



Welcome to Ganbare Shotokan Karate-do of Prescott

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I. Introduction:

Initiation into any martial art can be both exciting and intimidating. We move ourselves out of our comfort zone any time we try something new, which is how personal growth is achieved. At Ganbare Shotokan, our hope is to help reduce the anxiety one experiences in the beginning of one's training, without reducing our high expectations of our students' performance. We genuinely desire for each and every student to improve themselves in body, mind and character.

The following is meant to be a guide to those who are new inductees into our dojo - beginning with traditional dojo etiquette, and ranging from basic techniques to kata (forms) and kumite (sparring). Though there are, perhaps, one or two little details to our methods that make our dojo unique, you will find that our practices are consistent with most traditional Shotokan dojo across the globe.

II. Traditions and Etiquette

A) Wearing the gi (uniform) and obi (belt).

Wearing the traditional karategi gives one a sense of both pride and belonging within the dojo, but in order to maintain proper tradition, it must be donned in a specific manner. Contrary to most western styles, the waist of the pants are worn above the hips at the level of the navel, which elevates the cuffs of the pants a few inches above the ankle. The jacket is to be worn with the left lapel overlapping the right, with the dojo patch sewn onto the left lapel and resting over the heart. Clean white uniforms with the appropriate color belt and school emblem is the uniform of the dojo and is the only apparel allowed on the training floor, with the exception of new students who have yet to acquire such apparel (in which case the student should wear appropriate athletic-type clothing).

The gi (as well as the student wearing it) must be kept clean and free of odor, both out of respect and consideration for oneself and the other members of the dojo. Do not use bleach on your gi, as that will compromise the integrity of the fabric and cause it to deteriorate faster. Baking soda and hydrogen peroxide can be used to whiten an otherwise dingy uniform.

The belt, in contrast, should never be washed unless absolutely necessary (and even then it is advised to hand wash it using gentle or natural cleaners). A student's belt is a symbol of the accumulation of one's training, and one should not simply "wash out" the hard work they have put in.

B) Conduct within the dojo.

When entering your place of training, it is important for the student to adopt the mindset of humility and respect - not just for the instructors and fellow students, but for the place of training itself. Before you enter the dojo, pause in the doorway and bow. This symbolizes both your reverence for your place of training and your intent to leave behind the world outside and devote your time inside to karate-do.

Belongings such as shoes, coats, bags, equipment, etc. should be stowed in a tidy manner, out of the way of other members of the dojo, rather than tossed haphazardly wherever it is convenient. Ask an established member where personal items should be kept if it does not appear obvious to you.

Shoes should be removed and stowed before entering the dojo floor - at no point should anyone, whether a student, instructor, or spectator, wear any kind of shoes on the training floor.

Students bow again as they enter the training floor. Before class commences, everyone lines up in a straight line and faces the Shomen (front of school) in seiza (traditional sitting pose) for a short mokuso (meditation). When "mokuso yame!" (meditation finish) is called, everyone bows to the front (Shomen ni rei!) to pay respect to Master Funakoshi, the founder of Shotokan Karate. The Sensei (teacher) then turns around and everyone bows to him (Sensei ni rei!), then everyone bows to the black belts (Senpai ni rei!). When bowing to the Sensei and Senpais at the beginning of class, everyone harmoniously announces with a strong tone of voice, "o negaishimasu" (I humbly request).

Classes always begin with a short warm-up to prevent connective tissue injury. After training, the same formalities are observed as at the beginning of class with the exception of reciting the Dojo Kun (School Precepts):

DOJO KUN (training hall oath)

Seek perfection of character (Hitotsu: Jinkaku kansei ni tsutomuru koto)

Be faithful (Hitotsu: Makoto no michi wo mamoru koto)

Endeavor (Hitotsu: Doryoku no seishin wo yashinau koto)

Respect others (Hitotsu: Reigi wo omonzuru koto)

Refrain from violent behavior (Hitotsu: Kekki no yuu wo imashimuru koto)

When bowing to the Sensei and Senpai at the end of class, students should substitute “o negaishimasu” with “domo arigato” (Thank you very much).

Formal titles are used with all instructors and senior black belt students. First name address is not appropriate etiquette for the dojo and should not be used with senior ranks (all black belts). The Sensei (teacher) should always be referred to as Sensei and all other black belts should be addressed as Senpai. This is a sign of respect for all who have earned the coveted black belt. First names may be used for students below black belt.

C) Attendance

In addition to testing requirements (see the next section), we also have some attendance expectations regarding a student’s continued enrollment in the dojo: if a student is absent or plans to be absent for a prolonged period of time (i.e. a planned vacation, a lingering illness or injury, etc), then the student (or the student’s parent/guardian) is expected to communicate the

absence via written notice (email or text will suffice). If a student is absent for more than three consecutive classes without any kind of notification, that student will be removed from our roster and placed on the waiting list (if there is one at the time). In order to re-enroll in the dojo, the \$30 registration fee will have to be paid again.

III. Testing and Advancement

Kyu Exams (belt tests) are usually held every four months. Exams have three main components: Kihon (basics), Kata (forms) and Kumite (sparring), which increase in difficulty and complexity with each subsequent rank. Students will be graded on a variety of criteria, including technique, speed, power, spirit, posture, and many others (see “Kyu Exam Checksheet” included in this packet).

