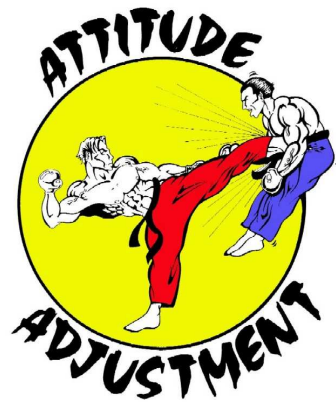




Karate Syllabus

Drafted By: Sensei David Denov (Sandan)
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Kingsbridge Martial Arts

Karate Syllabus

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Kingsbridge Martial Arts

Rules and Etiquette

Kingsbridge Martial Arts Code of Ethics

1. Seek Perfection of Character
2. Be Faithful
3. Endeavour
4. Respect Others
5. Refrain from Violent Behaviour

Dojo Kun

Jinkaku Kansei Ni Tsutomeru Koto
Makatono Michi O Mamoru Koto
Doryoku No Seishin O Yashinau Koto
Reigi O Omonzuru Koto
Kekkino Yu O Imashimeru Koto

Kingsbridge Martial Arts Dojo Rules

1. Karate-ka will at all times conduct themselves with courtesy - both in and out of the dojo
2. Higher belts will assist lower belts; Lower belts will follow the instruction of the higher belts
3. Karate-ka will NOT criticize one another
4. No alcohol or drugs will be tolerated; Candy, gum or smoking are not permitted in the dojo
5. No karate student will provoke violence or allow himself/herself to be provoked under pain of expulsion for life
6. Karate-ka will bow upon entering and exiting the dojo
7. There will be no sparring without the express permission of an instructor
8. No loud talking, laughing, or profanity is permitted, as the dojo is a place of serious study
9. Personal cleanliness is essential - nails must be clipped, feet must be cleaned, and hair must not interfere with training
10. Jewellery (rings, watches, neck chains, bracelets, ear rings etc.) must be removed prior to entering the dojo
11. All karate-ka will wear a proper clean white two piece gi; Black belts may wear black uniforms
12. Under no circumstances will Karate be taught by any member to a non-member
13. Black Belts will be bowed in as soon as they enter the dojo
14. At the discretion of the instructors, a student may be temporarily or permanently suspended from the club for not following these rules
15. Remember that Karate-Do begins and ends with courtesy

Kingsbridge Martial Arts

White To Yellow Belt Syllabus

Rokukyu Ge

Etiquette

Kneeling Bow
Standing Bow

Reigi

Za Rei
Dachi Rei

Stance Techniques

Attention Stance
Natural Stance
Horse Stance
Front Stance
Defensive Posture (Open Hands)
Defensive Posture (Closed Hands/Fists)

Dachi Waza

Heisoku Dachi
Shizentai Dachi
Kiba Dachi
Zenkutsu Dachi
Jigotai
Jigotai (Kobushi Kamae)

Basic Strike Techniques

Normal Fist Punch
High Punch
Middle Punch
Low Punch
Double Punch
Lunge Punch
Reverse Punch
Jab Punch
Uppercut Punch
Hook Punch
Kidney Punch
Knifehand Strike (Collar Bone/Temple)

Kihon Ate Waza

Seiken Tsuki
Jodan Tsuki
Chudan Tsuki
Gedan Tsuki
Morote Tsuki
Oi Tsuki
Gyaku Tsuki
Kizami Tsuki
Ue/Shita Tsuki
Kake Tsuki
Ura Tsuki
Shuto Uchi

Basic Foot Strikes

Front Kick
Side Kick
Roundhouse Kick
Back Kick

Kihon Geri Ate Waza

Mae Geri
Yoko Geri
Mawashi Geri
Ushiro Geri

Blocking Techniques

High Block
Rising Block
Outside Middle Block
Inside Middle Block
Lower Sweeping Block
Inside Hook (S) Block
Outside Hook (S) Block
Double Cross Block
Umbrella Block
Palm Heel Blocks

Uke Waza

Jodan Uke
Age Uke
Soto Uke
Uchi Uke
Gedan Barai Uke
Uchi Kake Uke
Soto Kake Uke
Morote Soto Uke
Kasa Uke
Teisho Uke



Breakfalls (Optional)

Front Breakfall
Right Side Breakfall
Left Side Breakfall
Rear Breakfall
Front Rolling Breakfall (Right/Left)
Back Rolling Breakfall
Foreflap Breakfall

Ukemi Waza

Mae Ukemi
Migi Yoko Ukemi
Hidari Yoko Ukemi
Ushiro Ukemi
Chugeri (Migi/Hidari)
Ushiro Chugeri
Mae Chugeri

Throwing Techniques (Optional)

Hip Throw (Inside Hook Block)
Hip Throw (Double Cross Block)
Hip Throw (Rear Choke)
Lift Pull Hip Throw
Body Drop Throw (Rear Choke)

Nage Waza

Goshi Nage (Uchi Kake Uke)
Goshi Nage (Morote Soto Uke)
Goshi Nage (Ushiro Jime)
Tsuru Komi Goshi Nage
Tai Otoshi (Ushiro Jime)

Joint Articulation (Locking) Techniques

Long Arm Bar
Short Arm Bar
Arm Bar and Floodgate Lock
Arm Bar and Wrist Turn Lock
Shoulder Seizure (Low Block)
Shoulder Seizure (Hook Block w/Knee)

Kansetsu Waza

Nigai Ude Osae
Mijikai Ude Osae
Ude Osae Suimon
Ude Osae Yonkyo
Kata Tori (Gedan Teisho Uke)
Kata Tori (Uchi Kake Uke)

Self Defence Techniques

Windmill (2) (Open/Wall)
Elbow Turn Takedown (Nose and Hair)
Vital Area Strikes (Choke Attacks)
3 Defences From Behind Back Wrist Grabs
(Butt Strike/Arch Rip Away/Third Degree Wrist Lock)

Goshin Jutsu

Kazu Gurama
Hiji Maware
Atemi Waza

Body Movement

Walking In A Front Stance
Turning 90°, 180°, 270° and 360°
Side Shuffle In A Horse Stance
Blocks With Forward Shift

Kata

Niju Sichi Waza (27 Movements)
Zenshin Kotai (Advancing Retreating)
Morote Kata
Taikyoku Shodan (Optional)
Complete Analysis and Explanation Of All Kata

Terminology

Empty	Kara
Hand	Te
Way	Do
Empty Hand Way	Karate Do
School (Place To Learn The Way)	Dojo
Teacher	Sensei
High Belt	Sempei
Karate Student	Karate Ka
Ready	Yoi
Uniform	Gi
Attention	Kyotsuke
Bow	Rei

Grading Examination Is Based On The Following Considerations

- 1.) Attitude And Character In And Out Of the Dojo.
 - courtesy, sincerity, effort, self control (sportsmanship)
 - respect for higher and lower grade colleagues and other citizens
 - knowledge of all club procedures
 - contributions to dojo (assisting instructor, cleaning, demonstration etc.)
- 2.) Ability To Perform And Knowledge Of The Above Requirements.
- 3.) Attendance.

Kingsbridge Martial Arts

Yellow To Orange Belt Syllabus

Gokyu Ge

Stance Techniques

Back Stance
Side Stance

Dachi Waza

Kokutsu Dachi
Yoko Kiba Dachi

Basic Strike Techniques

Knifehand Strike (Elbow, Wrist, Kidney, Temple)
Vertical Backfist (Snap, Thrust, Front, Side)
Bow And Arrow Punch
Elbow (Front, Side, Upper, Smash, Down)
Finger Whip
Spearhand

Kihon Ate Waza

Shuto Uchi
Uraken Uchi
Yumi Tsuki
Empi Uchi
Matsubushi
Nukite

Basic Foot Strikes

Front Thrust Kick
Side Thrust Kick
Flying Front Kick

Kihon Geri Ate Waza

Mae Geri Kekomi
Yoko Geri Kekomi
Mae Tobi Geri

Blocking Techniques

Reverse High Block
Reverse Outside Middle Block
Reverse Inside Middle Block
Reverse Lower Sweeping Block
Inside Knifehand Block
Front Knee Block
Low Knifehand Block
Lower Cross (X) Block
Lower Body Parry

Uke Waza

Gyaku Jodan Uke
Gyaku Soto Uke
Gyaku Uchi Uke
Gyaku Gedan Barai Uke
Uchi Shuto Uke
Mae Hittsui Uke
Gedan Shuto Barai Uke
Gedan Kosa (Jiju) Uke
Harai Otoshi

Throwing Techniques (Optional)

Wrist Throw (Low Block, Chest Grab)
Hip Throw Combinations (3)
Kneeling Leg Takedown
Recumbent Ankle Takedown (Ground Push/Pull)

Nage Waza

Te Nage
Goshi Nage Renzouku (3)
Han Dachi Ashi Tori
Kurubushi Nage

Joint Articulation (Locking) Techniques

Standing Entangled Wrist Lock
Spirit (Chi) Lock
Facing Arm Bar
Elbow Lift Lock

Kansetsu Waza

Dachi Ikkyo Garami
Ki Gatame
Shomen Ude Gatame
Hiji Ageru



Defences To Head Kicks While On The Ground**Atami Geri Ne Waza**

Single Leg Scissors Takedown
Double Leg Scissors Takedown

Hasami Nagi Ne Waza
Ryoashi Hasami Ne Waza

Defences To Ground Strangles**Komi Kubi Jime Ne Waza**

Wedge Block
Elbow Push/Pull
Pressure Point Escapes (2)

Kakewake Uke
Hiji Osu Hiki Osae Dori
Kyusho Waza (Ni)

Arms Pinned To Ground Defence**Ryote Komi Ne Waza**

Double Arm Balance Break

Ryote Dori Kozushi

Standing Hair Grab Defence**Kami No Ke Dori(Dachi)**

Third Degree (Vertical) Wrist Lock
Balance Break

Sankyo
Kozushi

Hold Downs And Pins**Osae Komi Waza**

Entangled Wrist Lock Pin
Reclining Cross Arm Lock
Straddle Stance Cross Arm Lock

Ikkyu Garami Osae Komi
Ude Hishige Juji Gatame
Sochin Dachi Juji Gatame

Body Movement

Walking In A Back Stance (Half, Full and Crossover Steps)
Turning 90°, 180°, 270° and 360° In A Back Stance
Front To Back To Horse Stance Shifts With Various Combinations
Open and Closed Hand Combinations
Single Double and Triple Kicking Combinations

Kata

Heian Shodan (Peaceful Mind – First Degree)
Kata Nidan (Second Degree Form)
Chi Ho Te Gatame Kata (4 Way Wrist Lock Kata)
Complete Analysis and Explanation Of All Kata

Terminology

System
Focus
Punching Board
Breaking
Belt
Right
Left
Counting From 1 to 20

Ryu
Kime
Maki Wara
Tamashi Wari
Obi
Migi
Hidari

Miscellaneous

One Step Pre Arranged Sparring
Complete Knowledge Of All Of The Above Requirements,
Along With All Previous Requirements (White)

Ippon Yakusoku Kumite

History

The origin of Karate can be traced to China. If ancient cave drawings can be recognized as Karate, then it is almost 5000 years old.

Karate was brought to Okinawa and the Ryukyu Islands about 500 years ago and it was there that modern Karate evolved from the Chinese prototypes.

Funakoshi, Mubuni, and Miyagi introduced Karate to Japan in the early 19th century. Of these masters, Funakoshi is credited with establishing Karate in Japan. One of his premier pupils was Dr. Chitose, founder of the Chito-Ryu System. Dr. Chitose was the instructor of Mas Tsuoka, the man credited with introducing Karate to Canada in 1960. Monte Guest was one of Tsurokas top pupils, alongside Shane Higashi, the first Canadian National Karate Champion.

Guest was Tsuroka's head instructor, until he formed the Kai Shin Karate Association and began to teach pupils of his own. Recently, the Kai Shin style was recognized by the Government of Ontario, and was allowed membership into the Karate Ontario association, and Sensei Guest as its founder was recognized as the head of Kai Shin Karate. Tsuroka Sensei ranked him a 6th degree blackbelt in 1998.

Many of Sensei Guests original students such as Gord Davis, Gino and Angie Egizzi, Mike Chapman, and Michael Hirschberg, had much success on the tournament circuit. Michael Hirschberg was the original instructor of David Denov.

