**Ichigokai Karate and Kobujutsu**



*Syllabus – April 2024*



**ICHIGOKAI KARATE AND KOBUJUTSU Grading Syllabus**

This syllabus is based on one set by Kaicho Hirokaza Kanazawa for international use by Shotokan karate students.

Sensei Balwant Sahans, our karate instructor, emphasised and taught the relationship between Kihon, Kata and Kumite.

The understanding of the relationship between Karate and Kobujutsu is essential to deepen understanding of form, technique and applications. It is important to practice both so that each refines and deepens the other. Our Kobujutsu Instructor Sensei Julian Mead continues to emphasise and teach the relationship between both Karate and Kobujutsu.

Mehar Brar, senior instructor in ICHIGOKAI KARATE AND KOBUJUTSU continues to build on these cornerstones of martial arts.

It is difficult to gain an accurate understanding of the history and development of what we learn today. Nevertheless, ICHIGOKAI KARATE AND KOBUJUTSU gathers historical information to help us understand how our current practice has been shaped by key individuals and events in history. We make every effort to be accurate in our understanding.

At senior level, learning through self-analysis, to deepen understanding of the above, is also important. As preparation for coaching, senior students should be able to articulate and demonstrate key aspects of techniques, connections between techniques and extensions to techniques which demonstrate their broad applicability.

Central to student progress are the Dojo Kun, Niju Kun, and Dojo Etiquette. Students must reflect an increased understanding of these principles through their conduct both within and beyond the dojo

A 4 month gap, at least, should be observed between gradings from 9th Kyu to 4th Kyu inclusive. From 4th Kyu to 1st Dan a 6 month period is appropriate. 3rd Kyu gradings, and above, are conducted by a grading panel.

From 2nd Kyu it is expected that students will start training in Kobujutsu. One grading annually with the Ryukyu Kobujutsu Association of Great Britain (RKAGB)

Balwant Sahans (8thDan Shotokan Karate)

Julian Mead (7th Dan Yushinkai Karate and Ryukyu Kobujutsu)

Mehar Brar (4th Dan Shotokan Karate; 3rd Dan Ryukyu Kobujutsu)

(Senior Instructor ICHIGOKAI KARATE AND KOBUJUTSU)

**Dojo Kun**

Everyone who trains in karate must know and aspire to embody the dojo kun.

The dojo kun is repeated all together by the students at the end of each training session as a reminder of why we train.

The dojo kun states the basic philosophy of karate, according to Master Gichin Funakoshi.

Master Funakoshi believed that, for the true karate-ka, the dojo kun should not only be considered a set of rules of conduct in the dojo, but a guide to everyday life.

Everything we learn in the dojo, we should apply to everyday life.

**English and Japanese**

Seek perfection of character (Character)
*Hitotsu, jinkaku kansei ni tsutomeru koto.*

Be faithful (Sincerity)
*Hitotsu, makoto no michi o mamoru koto.*

Endeavour (Effort)
*Hitotsu, doryoku no seishin o yashinau koto.*

Respect others (Etiquette)
*Hitotsu, reigi o omonzuru koto.*

Refrain from violent behaviour (Self-Control)
*Hitotsu, kekki no yu o imashimuru koto.*

**Niju Kun** (Twenty Precepts): These help students transform their art into a way of life. Although translations from Japanese vary, below is a synthesis of various interpretations. All students should adopt this guidance.

1. Karate-do begins and ends with a bow *(Courtesy).*

2. There is no first attack (move) in karate. *(In karate do not initiate an attack, but defend yourself to stay safe).*

3. Karate helps develop a sense of fairness and justice. *(Show this in your attitude and actions).*

4. First you must know (*control*) yourself, then you can know (*control*) others.

5. Spirit is more important than technique. *(Commit yourself with honour and compassion to your training).*

6. Always be ready to release your mind. *(Always be open to new learning)*

7. Misfortunes arise out of negligence *(Train thoughtfully and with concentration).*

8. Do not think that karate training is only in the dojo. *(The principles of karate apply to all parts of our lives. Develop living this way).*

9. It will take your entire life to learn karate. *(There is always more to learn through training and experience of life).*

10. Put your everyday living into karate *(put karate into everything you do)* and you will find "myo" *(the subtle secrets, the ideal state of existence, exquisite beauty).*