In order to be eligible to test, students must be up to date on their dues and have an attendance of at least 70% or higher. White belt students in the Youth Classes (13 and under) must have all of their stripes in order to test for yellow belt (see the “Yellow Belt Exam Pre-Test Checksheet”).

Youth participants are promoted on a basis of “half rank” or “full rank”, or Basic and Advanced (B/A). For example: a white belt who passes his or her exam for yellow belt will typically receive the rank of “Yellow B”, and will test for “Yellow A” at their next exam. Youth students showing exceptional performance, dedication and effort may be promoted to “Yellow A” on the first exam, or may even “skip” a rank to “Orange B” or “Orange A” if they have proven to go above and beyond expectations (though this scenario is rare). Adult participants (14 and up) are always promoted to “full rank” when they have passed their exam.

The order of “Kyu”, or ranks preceding black belt, are as follows:

10th Kyu:	White
9th Kyu:	Yellow
8th Kyu:	Orange
7th Kyu:	Blue
6th Kyu:	Green
5th Kyu:	Purple with white stripe
4th Kyu:	Solid Purple
3rd Kyu:	Brown with white stripe
2nd Kyu:	Solid Brown

1st Kyu: Brown with black stripe

Black belt ranks are called “Dan”, and begin with Sho Dan (first degree), and ascend from there.

IV. Kihon (Basics)

Kihon are the basics of karate, and set the foundation of all of your training. Kihon can be categorized as **hand techniques, foot techniques, stances and movement**. This guide will introduce the basics that will be taught to beginners in the dojo, where more advanced kihon will be introduced as the student progresses in rank:

A) Hand Techniques

1. **Basic Punch** - with the hand formed into a fist, the striking hand is placed at the side between the lowest rib and the hip bone, palm facing up, with the elbow extending back and the arm tight against the body (this position is called “hikite”, or draw-back hand). Keeping the arm tight against the body, rub the arm against the side of the body as the arm extends. As the arm reaches its full extension, the fist naturally rotates so that the palm now faces the floor by the time the fist reaches its target, with the opposite fist pulling back into hikite. This can be performed at jodan (face level), chudan (stomach level), or gedan (lower level, below the waist).
2. **Rising Block** - also commonly called “up block”, or “age uke” in Japanese, this is a technique used to block against jodan level attacks. The fist begins in the same position as it does in the basic punch (hikite), then extends across the body diagonally and upwards to the opposite shoulder, with the palm facing yourself. As the arm crosses your own face level, the forearm rotates outwards and extends at a 45 degree angle with respect to the ground, with the palm now facing outwards. The mid-forearm should now be about one fist’s length from your forehead, with the opposite hand now in hikite.
3. **Outside Block** - Sometimes referred to as the “outside stomach block”, “outside forearm block”, or “soto ude uke” in Japanese, this mid-level block begins by raising the closed fist up next to the ear, palm facing out, with the elbow extended away from the body forming a 90 degree angle.

The elbow is then brought to the centerline of the body, bringing the forearm along with it. The fist is rotated inward so that it faces you at the point of impact, level with the shoulder, and the elbow maintaining its 90 degree angle. There should be one fist's width between the elbow of the blocking arm and your torso, and the opposite hand should now be in hikite.

4. **Down Block** - called “gedan barai” in Japanese, this lower-level block can be awkward to learn at first for beginners. Begin the block by reaching your fist across your body to your opposite ear, with the elbow pointing down towards your sternum forming a small, acute angle. The palm should be towards your own face, indeed almost touching your cheek. The opposite arm extends forward and downward towards the centerline of your body, with both elbows touching (or nearly so).

The fist near your ear (which is the blocking arm) will travel in a downwards, sleeping angle along the opposite arm, essentially replacing that arm. When the blocking arm is fully extended, the fist should rotate outwards so that the palm is now facing the ground. As the blocking arm rotates, draw the non-blocking arm back in hikite.

B) Foot Techniques

1. **Front Snap Kick** - The most basic of kicks, the front snap kick, or “mae geri keage”, can be performed at jodan, chudan, or gedan level. Raise the knee of the kicking foot to waist-height in front of your body, with the knee bent and the foot chambered close to the back of your thigh. The kicking foot should be parallel to the ground, with the toes pulled back to accentuate the “ball” of the foot, which will be the point of impact for this kick. Keeping the knee at the same level, extend the kicking foot to the target, keeping the foot parallel to the floor. After striking the target, quickly pull the foot back to the chambered position that it started in, with the knee up, before letting it rest back on the ground. This produces the “snap” action of the kick.
2. **Side Snap Kick** - As with the front snap, the slightly more complicated side snap kick, or “yoko geri keage”, can be performed at any desired level. Pull the knee of the kicking foot up to waist height, this time with the knee pointing to your side, with the foot resting just above the supporting knee. The kicking foot should be parallel to the floor, with the outward edge (or “blade”) of the foot facing the ground, and the toes pointing to the front of your body. Keeping the knee of the kicking leg in

place, extend the blade of the foot to the side, striking the target with the blade. On impact, pull the foot back to its starting position against the supporting knee, again producing the “snapping” action.

