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# 2024/25 SYLLABUS

*This syllabus is designed for all students of the  
International Sabaki Karate-Do TESHINKAI*

*2024/25: Edition*

*“The true meaning of Karate-do  
is not in winning or losing, but in  
the development of character of  
it’s participants.”*

**Gichin Funakoshi**  
**Founder of modern Karate-do**

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## FOREWORD

Traditional Karate training is based on discipline, perseverance and commitment. The true Karate-ka (Karate person) is a person who is focused, polite, courteous, humble and disciplined. One is also notoriously proud and justifiably so considering the length to which a devotee must go. The Karate-ka has a natural desire to excel, to out do their own past performances knowing that their greatest opponent in life is themselves.

Through regular Karate training ones life begins to change in a very positive way. Once ability begins to develop the Karate-ka will feel an increased awareness of things around them, gradually this manifests as improved confidence and a sense of calm that is noticed by others. Karate is not exclusive, on the contrary its inclusive, anyone can do it! A high level of proficiency can be achieved regardless of ones preconceived ideas of themselves.



***“A black belt is a white belt  
who never quit!”***

**Kancho Barry Johnston  
Founder & Chief Instructor**

## TE SHIN KAI KARATE—meaning



### Te

(hand - original descriptor of the Okinawan martial art, later changed to Karate when introduced to Japan)

### Shin

(Truth / Heart / Soul—depicts the mental, spiritual quality that evolves in oneself as a result of training)

### Kai

(Organization—Te Shin Kai Karate do has evolved out of the many years of hard training by thousands of practitioners)

The 3 sides of the Te Shin Kai triangle symbolizes strength and stability

The 3 sides also denotes the 3 principles of Karate: -

1. **Kihon** - Basic techniques
2. **Kata** - Forms, patterns
3. **Kumite** - Free sparring



## **KIME**

**Kime (Keem-e)**- The focusing of all physical and mental energies on the situation at hand

## **MUSHIN**

**Mushin ( Moo-shin)**- A relaxed state of “*no mindedness*” of which your thoughts are free from interference of superfluous clutter, allows instinctive action to take command.

## **KAIZEN**

**Kaizen– Continuous Improvement**– The relentless quest for a better way and for higher quality craftsmanship. We think of it as the daily pursuit of perfection. Kaizen keeps you reaching, stretching to outdo yesterday. The continuous improvements may come bit by bit, but enough of these small incremental gains will eventually add up to a valuable competitive advantage.

# DOJO ETIQUETTE



- ◇ When entering or leaving the training hall, always face the front, bow and say **Osu**.
- ◇ Remove shoes before entering the dojo
- ◇ When late to class kneel to the side of the class in seiza and bow, saying, “shitsurei shimasu” (excuse me for being late). Stand, face the front of the Dojo and bow once again with a strong **Osu**, and quickly join the back of the class.
- ◇ Do not eat, drink, chew gum in the Dojo.
- ◇ Your uniform must be washed, clean and neat at all times. Never wash your belt.
- ◇ Listen carefully to your instructors directions. Remember that the instructor will not ask you to do what he/she would not do also. Acknowledge with a loud **Osu**.
- ◇ Never practise sparring (kumite) unless an instructor is present. When practising kumite with a black belt always do your very best but always show respect for their rank. If you think you can go harder then do so, but remember that they have your lower rank in mind whilst they are sparring and will not be fighting their hardest.
- ◇ Do not ask a higher rank for kumite. You should not refuse however when asked by a senior grade.
- ◇ Address your instructor as Sempai, Sensei, or Shihan, as the case may be. Do not address the instructor by their first name in class.

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- ◇ Do not swear, laugh, giggle at others, lounge, or act inattentively during class.
- ◇ For the sake of safety and neatness, do not wear jewellery or watches including sports monitors, during training. If you cannot remove earrings, they must be secured with tape or a band-aid to prevent injury.
- ◇ Always be sure that feet, hands and nails are washed clean for training and ensure your own personal hygiene and wear a deodorant. In training you often work closely with others. Nobody likes to train with someone who is dirty.
- ◇ Be sure to go to the toilet prior to training, an accidental blow to a full bladder can be extremely dangerous. Try also to remember, that it is not good for the body to train on a full stomach, so avoid eating for a least one hour before class starts.





# Equipment Required

In the interest of tradition and your safety and comfort , you are required to have the following equipment:

- ⇒ Karate Do Gi—(Uniform)
- ⇒ Shin and instep protectors
- ⇒ Hand mitts (cotton fingerless gloves)
- ⇒ Bag for carrying your Karate equipment
- ⇒ Water bottle

## Gradings

Gradings are held every three months. Attendance at gradings are required to be promoted to a new level.