11. Karate is like hot water; if you do not heat it constantly, it will again become cool water. *(Sustain your efforts. Continued hard work brings rewards)*

12. Do not think about winning; think rather that you do not have to lose. *(Make sure you show your best and you continually improve. This victory is more important than overcoming others).*

13. Move (change) according to (depending on) your opponent. *(Different opponents have different strengths and weaknesses. Use these to overcome opponents)*

14. The secret of combat resides in the art of directing it. *(How you apply what you know, your strategy, is important).*

15. Think of the hands and feet as swords. *(Develop them, through training to be effective weapons)*

16. When you leave home, think that you have numerous opponents waiting for you. *(Face the world confidently and try to avoid people or situations that may give you problems).*

17. Beginners must master basic stances; natural body positions are for the advanced. *(In early learning, define all postures and actions clearly. At senior level adjust these to enable the body to perform faster and with power)*

18. Practicing karate correctly is one thing; engaging in a real fight is another. *(Karate educates you about fighting spirit, attitude and technique. Real fights are different and also need to be understood).*

19. Do not forget to correctly apply: light and heavy application of power, expansion and contraction of the body, and slowness and speed of techniques. *(Learn the different ways in which the body generates power and speed).*

20. Devise at all times. *(Always think and find ways to live the Precepts every day.)*

**Dojo Etiquette**

* Bow upon entering and leaving the dojo.
* Be prepared before entering the dojo, clean white gi on, belt tied, no jewellery, and footwear off.
* Also, be prepared mentally and physically.
* Be on time, if late for class, wait in seiza at the back of the class and wait for permission to enter.
* If you need to leave early, let the instructor know before class.
* Notify your instructor of any medical condition or injury.
* Keep toe and fingernails short and clean.
* Show respect to your sempai (senior), one another and your dojo.
* Respond quickly to your place or duty, do not keep the class waiting for you.
* Always bow before and after partner drills.
* Avoid lengthy questions during class. Think them out first and then ask the instructor after class.
* Refrain from disrespect by turning when adjusting gi, belt, sneezing, coughing, or yawning.
* If you are watching a class, clinic, grading or tournament, sit quietly at the back and do not talk, eat, read or move around.
* Students are expected to remain throughout an event, just like a regular class.
* No leaning against walls or placing hands on your hips.
* Arms are always to the side behind or folded in front.
* Always try your best, show strong spirit and enthusiasm.
* Train safely and smartly.
* Do not harm or injure one another.
* Notify the instructor if you will be gone for a long period of time.
* Enjoy your practice of Karate-do, remember, you will get out of karate what you put into it.

**Progression: The following training time-periods and belt colours apply.**

Regular training and personal practice are more important than any intended time scale.

Time scales assumes two dojo classes per week and good course attendance – at least 75%.

Dan grades are for over 16 year olds only.

|  |
| --- |
| **10th Kyu** (Novice) *White* |
| to 4 mths |
| **9th Kyu** *Red and White*  |
| to 4 mths  |
| **8th Kyu** *Red*  |
| to 4 mths |
| **7th Kyu** *Yellow*  |
| to 4 mths |
| **6th Kyu** *Green*  |
| to 4 mths |
| **5th Kyu** *Purple*  |
| to 4 mths |
| **4th Kyu** *Purple & White*  |
| to 6 mths |
| **3rd Kyu** *Brown* |
| to 6 mths |
| **2nd Kyu** *Brown* |
| to 6 mths |
| **1st Kyu** *Brown & White* |
| to 6 mths |
| **1st Dan** *Black* |
| to 2 years |
| **2nd Dan**  |
| to 3 years |
| **3rd Dan** |
| to 4 years |
| **4th Dan**  |

**Novice to 9th Kyu. (White to Red and White belt)**

* Clear individual techniques.
* Feet and knee positions correct for stability.
* Growing tension at the end of a technique.
* Visible use of push and pull.
* Move with balance and react