Kingsbridge Martial Arts

Orange To Green Belt Syllabus

Yonkyu Ge

Stance Techniques

Sumo Stance
Side Fighting Stance

Dachi Waza

Shiko Dachi
Yoko Dachi Kamae

Basic Strike Techniques

Half Punch
Reverse Thrust Knifehand
Horizontal Backfist (Snap, Thrust, Front, Side)
Hammerfist Punch (Palm Up, Palm Down)
Ox Jaw Strike
One Knuckle Fist
Ridgehand Strike (Palm Up, Palm Down)
Sword Peak Hand Strike
Head Strike (Butt)

Kihon Ate Waza

Tate Tsuki
Tsukomi Gyaku Shuto
Hira Uraken Uchi
Tettsui (Ura, Nami)
Kakuto Uchi
Ippon Ken
Haito Uchi
Toho Uchi
Atama Uchi

Basic Foot Strikes

Crescent Kick
Hook Kick
Flying Side Kick (Off The Front Leg And Back Leg)
Flying Roundhouse Kick (Off The Front And The Back Leg)
Circular Heel Kick
Knee Strike

Kihon Geri Ate Waza

Mikazuki Geri
Ushiro Mawashi Geri
Yoko Tobi Geri
Mawashi Tobi Geri
Mawashi Kakuto
Hittsui Geri

Blocking Techniques

Elbow Block
Backfist Block
Horizontal Sweeping Block
Inside Ridgehand Block

Uke Waza

Empi Uke
Uraken Uke
Hira Barai Uke
Uchi Haito Uke

Throwing Techniques (Optional)

Half Shoulder Throw (Hook Punch, Hair Grab)
Body Drop (Hook Punch)
Major Wheel Throw
Major Outer Reaping Throw (Inside, Outside)
Sweeping Hip Throw (Attacking, Defending)
Stamping Hip Throw
Inner Reaping Throw (Major, Minor)
Dropping Shoulder Throw

Nage Waza

Han Seoi Nage
Tai Otoshi
O Guruma
O Soto Geri
Harai Goshi (Bogyo, Kogeki)
Fumikomi Goshi Nagi
O Uchi Geri, Ko Uchi Geri
Seoi Otoshi

Joint Articulation (Locking) Techniques

Hammer Lock
Drawing (Inside) Arm Bar

Kansetsu Waza

Kanazuchi Gatame
Hiki (Uchi) Ude Osae



Handgun Counter Techniques (Optional)

Criss Cross
Hand Throw (Front, Rear)
Arm Bar And Finger Seizure

Kenju Kaeshi Waza

Teisho Tsukami
Te Nagi
Uchi Ude Osae Yubi Tori

Body Movement

Shifting Eight Directions
Front-Side Kick Combination
Front-Roundhouse Kick Combination

Happo Taisabaki
Mae-Yoko Renzoku Geri
Mae-Mawashi Renzoku Geri

Kata

Heian Nidan (Peaceful Mind – Second Degree)
Niseishi Sho
Complete Analysis and Explanation Of All Kata

Terminology

Tournament
Competition
Begin
Stop
Stop/Break It Up
One Point
Half Point
Mat
Referee
Stop/End
Simultaneous Strikes
Outside Of The Fighting Area
Assistant Referee/Judge

Taikai
Shiai
Hajime
Yame
Mate
Ippon
Wazari
Tatami
Shinban
Sormade
Ai Uchi
Jogai
Fukoshin

Miscellaneous

Free Style Sparring
Complete Knowledge Of All Of The Above Requirements,
Along With All Previous Requirements (White, Yellow)

Jiju Kumite

History

Chinese Karate (Kung Fu & Tai Chi Chuan), can be briefly summarized as thus: All movements are circular and smooth. The hands are used for most blocks and strikes, while kicks and punches are not used to the same extent as the harder styles such as Japanese Karate. Chinese Karate styles are more intricate and flowery, making them almost dance like.

Korean Karate (Tae Kwon Do), seems to be the antithesis of its Chinese counterpart. The movements are hard and linear, with a strong emphasis on kicks, relying on speed and power. A great deal of Tae Kwon Do, is an adaptation of Japanese Karate with “Koreanized” techniques and kata. This is due to the long Japanese occupation of Korea.

Kingsbridge Martial Arts

Green To Blue Belt Syllabus

Sankyu Ge

Stance Techniques

Cat Stance

Dachi Waza

Niko Ashi Dachi

Basic Strike Techniques

Palm Heel Strike (Head, Chest, Groin)
Bent Wrist Knifehand
Flat Hand (Palm, Back Hand)

Kihon Ate Waza

Teisho Uchi
Shuto Uchi
Te Uchi

Basic Foot Strikes

Spinning Crescent Kick
Spinning Hook Kick
Spinning Side Kick
Spinning Back Kick
Stamping Kick

Kihon Geri Ate Waza

Ushiro Mikazuki Geri
Ushiro Ushiro Mawashi Geri
Ushiro Yoko Geri
Ushiro Ushiro Geri
Fumikomi Geri

Blocking Techniques

Double Blocks (Front, Side)
Circular Blocks
Ox Jaw Block

Uke Waza

Morote Uke
Mawashi Uke
Kakuto Uke

Throwing Techniques (Optional)

Rice Bale Throw (2-Strangle and Spinelock Finishes)
Lapel (Collar) Shoulder Throw
One Arm Shoulder Throw
Two Arm Shoulder Throw
Facing Arm Lock Shoulder Throw

Nage Waza

Komi Taba Nage (Ni)
Eri Seoi Nage
Ippon Seoi Nage
Morote Seoi Nage
Ude Gatame Seoi Nage

Front Bear Hug Counter Techniques

Hip Throw
Two Hand Balance Break (Sensei Therien)
Head Turn Throw
Belt Pull Takedown

Mae Zeme

Goshi Nage
Ryote Kuzushi
Atama Maware Nage
Obi Hikite

Rear Bear Hug Counter Techniques

Hip Throw
Outside Wrist Lock
Vertical Wrist Lock
Finger Lock (Seizure)
Rear Leg Takedown

Ushiro Zeme

Goshi Nage
Soto Ikkyo/Nikyo
Sankyo
Yubi Tori
Ushiro Ashi Tori

Hold Down Techniques

Double Shoulder Lock Hold Down

Osae Komi Waza

Ryokata Osae Komi

Defence To Half Nelson (Arm Bar Neck Lock)Foot Sweep
Combination Kicks**Ode Osae Kubi Gatame**Ashi Barai
Renzuko Geri**Choking Strangulation Techniques**Naked Choke (Straight Punch)
Sliding Collar Strangle**Shime Waza**Hadaka Jime
Okuri Eri Jime**8 Way Choking Kata Includes:**Naked Strangle
Head Assisted
Cradle
Triangular Vice
Neck Assisted
Japanese
Two Hand Reverse Cross
Sliding Collar StrangleHadaka Jime
Atama Tetsudau Jime
Yurikago Jime
Sankaku Ude Jime
Kubi Tetsudau Jime
Nihon Jime
Morote Gyaku Juji Jime
Okuri Eri Jime**Garrot Strangles**Lift Pull Hip Throw
Double Leg Takedown**Obi Jime Kaeshi Waza**Tsuru Komi Goshi
Ryoashi Tori**Kata**Heian Sandan (Peaceful Mind – Third Degree)
Heian Yondan (Peaceful Mind – Fourth Degree)
8 Way Choking Kata
Complete Analysis and Explanation Of All Kata**Terminology**Head
Face
Neck
Fist
Chest
Shoulder
Elbow
Heel
Arm
Hand
Finger
Foot Blade
Hip
Knee
Leg/FootAtama
Kao
Kubi
Seiken
Mune
Kata
Empi
Kagato
Ude
Te
Yubi
Sokuto
Goshi
Hittsui
Ashi

Miscellaneous

Free Style Sparring Against Two Attackers	Ni Jiju Kumite
Resuscitate Unconscious Victims, Groin Kicks, Nose Bleeds	Kuatsu Waza
Complete Knowledge Of All Of The Above Requirements, Along With All Previous Requirements (White, Yellow, Orange)	

History

Okinowan Karate (Shorin Ryu), emphasizes kata. In many Okinowan schools, kata is the main part of their training. Until recently, sparring was not a part of their training, but now they have taken it as a formal part of the Okinowan system, with full armour and gloves.

Ju Jutsu or Jiu Jitsu meaning the gentle art is a Japanese art devised mainly for self-defence. There are no tournaments for Ju Jutsuka as all of their techniques are designed to permanently injure their attackers. It is a hard-hitting style of Martial Art that includes punches, kicks below the belt, throws, chokes and joint articulation techniques.

Kingsbridge Martial Arts

Blue To Brown Belt Syllabus

Nikyu Ge

Stance Techniques

Hourglass Stance
Diagonal Hourglass Stance

Dachi Waza

Sanchin Dachi
Sochin Dachi

Basic Strike Techniques

Reverse Hammerfist
Four Knuckle Fist (Side, Hook, Thrust, Uppercut, Slash)
Rising Backfist (Groin, Chin)

Kihon Ate Waza

Gyaku Tettsui Uchi
Hiraken Uchi
Uraken Uchi

Basic Foot Strikes

Flying Spinning Crescent Kick
Flying Spinning Hook Kick
Flying Hook Kick
Flying Back Kick
Rising Back Kick

Kihon Geri Ate Waza

Tobi Ushiro Mikazuki Geri
Tobi Ushiro Ushiro Mawashi Geri
Tobi Ushiro Mawashi Geri
Tobi Ushiro Geri
Tate Ushiro Geri

Blocking Techniques

Punch Blocks (Front, Side)
Foot Blocks
Knee Block (Shin Block)

Uke Waza

Tsuki Uke
Nami Uke
Hittsui Uke

Throwing Techniques (Optional)

Loin Wheel Hip Throw
Belt Drop Throw (Front and Rear)
Kneeling Bodydrop Throw
Springing Hip Throw (2 Variations)

Nage Waza

Goshi Guruma
Obi Otoshi (Mae, Ushiro)
Han Dachi Tai Otoshi
Hane Goshi

Joint Articulation Techniques (Locking)

Entangled Shoulder Lock Hold Down
Reverse Elbow Lift Lock Hold Down
Forehead Lock
Spinal Column Fracture Lock (Optional)

Kansetsu Waza

Kata Garami
Gyaku Hiji Ageru
Hitai Gatame
Sekichu Kossetsu

Hand Lock Combinations

Turning Swan Neck (Into Hip Throw)
Arm Bar And Wrist Turn Throw
Second Degree to Third Degree Wrist Lock
Spinning Vertical Wrist Lock

Te Gatame Waza

Maware Hakucho Kubi
Ude Osae Yonkyo Nage
Nikyo-Sankyo
Maware Sankyo



Head Lock Counter Techniques

Hammer Lock
Side Double Leg Takedown
Valley Drop Throw

Atama Jime Kaeshi Waza

Kanazuchi Gatame
Yoko Ryoashi Tori
Tani Otoshi

Defence To Knife Attacks

Outside Wrist Lock, Kick (From Straight Stab--X Block)
Entangled Wrist Throw (From Forward/Backward Slash)
Sweep Block And Move (From Side Slash – Wheel Throw)
Seize And Knee Strike (From Downward Stab)
High Grasp Redirection (From Downward Stab)
Armpit Lock And Takedown (Knife Held at Throat)

Tanto Tori

Soto Ikkyo, Nikyo Geri
Ikkyo Garami Nagi
Sukui Oke Ugokasu
Ryote Tori Hiza Gashira Ate
Jodan Tsukami
Waki Gatame Otoshi

Hold Down Techniques

Single Hand Entangled Shoulder Lock (Sensei Mike Lamonica)
Kneeling Shoulder Pin (Foot Hammer Lock)
Recline Cross Arm Lock (Three Variations)
Kneeling Straddle Arm Bar
Standing Spine Lock
Dragon Strangle Hold Down

Osae Komi Waza

Katate Ikkyo Garami
Hizamazaku Kata Osae Komi
Ude Juji Gatame Henka
Hizamazaku Kiba Ude Osae
Dachi Seikichu Gatame
Ryu Jime Osae Komi

Kata

Heian Godan (Peaceful Mind – Fifth Degree)
Seisan
Complete Analysis and Explanation of All Kata

Terminology

Active Partner
Passive Partner
Black Belt
Non-Black Belt
Man
Woman

Tori
Uke
Yudansha
Mudansha
Oto Ko
Ono

Miscellaneous

Free Style Sparring Against Three Attackers
Free Style Self Defence
Explain 5 Pressure Points
2 Heavy Bag Rounds
Complete Knowledge Of All Of The Above Requirements,
Along With All Previous Requirements
(White, Yellow, Orange, Green)

San Jiju Kumite
Randori

Canadian History

In 1959, Masami Tsuroka opened the Tsuroka Karate School in Toronto. Some of his earlier students include: Shane Higashi, the first Canadian Karate Champion; Benny Allen, founder of Eastern Karate Schools; Quoi Wong, of Wongs Karate School; Monte Guest, founder of Kai Shin Karate Schools; and many others who head leading Karate schools in Montreal, Ottawa, Winnipeg, and Vancouver. Tsuroka has more than anyone else, propagated Karate in Canada.

Tsuroka is not necessarily the first. Ari Anastadiadis for example introduced Shotokan Karate at about the same time in Montreal. It is difficult to present an accurate history of the origins of Karate, as it was first brought here by the Chinese immigrants who secretly practiced Chinese Karate in the form of Tai Chi or Kung Fu. The bamboo curtain has been lifted somewhat, but in downtown Toronto, the Hong Luck Kung Fu Club still meet very privately.