Grading requirements are listed in this syllabus, any special requirements regarding belt testing may be discussed in person with your sensei. Regular attendance of classes is a requirement to be invited to grade.

## Personal training

Personal training is a great way to hone your skills prior to a grading or just to gain that training advantage. You may enquire about personal training with any approved instructor.

# How to fold your Gi



1. Lay Gi top flat and neat



2. Place Gi Pants on top



3. Fold pants then fold over Gi top



4. Fold over both sides neatly



5. Roll Gi tightly



6. Wrap and tie belt around Gi

Rolling your Gi after every training session eliminates the need to iron after each session. All Karate-ka have a responsibility to ensure the Gi remains clean and pressed.

# How to tie your belt



Find the centre of your belt



Place centre of belt against front



Wrap the belt around and to front



Loop right side under belt



Loop top end over and under bottom



Cinch not by pulling upwards



Let belt hang forward and down

## JAPANESE TERMINOLOGY

KANCHO	Master of an Organisation	YOKO	Side
SHIHAN	Master	SAYU	Left, Right
SENSEI	Teacher	USHIRO	Back
SEMPAI	Senior	MAE	Front
OTAGAI	Everyone	KIME	Focusing
KOHAI	Student (junior)	KIAI	Shout
DOJO	Training Hall	UKE	Outside
GI	Uniform	SOTO	Inside
OBI	Belt	UCHI	Inside
YOI	Ready	TSUKI	Punch
KAMAETE	Perform the technique	GERI	Kick
KIATE	With Kiai	ASHI BARI	Foot sweep
MAWATTE	Turn	REI	Bow
NAORE	Return to original position	SEIZA	Kneel down
YASUME	Relax, rest	MOKUSO	Close eyes
MOGOREI	Perform without the count	DACHI	Stance
HAJIME	Begin	GANMEN	Face
YAME	Stop	KARA	Empty
HIDARI	Left	TE	Hand
MIGI	Right	AGO	Chin
JODAN	Upper	YORI ASHI	Lunge
CHUDAN	Middle	TSUNAGI ASHI	Instep
GEDAN	Lower	AYUMI ASHI	Step through

### **Continued...**

ICHI	1
NI	2
SAN	3
SHI	4
GO	5
ROKU	6
SHICHI	7
HACHI	8
KU	9
JU	10
YON JU GO	45
KU JU	90

### **BOWING**

SHOMEN NI REI	Bow (respect) to the Organisation
KANCHO NI REI	Bow (respect) to Chief Instructor
SHIHAN NI REI	Bow (respect) to Master Instructor
SENSEI NI REI	Bow (respect) to Teacher
SEMPAI NI REI	Bow (respect) to Senior
OTAGAI NI REI	Bow (respect) to all Students

<b>Punches</b>	<b>( Performed in Migi Sanchin Dachi)</b>	<b>Knife Hand Strikes</b>	<b>( Performed in Migi Sanchin Dachi)</b>
Chudan tsuki	Centre punch	Shuto Gammen Uchi	Knife hand to temple
Jodan tsuki	Upper punch	Shuto Sokotsu Uchi	Knife hand collarbone
Gedan tsuki	Lower punch	Shuto Sokotsu uchikomi	Driving knife hand to collarbone
Seiken Ago Uchi	Fist strike to chin	Shuto Kubi Uchi	Knife hand to neck
Uraken Shomen uchi	Inverted fist to face	Shuto Hizo Uchi	Knife hand to spleen
Uraken sayu Uchi	Inverted fist to side	Shotei Uke	Palm heel block
Uraken Hizo Uchi	Inverted fist spleen	<b>Kicks</b>	
Uraken Shita Uchi	Inverted fist strike to solar plexis	Mae Keage	Front high kick
		Kin Geri	Groin kick
<b>Elbow Strikes</b>	<b>( Performed in Kiba Dachi)</b>	Mae Geri	Front kick
Hiji Jodan Ate	Upper Elbow strike	Gedan Mawashi Geri	Lower roundhouse kick
Hiji Age Uchi	Rising elbow strike	Jodan Mawashi Geri	Upper roundhouse kick
Hiji Oroshi Uchi	Descending elbow	Yoko Keage	Side high kick
Hiji Ushiro Uchi	Elbow strike to rear	Kansetsu geri	Ankle kick
		Yoko Geri	Side kick
<b>Blocks</b>	<b>( Performed in Hidari Sanchin Dachi)</b>	Ushiro geri	Back kick
Jodan Uke	Upper block	Hiza Geri	Knee kick
Chudan Soto Uke	Middle outside block		
Chudan Uchi Uke	Middle inside block	<b>Extra kicks</b>	
Gedan Barai	Downward block	Kakato Oroshi Geri	Axe Kick
Uchi Uke, Gedan Barai	Inside outside block	Ushiro Mawashi Geri	Spinning Back Kick

# OSU

## The Spirit of Perseverance

“OSU” (Pronounced oos) is a term regularly used in the Karate Dojo.