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| --- | --- |
| **Part One: Kihon** |  |
|  |  |
| Hachiji Dachi then Kiba Dachi | Formal stance then Horse stance |
| Choku (Kara) Tsuki | Straight Punch |
| Hidari-Migi | Left and Right |
|  |  |
| Zenketsu Dachi | Forward Stance |
| Oi Tsuki | Lunge Punch |
| Gedan barai, Uchi Uke/Soto Uke/Age Uke | Downward blockInner block/Outer block/Rising block |
| Gyaku Zuki | Reverse Punch |
| Hidari-Migi | Left and Right |
|  |  |
| Zenketsu Dachi | Forward Stance |
| Mae Geri | Front Kick |
| Hidari-Migi | Left and Right |
|  |  |
|  |  |
| **Part Two: Kumite** |  |
|  |  |
| *Gohon Kumite:* | *Five step attack and defend* |
| Gedan Barai | Downward block |
| Uchi Uke | Inside block |
| Soto Uke | Outside block |
| Age Uke | Rising block |
|  |  |
| **Part Three: Kata** |  |
|  |  |
| Taikyoku Shodan (Gedan Berai) | First kata essential. Other katas desirable. |
|  Nidan (Uchi Uke) |
|  Sandan (Soto Ude Uke |
|  Yondan (Shuto Uke) |
|  Godan (Age Uke) |

**9th Kyu to 8th Kyu. (Red and White to Red belt)**

* **Growing clarity of technique, stability, strength and flexibility.**

|  |  |
| --- | --- |
| **Part One: Kihon** | In addition to previous requirements |
|  |  |
| Oi Zuki Mawatte Gedan Barai | Lunge punch turn to downward block |
|  |  |
| Jodan Age Uke Mawatte Gedan Barai | Rising bock forward turn to downward block |
|  |  |
| Soto Ude Uke Mawatte Gedan Barai | Outside forearm block forward turn to downward block |
|  |  |
| Shuto Uke Mawatte Gedan Barai | Knife hand block forward turn to downward block |
|  |  |
| Mae Geri Chudan,  | Middle Area front kick |
|  |  |
| Mae Geri Jodan,  | Upper Area front kick |
|  |  |
| Yoko Geri Keage (Kiba Dachi) | Side snapkick 3 steps, in straddle stance |
|  |  |
| Yoko Geri Kikomi (Kiba Dachi) | Side thrust kick 3 steps, in straddle stance |
|  |  |
| **Part Two: Kumite** |  |
|  |  |
| *Gohon Kumite:* | *Five step attack and defend* |
| Gedan Barai | Downward block |
| Uchi Uke | Inside block |
| Soto Uke | Outside block |
| Age Uke | Rising block |
|  |  |
| Taikyoku Shodan (Gedan Berai) | All Kata Essential |
|  Nidan (Uchi Uke) |  |
|  Sandan (Soto Ude Uke |  |
|  Yondan (Shuto Uke) |  |
|  Godan (Age Uke) |  |
|  |  |
| Heian Shodan |  |

**7th Kyu. (Yellow Belt)**

* **Body gaining strength.**
* **Clear transitions between techniques.**
* **Use of hip flows through more than one technique.**
* **Timing of blocks emerging.**

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| **Part One: Kihon** | In addition to previous requirements: |
|  |  |
|  |  |
| Age Uke, Gyaku Zuki | Rising bock forward, reverse punch |
|  |  |
| Soto Ude Uke, Gyaku Zuki | Outside forearm block, reverse punch |
|  |  |
| Uchi Ude Uke, Gyaku Zuki | Knife hand block, reverse punch |
|  |  |
| Mae Geri Chudan,  | Middle Area front kick |
|  |  |
| Mae Geri Jodan,  | Upper Area front kick |
|  |  |
|  |  |
| **Part Two: Kumite** |  |
|  |  |
| Kihon Ippon Kumite | See Appendix A |
| 2 Jodan; 2 Chudan, 2 Mae Geri |  |
|  |  |
| **Part Three: Kata** |  |
|  |  |
| Heian Nidan |  |
|  |  |

**6th Kyu. (Green Belt)**

**Kumite shows emerging timing, body position and kime.**

**Growing quality in combination techniques**

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| --- | --- |
| **Part One: Kihon** | In addition to previous requirements: |
|  |  |
| Sanbon Zuki  | Three in one punching  |
|  |  |
| Shuto uke Nukite | Knife-hand block spear-hand thrust |
|  |  |
| Mawashi Geri | Roundhouse kick |
|  |  |
| Mae geri + nidan tsuki | In free style stance, front kick followed by front and reverse punch. |
|  |  |
|  |  |
| **Part Two: Kumite** |  |
|  |  |
| *Kihon Ippon Kumite* | See Appendix A |
| Complete: 4 each of jodan chudan and maegeri. 2 each of yoko geri and mwashi geri. |  |
|  |  |
| *Jiyu Ippon Kumite* | See Appendix B |
| 4 Jodan, 4 Chudan |  |
|  |  |
| **Part Three: Kata** |  |
|  |  |
| Heian Sandan |  |
|  |  |