C) Stances and Movement.

- 1. Front Stance** - “zenkutsu dachi” is the most commonly used stance in karate kihon and kata, whether you are a beginning or advanced student. As the name implies, the body weight primarily rests on the front leg in a 60/40 stance. The knee of the front leg should be bent so that it is directly over the toes, with the back leg nearly straight and extended behind you and the back foot turned at a 45 degree angle towards the front. The feet should be shoulder-width apart - which is to say that if both feet rested on parallel lines extending in front of you and behind you, those lines should be the same distance apart as the width of your own shoulders.

To move forward in front stance, push off with the back foot, moving it forward in a “C” shape as the rear foot brushes the front foot, then continues forward and out to resume a shoulder-width stance.

- 2. Horse Stance** - “kiba dachi”, or horse stance, is named because its positioning closely resembles that of a person astride a horse. The feet extend to either side in a double-shoulder-width position, with both knees bent over the toes and an equal distribution of body weight on both legs. As with all karate stances, the back should be straight and the chin up. The toes of both feet should be facing forward.

To move side-to-side in kiba dachi, slide the back foot in a straight line towards the front foot, crossing the back foot in front of the front foot. Your body weight should then be shifted to the foot previously in motion, then propel the opposite foot forward.

- 3. Back Stance** - “kokutsu dachi” is a stance primarily used when moving away from an opponent, though many kata do perform this stance in a forward-moving trajectory. Begin in horse stance, then turn one foot (which will become the lead foot) so that it is perpendicular to the other.

Keep both heels on the same line, and shift about 70% of your weight to the back leg, which will require you to bend the back knee slightly more. The front knee should be bent slightly.

Movement in back stance is to be done with the heels lined up, whether moving forward or backward. At the point when the feet come together, the toes of the back foot are turned forward so that both feet are parallel to one another. The same foot stays in motion going forward, now making it the front foot, while the toes of the back foot turn perpendicular once the leg in movement is at rest.

V. Kata (Forms)

Kata, or forms, are a series of choreographed movements that a student performs on their own. Most Shotokan dojos practice the 26 traditional kata, some of which are unique to our style, and some of which share many similarities to kata of other styles. These kata increase in their complexity and difficulty as the student progresses in rank.

The first and most basic kata a student will learn is called “Taikyoku” (pronounced tie-key-oh-ku), which is roughly translated to “First Cause”. Being the simplest of the kata in the Shotokan curriculum, its mere 20 movements are composed exclusively of down blocks and stomach-level punches, all to be executed from the front stance. The movements follow a basic pattern similar to a capital “I” in shape, and like most kata in our curriculum, it features two “kiai”, or “spirit cry”, performed by contracting the abdominal muscles and pushing the air out in a succinct but powerful yell.

When one performs a kata, proper etiquette must be practiced: the student begins by bowing to the instructor with a strong “o negaishimasu”, just as they would at the beginning of a class. The student then announces the name of their kata in a similar manner, then assumes “yoi”, or ready position (shoulder-width stance, facing the front, hands in relaxed fists resting directly in front of the thighs), and awaits the signal to begin from the instructor (the instructor may choose to have the student perform the entire kata at once, signaling them to begin with “hajime!”, or they may have the student perform it one step at a time, counting each step out loud). When the student has performed the last move of the kata, they must hold that position until the instructor announces “yame!”, at which point they return to the starting (or “ready”) position.

VI. Kumite (Sparring)

Kumite, or sparring, is often translated as “entangled hands” or “intertwined hands”, and is the application of karate technique against a partner. At the beginner’s level, kumite is introduced as a pre-arranged set of attacks and counters.

Students will start with 5-step sparring, in which the attacker performs five lunge punches to the face, and the defender performs five rising blocks (moving backwards) to defend each attack. After blocking the fifth and last attack, the defender will then perform a counter attack (most commonly a reverse punch to the stomach) accompanied by a kiai. The students then switch roles and move in the opposite direction, giving the other partner a chance to practice their blocks and counter. The process is then repeated, but this time with stomach-level punches, defended with outside blocks.

At the yellow and orange belt levels, students will progress to 3-step sparring. The procedures are largely the same, but with the routine condensed to three steps rather than five, and with the addition of front kick attacks defended with down blocks.

At 6th Kyu (green belt), the process is condensed even further to one-step kumite, with the addition of side thrust and roundhouse kicks, along with the proper defense for each. At 4th Kyu (purple belt), students transition into “free one-step” sparring, in which both participants move around freely in kamae (fighting stance), announcing and then executing their attacks. Finally, students will be expected to “free spar”, in which any attack can be initiated by either student at any time, and any block/counter employed in response. **Free sparring should always be done under the supervision of an instructor.**

VII. Conclusion

Karate is a physically, mentally, and spiritually-enriching art that has improved the lives of hundreds of millions of people across the globe in the course of history. Aside from the obvious, practical skills of self defense, students have reported vast improvements in health, confidence, concentration, discipline, decision-making, study habits, and many more areas which they attribute to their training in traditional karate-do. There are many outstanding martial arts schools in the world today, and we are deeply honored that you have chosen to be a part of ours. We look forward to growing together in our karate journey!