In the mid-sixties, Tae Kwon Do was brought to Toronto by Mr. Lee, and Mr. Jong Park. Park's dazzling display of ten foot high kicks, and other spectacular feats created a very favourable impression on the Canadian National Exhibition visitors. This enhanced and widened the scope of Karate in Canada. Some of Mr. Jong Park's original students include Mr. Don James, Mr. Cees Keugans, and Mr. Dino Hennings.

Now, Martial Arts studios can be found everywhere and the popularity of Karate grows larger still. Men like Bruce Lee, Chuck Norris, Dolph Lundgren and Jean Claude Van Damme have made Martial Arts films very popular, and given the Martial Arts a strong base to survive in the future.

Kingsbridge Martial Arts

Brown Belt To 2nd Level Brown Belt Syllabus

Ikkyu Ge (Shodan – Ho)

Basic Foot Strikes

All Kick Variations From The Ground

Kihon Geri Ate Waza

Ne Waza Geri Henka

Blocking Techniques

Sticky Hands Techniques

Uke Waza

Woosho Uke Waza

Throwing Techniques

Valley Drop Throws (Headlocks, Inside and Outside)
Aikido Throws (From Sankyo, and Taisabaki Shuto)
Shoulder Wheels (Wrist Grab, Strike)
Head Hip And Knee Throw
Winding Throws (Inner, Outer, Sweeping)
Third Degree Body Drop
Scissors Throws (Front, Rear)
Four Way Throw
Inner Thigh Throw
One Hand Hip Throw
Transitional Hip Throw
Stomach Throw

Nage Waza

Tani Otoshi
Aikido Nage
Kata Guruma
Kubi Nage
Makikomi
Tai Otoshi Sandan
Hasami Nage
Shi Ho Nage
Uchi Mata
Katate Goshi Nage
Utsuri Kaware Goshi Nage
Tomoenage

V Type Strangulation Counter Techniques

Side Dropping Rotary
Hammer Lock (Seated)

Yurikago Jime Kaeshi Waza

Yoko Otoshi Kaiten
Kanazuchi Gatame (Suware)

Defence To Kick Attacks

Palm Heel Breath Throw
Body Check
Major Inner Reaping Throw (Front and Rear)
Spinning Major Wheel

Geri Tori

Taisho Kokyu Nage
Tai Osu
O Uchi Geri
Maware O Guruma

Shoulder Joint Separations

Four Way Pin
Leg Hammer Lock
Reverse Elbow Lift Pin
Shoulder Fracture Pin (No Hands)
Double Shoulder Fracture Pin

Kata Tsugime Wakare

Shi Ho Osae Komi
Ashi Kanazuchi Gatame
Gyaku Hiji Ageru Osae Komi
Kata Kossetsu Osae Komi
Ryokata Kossetsu Osae Komi

Kata

Wolverine
Tekki Shodan (Iron Horse – First Degree)
Complete Analysis and Explanation Of All Kata

Miscellaneous

3 Heavy Bag Rounds

Start Research On Approved Essay Topic (Instructors Option)

Complete Knowledge Of All Of The Above Requirements,

Along With All Previous Requirements

(White, Yellow, Orange, Green, Blue)

Kingsbridge Martial Arts

2nd Level Brown Belt To Black Belt Syllabus

Shodan Ge

Throwing Techniques

Facing Arm Lock Valley Drop Throw
Inside Hook Block Valley Drop Throw
Elbow Lift Lock Valley Drop Throw

Nage Waza

Shome Ude Gatame Tane Otoshi
Uchi Kake Uke Tane Otoshi
Hiji Ageru Tani Otoshi

Kneeling Double Hand Grab Defences

Hand Mirror
Arm Bar Takedown
Double Knifehand Lock
Vertical Wrist Lock
Four Way Throw
Floodgate Lock

Ryote Dori Kaeshi Waza

Te Kagami
Ude Osae
Ryo-Shuto Jime
Sankyo
Shi Ho Nage
Suimon

Kata

Bassai Dai (To Storm A Fortress)
Tenyu No Kahn (Bo Kata) (Optional)
Complete Analysis and Explanation Of All Kata

Miscellaneous

Essay On Approved Essay Topic (Instructors Option) **5-7 Pages (To Be Given To Grading Board)
Ability To Teach All Basic Strike Techniques
Ability To Teach All Basic Foot Strike Techniques
Ability To Teach All Stances
Ability To Teach All Blocking Techniques
Ability To Teach All Kata
Ability To Teach All Self Defence Techniques (Throws, Locks and Strikes)
Ability To Teach All History
Complete Knowledge Of All Of The Above Requirements,
Along With All Previous Requirements
(White, Yellow, Orange, Green, Blue, Brown)

Grading for First Degree Black Belt (Shodan) will be conducted in front of a panel of Black Belts belonging to the Kai Shin Karate Association, at either the Kai Shin Hombu Dojo or a site specified by the Kai Shin Association.

Kingsbridge Martial Arts

Appendix A – Kata List

White To Yellow

27 Movements
Zenshin Kotai
Morote Kata
Taikyoku Shodan* (Optional)

Yellow To Orange

Heian Shodan
Kata Nidan
4 Way Wrist Lock Kata

Orange To Green

Heian Nidan
Niseishi Sho

Green To Blue

Heian Sandan
Heian Yondan
8 Way Choking Kata

Blue To Brown

Heian Godan
Seisan

Brown To Shodan Ho

Wolverine
Tekki Shodan

Shodan Ho To First Degree Black

Bassai Dai
Tenyu No Kahn* (Optional)

Black Belt

Kanku Dai
Empi
Kanku Sho
Jion
Tekki Nidan

Tekki Sandan
Gankaku
Hangetsu
Wankan
Jitte

Meikyo
Ji-In
Bassai Sho
Sochin
Chinte

Nijushiho
Unsu
Gojushiho Sho
Gojushiho Dai





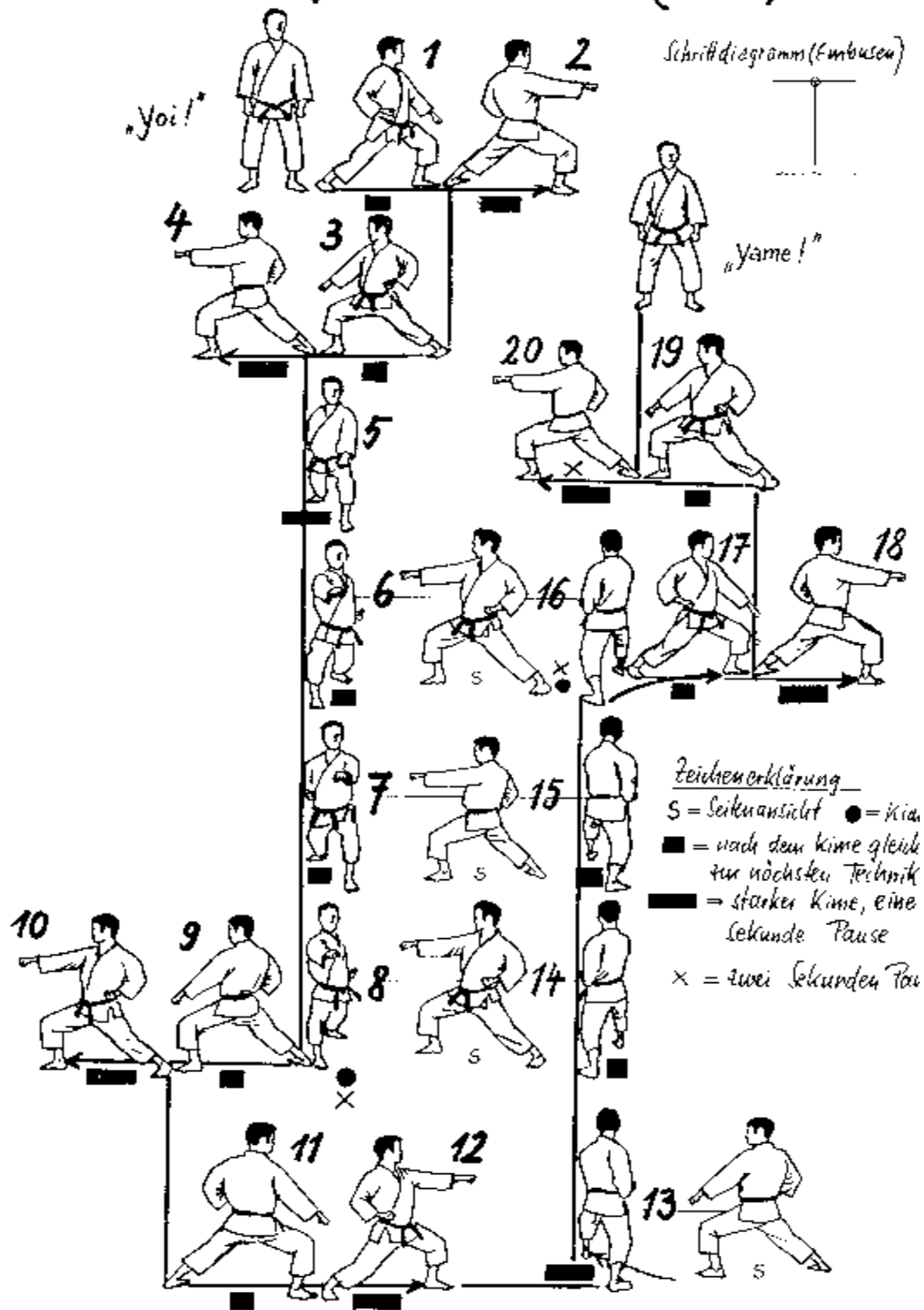
Niju Shichi Waza **27 Movements**

This is the first *Kata* studied by all beginners. It is started with a bow, and an “Around the World Breathing” salutation. Then these movements follow:

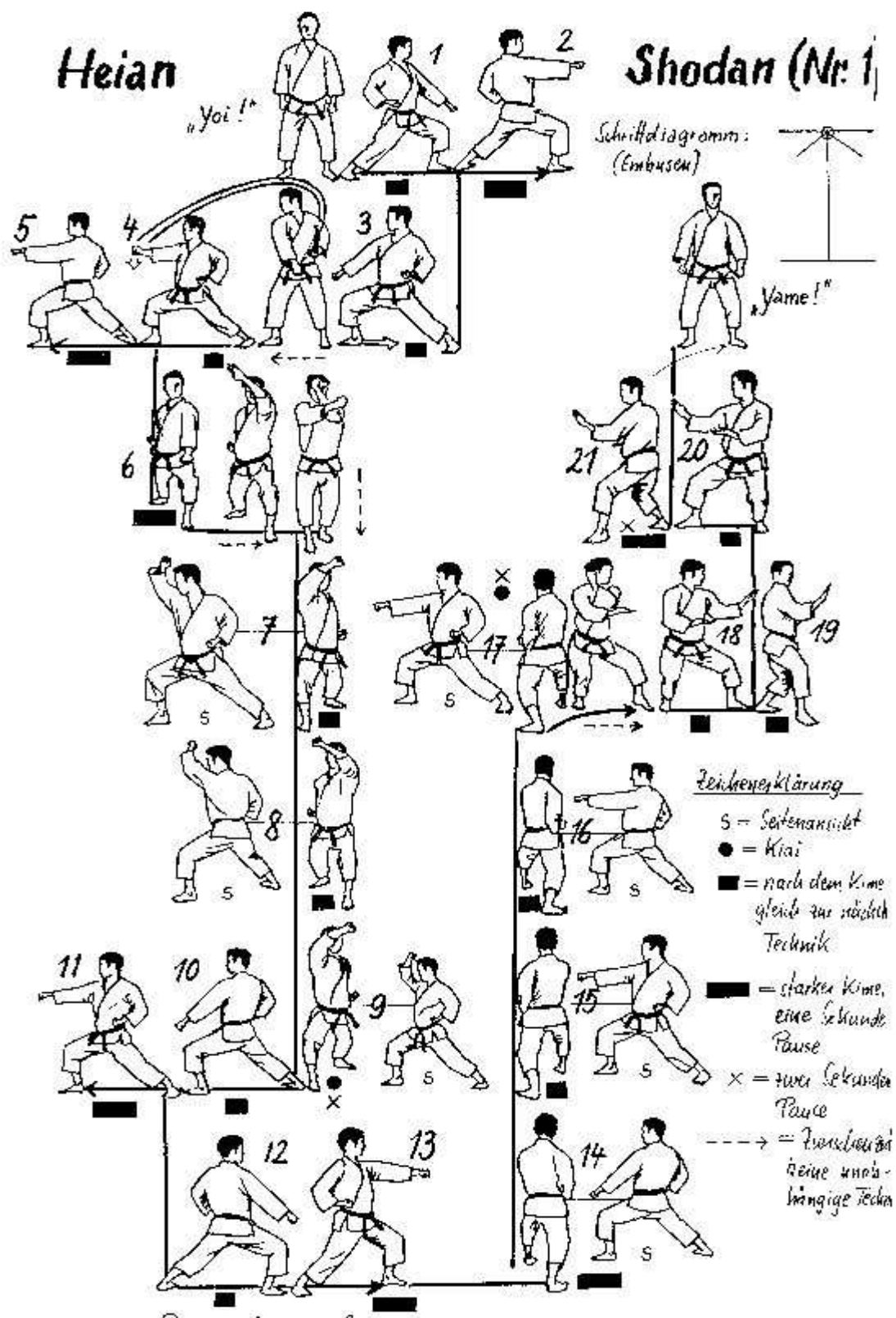
1. Left High Block
2. Right High Block
3. Left Outside Middle Block
4. Right Outside Middle Block
5. Left Inside Middle Block
6. Right Inside Middle Block
7. Left Lower Sweeping Block
8. Right Lower Sweeping Block
9. Left Middle Punch
10. Right Middle Punch
11. Left Middle Punch To Right Side
12. Right Middle Punch To Left Side
13. Left Hand Punch Over Right Shoulder
14. Right Hand Punch Over Left Shoulder
15. Left Forward Elbow Strike
16. Right Forward Elbow Strike
17. Left Shuto Strike To Temple
18. Right Shuto Strike To Temple
19. Open Hand Push From Centre Of Body With Left Hand (Dynamic Tension)
20. Open Hand Push From Centre Of Body With Right Hand (Dynamic Tension)
21. Elbow Strike To Left Side
22. Head Smash Centre Of Body (Right Hand Open)
23. Elbow Strike To Right Side
24. Head Smash Centre Of Body (Left Hand Open)
25. Left Elbow Behind (Over Shoulder)
26. Right Elbow Behind (Over Shoulder)
27. High X-Block
28. Zanshin

The Master said, “Only one who bursts with eagerness do I instruct, only one who bubbles with excitement, do I enlighten.”