It means, “Yes I can!” or “Yes I will!”

“OSU” also means you will push yourself even if you are tired, or hurt. So it is necessary to say “OSU” strong and loud so that you remind yourself and others that you will never give up!



# KIAI

## The Battle Cry

Perhaps one of the most commonly asked questions when coming in to contact with Karate for the first time is “why do they shout when they kick or punch?”

The shout is used to ensure a couple of things

1. We exhale with force as we strike, because it helps our technique to be more powerful.
2. It's a war cry or battle cry that can distract or startle our opponent.

The Kiai should be performed strong and loud to demonstrate that you are performing your technique fully.





# DOJO

## The Training Hall

A **Dojo** is a Japanese term which literally means "place of the way". Initially, *dōjōs* were adjunct to temples.

The Dojo is where many come to train and improve themselves

The image shows the Japanese characters for 'Dojo' (道場) written in a bold, black, calligraphic style. The characters are arranged vertically, with '道' (Dō) on top and '場' (jō) on the bottom. The brushwork is thick and expressive, with visible strokes and a slight shadow effect behind the characters, giving them a three-dimensional appearance as if they are floating or attached to a surface.

# Junior Grading Levels

## PEE WEE BELTS AGE 5-7 YEARS

<b>White Belt</b>	Pee Wee belt levels will receive one Black Stripe each month to be eligible to progress to their next belt colour.
<b>Yellow Belt</b>	
<b>Orange Belt</b>	If a student completes all of the colours before turning 8 years of age they may still progress to the junior colours, listed below, starting at red.
<b>Purple Belt</b>	

## JUNIOR BELTS AGE 8-17 years

<b>Belt</b>	<b>Rank</b>	<b>Time training</b>
<b>White</b>	Beginner	
<b>Red</b>	10th Kyu	3 months
<b>Red Blue Bars</b>	9th Kyu	6 months
<b>Blue</b>	8th Kyu	9 months
<b>Blue Yellow Bars</b>	7th Kyu	12 months
<b>Yellow</b>	6th Kyu	15 months
<b>Yellow Green Bars</b>	5th Kyu	18 months
<b>Green</b>	4th Kyu	21 months
<b>Green Brown Bars</b>	3rd Kyu	24 months (2 years)
<b>Brown</b>	2nd Kyu	27 months
<b>Brown Black Bars</b>	1st Kyu	33 months (approx. 3 years)
<b>Jnr Black Belt (Prob)</b>	Probationary	45 months (3 to 4 years)
<b>Jnr Black Shodan</b>	1st Dan	+1 year
<b>Jnr Black Nidan</b>	2nd Dan	+2 years

# Senior Grading Levels

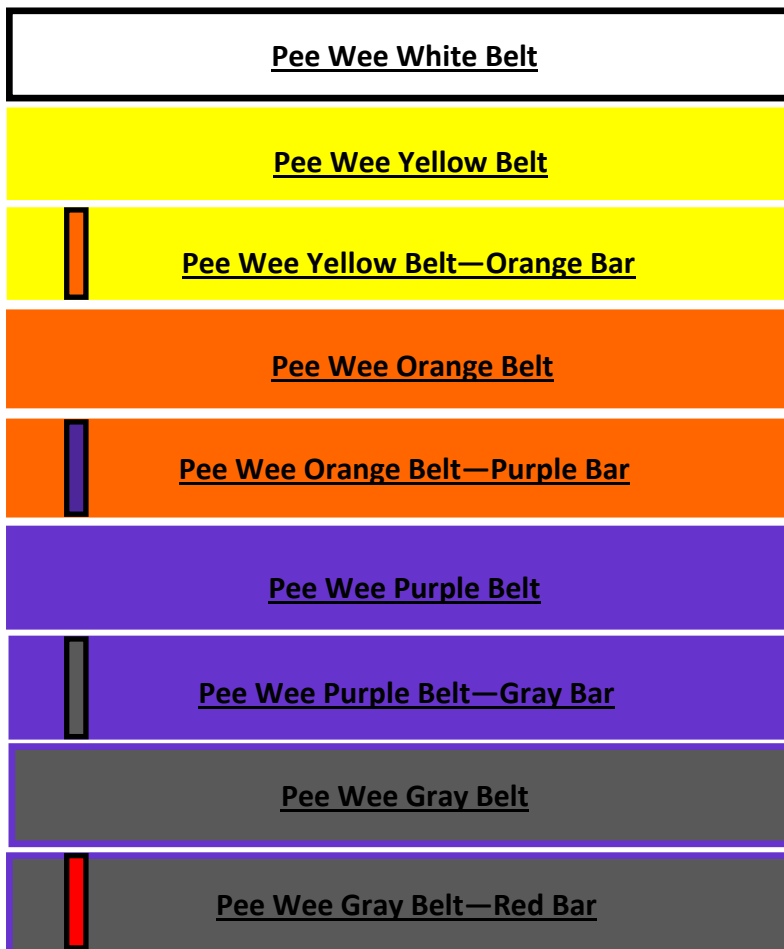
The list below demonstrates the approximate months one must train to achieve each level based on a 2 classes per week average. Home or remote training may also be included in the calculation.