VIII. Forms, Documents, and Dojo Syllabus

In the pages that follow you will find all of the forms, documents, and syllabi that you will need as a participant at Ganbare Shotokan Karate-do of Prescott. Please feel free to make copies as needed, and let your instructors know if you have questions about any of the material.

JAPANESE TERMS

GENERAL TERMS

Japanese	Translation
Dojo	Training hall
Dojo Kun	Dojo code
Sensei	Teacher/Instructor
Seiza	Kneel/Kneeling position
Rei	Bow
Yoi	Ready
Migi	Right
Hidari	Left
Kamae-te	Move to ready position
Hajime	Start/Begin
Mawatte	Turn
Yame	Finish/Stop
Gi	Karate uniform
Obi	Belt
Kime	Focus
Kiai	Spirit shout/Martial shout
Kihon	Basics/Basic techniques
Kata	Forms/Formal exercises
Kumite	Sparring
Zanshin	Awareness/Martial state of mind
Jodan	Head
Chudan	Middle body
Gedan	Lower body
Oss	Respectful greeting/acknowledgment

STANCES (DACHI)

Japanese	Translation
Heiko Dachi	Natural stance
Heisoku Dachi	Feet together stance

Japanese	Translation
Musubi Dachi	Informal stance
Zenkutsu Dachi	Front stance
Kiba Dachi	Horse stance
Shiko Dachi	Open leg/Sumo stance
Kokutsu Dachi	Back stance

BLOCKS (UKE)

Japanese	Translation
Gedan Barai	Downward block
Age Uke	Rising block
Soto Uke	Outside block
Uchi Uke	Inside block
Shuto Uke	Knife hand block
Tate Shuto Uke	Vertical knife hand block
Nagashi Uke	Sweeping block
Haishu Uke	Back hand block
Empi Uke	Elbow block
Juji Uke	X block
Morote Uke	Augmented block
Kakewake Uke	Wedge block

PUNCHES (TSUKI)

Japanese	Translation
Kara/Choku Tsuki	Straight punch
Oi Tsuki	Stepping punch
Kizami Tsuki	Front hand punch
Gyaku Tsuki	Reverse punch
Kagi Tsuki	Hook punch
Ren Tsuki	Two-punch combination
Sanbon Tsuki	Three-punch combination

STRIKES (UCHI)

Japanese	Translation
Age Empi Uchi	Rising elbow strike
Yoko Empi Uchi	Side elbow strike
Mawashi Empi Uchi	Round elbow strike
Ushiro Empi Uchi	Reverse elbow strike
Tate Empi Uchi	Downward elbow strike

Japanese	Translation
Shuto Uchi	Knife hand strike
Uraken Uchi	Back fist strike
Tetsui Uchi	Hammer fist strike
Nukite	Spear hand thrust
Teisho Uchi	Palm heel strike
Haito Uchi	Ridge hand strike

KICKS (GERI/KERI)

Japanese	Translation
Mae Geri	Front kick
Yoko Geri Keage	Side snap kick
Yoko Geri Kekomi	Side thrust kick
Mawashi Geri	Roundhouse kick
Ushiro Geri	Back kick
Hiza Geri	Knee kick
Ren Geri	Kicking combinations
Nidan Geri	Two kicks with same leg

SPARRING TERMS (KUMITE)

Japanese	Translation
Sanbon Kumite	Three-step sparring
Gohon Kumite	Five-step sparring
Kihon Ippon Kumite	Basic one-step sparring
Jiyu Ippon Kumite	Semi-free style sparring
Kaishi Ippon Kumite	Reaction sparring
Jiyu Kumite	Free style sparring

YELLOW BELT EXAM PRE-TEST CHECKLIST

Student name _____ Age _____ Start Date _____

YELLOW STRIPE:

Examiner _____ Date _____

1. Bowing (manners) _____
2. Ready Stance (yoi) _____
3. Sit Correctly (kneel) _____
4. Belt Tied Correctly _____
5. Know Titles _____

ORANGE STRIPE: (*stand in place*) Examiner _____ Date _____

1. Punch (natural stance) _____
2. Rising Block _____
3. Outside Block _____
4. Down Block _____
5. Front Snap Kick _____
6. Forward Stance _____

BLUE STRIPE: (*moving in stance*) Examiner _____ Date _____

1. Lunge Punch _____
2. Rising Block _____
3. Outside Block _____
4. Down Block _____
5. Front Snap Kick _____
6. Basic Turn in Place _____

GREEN STRIPE: Examiner _____ Date _____

1. Reverse Punch _____
2. Horse Stance _____
3. Side Snap Kick _____
4. ½ of Taikyoku _____

PURPLE STRIPE: Examiner _____ Date _____

1. Second ½ of Taikyoku _____
2. 5 Step Pre-Sparring _____

BLACK STRIPE (*know these well*) Examiner _____ Date _____

1. Complete Taikyoku _____
2. 5 Step Pre-Sparring _____
3. Count to 10 in Japanese _____
4. Know the Dojo Kun _____

Approved for Yellow Belt Exam _____

9th Kyu - Yellow Belt

Dress in Gi & Tie belt properly (youth only)

