi Jodan

### **RENRAKU WAZA (Combination Techniques)**

1. Surikomi Maegeri Chudan, Nagashizuki Jodan, Mawashigeri Chudan
2. Maegeri Chudan, Sokuto Chudan, Ushirogeri Chudan, Gyakuzuki Chudan
3. Zenshinshite Jodan, Renzuki Chudan, Surikomi Maegeri Chudan, Mawashigeri Chudan, Gyakuzuki Chudan

### **UKE (Blocks)**

#### **SANBON GUMITE**

1. Jodan Uke Ipponme, Nihonme, Yonhonme (1, 2, 4)
2. Chudan Soto-Uke & Uchi Uke
3. Chudan Maegeri Uke, Nihonme, Yonhonme, Gohonme (2, 4, 5)

### **KATA**

Pinan Godan, Ku Shanku, Nai Hanchi

### **OHYO GUMITE**

1. Nihonme, Sanbonme, Gohonme, Ropponme (2, 3, 5, 6)

### **KIHON KUMITE**

1. Sanbonme, Yonhonme, Gohonme (3, 4, 5)

### **JI YU KUMITE (Free Fighting)**

## **1st KYU – BROWN BELT (1)**

### **KIHON TSUKI & KERI (Basic Techniques)**

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki no Tsukkomi
4. Kette Gyakusuki no Tsukkomi
5. Nagashizuki
6. Mawashigei Jodan
7. Surikomi Mawashigeri Jodan
8. Sokuto Chudan
9. Surikomi Sokotu Jodan
10. Ushirogeri Chudan
11. Nidan Geri Jodan
12. Uwashi Mawashi Jodan
13. Surikomi Uwashi Mawashi Jodan

### **RENRAKU WAZA (Combination Techniques)**

1. Zenshinshite Jodan, Renzuki Chudan, Maegeri Chudan, Mawashigeri Chudan, Ushirogeri Chudan, Gyakazuki Chudan
2. Surikomi Zenshinshite Jodan, Renzuki Chudan, Surikomi Maegeri Chudan, Mawashigeri Chudan, Ushirogeri Chudan, Uraken Jodan
3. Zenshinshite Jodan, Renzuki Chudan, Maegeri Chudan, Nagashizuki Jodan, Gyakazuki Chudan, Mawashigeri Chudan

### **UKE (Blocks)**

#### **SANBON GUMITE**

1. Jodan Uke Ipponme, Nihonme, Sanbonme, Yonhonme (1, 2, 3, 4)
2. Chudan Soto-Uke & Uchi Uke
3. Chudan Maegeri Uke Ipponme, Sanbonme, Yonhomme, Gohonme (1, 3, 4, 5)

### **KATA**

Ku Shanku, Nai Hanchi, Chinto

### **OHYO GUMITE**

1. Yonhonme, Gohonme, Ropponme, Nanahonme (4, 5, 6, 7)

### **KIHON KUMITE**

1. Gohonme, Ropponme, Nanahonme (5, 6, 7)

### **JI YU KUMITE (Free Fighting)**



# FUDOSHIN KARATE KAI

## Senior Dan Grading Syllabus 2013

### **KIHON TSUKI & KERI** (Basic Techniques)

- 1 Kette Junzunki
- 2 Kette Gyakuzuki
- 3 Kette Junzuki No Tsukkomi
- 4 Kette Gyakusuki No Tsukkomi
- 5 Nagashizuki
- 6 Mawashigeri Jodan
- 7 Surikomi Mawashigeri Jodan
- 8 Sokuto Chudan
- 9 Surikomi Sokuto Jodan
- 10 Ushirogeri Chudan
- 11 Nidan Geri Jodan
- 12 Uwashi Mawashi
- 13 Surikomi Uwashi Mawashi

### **RENRAKU WAZA** (Combination Techniques)

- 1 Surikomi Maegeri, Mawashigeri, Ushirogeri, Uraken.
- 2 Zenshinshite Jodan, Renzuki Chudan, Maegeri, Mawashigeri, Ushirogeri, Gyakazuki.
- 3 Maegeri, Nagashizuki Jodan, Mawashigeri.
- 4 Zenshinshite Jodan, Renzuki Chudan, Maegeri, Gyakazuki, Surikomi Mawashigeri.

