














Seiki -Juku Karate Syllabus

Grade	Belt	Technical Requirements	Other Requirements
<u>10th Kyu</u>		<p>Stances: Fudo Dachi (informal Stance)</p> <p>Strikes: Jodan Tsuki (Upper Punch) Chudan Tsuki (Middle Punch) Gedan Tsuki (Lower Punch)</p> <p>Blocks: Gedan Barai (Lower Block) Jodan Uke (Upper Block)</p> <p>Kicks: Hiza Geri (Knee Kick) Kin Geri (Groin Kick)</p>	<p>Dojo Etiquette and procedure How to wear and fold a Karate Gi (suit) Self defence techniques against: Hair Grab, Throat Grab</p>
<u>9th Kyu</u>		<p>Stances: Zenkutsu Dachi (Forward Leaning Stance)</p> <p>Strikes: Jodan Gyaku Tsuki (Upper Reverse Punch) Chudan Gyaku Tsuki (Middle Reverse Punch) Gedan Gyaku Tsuki (Lower Reverse Punch)</p> <p>Blocks: Chudan Uchi Uke (Middle Inside Block) Chuda Soto Uke (Middle Outside Block)</p>	<p>Understanding of warm up exercises and stretching routines Understanding of the Japanese Calligraphy on our Karate Gi (suit) Self defence techniques against: Pushing against chest and throat, Grab of collar or shoulder</p>
<u>8th Kyu</u>		<p>Stances: Sanchi Dachi (Diamond Stance)</p> <p>Strikes: Uraken Shomen Uchi (Backfist to Head) Uraken Yoko Uchi (Backfist to Side) Uraken Hizo Uchi (Backfist to Spleen)</p> <p>Blocks: Kaiten Uke (Round Block)</p> <p>Kicks: Mae Geri (Front Kick) Hiza Kansetsu Geri (Knee Joint Kick)</p> <p>Kata: Taikoyoko-Sono-Ichi (Body control movement 1) Taikoyoko-Sono-Ni (Body control movement 2)</p>	<p>History of Karate Do Self defence techniques against: Pull from front, Head lock front and rear holds</p>
<u>7th Kyu</u>		<p>Stances: Kokotsu Dachi (Back Leaning Stance)</p> <p>Strikes: Morote Tsuki (Double Punch) Ago Tsuki (Jaw Punch)</p> <p>Blocks: Shuto Mawashi Uke (Knifehand Roundhouse Block)</p> <p>Kicks: Yoko Geri Sokuto (Side Kick Knife Foot)</p> <p>Kata: Taikoyoko-Sono-San (Body control movement 3)</p>	<p>Yohon Kumite (Four One Steps)</p>
<u>6th Kyu</u>		<p>Stances: Shiko Dachi (Sumo Stance)</p> <p>Strikes: Shita Tsuki (Inverted Punch)</p> <p>Blocks: Shotei Gedan Uke (Palm Heel Lower Block) Shotei Jodan Uke (Palm Heel Upper Block)</p> <p>Kicks: Mawashi Geri Chudan Haisoku (Roundhouse Middle Kick) Mae Kaketo Geri (Front Heel Kick)</p> <p>Kata: Pinan Ichi (Pinan 1)</p>	<p>Go-Yon-Kumite (5 Step Fighting)</p> <p>Body Tests: 20 push-ups 30 sit-ups</p>
<u>5th Kyu</u>		<p>Stances: Kiba Dachi (Straddle Stance)</p> <p>Strikes: Shuto Yoko Ganmen Uchi (Knifehand to Side of Head) Shuto Sokotsu Uchi (Knifehand to Collar Bone)</p> <p>Blocks: Shuto Gedan Barai (Knikehand Lower Block) Shuto Jodan Uke (Knifehand Upper Block)</p> <p>Kicks: Ushiro Geri (Back Kick)</p> <p>Kata: Pinan Ni (Pinan 2)</p>	<p>Kumite: To fight in a contest situation and show an understanding of the contest</p> <p>Body Tests: 30 push-ups 50 sit-ups</p>