**5th Kyu. (Purple Belt)**

**Growing stability, focus (kime) and clarity of technique across combination techniques**

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| **Part One: Kihon** | In addition to previous requirements: |
|  |  |
| Soto Ude Uke, Yoko Enpi, Gedan Barai | Outer forearm block, side elbow to downward block |
|  |  |
| Uchi Uke, Kizami Zuki, Gyaku Zuki Gedan Barai | Striking forearm block, Jab punch, reverse punch to downward block |
|  |  |
| Mae Geri Gyaku Zuki | Front kick, reverse punch (in free style) |
|  |  |
| Mae Geri Rengeri (Jodan/Chudan) | Front kick combination of middle and upper area |
|  |  |
| **Part Two: Kumite** |  |
|  |  |
| *Kihon Ippon Kumite* | See Appendix A |
| Complete |  |
|  |  |
| *Jiyu Ippon Kumite* | See Appendix B |
| 4 Jodan, 4 Chudan, 4 Mae Geri |  |
|  |  |
| Jiyu Kumite | Free Fighting |
|  |  |
| **Part Three: Kata** |  |
|  |  |
| Heian Yondan |  |
|  |  |

**4th Kyu. (Purple and White Belt)**

* **Timing of kata combines with points of kime.**
* **Body compression and flexion emerging.**
* **Flow of techniques without loss of integrity emerging.**

|  |  |
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| **Part One: Kihon** | In addition to previous requirements: |
|  | And at least 50% course attendance |
|  |  |
| Soto Ude Uke, Yoko Enpi, Uraken Gyaku Zuki, Gedan Barai | Outer forearm block, side elbow, back fist strike, reverse punch to downward block |
|  |  |
| Uchi Uke, Kizami Zuki, Gyaku Zuki Gedan Barai | Striking forearm block, Jab punch, reverse punch to downward block |
|  |  |
| Shuto Uke, Mae Geri, Nukite | Knife-hand block, front kick, spear hand thrust. |
|  |  |
| **Part Two: Kumite** |  |
|  |  |
| *Kihon Ippon Kumite* | See Appendix A |
| Complete |  |
|  |  |
| *Jiyu Ippon Kumite* | See Appendix B |
| 4 Jodan, 4 Chudan, 4 Mae Geri, 2 Mawashi Geri. |  |
|  |  |
| Jiyu Kumite | Free Fighting |
|  |  |
| **Part Three: Kata** |  |
|  |  |
| Heian Godan; Tekki Shodan |  |
|  |  |

**3rd Kyu. (Brown Belt)**

* **Projection using compression and flexion of across techniques.**
* **Growing agility, focus and timing in kumite.**
* **Growing confidence with Japanese terminology**

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| **Part One: Kihon** | In addition to previous requirements: |
|  | And at least 50% course attendance |
|  |  |
| Soto Ude Uke Yoko Enpi, Uraken Gyaku Zuki, Gedan Barai | Outer forearm block in back stance, side elbow, back fist strike, reverse punch to downward block |
|  |  |
| Uchi Uke (Kokutsu),, Kizami Zuki (Zenketsu), Gyaku Zuki Gedan Barai | Striking forearm block, Jab punch, reverse punch to downward block |
|  |  |
| Kizami Zuki (Zenketsu), Gyaku Zuki, Gedan Barai | Jab punch (forward stance), reverse punch to downward block. |
|  |  |
| Mawashi Geri Rengeri Chudan Jodan | Roundhouse kick combination of middle and upper |
|  |  |
| Mae Geri, Yoko Geri Kikomi, Gyaku Gedan Barai | Front kick, side kick thrust (same leg), reverse punch to downward block (In Free Style) |
|  |  |
| Mae Geri, Mawashi Geri | Front and Roundhouse (in Free Style) |
|  |  |
| Mae Geri, Yoko Geri (R – L) | Front and side kick (in Free Style) |
|  |  |
| Sochin Dachi Gyaku Zuki (Junzuki) | Rooted stance, reverse punch (snap) |
|  |  |
| **Part Two: Kumite** |  |
|  |  |
| *Kihon Ippon Kumite* | See Appendix A |
| Complete |  |
|  |  |
| *Jiyu Ippon Kumite* | See Appendix B |
| 4 Jodan, 4 Chudan, 4 Mae Geri, 2 Mawashi Geri, 2 Yoko Geri, 2 Ushiro Geri |  |
|  |  |
| Jiyu Kumite | Free Fighting |
|  |  |
| **Part Three: Kata** |  |
|  |  |
| Heian 1 - 5; Tekki Shodan; Bassai Dai |