### **SANBON GUMITE**

- 1 Chudan Soto-Uke, Maegeri, Gyakazuki.
- 2 Chudan Uchi-Uke, Empi.

### **IPPON GUMITE**

- 1 Jodan Uke 1.2.3.4.
- 2 Maegeri 1.3.4.6.

### **OHYO GUMITE**

- 1st Dan 2.3.4.5.6.7.  
2nd Dan 1.2.3.4.5.6.7.  
3rd Dan 1.2.3.4.5.6.7.8. 4th Dan  
1.2.3.4.5.6.7.8.

### **KIHON KUMITE**

- 1st Dan 2.3.4.5.7.  
2nd Dan 1.2.3.5.7.8.  
3rd Dan 1.2.3.4.5.6.7.  
4th Dan 1.2.3.4.5.6.7.8

## **KATA**

1st Dan Kushanku. Seishan. Chinto. Two Pinan Katas chosen on the day. 2nd Dan Kushanku. Nai-hanchi. Rohai. Three Pinan Katas chosen on the day  
3rd Dan Kushanku. Chinto. Wanshu. Bassi. Four Pinan Katas chosen on the day  
4th Dan Jion-plus any katas from the syllabus chosen on the day.

## **TANDORI** (Knife Defence) Students choice

1st Dan two knife defence  
2nd Dan three knife defence  
3rd Dan four knife defence.  
4th Dan five knife defence.

## **JI YU KUMITE** (Free Fighting)

There will be written questions on the day.

1st Dan applicants must have held 1st kyu at least 9 months 2nd Dan applicants must have held 1st Dan at least 18 months 3rd Dan applicants must have held 2nd Dan at least 3 years  
4th Dan applicants must have held 3rd Dan at least 4 years

**All applicants must send in Dan application form 4 Weeks before the Dan grading. Signed by their Instructor.**

Sensei Ken Dicks 8<sup>th</sup> Dan

## Quick Tips - Footwork

Technique	Attack	Defence
Soto Uke (Outer Block)	Step back into <b>Left</b> Junzuki Stance	(From Yoi) – Step Back <b>Left</b>
Uchi Uke (Inner Block)	Step back into <b>Left</b> Junzuki Stance	(From Yoi) – Step Back <b>Left</b>
Jodan Uke No. 1	Step back into <b>Left</b> Junzuki Stance	(From Yoi) – Step Back <b>Left</b>
Jodan Uke No. 2	Step back into <b>Left</b> Junzuki Stance	(From Yoi) – Step Back <b>Right</b>
Jodan Uke No. 3	Step back into <b>Left</b> Junzuki Stance	(From Yoi) – Step Back <b>Right</b>
Jodan Uke No. 4	Step back into <b>Left</b> Junzuki Stance	(From Yoi) – Step Back <b>Right</b>
Maegeri Uke No. 1	Step back into <b>Left</b> Fighting Stance	(From Yoi) – Step Back <b>Left</b>
Maegeri Uke No. 2	Step back into <b>Left</b> Fighting Stance	(From Yoi) – Step Back <b>Right</b>
Maegeri Uke No. 3	Step back into <b>Left</b> Fighting Stance	(From Yoi) – Step Back <b>Left</b>
Maegeri Uke No. 4	Step back into <b>Left</b> Fighting Stance	(From Yoi) – Step Back <b>Left</b>
Maegeri Uke No. 5	Step back into <b>Left</b> Fighting Stance	(From Yoi) – Step Back <b>Right</b>
Maegeri Uke No. 6	Step back into <b>Left</b> Fighting Stance	(From Yoi) – Step Back <b>Left</b>
Ohyo Gumite No. 1	Forward <b>Left</b>	Back <b>Right</b>
Ohyo Gumite No. 2	Forward <b>Right</b>	Back <b>Right</b>
Ohyo Gumite No. 3 ***	Forward <b>Left</b>	Back <b>Left</b>
Ohyo Gumite No. 4	Forward <b>Right</b>	Back <b>Left</b>
Ohyo Gumite No. 5 ***	Forward <b>Left</b>	Back <b>Right</b>
Ohyo Gumite No. 6	Forward <b>Left</b>	Back <b>Right</b>
Ohyo Gumite No. 7 ***	Forward <b>Left</b>	Back <b>Right</b>
Ohyo Gumite No. 8	Forward <b>Right</b>	Back <b>Right</b>
Kihon Kumite No. 1	Forward <b>Right</b>	Back <b>Left</b>
Kihon Kumite No. 2	Forward <b>Right</b>	Back <b>Left</b>
Kihon Kumite No. 3	Forward <b>Right</b>	Back <b>Left</b>
Kihon Kumite No. 4	Forward <b>Left</b>	Back <b>Left</b>
Kihon Kumite No. 5 ***	Forward <b>Left</b>	Back <b>Left</b>
Kihon Kumite No. 6	Forward <b>Left</b>	Back <b>Left</b>
Kihon Kumite No. 7	Forward <b>Left</b>	Back <b>Left</b>
Kihon Kumite No. 8	Forward <b>Right</b>	Back <b>Left</b>
Kihon Kumite No. 9	Forward <b>Right</b>	Back <b>Left</b>
Kihon Kumite No. 10 ***	Forward <b>Right</b>	Back <b>Left</b>