Know the Dojo Kun & basic dojo Etiquette (question and answer)

KIHON

10 Times standing in place by the count: left hand forward, right hand chambered

Middle level punch

Raising block

Outside stomach block

Down block

Front snap kick (arms to the side)

Hand techniques Moving forward & backward - Step back w/ right leg and down block into forward stance

6 times each by count:

A.Lunge punch to middle level

B. Raising block

C.Outside stomach block

D.Down block

Kicking techniques Moving forward turn & back - Step back w/ right leg and down block into forward stance

6 times each by count w/ hands to side:

A.Front snap kick middle level (turn)

B.Front snap kick face level (turn and finish)

Step back w/ right leg into Horse stance (A test only)

3 times each by count:

A.Side snap kick middle level (turn)

B.Side snap kick middle level (turn & finish)

KATA-

Taikyoku... First cause (By count for B test, no count for A test)

KUMITE-

5 Step Prearranged Sparring... (By count for B & A test)

A.Lunge punch to face level

B.Lunge punch to middle level

8th Kyu - Orange Belt

KIHON

- Know the Dojo Kun (B test only)

5 Times Reverse Punch in Forward Stance, Left & Right Side

Hand Techniques Moving forward & backward (no turns) - Step back w/ right leg and Down Block in Forward Stance

6 times each without count: (by count for B test)

- A. Lunge punch to middle level
- B. Rising block
- C. Outside stomach block
- D. Inside stomach block
- E. Down block
- F. Knifehand block in Back Stance

Kicking Techniques Moving forward, turn & back - Step back w/ right leg and Down Block in Forward Stance

6 times each without count: (by count for B test)

- A. Front snap kick middle level (turn)
- B. Front snap kick face level (turn & finish)

Step forward w/ Right Leg into Horse Stance

3 times each without count: (by count for B test)

- A. Side thrust kick middle level (turn)
- B. Side snap kick middle level (turn & finish)

KATA-

Heian Shodan (Heian #1) Must Review Taikyoku Shodan

- A. Must know application for A test

KUMITE-

3 Step Prearranged Sparring... no count

- A. Lunge punch to face level
- B. Lunge punch to stomach level
- C. Front snap kick to stomach level

7th Kyu - Blue Belt

KIHON

6 Times each side

Jab & Reverse punch in forward stance - Step back with right leg, down block into forward stance and reverse punch

Hand techniques Moving forward & backward - Step back with right leg, down block into forward stance

6 times each without count

- A. Lunge punch to mid level
- B. Lunge punch to face level
- C. Rising block
- D. Outside stomach block
- E. Inside stomach block
- F. Down Block
- G. Knifehand block in back stance
- H. Knifehand block, Spear hand thrust (A test only)

Kicking techniques Moving forward, turn & back - Step back with the right leg Down block in forward stance

6 times each without count from kamae:

- A. Front snap kick mid level (turn)
- B. Front snap face level (turn)
- C. Front thrust kick middle level (turn)
- D. Roundhouse kick middle level (turn and finish)

Step forward w/ right leg into horse stance

3 times each without count:

- A. Side thrust kick middle level (turn)
- B. Side snap kick middle level (turn & finish)

KATA

Heain Nidan (Heain # 2) Must review Heain 1

- A. Must know application for A test

KUMITE

3 Step prearranged sparring ... no count

- A. Lunge punch face level
- B. Lunge punch stomach level
- C. Front kick to stomach level

6th Kyu - Green Belt

KIHON-

Hand techniques Moving forward and backwards - Step back with the right leg down block into forward stance

6 times each no count

- A. Triple Punch, face, stomach, stomach
- B. Rising Block with Reverse face Punch
- C. Outside Forearm Block with Reverse Punch mid level
- D. Inside Forearm Block with Reverse face Punch
- E. Down block with Reverse Punch mid level
- F. Knife Hand Block (back stance) with Spear Hand thrust (front stance)

Kicking techniques Forward turn and back - Step back with the right leg down block into forward stance

6 times each no count

- A. Front Snap Kick – mid level turn
- B. Front Snap Kick – face level turn
- C. Front thrust Kick – mid level turn
- D. Front thrust Kick – face level turn
- E. Roundhouse kick mid level turn
- F. Roundhouse kick face level turn

Step forward with the right leg into horse stance

3 times each no count

- A. Side Snap Kick – mid level
- B. Side Snap Kick – upper level
- C. Side Thrust Kick – mid level
- D. Side Thrust Kick – upper level

KATA-

Heian Sandan Heian #3, must review Heian #1 and #2 at random, must know Bunkai

KUMITE-

Kihon Ippon Kumite (Basic One step Sparring)

- A. Lunge punch face
- B. Lunge punch mid level
- C. Front snap kick mid level
- D. Side thrust kick mid level
- E. Round house kick mid level

5th Kyu - First Purple

KIHON-

Hand techniques Moving forward and backwards - Step back with the right leg down block into forward stance

6 times each no count

- A. Lunge punch face, reverse punch mid level
- B. Rising Block with Reverse face Punch
- C. Outside Forearm Block front stance, Elbow strike horse stance
- D. Inside Forearm Block with Reverse face Punch
- E. Down block with Reverse Punch face
- F. Knife Hand Block (back stance) with Spear Hand thrust (front stance)

