

SHUDOKAN MARTIAL ARTS

STANDARD CURRICULUM TRADITIONAL KARATE

PRE-ASSESSMENT CHECKLIST

- Satisfactory Attendance
- Displays Maturity
- Follows Dojo Etiquette

FUNDAMENTALS

- Basics - Strikes, Kicks, etc
- Combinations
- Counters & Sparring Drills
- Impact Drills (If required)

SPARRING & LIVE TRAINING

- Punches Only - All Grades
- Comp Sparring - All Grades
- Clinching - Green Belt & Up
- Wrestling - Brown Belt & Up
- Close Quarter Sparring - Black Belt & Up

SKILL BENCHMARKS

- Student moves, defends, and manages distance where necessary - All Grades
- Student employs effective striking and counter skills - Yellow
- Student creates combinations using a variety of techniques and while taking advantage of angles - Green
- Student learns during the drill, and adapts their technique to overcome the opponent - Purple
- Student "lays traps" and employs feigning tactics to coax opponent into moving - Brown

REQUIRED EQUIPMENT

- Green Belt - Sparring Equipment - Mitts & Shin Insteps Min.
- Brown Belt - Sticks + Bag

SHUDOKAN

MARTIAL ARTS

STANDARD CURRICULUM

TRADITIONAL

KARATE

GRADE SPECIFIC REQUIREMENTS

GRADE	MIN. TIME	KATA	ADDITIONAL REQ.
Yellow Belt 9th Kyu	6 Months Since Starting	Term Focus Kata (Group)	Punch Defence Series
Yellow Belt 8th Kyu	6 Months at 9th Kyu	Term Focus Kata (Group)	Wrist Grab Series
Yellow Belt 7th Kyu	6 Months at 8th Kyu	Term Focus Kata (Group)	Choke Defence Series Standing Arm Bar Punch Defence Series (Follow Up)
Green Belt 6th Kyu	6 Months at 7th Kyu	Term Focus Kata (Solo)	Tackle Defence Outer Leg Reap Punch Defence (Ground)
Green Belt 5th Kyu	6 Months at 6th Kyu	Term Focus Kata (Solo)	Bear Hug Defence Hip Bump Throw Positional Control (Mount)
Green Belt 4th Kyu	6 Months at 5th Kyu	Term Focus Kata (Solo)	Headlock Defence Ankle Pick Takedown Mount & Guard Escapes
Brown Belt 3rd Kyu	6 Months at 4th Kyu	Pinan 1 + 2 Taikyoku	Rapid Fire Defence Submit From Mount (Free Choice) Blunt Object Defence Full Revision of Previous Req.
Brown Belt 2nd Kyu	6 Months at 3rd Kyu	Pinan 3 + 4 Gekisai	Rapid Fire + Blunt Weapon Defence Full Revision of Previous Req. Min. 5 Rounds Free Sparring Single Stick - Level One
Brown Belt 1st Kyu	6 Months at 2nd Kyu	Pinan 5 Naihanchi 1	Rapid Fire + Edged Weapon Defence Full Revision of Previous Req. Min. 10 Rounds Free Sparring Single Stick - Level Two