\*\*\* Indicate that these techniques involve take downs.

## **The Meaning of Kata Form**

'Kata' in Karate refers to the art of combining in a sequence of moves, all the attacking and blocking techniques of karate in a rational and highly skilled, reformed manner. The nearest English word equivalent to kata is 'form'. It is clear from a study of the 'form' of Karate, how Karate evolved and developed as an art of self defence. There are many Kinds of 'form' all of which start with defence. This shows that every move in Karate developed out of the need for self defence against attack.

## **Characteristics of Kata**

The advantage of Karate 'form' exercises is that we can practise them by ourselves, anytime, anywhere. They are an excellent way of keeping fit, for every muscle is exerted correctly and to its' maximum potential. For older people, as well as women and children, they are a way of preserving and developing physical strength and alertness, while young people can exercise their strength, and at the same time, they learn self defence.

## **Points of Note**

It is useless to exercise mechanically without understanding the meaning of what you are doing. You should first understand the meaning of kata, and then practise your exercises in a 'living' way, always imagining an opponent. For example, the movements of each kata must flow one into the other and if you do not know the meaning of each kata as a whole, you will not know what you are doing or why. Of course this sequence of techniques must be followed carefully and properly.

## **Licence and Grading Record Books**

### **Licence**

This must be renewed annually – an application form is available from one of your club instructors. Please ensure that you give all information required on the form; this will reduce any delay in returning your licence. Print your name and address on the form in block capitals, and please include a self addressed stamped envelope.