Taikyoku Shodan (Nr. 1)

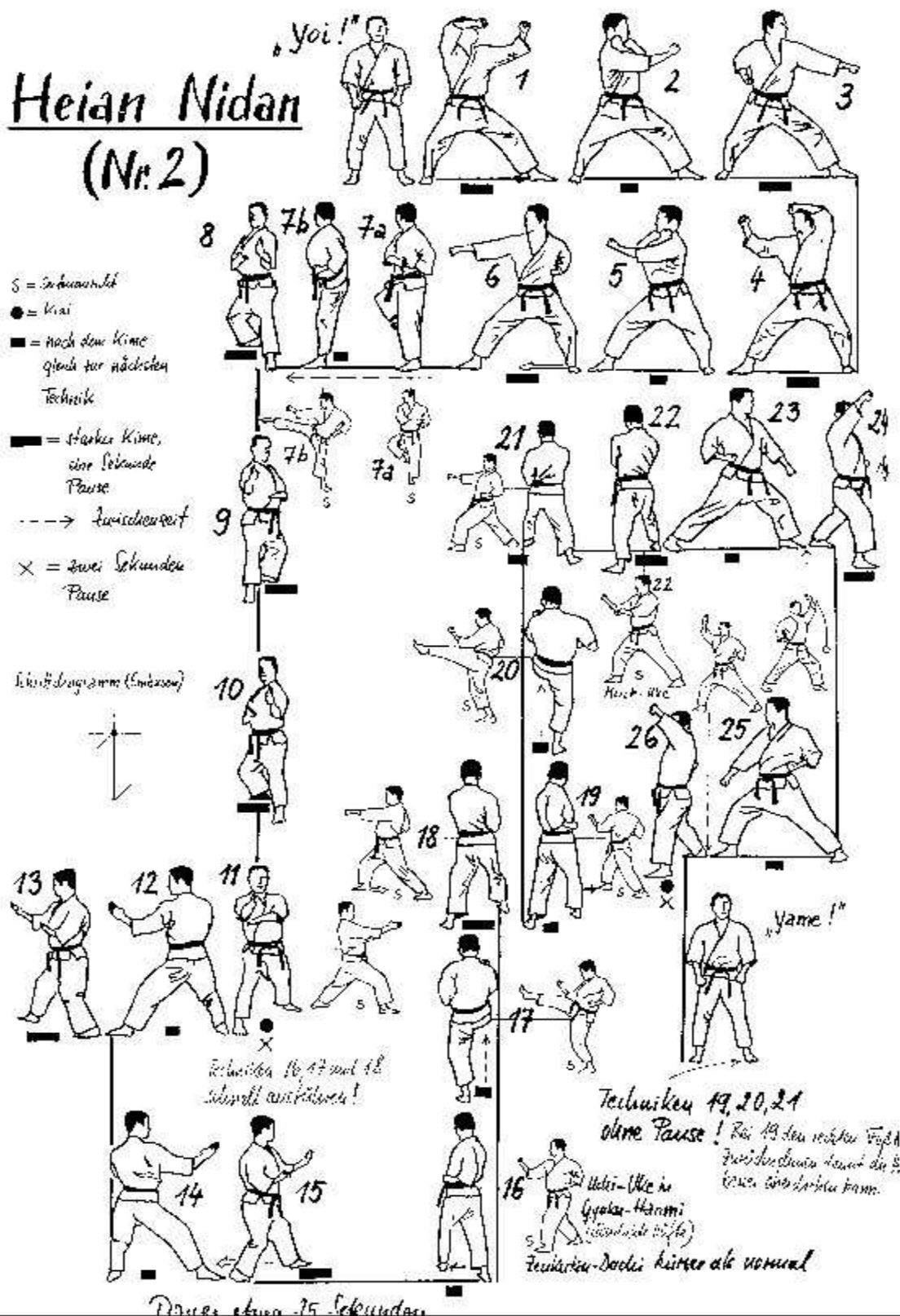


Appendix D – Heian Shodan

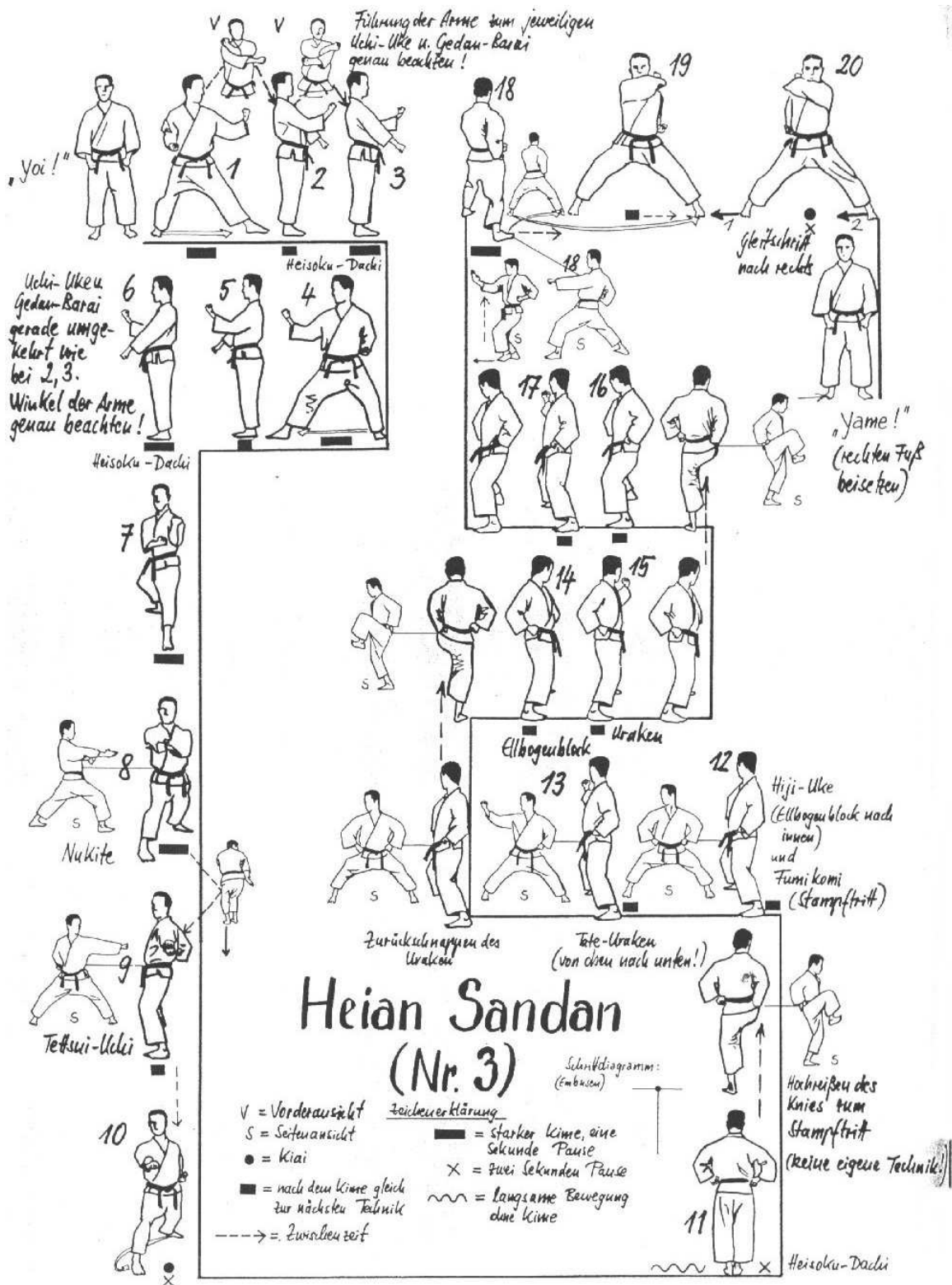


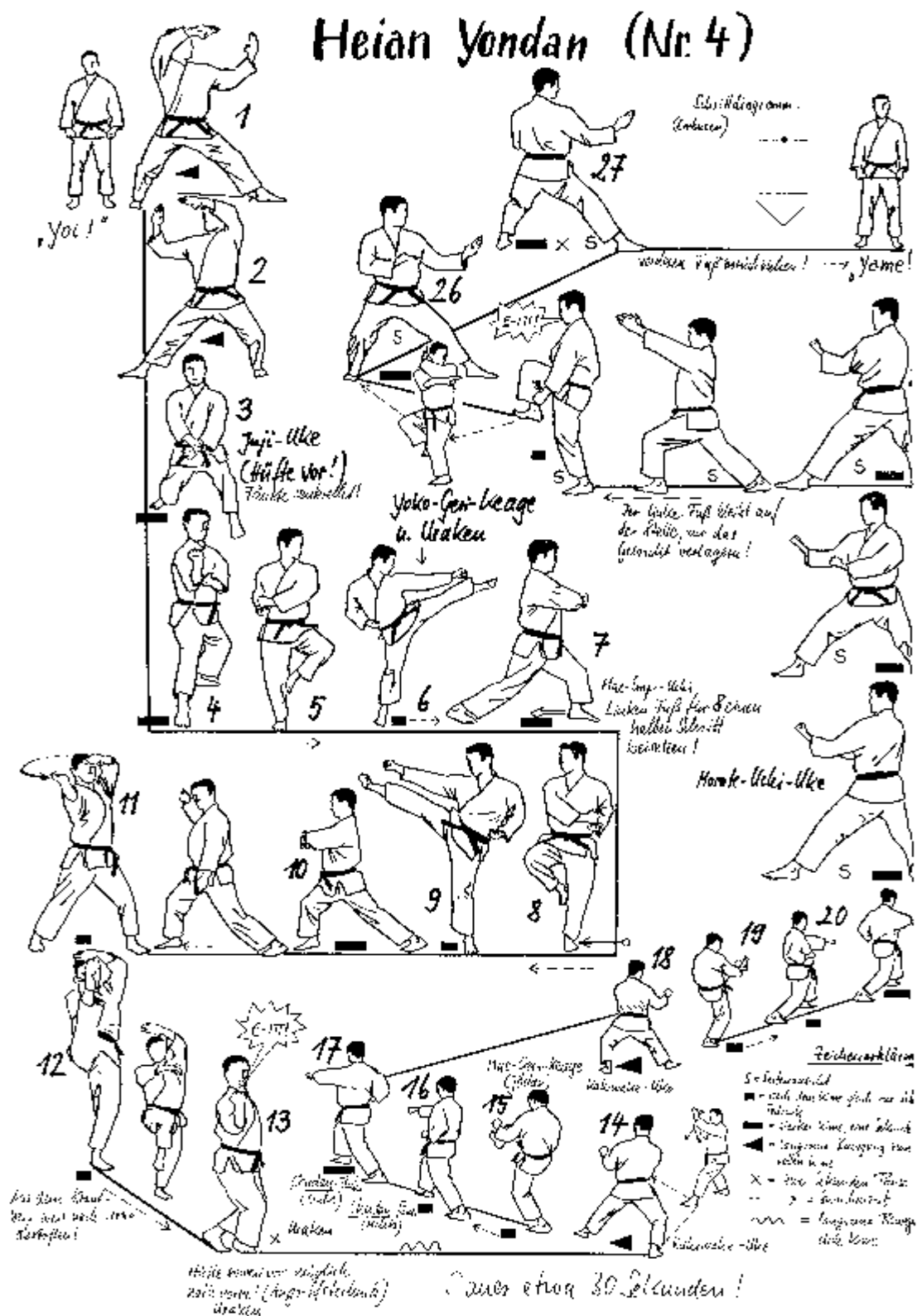
Appendix E – Heian Nidan

Heian Nidan (Nr. 2)