**2nd Kyu. (2nd Brown Belt)**

**Zanshin evident.**

**Begin to apply Karate techniques to Kobujutsu**

**Bo: Kamae, 10 Kumite, Shuji no Kon Sho**

|  |  |
| --- | --- |
| **Part One: Kihon** | In addition to previous requirements: |
|  | And at least 50% course attendance |
|  |  |
| KIzami Zuki – Mae Geri, Sanbon Zuki | Jab punch - front kick, 3 in 1 punches (in Free style) |
|  |  |
| Soto Ude Uke (Zenketsu Dachi), Yoko Enpi (Kiba Dachi), Shuto Uchi (Zenketsu Dachi), Gyaku Zuki, Gedan Barai | Outer forearm block in forward stance, side elbow in straddle stance,knife hand strike in front stance, reverse punch to downward block |
|  |  |
| Age Uke Gyaku Zuki, Gedan Barai Gyaku Zuki | Rising block reverse punch, downward block reverse punch |
|  |  |
| Shuto Uke (Kokutsu), Gyaku Zuki (Kokutsu) | Knife hand block reverse punch, both in back stance. |
|  |  |
| Uchi Ude Uke (Kokutsu), Mawashi Geri, Shuto Uchi, Gyaku Zuki, Gedan Barai | Striking forearm block (back stance), roundhouse kick, knife hand strike, reverse punch, downward block. |
|  |  |
| Mae Geri, Yoko Geri Kikomi, Gyaku Gedan Barai | Front kick, side kick thrust (same leg), reverse punch to downward block (In Free Style) |
|  |  |
| Mae Geri, Mawashi Geri | Front and Roundhouse (in Free Style) |
|  |  |
| Mae Geri, Yoko Geri Kekomi, Gyaku Zuki (R – L) | Front kick, side kick, reverse punch (in Free Style) |
|  |  |
| Sochin Dachi Gyaku Zuki (Junzuki) | Rooted stance, reverse punch (snap) |
|  |  |
| **Part Two: Kumite** |  |
|  |  |
| *Kihon Ippon Kumite* | See Appendix A |
| Complete |  |
|  |  |
| *Jiyu Ippon Kumite* | See Appendix B |
| 4 Jodan, 4 Chudan, 4 Mae Geri, 2 Mawashi Geri, 2 Yoko Geri, 2 Ushiro Geri, 2 Kizami Zuki. |  |
|  |  |
| Jiyu Kumite | Free Fighting |
|  |  |
| **Part Three: Kata** |  |
|  |  |
| Heian 1 - 5; Tekki Shodan; Bassai Dai, Tokui Kata (other than Tekki Shodan or Heian Katas) |
|  |  |