Consistency with your training is the key. Its always ok to cross train but don't become distracted from the main curriculum. It is possible to skip grades and fast track your progress, so regular attendance is the key!

<b>Belt</b>	<b>Rank</b>	<b>Time training</b>
<b>White</b>	Beginner	
<b>Red</b>	10th Kyu	3 months
<b>Red Blue Bars</b>	9th Kyu	6 months
<b>Blue</b>	8th Kyu	9 months
<b>Blue Yellow Bars</b>	7th Kyu	12 months
<b>Yellow</b>	6th Kyu	15 months
<b>Yellow Green Bars</b>	5th Kyu	18 months
<b>Green</b>	4th Kyu	21 months
<b>Green Brown Bars</b>	3rd Kyu	24 months (2 years)
<b>Brown</b>	2nd Kyu	27 months
<b>Brown Black Bars</b>	1st Kyu	33 months (approx. 3 years)
<b>Black Shodan-Ho</b>	1st Dan– Prob	45 months ( 3 to 4 years)
<b>Black Shodan</b>	1st Dan	+ 1 year
<b>Black Nidan</b>	2nd Dan	+2 years
<b>Black Sandan</b>	3rd Dan	+3 years
<b>Black Yondan</b>	4th Dan	+4 years
<b>Black Godan</b>	5th Dan	+5 years

# PEE WEE GRADES: 5 - 7 years

## White, Yellow, Orange, Purple & Gray Belts



Pee wee students train under the junior syllabus to prepare them for their transition to junior at age 8. The only grading requirement is regular attendance, a willingness to learn and adherence to the dojo etiquette.

## JUNIOR GRADES: 8 - 17 years

A martial artist is categorised as follows:

Junior- 17 and under

Senior- 18 and over

A junior participant is expected to be competent in the curriculum of Teshinkai to progress to the equivalent belt.

A black belt junior is presented their senior belt when they turn 18 with no further testing providing they have continued to regularly train since being awarded their junior black belt (1st Dan or 2nd Dan.)



JUNIOR SHODAN



SENIOR SHODAN

## Grading Syllabus

### 10th KYU- RED BELT

**RED BELT:** Stability Level. The red colour symbolises the fire that is in the students heart, the fire to learn and to achieve the levels and tasks ahead. At this level the student will begin to establish the balance, posture and stability that is required of the student.

***Must be able to demonstrate the following:***

**PUNCHES AND STRIKES:**

Traditional center punch, upper punch, chin strike

**BLOCKS:**

Upper block, middle outside block

**KICKS:** Groin kick, front kick

**STANCES:** Natural stance, forward leaning stance

**IDO GEIKO- Moving Basics:** Center punch from forward leaning stance

**KATA:** Not required at this level

**KUMITE: (Sparring)** Not required at this level



## **9th KYU – RED BELT / BLUE BAR**

**Requirements: Regular attendance & minimum 3 months since last grading**

***The applicant must perform all previous requirements including the following:***

### **PUNCHES AND STRIKES:**

Inverted fist strike to face

Inverted fist strike to side

Inverted fist strike to the kidneys

### **BLOCKS:**

Middle inside block, lower block


**KICKS:** Middle roundhouse kick, lower roundhouse kick

**STANCES:** Back leaning stance, fighting stance, sanchin dachi

**IDO GEIKO- Moving Basics:** All blocks and reverse punch from forward leaning stance

**KATA:** Taikyoku sono ichi, Taikyoku sono ni

**KUMITE:** Not required at this level



## **8th KYU – BLUE BELT**

**Requirements: Regular attendance & minimum 3 months since last grading**

**Blue belt:** Fluidity, adaptability level. The student training for blue belt develops a basic ability to adapt and react fluidly. Know your limitations and know that there is so much to learn.