Kicking techniques Forward turn and back - Step back with the right leg down block into forward stance

6 times each no count

- A. Front Snap Kick (forward mid level turn and back face level)
- B. Front thrust Kick (forward mid level turn and back face level)
- C. Roundhouse kick (forward mid level turn and back face level)

Step forward with the right leg into horse stance - 3 times each no count

- A. Side Snap Kick (forward mid level turn and back face level)
- B. Side Thrust Kick (forward mid level turn and back face level)

3 times each no count

- A. Double front snap kick (stomach, face)
- A. Double front thrust kick (stomach, face)

KATA-

Heian Yondan Heian #4, must review Heian #1 and #3 at random, must know Bunkai

KUMITE-

Kihon Ippon Kumite (Basic One step Sparring)

- A. Lunge punch face
- B. Lunge punch mid level
- C. Front snap kick mid level
- D. Side thrust kick mid level
- E. Round house kick mid level

4th Kyu - Second Purple

KIHON-

Hand techniques Forward and backwards -Step back with the right leg down block into forward stance

6 times each no count

- A. Step in Back fist strike face, reverse punch mid level
- B. Step back Rising Block with Reverse face Punch
- C. Step in Outside stomach Block front stance, Elbow strike horse stance, Back fist to the face
- D. Step back Inside Stomach Block, Jab, Reverse face Punch
- E. Step in Down block with Reverse Punch face
- F. Step back Knife Hand Block (back stance)with Spear Hand thrust(front stance)

Kicking techniques Forward turn and back - Step back with the right leg down block into forward stance

6 times each no count, from kamae:

- A. Front Snap Kick (forward mid level turn and back face level)
- B. Front thrust Kick (forward mid level turn and back face level)
- C. Roundhouse kick (forward mid level turn and back face level)
- D. Side snap kick (forward mid level turn and back face level)
- E. Side thrust kick (forward mid level turn and back face level)

Step forward with the right leg into forward stance

3 sets each from kamae:

- A. Double front snap kick (stomach, face)
- B. Double front thrust kick (stomach, face)
- C. Front snap kick stomach, change front thrust kick face
- D. Crescent kick block

KATA-

Heian Godon Heian #5, must review Heian #1 to #4 at random, must know Bunkai

KUMITE-

JyulpponKumite (Free One step Sparring)Both sides, One side does all the attacks first then change sides.

- A. Lunge punch face
- B. Lunge punch mid level
- C. Front snap kick mid level
- D. Side thrust kick mid level
- E. Round house kick mid level

3rd Kyu - First Brown

* In Japanese Terminology *

KIHON-

Hand techniques Forward and backward - Step back w/ right leg Gedan Barai into Zenkutsu Dachi

6 times each from Kamae:

- A. Shift in Kizami, Step in Oi Zuki jodan, Gayaka Zuki chudan
- B. Step back Ageuke, Uraken jodan, Gyakuzuki chudan
- C. Step forward Uchiuke, Kizami, Gyakuzuki chudan
- D. Step back Udeuke, Empi Uchi in Kiba Dachi, Uraken jodan, Gyakuzuki chudan
- E. Step forward Gedan Barai, Uraken jodan, Gyakuzuki chudan
- F. Step back Shutouke, Kizami Mae Geri, Nukite

Kicking techniques – Forward turn and back - Step back w/ right leg Gedan Barai into Zenkutsu Dachi

3 sets each changing legs from Kamae:

- A. Nidan Mae Geri Keage (chudan,jodan)
- B. Nidan Mae Geri Kekomi (chudan,jodan)
- C. Mae Nidan Tobi Geri
- D. Nidan Mawashi Geri (chudan,jodan)

6 times each from Kamae stance:

- A. Yoko Geri Keage chudan
- B. Yoko Geri Kekomi chudan
- C. Mikazuki Geri
- D. Ushiro Geri chudan

Controlled punching – stationary with kizami or gyaku zuki until “Yame” is called
- left and right side

KATA-

Must review Heian Shodan to Godan at random

Tekki Shodan

Must know Bunkai

KUMITE-

Jyu Ippon Kumite Left and right side

* One side does the entire attacks first then change attacker*

- A. Oi Zuki Jodan
- B. Oi Zuki Chudan
- C. Mae Geri Chudan
- D. Yoko Geri Chudan
- E. Mawashi Geri Chudan
- F. Ushiro Geri chudan

2nd Kyu - Second Brown

* In Japanese Terminology *

KIHON-

Hand techniques Forward and backward - step back w/ right leg Gedan Barai into Zenkutsu Dachi

6 times each from Kamae:

- A. Shift in Kizami, Step in Uraken jodan, Gayaka Zuki chudan
- B. Step back Jodan Nagashi Uke, Gyakuzuki chudan
- C. Step forward Uchiuke, Kizami jodan, Gyakuzuki chudan
- D. Step back Udeuke, Empi Uchi, Uraken jodan, Gyakuzuki chudan
- E. Step forward Shutouke, Kazamie Mae Geri, Nukite
- F. Step back Gedan Kake Uke, Gyakuzuki chudan