Grade	Belt	Technical Requirements	Other Requirements
<u>4th Kyu</u>		<p>Stances: Maroachi Dachi (One Foot Forward Stance) Kake Geri (Hook Stance)</p> <p>Strikes: Hiji Ate Jodan (Elbow Strike, Upper) Hiji Ate Chudan (Elbow Strike, Middle) Hiji Ate Age (Elbow Strike, Rising)</p> <p>Blocks: Uchi Uke/Gedan Barai (Double Block)</p> <p>Kicks: Kake Geri (Hook Kick)</p> <p>Kata: Pinan San (Pinan 3)</p>	<p>Kumite: To fight 4 fights in a pool of 5 and win one fight in order to gain full promotion</p> <p>Body Tests: Jump over a pole 10 times whilst holding it in both hands</p>
<u>3rd Kyu</u>		<p>Strikes: Tettsui Jodan Uchi (Hammerfist to Head) Haito Uchi Jodan (Inner Knifehand Strike Upper) Haito Uchi Chudan (Inner Knifehand Strike Middle) Haito Uchi Gedan (Inner Knifehand Strike Lower)</p> <p>Blocks: Haito Uchi Uke (Inner Knifehand Block) Jodan Shuto Uchi Uke (upper Knifehand Inside Block)</p> <p>Kicks: Tobi Mae Geri (Jumping Front Kick) Mawashi Geri Gedan (Low Roundhouse Kick)</p> <p>Kata: Pinan Yon (Pinan 4)</p>	<p>Kumite: To fight 4 fights in a pool of 5 and win one fight in order to gain full promotion</p> <p>Body Tests: 50 push-ups 100 sit-ups</p>
<u>2nd Kyu</u>		<p>Strikes: Ippon Ken Uchi Jodan (One Knuckle Strike Upper) Ippon Ken Uchi Chudan (One Knuckle Strike Middle) Koken Uchi Jodan (Wrist Strike Upper) Koken Uchi Chudan (Wrist Strike Middle)</p> <p>Blocks: Koken Uke Jodan (Wrist Block Upper) Koken Uke Chudan (Wrist Block Middle)</p> <p>Kicks: Ushiro Mawashi Geri (Rear Roundhouse Kick) Tobi Mawashi Geri (Jumping Roundhouse Kick)</p> <p>Kata: Pinan Go (Pinan 5)</p>	<p>Complete the first five One Steps of the Seiki-Juku Karate Do</p> <p>Kumite: Kenka Kumite (Semi-Contact Fighting)</p> <p>Body Tests: For those over 18 years of age candidates may be required to break</p>
<u>1st Kyu</u>		<p>Strikes: Keiko Uchi (Chicken Geak Strike) Nukite Nihon (Two Finger Thrust)</p> <p>Blocks: Suni Uke (Shin Blocks)</p> <p>Kicks: Tobi nidan Geri (Jumping Double Kick) Tobi Yoko Geri (Jumping Side Kick) Tobi Ushiro Geri (Jumping Back Kick)</p> <p>Kata: Tsuki No Kata (Fortune and Luck) Geki Sai Dai (Fortress Attack)</p>	<p>Complete the second 5 of the Seiki-Juku One Steps</p> <p>Kumite: The candidate will fight 4 fights in a pool of 5 in Kenka Kumite and win 2 fights</p> <p>Body Tests: The candidate may be required to break a 1 inch wooden board with a technique selected from Chudan Tsuki, Mae Keage, Mawashi Geri, Shuto Sekotsu Uchi</p>
<u>1st Dan Shodan</u>		<p>Kata: Sanchin (Three Phase Attack) Yantsu (Kata of Purity) Saifa (Rolling Wave)</p> <p>Weapons: Bo Katas Ichi, Ni and San</p>	<p>Complete the 15 Seiki-Juku One Steps</p> <p>Kumite: All candidates will be required to fight a minimum of 15 fights with senior grades</p> <p>Body Tests: Brick and Stone Breaking</p>
<u>2nd Dan Nidan</u>		<p>Kata: Sei Yunchin Tensho (Rolling Hand)</p> <p>Weapons: Sai Katas Ichi and Ni</p>	<p>Kumite: All candidates will be required to fight 20 fights with their equals and senior wherever possible</p> <p>Body Tests: Demonstration of unsupported breaks on wood, concrete and tiles</p>
<u>3rd Dan Sandan</u>		<p>Kata: Seipai Shisochin Kanku Dai</p> <p>Weapons: Nanchuku Kata</p>	<p>Each candidate may be asked to complete 100 fights</p> <p><i>Note: Candidates at this level will be assessed on their ability to teach and how many Dan grades they have themselves produced from their own teaching</i></p>

Training requirements between grades

10th to 4th Kyu: 20 hours minimum (each belt)

3rd to 1st Kyu: 50 hours minimum (each belt)

1st Kyu to Shodan: 100 hours

Shodan to Nidan: 2 years training

Nidan to Sandan: 3 years training

Provisional grades

In order that a student's progress is not halted if that student makes one type of basic error whilst grading, we have a provisional grade between each Kuy grade. If you attain a provisional grade, you must try for the full grade at your next examination, and then you may be considered for further promotion to the following grade if you have the necessary hours of training between those grades.