***The applicant must perform all previous requirements including the following:***

**PUNCHES AND STRIKES:** Knife hand strike to the temple, neck, collar bone and spleen

**BLOCKS:** Uchi uke gedan barai

**KICKS:** Side kick, back kick, low joint kick

**STANCES:** Moving in straddle stance or sumo stance

**IDO GEIKO- Moving Basics:** Back leaning stance with roundhouse block

**KATA:** Taikyoku sono san

**KUMITE:** 6 rounds at 1 1/2 mins.





## **7th KYU – BLUE BELT / YELLOW BAR**

**Requirements: Regular attendance & minimum 3 months since last grading**

***The applicant must perform all previous requirements including the following:***

**PUNCHES AND STRIKES:** Hammer fist, elbow strike, inverted fist strike to the solar plexis

**BLOCKS:** Palm parry

**KICKS:** Knee kick, upper roundhouse kick

**STANCES:** Neko ashi dachi (cat stance), Tsuru ashi dachi (crane stance)

**IDO GEIKO-Moving Basics:** Back leaning stance, Middle inside block and centre punch. Proficiency with moving forwards, backwards and turning (mawatte) in stance

**KATA:** Pinan sono ichi

**KUMITE:** 6 rounds at 1 1/2 mins



## **6th KYU - YELLOW BELT**

**Requirements: Regular attendance & minimum 3 months since last grading**

**YELLOW BELT:** Assertion level. The yellow belt is the last of the raw beginners levels and here, the Karate-ka begins to feel the start of direct control over their own life and the environment that they find themselves in.

***The applicant must perform all previous requirements including the following:***

**STRIKES:** Spear hand, palm heel application

**BLOCKS:** Roundhouse block, full body block

**KICKS:** Hook kick, axe kick

**IDO GEIKO-Moving Basics:** All blocks and kicks from forward leaning stance, straddle stance and back leaning stance

**KATA:** Pinan Sono Ni

**YAKUSOKU KUMITE** (Self Defence)

Defence against lower roundhouse and front kick

**KUMITE:** 12 rounds at 1 1/2 mins



## **5th KYU – YELLOW BELT / GREEN BAR**

**Requirements: Regular attendance & minimum 3 months since last grading**

***The applicant must perform all previous requirements including the following:***

**PUNCHES AND STRIKES:** Inner knife hand applications

**BLOCKS:** Proficiency with all traditional blocks

**KICKS:** Jumping front kick, Stopping kick

**IDO GEIKO:** Back leaning stance with hiji jodan ate, uraken shomen uchi with shotae uke, transition to forward leaning stance, gedan barai, reverse punch

**BREAK FALLS:** Side break fall (left and right), forward break fall and backward break fall from low position

**SAN BON KUMITE- 3 Step Fighting:** 2 different defence from upper punch and center punch

**KATA:** Pinan sono san

**SABAKI (Senior only) :** 4 Sabaki steps with block, punch and knee kick

**KUMITE:** 12 rounds at 1 1/2 mins



## **4th KYU – GREEN BELT**

**Requirements: Regular attendance & minimum 3 months since last grading**

**GREEN BELT:** Emotion, sensitivity and new growth. Until now the student has been fairly limited in relation to experience and expression. Now that the basic technique of Karate has been mastered a period of new growth and understanding should now emerge.

***The applicant must perform all previous requirements including the following:***

**STRIKES:** Proficient with all strikes

**BLOCKS:** Proficiency with all traditional and freestyle blocks

**KICKS:** Spinning hook kick

**KATA:** Pinan sono yon, Kihon Kata (senior only)

**SABAKI :** 6 SABAKI STEP sequence (senior only)

**BREAK FALLS:** Forward and backward roll

**YAKUSOKU KUMITE:** (Self Defence)

Defence against hook kick, defence against axe kick

**KUMITE:** 15 at 1 1/2 mins



### **3rd KYU – GREEN BELT BROWN BAR**

**Requirements: Regular attendance & minimum 3 months since the last grading**

***The applicant must perform all previous requirements including the following:***

**STRIKES:** Proficient with all traditional and freestyle strikes

**BLOCKS:** Proficiency with all traditional and freestyle blocks

**KICKS:** Proficiency with all traditional and freestyle kicks including multiple kicks off of one leg

**BREAK FALL:**

All break falls and rolls from a low or squatting position

**KATA:** Pinan sono go,  
Kumite Kata, Sanchin (senior only)

**SABAKI:** 6 Sabaki steps, 4 Sabaki takedowns (senior only)

**KUMITE:** 15 at 1 1/2 mins

**TERMINOLOGY:** It is expected that by this rank, the applicant will be proficient in the Japanese terminology



## **2nd KYU – BROWN BELT**

**Requirements: Regular attendance & minimum 3 months since the last grading**

**BROWN BELT:** Solid, practical and creative level. The brown belt level is an important stage for the Karate-ka. Training is undertaken with a serious, responsible and mature frame of mind. The students technique at this stage should be strong and executed with ease and confidence.