Appendix F – Heian Sandan

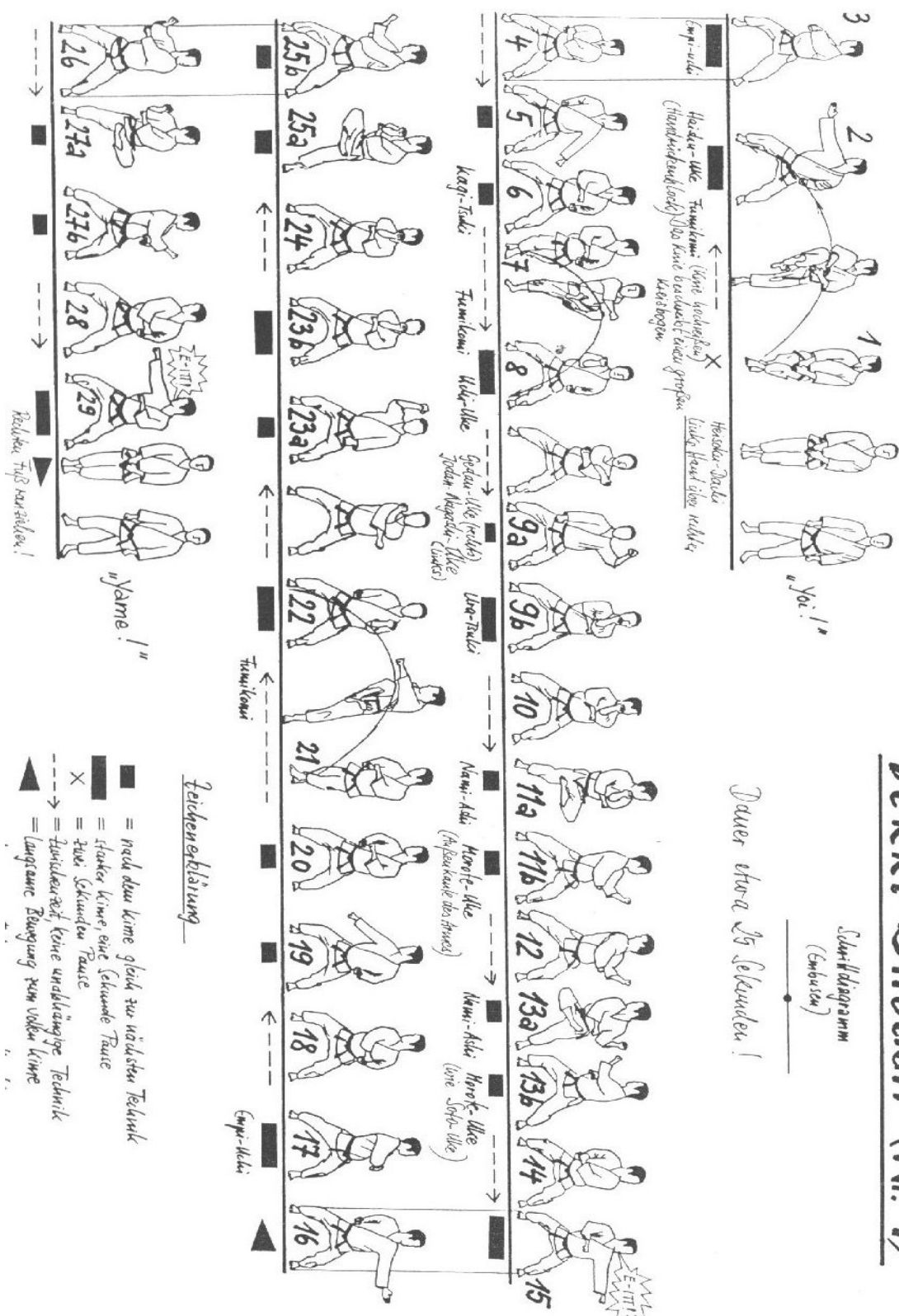




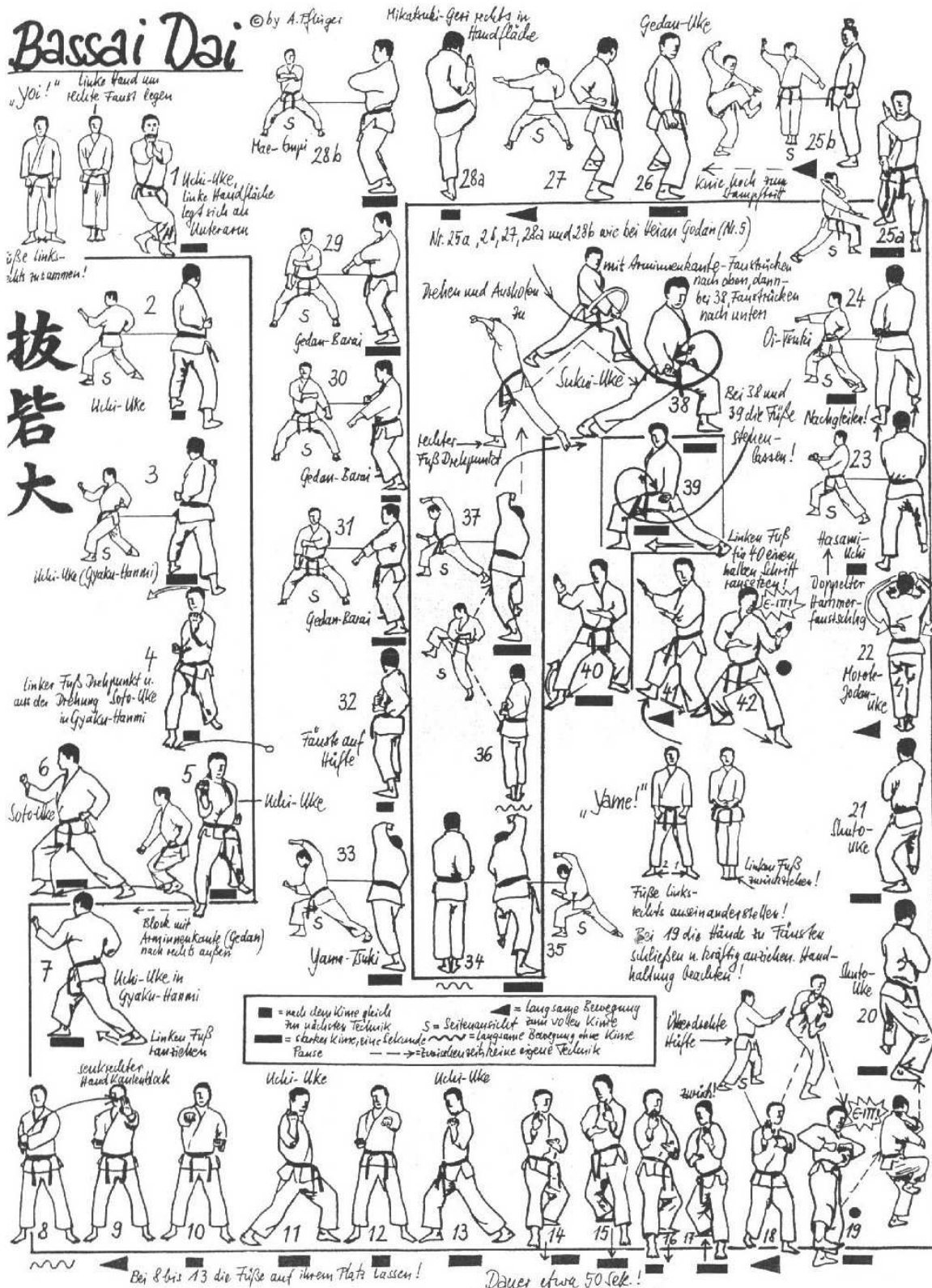


Schrittprogramm
(Emberson)

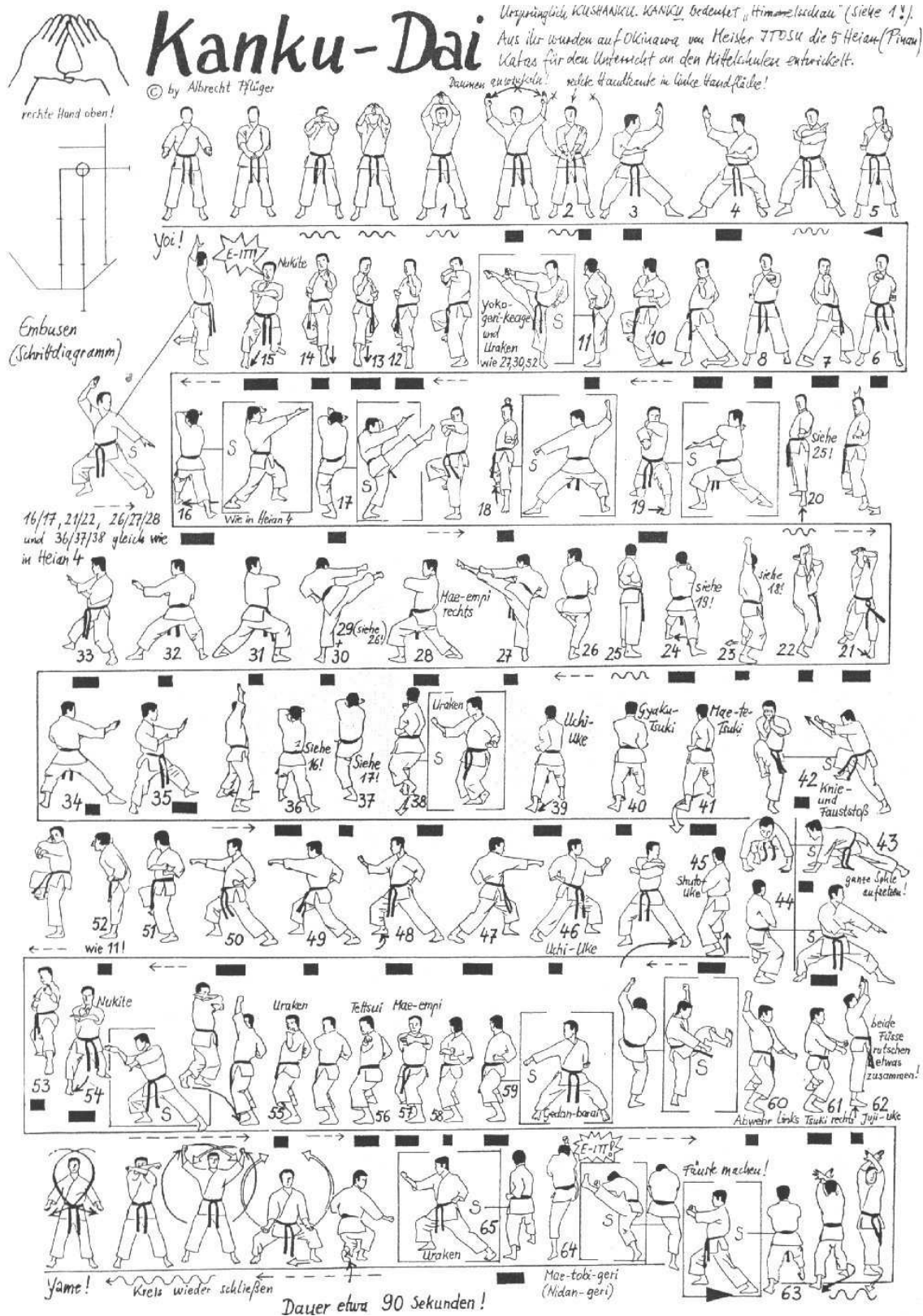
Dauer etwa 25 Sekunden!



Appendix J – Bassai Dai



Appendix K – Kanku Dai



Appendix L – Empi

Bei Nr. 15: Schlag mit rechten Arm in linke Handfläche, dabei in linken Fuß tiefe Verschiebung!

Achtung: Techniken 5-8, 9-12 und 25-28 sind jeweils 2-seitig! Der gesamte Bewegungsablauf wird aus drei Positionen dargestellt. Bitte genau studieren!

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Empi 燕飛 (Jüner: WANSHU)

Yoi!