Kicking techniques – Add punching techniques for A test only. Forward turn and back - step back w/ right leg Gedan Barai into Zenkutsu Dachi

3 sets each changing legs from Kamae:

- A. Kizami Mae Geri (keage Gedan), Mae Geri Kekomi chudan, Mae Geri Keage jodan
- B. Mae Geri Keage chudan, Mae Geri Kekomi jodan, Gyakuzuki chudan
- C. Mae Nidan Tobi Geri, Kizami jodan, Gyakuzuki chudan
- D. Mae Geri Keage chudan, Mawashi Geri jodan, Gyakuzuki chudan
- E. Yoko Geri Keage chudan, Yoko Geri Kekomi chudan, Gyakuzuki chudan
- F. Mikazuki Geri chudan, Ushiro Geri Kekomi chudan, Uraken jodan, Gyakuzuki chudan

Controlled punching – move around free style w/kizami, oi zuki, gyaku zuki, uraken until “Yame” is called

Controlled kicking – for A test only move around free style w/mae geri, yoko geri, Mawashi geri, Ushiro geri, until “Yame” is called

KATA-

Must review Heian Shodan to Godan & Tekki Shodan at random
Tekki Nidan

Favorite Advanced Kata

- A. A. Must know bunkai for above katas for A test

KUMITE-

Jyu Ippon Kumite Left or right side

* One side does the entire attacks first then change attacker*

- A. Jodan Zuki (choice of oi zuki, gyaku zuki, or kizami zuki)
- B. Chudan Zuki (oi zuki or gyaku zuki)
- C. Mae Geri chudan or jodan
- D. Yoko Geri kekomi chudan or jodan
- E. Mawashi Geri chudan or jodan
- F. Ushiro Geri chudan or jodan

1st Kyu - Third Brown

* In Japanese Terminology *

KIHON-

Hand techniques Forward and backward

Step back w/ right leg Gedan Barai into Zenkutsu Dachi

6 times each from Kamae:

- A. Shift in Gyaku Zuki jodan, Step in Gyaku Zuki chudan
- B. Step back Jodan Nagashi Uke, Uraken jodan, Gyakuzuki chudan
- C. Shift in Kazami jodan, Gyakuzuki jodan and step in Gyaku Zuki chudan
- D. Step back chudan Nagashi Uke, Uraken jodan, Gyakuzuki chudan
- E. Step forward Shutouke, Nidan Mae Geri, Nukite chudan
- F. Step back Gedan Kake Uke, Uraken jodan, Gyakuzuki chudan

Kick / Punch Combination Techniques – Forward turn and back

Step back w/ right leg Gedan Barai into Zenkutsu Dachi

3 sets each changing legs from Kamae:

- A. Kazami Mae Geri (keage Gedan), Mae Geri Kekomi jodan, Mae Geri Keage chudan, Gyaku Zuki
- B. Gyaku Zuki chudan, Mae Geri Keage chudan, Mae Geri Kekomi jodan, Gyakuzuki
- C. Gyaku Zuki chudan, Mae Nidan Tobi Geri, Kazami or Uraken jodan, Gyakuzuki
- D. Gyaku Zuki chudan, Mae Geri Kekomi chudan, Mawashi Geri jodan, Gyakuzuki
- E. Kazami jodan, shift in Kazami Yoko Geri Keage, Yoko Geri Kekomi, Gyakuzuki
- F. Gyaku Zuki jodan, Mikazuki Geri chudan, Ushiro Geri Kekomi chudan, Uraken jodan, Gyakuzuki

Controlled punching – move around freestyle w/kizami, oi zuki, gyaku zuki, Uraken until “Yame” is called

Controlled kicking – move around free style w/mae geri, yoko geri, Mawashi geri, Ushiro geri, until “Yame” is called

KATA-

Must review Heian Shodan to Godan & Tekki Shodan and Nidan at random Tekki Sandan

Favorite Advanced Kata

- A. A. Must know bunkai for above katas for A test

KUMITE-

Jyu Ippon Kumite Left or right side

* One side does the entire attacks first then change attacker*

- A. Jodan Zuki (choice of oi zuki, gyaku zuki, or kizami zuki)
- B. Chudan Zuki (oi zuki or gyaku zuki)
- C. Mae Geri chudan or jodan
- D. Yoko Geri Kekomi chudan or jodan
- E. Mawashi Geri chudan or jodan
- F. Ushiro Geri chudan or jodan

Sho/Ni Dan - First and Second Black

-KIHON-

HAND TECHNIQUES - Forward & backward

Step back with right leg & gedan barai into kamae dachi

6 time each:

- A. Sanbon Zuki - Oi Zuki jodan (sochin), Gyaku Zuki chudan (zenkutsu), Kizami chudan (sochin)
- B. Step back Age Uke, Ude Uke, Gedan Barai (same arm) & Gyaku Zuki
- C. Shift in Kizami jodan, Gyaku Zuki jodan, step in Gyaku Zuki chudan
- D. Shift back Gedan Barai, step back Gedan Kake Uke, Uraken jodan, Gyaku Zuki chudan
- E. Shift in Gyaku Zuki chudan, Ashi Barai, step in Gyaku Zuki
- F. Step back Shuto Uke, Nidan Mae Geri, Nukite chudan
- G. Shift in Uraken jodan, step in Oi Zuki jodan, Gyaku Zuki chudan
- H. Step back Nagashi Uke jodan, Gedan Barai (same arm) & Gyaku Zuki