### **Record Books**

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

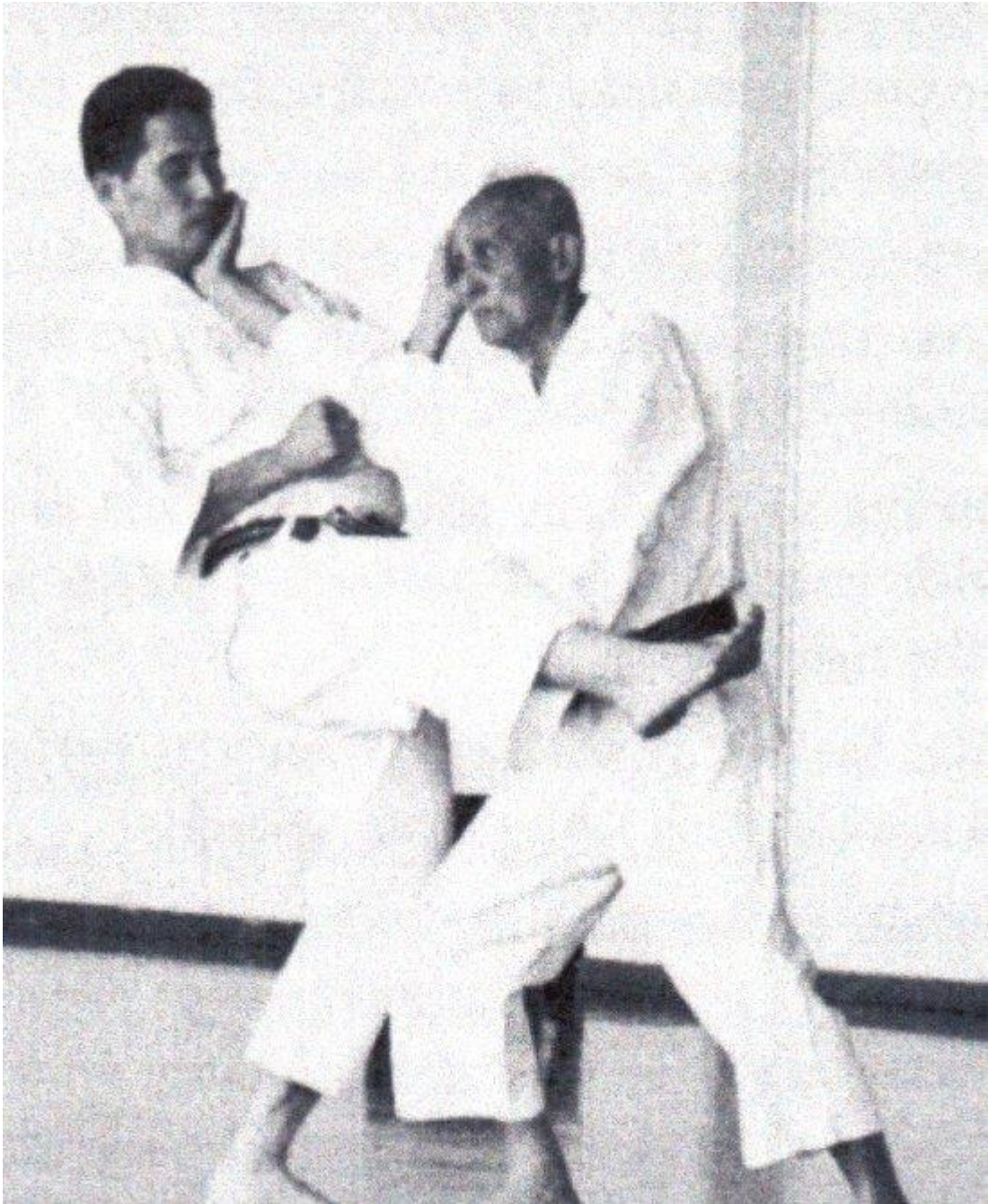
Enquiries concerning licences and gradings should be addressed to the federation licence officer. Application, including payment, must be made direct to the licence officer.

One of your club instructors will provide you with the address of the above officer. All information about championships, other contests, and all federation matters, are contained in circulars and news letters which are sent to all clubs from time to time. All club members must ask to see these if 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 can NOT attend courses, or take part in competitions or gradings, unless you possess a current licence, and you must get the grading instructor to sign and stamp your book in the appropriate box immediately after a grading session, if you have passed your examination.

**Notes**

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**'The true purpose of budo is the search for truth. In karate, three elements are important - physical strength, spirit and heart. The end of do (the way), cannot be achieved in a few years, rather it is a lifelong search. Perhaps you could say the aim is to make us good Human Beings.'**

**Ohtsuka Hironori (6/1/1892 - 1/29/1982)  
founder of Wado ryu karate**