1. Fäße links/rechts zusammen!
2. Linke Faust vor dem Solar-Plexus
3. Rechte Faust senkrecht in linker Handfläche
4. Gedon-Barai
5. Rechte Faust auf linke Faust
6. Kagi-Tsuki
7. Gedon-Barai
8. Age-Tsuki (als Block)
9. Greifen (oder mit Hand strecken)
10. Weit und tief vorne abstoßen!
11. Tsuki
12. Kasa-Barai
13. Blick in linke Handfläche
14. Aufrichten und Gedon-Barai nach vorne
15. Gedon-Barai (nach hinten)
16. Weit und tief nach vorne springen
17. Gedon-Barai
18. Gedon-Barai
19. Age-Tsuki
20. Greifen
21. Greifen
22. Greifen
23. Greifen
24. Greifen
25. Greifen
26. Greifen
27. Greifen
28. Greifen
29. Greifen
30. Greifen
31. Greifen
32. Greifen
33. Greifen
34. Greifen
35. Greifen
36. Greifen
37. Greifen
38. Greifen
39. Greifen
40. Greifen

Shoto-Uke

30. Shoto-Uke
31. Shoto-Uke
32. Shoto-Uke
33. Shoto-Uke
34. Shoto-Uke
35. Shoto-Uke
36. Shoto-Uke
37. Shoto-Uke
38. Shoto-Uke
39. Shoto-Uke
40. Shoto-Uke

Über Nishin-Dachi zu Nr. 34: Ausdehnung der Hände beachten!

Nr. 33-36: Shoto-Uke (Handballenballen) langsam und mit Zueinander-Spannung

Teiltechniken 34, 35 und 36 flüchtig und schnell hintereinander!

Bei 35: Oberkörper und hinteres Bein eine Linie! (Gleiches wie Nr. 9 und 14!)

Bei 35: Weit und tief nach vorne abstoßen!

Wendung

Schritt leicht vor „Yame!“

Dauer etwa 40 Sek.!

Zeichenerklärung:

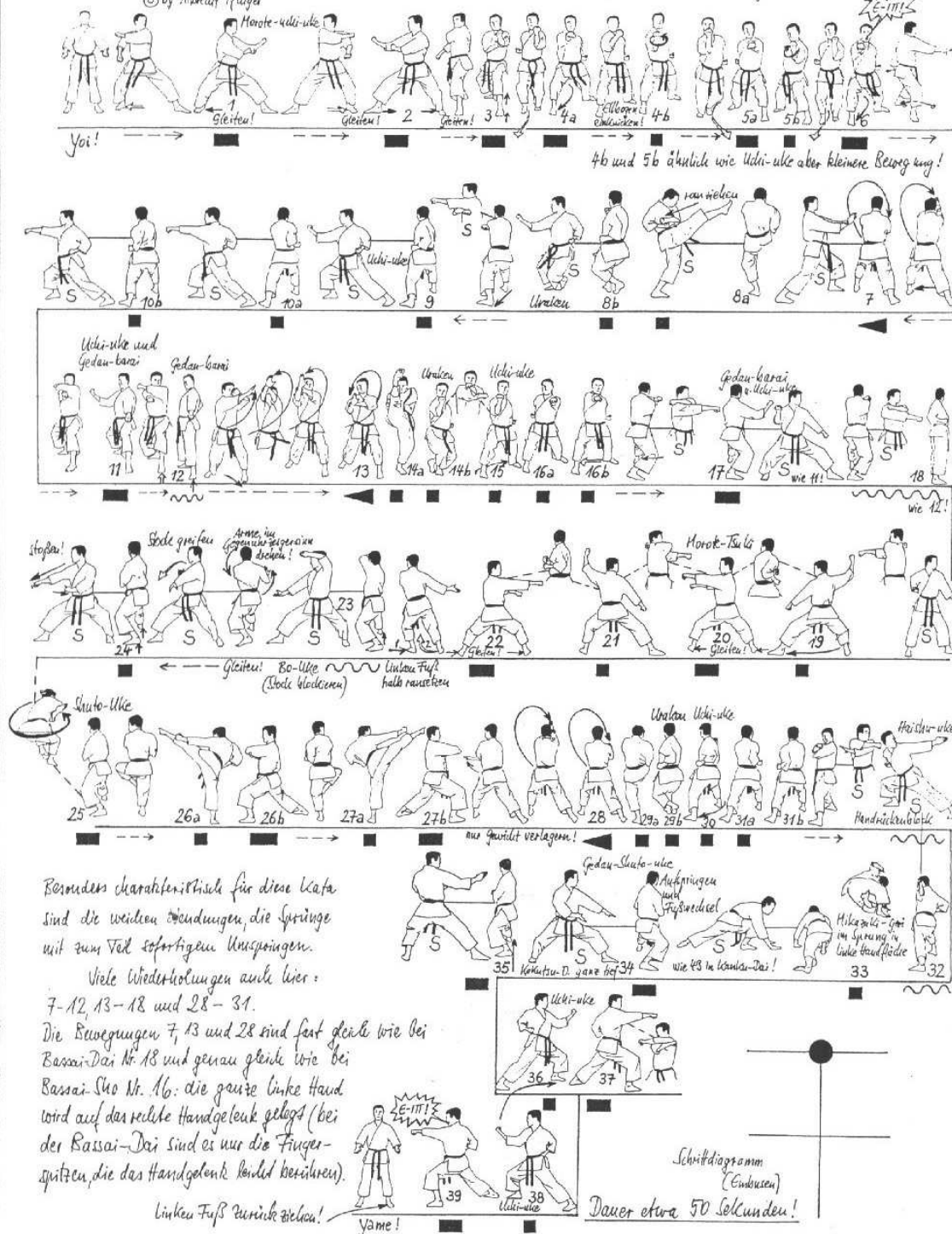
- = starkes KIHE, eine Sekunde Pause
- = nach dem KIHE gleich weiter
- = langsame Bewegung zum vollen KIHE
- = langsames Entspannen vom vollen KIHE
- = Zwischenzeit, keine eigene Technik
- X = zwei Sekunden Pause
- = KIAI
- = vollendete Bewegung
- ⇒ = Bewegung im nächsten Moment

Appendix N – Kanku Sho

Kanku-Sho

© by Albrecht Tflüger

Während Kanku-Dai (= KOSHANKU) in anderen Karate-Richtungen auch geübt wird, wird Kanku-Sho nur im SHOTOKAN-KARATE geübt. Choshin Chibana, einem der besten Schüler von Meister HOSU, ist es zu verdanken, daß diese Kata noch heute geübt wird.



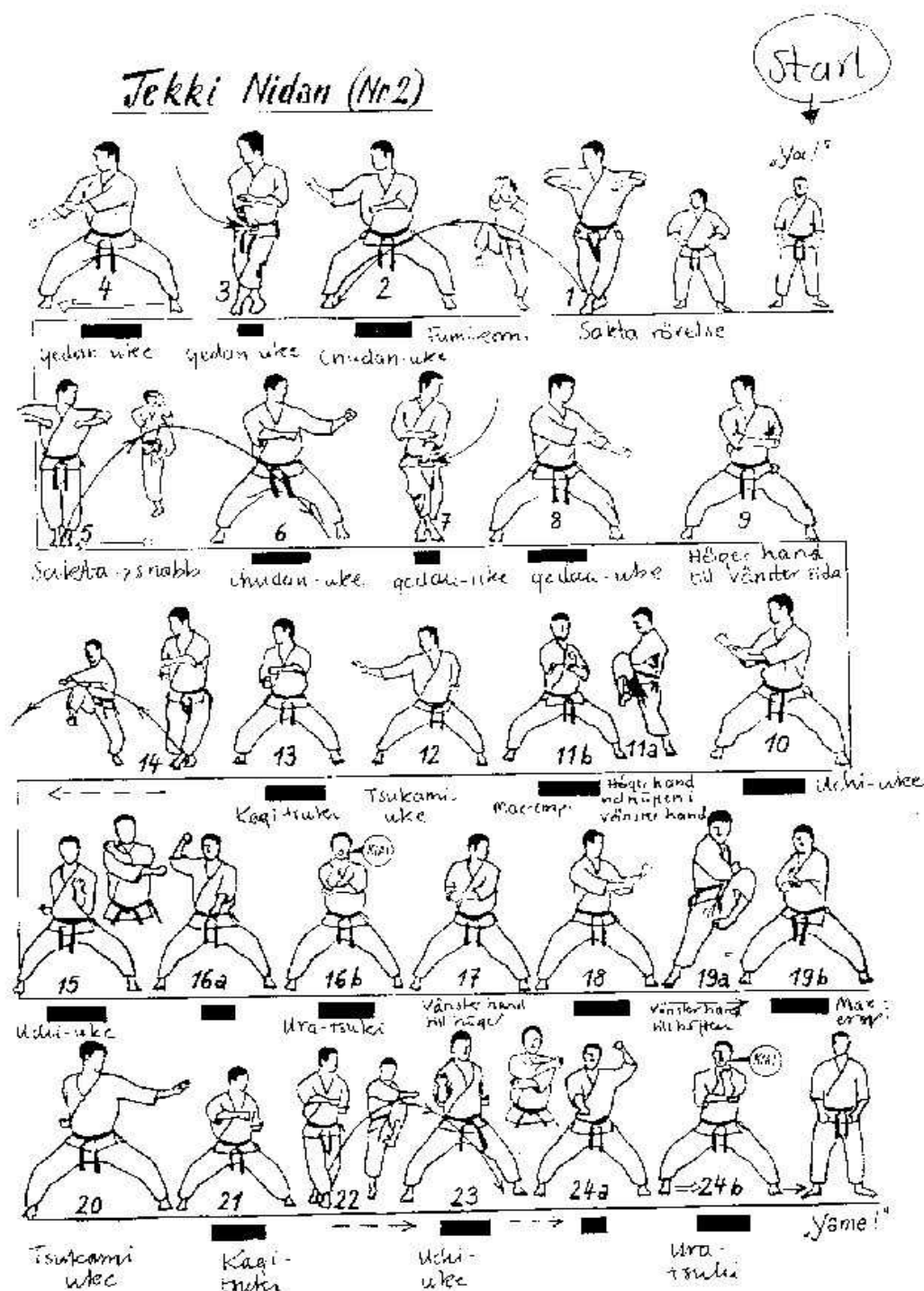
Besonders charakteristisch für diese Kata sind die weiten Wendungen, die Sprünge mit zum Teil sofortigen Umspringen.

Viele Wiederholungen auch hier:

7-12, 13-18 und 28-31.

Die Bewegungen 7, 13 und 28 sind fast gleich wie bei Bassai-Dai Nr. 18 und genau gleich wie bei Bassai-Sho Nr. 16: die ganze linke Hand wird auf das rechte Handgelenk gelegt (bei der Bassai-Dai sind es nur die Fingerspitzen, die das Handgelenk berühren).

linken Fuß zurück ziehen!



Katan tar ca 30 sekunder!

