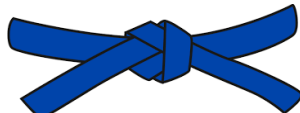




GRADING SYLLABUS



Blue Belt – 5th Kyu

KTS DOJO KUN

- 1- CHARACTER** Exert oneself in the perfection of character
- 2- SINCERITY** Be faithful and sincere
- 3- EFFORT** Cultivate the spirit of perseverance
- 4- ETIQUETTE** Be respectful and courteous
- 5- SELF-CONTROL** Refrain from impetuous and violent behaviour

How to tie a Karate Belt
The correct way of wearing a Karate Gi
Meaning of KTS
Dojo Etiquette and Procedures
General Stretching and Conditioning Exercises

KIHON

Punches/Tsuki		Strikes/Uchi	
Chudan Tsuki	Stomach Level Punch	Tetsui	Hammer-Fist Strike
Jodan Tsuki	Head Level Punch	Hijiate	Rising Elbow Strike
Gedan Tsuki	Low Level Punch	Mawashi Empi	Round Elbow Strike
Shita Tsuki	Short Punch	Ura Uchi	Front Back Fist Strike
Kage Tsuki	Hook Punch	Yoko Ura Uchi	Side Back Fist Strike
Morote Tsuki	Double Punch	Haito	Ridge-Hand Strike
		Shuto Uchi	Outside Knife-Hand Strike
		Gyaku Shuto	Inside Knife-Hand Strike
		Teisho Uchi	Palm Heel Strike

Blocks/Uke		Kicks/Geri	
Jodan Age Uke	Head Level Block	Mae Geri (Chudan)	Front Kick (middle)
Uchi Uke	Inside Block	Mawashi Geri (Chudan)	Roundhouse Kick (middle)
Soto Uke	Outside Block	Yoko Geri (Chudan)	Side Kick (middle)
Gedan Barai	Downward Block	Mae Geri (Jodan)	Front Kick (Head Level)
Gedan Uke	Sweeping Block	Hiza Geri	Knee Kick
Chuge Uke	Double Block	Kin Geri	Snap Kick
Kake Uke	Hooking Block	Soto Keage	Outside Straight Kick
Shuto Uke	Knife-Hand Block	Uchi Keage	Inside Straight Kick
Juji Uke Jodan	Double Cross Block Upper	Ushiro Geri	Back Kick
Juji Uke Gedan	Double Cross Block Lower		

Stances/Dachi	
Zenkutsu Dachi	Front Stance
Kiba Dachi	Horse Riding Stance
Shika Dachi	Sumo Stance
Heiko Dachi	Ready Stance
Kokutsu Dachi	Back Stance
Neko Ashi Dachi	Cat Stance
Sanchin Dachi	Hourglass Stance

KATA

Heian Nidan – 26 Moves

KUMITE

Jiyu-Kumite at least 2 techniques per engagement

EXERCISE

35 Push Ups
45 Sit Ups
40 Squats
Plank – 30 Seconds

Note: Students will be tested for their ability on the above techniques in order to progress to 4th Kyu – Red Belt. Students must have trained at a separate grading before attempting their 4th Kyu Grading also where possible students will have also attended a COBRA course.

Glossary of Terms

Numbers – Counting Ichi - 1 Ni - 2 San - 3 Shi (Yon) - 4 Go - 5 Roku - 6 Shichi - 7 Hachi - 8 Ku - 9 Ju - 10 Ju ichi - 11 Ju ni - 12 Ju san - 13 - - Ni ju - 20 San ju - 30 Yon ju - 40	Directions – Levels Age – Rising Oroshi – Descending Mae – Front, Forward Ushiro – Back Ura – Reverse Yoko – Side Mawashi – Round Uchi – Inside Soto – Outside Migi – Right Hidari – Left Jodan – Upper Chudan – Middle Gedan – Lower	Body Atama – Head Ganmen – Face Ago – Chin Me – Eyes Kubi – Neck Sakotsu – Collar Bone Hiji – Elbow Kote – Forearm Ude – Arm Seiken – Fist Tetsui – Hammer Fist Uraken – Backfist Shuto – Knifehand Shotei – Palm Hand Hizo – Ribs Hara – Stomach Koshi – Hips Hiza – Knee Chusoku – Ball of Foot Kakato – Heel Haisoku – Top of Foot
Terminology Kihon - Basics Kata - Forms Kumite - Fighting Bunkai - Application Budo - Martial Way Bushu - Warrior Bushido - The Way of the Warrior Dojo - Training Hall Dojo Kun - Training Hall Oath Dogi - Uniform Obi - Belt Karate - Empty Hand Karate-Do - The Way of the Empty Hand Do - Way Kime - Focus Kiai - Scream Ki - Energy Dan - High Rank Kyu - Low Rank	Commands Hajime – Start Yame – Stop Mawate – Turn Yoi – Prepare Yasume – Rest Naore – Return Titles Kohai – Student Sempai – Senior Student Shodan – 1 st Dan Nidan – 2 nd Dan Sandan – 3 rd Dan Sensei – Teacher Shihan – Expert Hanshi – Expert Teacher Kanchi – Director Sosai – President	Etiquette Fudo Dachi – Dojo Stance Seiza – Seat Rei – Bow Mokuso – Meditate Tate Kudasai – Get up Onegaishimasu – Please Sensei Ni Rei – Bow to Teacher Otagai Ni Rei – Bow to Each Other

Rules of Grading	How the gradings will operate	What we expect?
1- You must arrive 10-15 minutes before the start of grading 2- A full clean Gi is compulsory. This includes a badge and a correctly tied belt 3- A plain white t-shirt may be worn under the Gi 4- Payment must be made before the day of the grading 5- Full kumite equipment if you are 9 th Kyu and above 6- BRING WATER If any of the above rules are broken this will affect your ability to grade on the day.	1- Gradings will be conducted in normal class format. 2- Kata will be performed by the whole class, students may be asked to sit down depending on difficulty of kata being performed and hall space 3- Techniques will be pronounced in Japanese to see if students know the terminology, techniques will be repeated in English. 4- All students will take part in self-defence, students who are grading may be asked to demonstrate.	1- Full focus always 2- 100% effort throughout the grading 3- Kiais when asked or at the correct point in your kata 4- Respect the dojo, the instructors and the other students 5- No running unless instructed to 6- Some instructions may seem difficult, but they are not always about completion, but how hard you try to succeed 7- HAVE FUN!