***The applicant must perform all BASICS with proficiency, strong attitude and disciplined composure.***

**BREAK FALL:** All break falls and forward rolls from a standing position (Senior only, juniors from a squatting position)

**KATA:** Tensho, Saifa ( Senior only)

**IPPON KUMITE- One step fighting:** 20 of your own techniques (Senior Only)

**KUMITE:** 20 at 1 1/2 mins

**TEACHING:** The applicant should begin to assist in leading activities within a class and should participate in the assistance of the junior/pee-wee classes.



## **1st KYU – BROWN BELT BLACK BAR**

**Requirements: Regular attendance & minimum 6 months since the last grading**

***The applicant must perform all BASICS with proficiency, strong attitude and disciplined composure.***

**KATA:** Sokugi 1, 2, 3 (Senior Only)

Taikyoku 1, 2, 3 performed in URA (Senior Only)

No further kata required for juniors. They should be practicing all previous kata to become more proficient.

**IPPON KUMITE- One step fighting:** 25 of your own techniques (Senior only)

**KUMITE:** 20 at 1 1/2 mins

**TEACHING:** Senior applicants should begin leading activities within a senior class and should be capable in teaching a junior/pee wee class solo.

Junior applicants should be assisting in the instruction of the junior/pee wee classes and should be able to run the basics using appropriate Japanese terminology.



## **SHODAN-HO– PROBATIONARY BLACK BELT**

**Requirements: Regular attendance & 12 months since the last grading**

**BLACK BELT:** Black is the colour of strength, however, arrival at Shodan is a new beginning, not the end of the journey, (Sho shin-Beginners mind; Sho dan Beginners grade) so there is no room to entertain pride and egotism. The BLACK belt must demonstrate good leadership for their position as a Sem-pai (leader) within the dojo.

***The applicant must perform all BASICS with proficiency, strong attitude and disciplined composure.***

**KATA:** All previous performed with proficiency

**IPPON KUMITE- One step fighting:** 25 of your own techniques (Senior only)

**KUMITE:** 25 at 1 1/2 mins

**KNIFE DEFENCE:** Defence from four different knife attacks (Senior only)

**TEACHING:** The applicant should begin to lead senior classes and junior/pee-wee classes (Senior only)

**TAMESHIWARI:** Tile breaking is optional but recommended. (Senior Only)





## **SHODAN – BLACK BELT – 1st DAN**

**Requirements: minimum of 12 months training as a probationary Black Belt.**

*The applicant must participate in the grading, however no extra curriculum is required. Your regular attendance, time in service to the club and commitment to furthering your skills over the year will make you eligible for your official Shodan.*

*To reach the next rank of Nidan (2nd Dan) you will need to learn further syllabus and be formally invited .*

**TEACHING:** The Shodan (1st Dan) should be leading junior/pee-wee classes as often as is practicable. You should also be engaging and participating in club events and contributing to the success of the club by doing so. You should be setting an example of excellence to the lower ranked otogai. This is achieved by showing commitment to your training by way of regular attendance, and displaying a high level of respect and adherence to the dojo etiquette. Junior Shodan should be regularly assisting with junior/pee wee classes and leading activities within senior classes

**NOTE:** The embroidery on the junior shodan belt is orange to differentiate between a junior and senior shodan.



## **NIDAN – 2nd DAN BLACK BELT SENIOR & JUNIOR**

**To qualify for Nidan the applicant must have committed to regular training and a minimum of 2 years at Shodan.**

To qualify to grade for Nidan it is necessary that you are able to take a full class and be proficient in the Japanese terminology as well as be regularly assisting in classes

You should not ask to be graded, once the requirements for Nidan are demonstrated by yourself, your instructor will recommend that you grade.