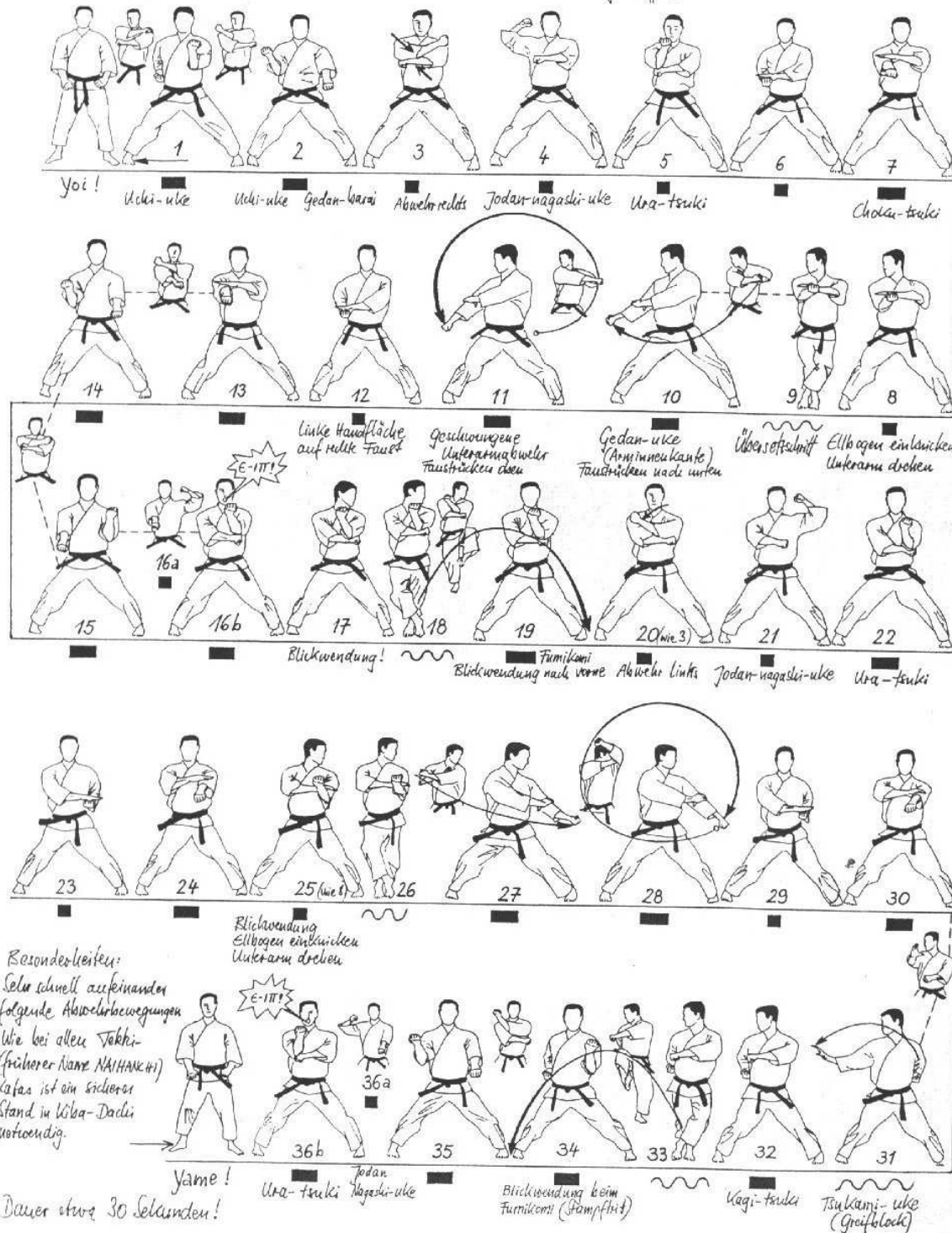
■ = direkt till nästa teknik

■ = kort paus

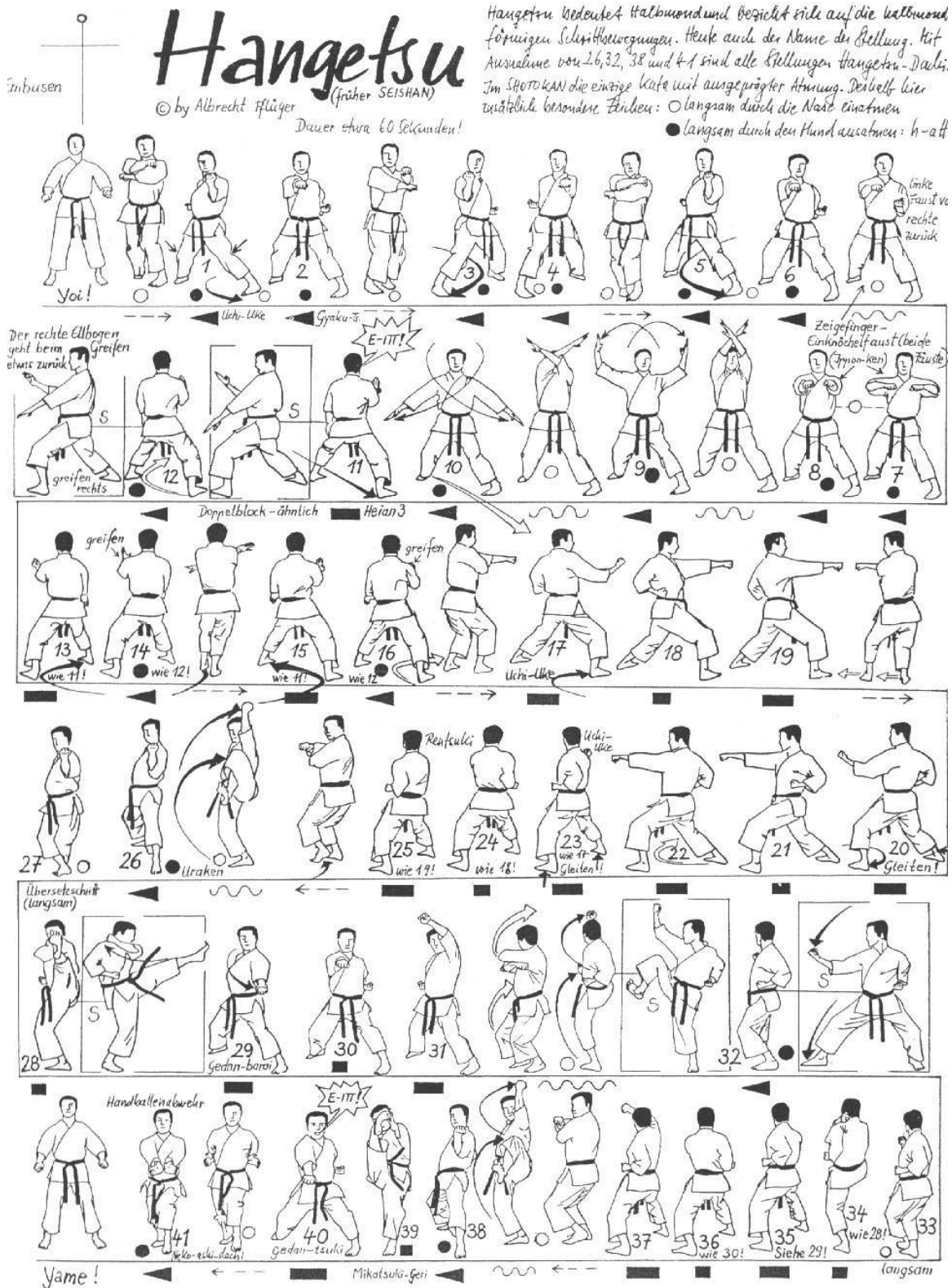
Appendix P – Tekki Sandan

Tekki Sandan

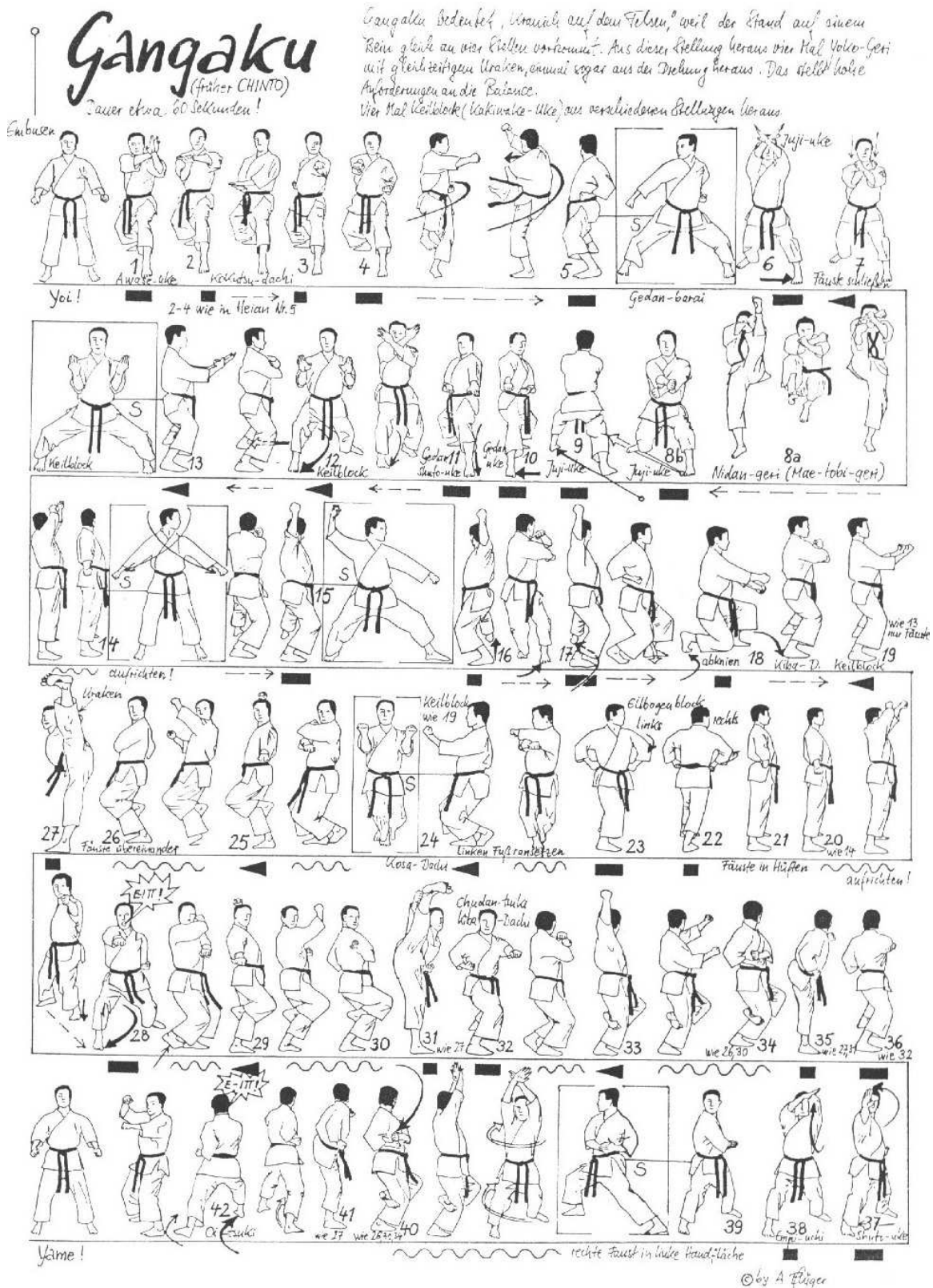
Tekki Nidan und Sandan wurden von dem berühmten Karate-Meister ITOSU, der „Heiligen Faust des Shuri“, aus der altüberlieferten Kata NAIHANCHI (heutiger Name im SHOTOKAN: TEKKI) geschaffen.