KICKING TECHNIQUES - Forward, turn & back

Step back with right leg & gedan barai into kamae dachi

4 sets each changing legs:

- A. Kizami Mae Geri gedan, Mae Geri Keage chudan, Mae Geri Kekomi jodan, Gyaku Zuki chudan
- B. Mae Nidan Tobi Geri, Kizami jodan, Gyaku Zuki chudan
- C. Mae Geri Kekomi chudan, Mawashi Geri jodan, Gyaku Zuki chudan
- D. Yoko Geri Keage jodan, Yoko Geri Kekomi chudan, Gyaku Zuki
- E. Mawashi Geri jodan or chudan, Ushiro Geri chudan, Gyaku Zuki
- F. Ushiro Geri Kekomi, Mae Geri Kekomi, Gyaku Zuki
- G. Mikazuki Geri, Mae Kekomi, Yoko Kekomi, Mawashi, Ushiro Kekomi, Made Nidan Tobi Geri, Oi Zuki, Gyaku Zuki

COMINATION KICKS: Keep kicking with same leg in place until “yame” is called, then change legs Me Geri Keage, Yoko Geri Kekomi, Mawashi Geri & Ushiro Geri Kekomi

Controlled Punching - move around in free style w/ kizami, gyaku zuki, ura zuki, tate zuki, oi zuke and uraken

until “yame” is called

Controlled Kicking - move around in free style w/mae geri, yoko geri, mawashi geri and ushiro geri until “yame” is called

Combination Techniques: (1 set forward, turn & 1 set back)

Step forward Oi Zuki chudan, step back Age Uke, step forward Mae Geri Kekomi chudan, Mawashi Geri chudan, step forward Uraken jodan, step forward Shuto Uke, step forward Gedan Barai & Gyaku Zuki

-Question & Answers-

Examinees will be asked specific questions by judging panel

-KATA-

Perform at random as soon as kata is announced, do not repeat:

Heian Shodan through Godan

Tekki Shodan through Sandan

Favorite Advanced Kata

-KUMITE-

Jyu Kumite 10 minutes with 5 opponents at 2 minutes each

Jyu Ippon Kumite may be substituted in lieu of jyu kumite for older examinees

松
濤
館

GANBARE SHOTOKAN KARATE-DO OF PRESCOTT
KYU EXAM REGISTRATION
(Fill out top portion completely)

空
手
道

_____ years _____ months _____
Name (*print clearly*) Age Length of practice Date of exam

_____ Kyu _____ Kyu # _____ Yes _____ No _____ \$ _____ chk _____ csh _____
Present rank Rank testing for New belt size Dues up to date? Amt. paid for exam

----- (Do not write below dotted line) -----

KIHON (Basic Movements)

1 2 3 / 4 5 6 / 7 8 9

Accuracy _____	Focus _____	Relaxation _____
Balance _____	Hip Action _____	Spirit _____
Breathing _____	Intent _____	Stance _____
Control _____	Posture _____	Technique _____
Dynamics _____	Power _____	Other: _____

KATA (Forms)

1 2 3 / 4 5 6 / 7 8 9

Application _____	Focus _____	Power _____	Technique _____
Balance _____	Grace/Flow _____	Precision _____	Timing _____
Breathing _____	Hip Action _____	Relaxation _____	Zanshin _____
Control _____	Intent _____	Spirit _____	Other: _____
Dynamics _____	Posture _____	Stances _____	

Taikyoku _____ Heian 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ Tekki 1 _____ 2 _____ 3 _____ Bassaid Dai _____ Kanku Dai _____ Other _____

KUMITE (Sparring)

1 2 3 / 4 5 6 / 7 8 9

Accuracy _____	Focus _____	Power _____	Anticipation _____
Blocks _____	Intent _____	Punches _____	Other: _____
Control _____	Speed _____	Relaxation _____	
Distance _____	Kicks _____	Spirit _____	
Dynamics _____	Posture _____	Timing _____	

OTHER ASPECTS

Attendance _____ Attitude _____ Concentration _____ Determination _____ Spirit/Heart _____ Temperment _____ Tenacity _____

Additional Comments _____

EXAMINING OFFICIAL

_____ PASS TO RANK OF _____ KYU

_____ RETEST IN _____ ON _____

Victor Young, Sensei

DAN EXAM

Information Sheet

First Name: _____

Last Name: _____

Age: _____

Date of birth: _____

Years of training: _____

Last exam date: _____

Rank testing for: _____

Test Date: _____

Kumite or Self-Defense: _____

Thesis Topic and Written Exam: _____

Accomplishments/Awards/Outside Experience _____

Exam Fee: _____

**PLEASE NOTE: exam fees should be paid in full (cash), 3 days prior to Exam Date*

SIGNATURE: _____

PRE-TEST: \$100 (\$50 credit towards Sho Dan Exam)

SHO DAN: \$100 NI DAN: \$200 SAN DAN: \$300 YON DAN: \$400