**The applicant must perform all previous requirements including the following:**

### **KATA: (all previous kata plus the following)**

**Seniors:** Seienchin Kata, Yantsu, Tsuki no kata, Gekesai dai, Gekesai sho

**Juniors:** Kihon, Kumite, Sanchin, Tensho, Saifa

### **SABAKI:**

**Seniors:** Perform 4 x Sabaki defence against an opponent

**Juniors:** 6 Sabaki Steps, 4 Sabaki Takedowns

### **KUMITE:**

**Senior 30 at 1 1/2 mins** must demonstrate superior ability

**Junior 25 at 1 1/2 mins** must demonstrate superior ability

**KICKS:** Tobi ushiro geri, Kakato oroshi geri, Ushiro mawashi geri.



## **SANDAN – SENIOR 3rd DAN BLACK BELT - SENSEI**

**To qualify for Sandan the applicant must have been committing to regular training and a minimum of 3 years at Ni Dan.**

As this is a senior rank you must be an instructor and have produced a student to at least 1st kyu to qualify. Non-instructors, i.e. fighters, will need 1500 training hours or a minimum of 5 years to qualify. You must be very active in the running of the organization events.

You should not ask to be graded, once the requirements for Sandan are demonstrated by yourself, your instructor will recommend that you grade before the Teshinkai senior instructor panel. Senior instructors will make final approval and invitation to grade will be issued.

***The applicant must perform all previous requirements including the following:***

### **KATA:**

Seipai, Garyu, Kanku dai

### **KUMITE:**

**30 at 1 1/2** mins must demonstrate superior ability

**SABAKI:** Candidates for Sandan should be showing proficiency in the instruction and application of the sabaki syllabus



## **YON DAN – SENIOR 4th DAN BLACK BELT - SHIHAN DAI**

**To qualify for YONDAN the applicant must have at least a further 1000 hours dojo training or instructing a minimum of 4 years at SanDan.**

As this is a senior rank you must be an instructor and have produced a student to at least 1st Dan or higher to qualify.

At this important level you may only be invited to grade at the request of the senior instructor (Kancho) seconded by all other senior instructors.

### ***The applicant must:***

Contribute to the running and promotion of Teshinkai Karate including assisting in the organization and participation of club events

Be a minimum of 30 years of age

**Kata:** Exemplary and current Kata mastery including Sushihō

**Kumite:** 30 at 1 1/2 mins must demonstrate superior ability



## **GODAN – SENIOR 5th DAN BLACK BELT—SHIHAN**

To qualify for GODAN - Shihan The applicant must be involved in the management and welfare of a large student body. It is expected that the applicant has guided others to Sandan level or above and is regarded as an integral contributor to the organization and holds respect amongst peers and the general public.

*The applicant must:*

Be a minimum of 40 years of age

### **Grades higher than Godan**

Are awarded by invitation without the formal grading requirement

The grades are issued to the Shihan based on their ongoing service to Teshinkai and respect held within the Dojo

### **Discretionary Grades**

A discretionary grade may be issued in favour of the expansion and ongoing development of International Sabaki Karate-do TESHINKAI.

For example a black belt from another style who wishes to join Teshinkai may be graded directly to their equivalent rank, or lesser, or higher to fulfill their role as a contributor, Branch Representative or Branch Chief or Regional Director within the International Sabaki Karate-do TESHINKAI

## **Transitioning From Junior To Senior**

The junior Shodan / Nidan will automatically transition to a senior Shodan/ Nidan at age 18, without the need to retest on the provision that they continue regular training through to this age.

It is expected that the junior Shodan/ Nidan will set a high example for their peers by performing all tasks to the best of their ability and always abiding by the dojo etiquette. It is encouraged for the junior Shodan/ Nidan to participate in all gradings as a show of support and respect for their peers.

When outside of the dojo, they will conduct themselves in a manner that is befitting of their rank and will strive to always show respect, discipline and confidence in everything that they do.

A junior student may be invited to begin training with the senior students when their instructors deem them ready to do so. They will still train under the junior belt system until the age of 18 but the learning they do under the mentorship of their senior counterparts will serve them well when they come of age to transition to the senior syllabus.

### **Shodan Gradings and Above:**

Gradings for Shodan rank and above take place either in June or December. Students going for the rank of Shodan or above **MUST** participate in the actual grading event and will not be permitted to grade in class.

## Stances—Dachi

- ◇ **Heisoku Dachi**– Set / Attention Stance
- ◇ **Musubi Dachi**– Informal Attention Stance
- ◇ **Heiko Dachi**– Hip Width Stance
- ◇ **Fudo Dachi**– Ready Stance
- ◇ **Uchi Hachiji Dachi**– Inverted Natural Stance
- ◇ **Kiba Dachi**– Horseriding / Straddle Stance
- ◇ **Shiko Dachi**– Sumo Stance
- ◇ **Zenkutsu Dachi**– Forward Leaning Stance
- ◇ **Kumite Dachi**– Fighting Stance
- ◇ **Sanchin Dachi**– Hourglass Stance
- ◇ **Kokutso Dachi**– Backward Leaning Stance
- ◇ **Neko Ashi Dachi**– Cat Stance
- ◇ **Tsuri Ashi Dachi**– Crane Stance
- ◇ **Kake Dachi**– Hooked Stance
- ◇ **Moro Ashi Dachi**– One Foot Forward Parallel Stance
- ◇ **Hun Zenkutsu Dachi**– Half Forward Leaning Stance