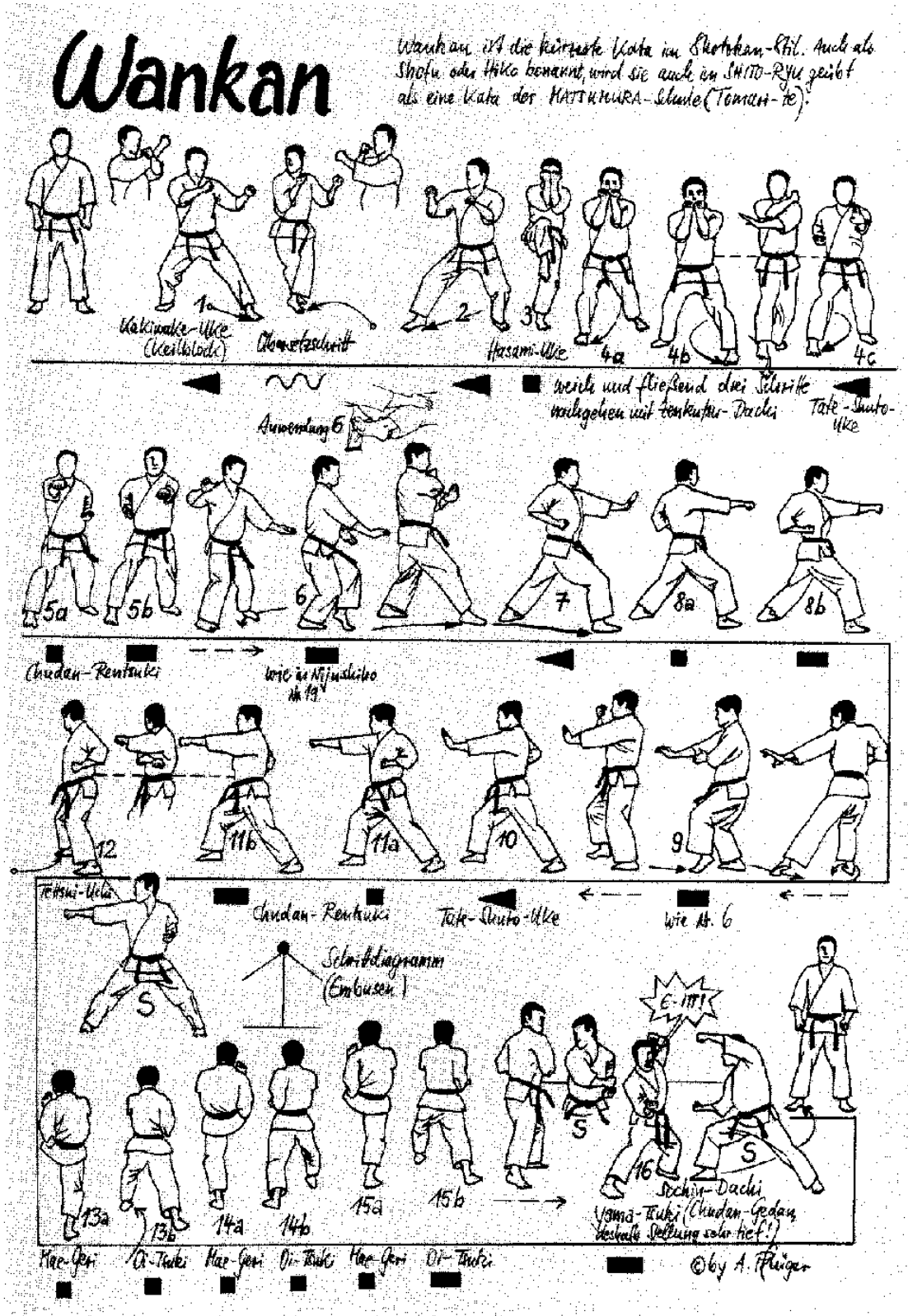
Appendix Q – Hangetsu



Appendix R – Gankaku



Appendix S – Wankan

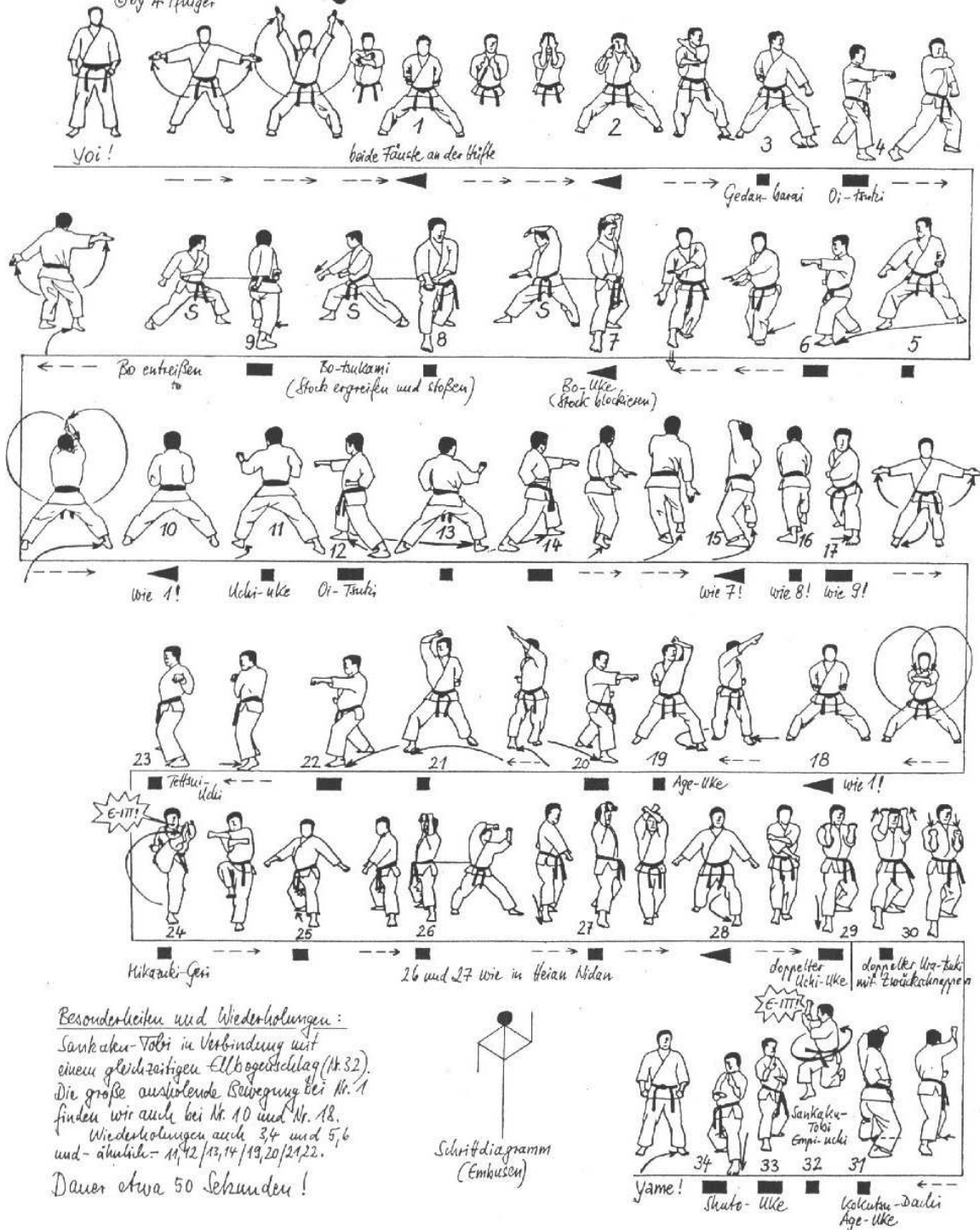


Appendix U – Meikyo

Meikyo

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Der alte Name dieser Kata ist *ROHAI* und sie wird auch in anderen Richtungen geübt.



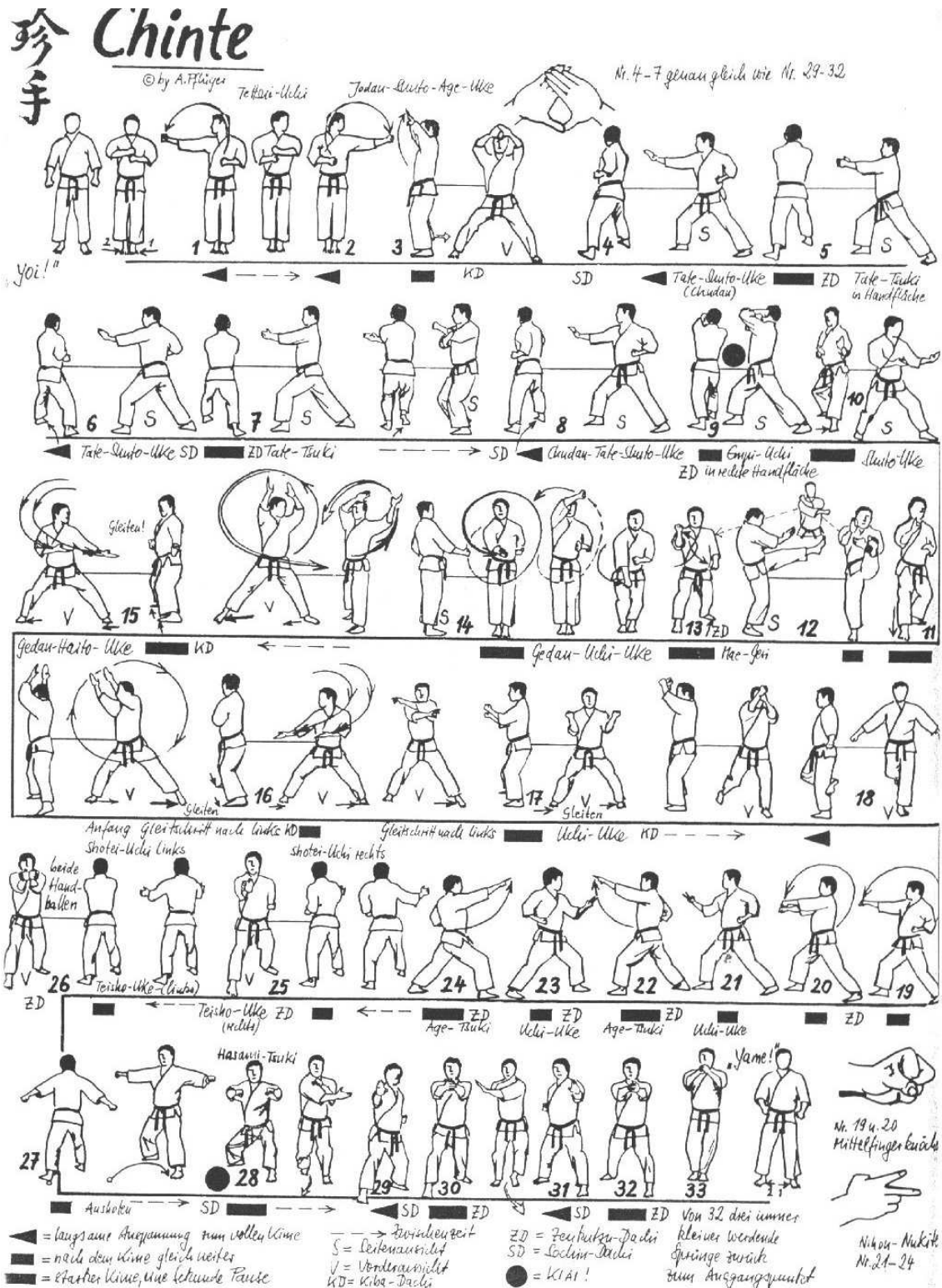
Besonderheiten und Wiederholungen:
 Sankaku-Tobi in Verbindung mit einem gleichzeitigen Ellbogenstoß (Nr. 32).
 Die große ausstehende Bewegung bei Nr. 1 finden wir auch bei Nr. 10 und Nr. 18.
 Wiederholungen auch 3, 4 und 5, 6 und - ähnlich - 11, 12, 13, 14, 19, 20, 21, 22.
 Dauer etwa 50 Sekunden!

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Appendix X – Chinte

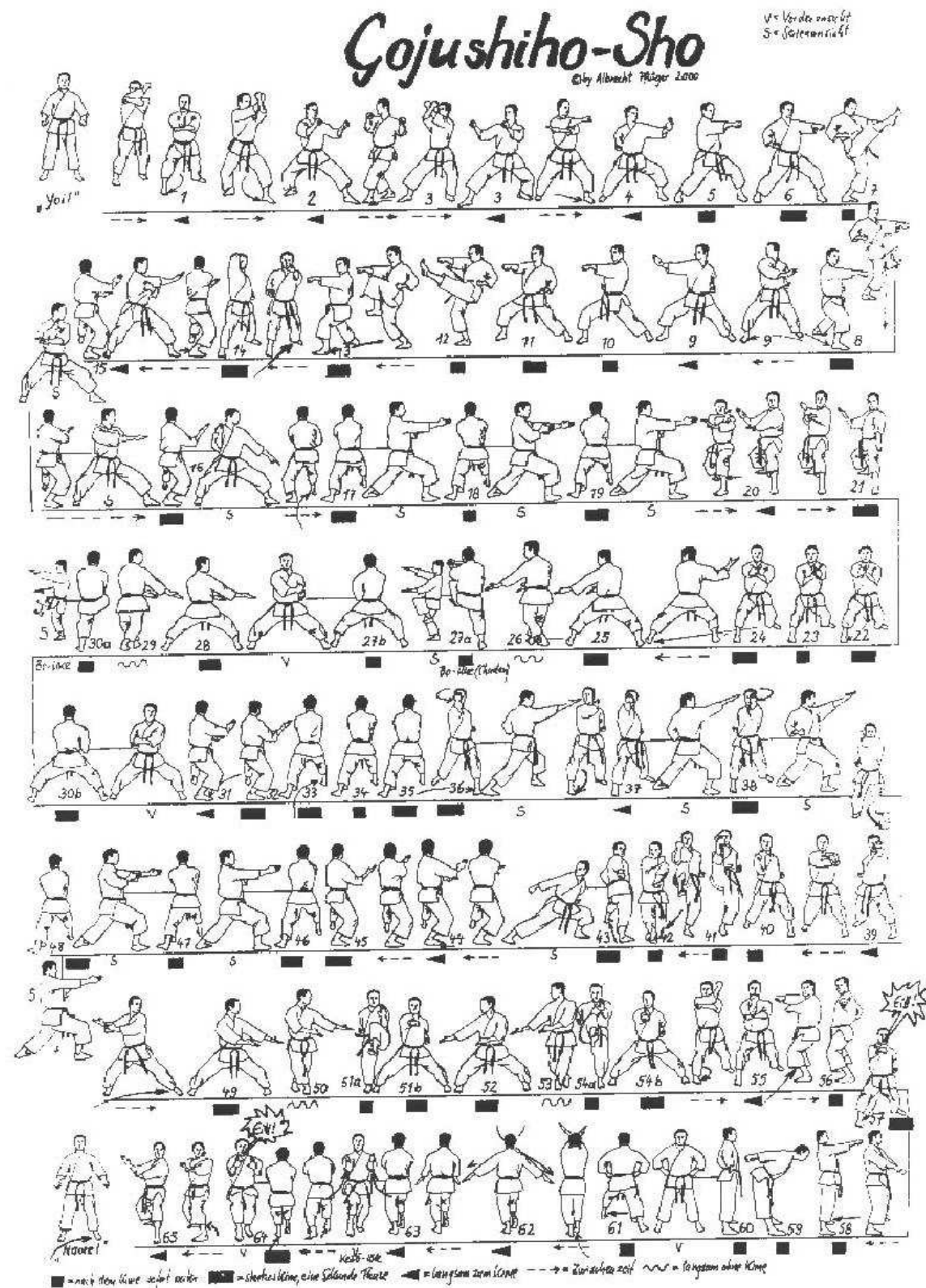


Appendix Y – Unsu

Die Herkunft dieses vermutlich sehr alten Kata ist unklar. Möglicherweise gehört sie zur NIKAZI-Schule wegen ihrer Ähnlichkeit mit NIJUSHO (NISEISHI). Diese wird im SHOTOKAN und SHITO-RYU-Iti' geübt. Sollte aus dem Karate Meikyu geübt werden!



Appendix Z – Gojushiho Sho



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Charakteristisch: weiche, fließende Übergänge von einer Gedanke in die andere (4-3), Wechsel von langsamen und schnellen Bewegungen.