## The Teshinkai Belt System

The meaning behind the belt colours

10th Kyu / 9th Kyu
8th Kyu / 7th Kyu
6th Kyu / 5th Kyu
4th Kyu / 3rd Kyu
2nd Kyu / 1st Kyu
Black



## **WHITE BELT**

Level of purity and potential

Being new to Karate, it is said the white belt has fire in his belly and his heart and is full of hope for the future. From this hope sprouts the first enthusiasm to train and learn. Encouragement and support for the student are critical at this level to enable positive growth and achievement.

## **RED BELT**

**Colour of Fire**

The red belt signifies the fire that is in the Karate-ka's heart. The major focus at this level is understanding the foundations. Every student must establish a commitment to attending classes. Red belts should be enthusiastic in training, and look forward for greater things to come.

## **BLUE BELT**

**Colour of Water**

At this level the Karate-ka develops a basic ability to adapt and react fluidly. Just as water adapts to the shape of whichever object is holding it. Adaptability grows through kumite (sparring) and independence begins to establish itself. The student learns to adapt karate to best suit one's physical strengths and weaknesses.

## YELLOW BELT Enlightenment

The colour of yellow also signifies the sun and the feeling of enlightenment as the value of technique becomes clear. Apart from concentrating purely on physical skills (such as balance, stability, eye/hand coordination, and general technical ability) as compared to previous belts, yellow belt also requires serious consideration to the psychological aspects of training-perception, awareness, assertion, and other manifestation of will-power.

## GREEN BELT New Growth

Green signifies new growth, the green belt is now more aware of his unique discriminating intelligence and the importance of compassion for others. We must realise that power without wisdom and compassion is destructive, dangerous and callous. At this level, the green belt should work on the power aspect of karate. Teshinkai emphasises power as the base for all movement. The understanding of "Ichi Geki" (one strike) to victory is important at this level.

## **BROWN BELT**

### **The colour of earth - Stability!**

By now, the brown belt should be very strong and very comfortable in the execution of all techniques, whilst continuing to strive to achieve ever higher levels of skill. In sparring, the brown belt needs to demonstrate control over lower ranks and demonstrate confidence and leadership. A junior student should feel that they can trust the brown belt and the brown belt should respect that trust through care, integrity, and control.

## **BLACK BELT**

### **The manifestation of all colours combined!**

The coveted black belt is best described as the beginning of the journey. There is no room for pride or egotism at black belt. On the contrary, the black belt must demonstrate exemplary discipline, respect, humility, gratitude, honour and integrity!

**"Shoshin" - Beginners mind.**

**"Shodan" Beginners grade.**

## How To Register & Pay For Gradings

Grading invitations are handed out to all students eligible to grade, approximately two weeks before each grading. Gradings take place every three months, four times a year. When deciding on who will be invited, instructors take many things into account, such as:

- Attendance– Regular attendance is important to ensure you are ready to grade.
- Focus & Willingness To Learn– Your tenacity and determination to do everything to the best of your ability.
- Respect & Dojo Etiquette– Your adherence to the dojo rules and the respect you show to your instructors and peers.

You should not dispute your grading invitation or ask to be graded higher than the rank that has been offered you as it is disrespectful to your instructors. They have been watching you over the last three months since the last grading and will invite you to progress to a rank that they feel matches your ability. If you do not feel ready or are unable to make the grading, you may defer grading until the next grading ceremony. In certain circumstances, grading in class may be an option for coloured belts but will need to be approved beforehand by Kancho. Grading in class is not permitted for brown belt and above.

## How To Register & Pay For Gradings

Once your invitation is received, you must register your intention to grade and pay your grading fees **prior** to the grading ceremony. This allows us to account for who will be attending on the day and to ensure a grading certificate is printed. You can do so by following these steps:

- Go to [www.mykarate.online](http://www.mykarate.online)
- Register if this is your first grading or...
- Login to your account
- In the drop down menu, select either junior or senior grading
- Select the rank that you are grading to and add to cart.
- Make your payment. You are registered and we will see you on grading day!

Please note: If you are a first time user, your account will need to be activated before you are able to access the rest of the website. Please allow a few days for this to happen. Once your account is activated, you will be able to pay for your grading.

If you have made arrangements to grade in class, you will still need to follow these steps to pay for your grading **prior** to your arranged grading class.

# Notes

# Notes

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