**1st Kyu. (Brown and White Belt)**

**Attain RKAGB 4th Kyu grade and use these principles in Karate.**

**Growing understanding of Kata Bunkai**

**Growing understanding of anatomy and physiology to support effective technique.**

|  |  |
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| **Part One: Kihon** | In addition to previous requirements: |
|  | And at least 70% course attendance |
|  |  |
| KIzami Zuki – Mae Geri, Sanbon Zuki | Jab punch - front kick, 3 in 1 punches (in Free style) |
|  |  |
| Soto Ude Uke (Zenketsu Dachi), Yoko Enpi (Kiba Dachi), Uraken (Zenketsu Dachi), Gyaku Zuki, Gedan Barai | Outer forearm block in forward stance, side elbow in straddle stance, back fist strike in front stance, reverse punch to downward block |
|  |  |
| Age Uke Gyaku Zuki | Rising block reverse punch,  |
|  |  |
| Uchi Uke (Kokutsu Dachi)), Kizami Zuki (Zenketsu Dachi) Gyaku Zuki Gedan Barai | Striking forearm block (back stance), jab punch (forward stance), Reverse punch, downward block. |
|  |  |
| Mae Geri, Yoko Geri Kekomi, Ushiro Geri Kikomi | Front kick, side kick thrust, back thrust kick (In Free Style) |
|  |  |
| Mae Geri, Mawashi Geri | Front and Roundhouse (in Free Style) |
|  |  |
| Mae Geri, Yoko Geri Kekomi | Front kick, side thrust kick, on the spot, with balance. |
|  |  |
| Mae Geri, Mawashi Geri, Yoko Geri Kekomi, Ushiro Geri Kekomi, Uraken Gyaku Zuki | Front kick, Roundhouse kick, Side thrust kick, Back kick, Back fist strike, Reverse punch (in Free style) |
|  |  |
| **Part Two: Kumite** |  |
|  |  |
| *Kihon Ippon Kumite* | See Appendix A |
| Complete |  |
|  |  |
| *Jiyu Ippon Kumite* | See Appendix B |
| Complete |  |
|  |  |
| Jiyu Kumite | Free Fighting |
|  |  |
| **Part Three: Kata** |  |
|  |  |
| Heian 1 - 5; Tekki Shodan; Bassai Dai, Kanku DaiTokui Kata (other than Tekki Shodan or Heian |
|  |  |

**1st Dan. (Black Belt)**

**Understanding of Budo evident in conduct.**

**Preparation for RKAGB 3rd Kyu**

**Early understanding of Jiyu Ippon extensions**

**Continuing understanding of anatomy and physiology to maintain healthy and effective training.**

**Growing confidence with Japanese terminology**

|  |  |
| --- | --- |
| **Part One: Kihon** | In addition to previous requirements: |
|  | And at least 70% course attendance |
|  |  |
| Age Uke, Mawashi Geri, Uraken, Gyaku Zuki, Gedan Barai | Rising block, Roundhouse kick, back fist strike, Reverse punch to Downward block (in Free style) |
|  |  |
| Age Uke Gyaku Zuki Gedan barai Gyaku Zuki | Rising block reverse punch, Downward block reverse punch (in Free style) |
|  |  |
| Uchi Uke (Kokutsu Dachi)), Kizami Zuki (Zenketsu Dachi) Gyaku Zuki Gedan Barai | Striking forearm block (back stance), jab punch (forward stance), Reverse punch, downward block. |
|  |  |
| Yoko Geri Kikomi, Ushiro Geri Kekomi, Uraken Gedan Barai | Side kick thrust, back thrust kick, back fist strike to Downward block (In Free Style) |
|  |  |
| Mae Geri, Mawashi Geri (R – L) | Front and Roundhouse (in Free Style) |
|  |  |
| Mawashi Geri, Mae Geri, Uraken, Gyaku Zuki.  | Front kick,-Roundhouse kick, Back fist strike Reverse punch. (in Free style) |
|  |  |
| Mae Geri, Mawashi Geri, Yoko Geri Kekomi, Ushiro Geri Kekomi, Uraken Gyaku Zuki | Front kick, Roundhouse kick, Side thrust kick, Back kick, Back fist strike, Reverse punch (in Free style) |
|  |  |
| Mae Geri/Yoko Geri | Mae Geri/Yoko Geri (in Free style) |
|  |  |
| Sanbon Zuki (Zenketsu Dachi), Step back Uchi Uke Gayku Zuki (Sochin Dachi) Mae Geri Uraken Uchi (Zenketsu Dachi) Gyaku Zuki - Kamae | 3 in 1 punches in Forward stance. Stepping back Striking forearm block (Rooted Stance) reverse punch (Forward Stance). Stepping forward Front kick, Back first strike Reverse punch (Forward stance) |
| Above technique can be varied with Age Uke/reverse Age Uke or Uchi Uke /reverse Uchi Uke in place of Sanbon Zuki. Also Mae Geri can be substituted with Mawashi Geri. |
|  |  |
| **Part Two: Kumite** |  |
|  |  |
| *Kihon Ippon Kumite* | See Appendix A |
| Complete |  |
|  |  |
| *Jiyu Ippon Kumite* | See Appendix B |
| Complete |  |
|  |  |
| Jiyu Kumite | Free Fighting |
|  |  |
| Ippon Kumite to include Uchi Komi for extensions 1 each of Jodan, Chudan, Mae Geri |
|  |  |
| **Part Three: Kata** |  |
|  |  |
| Heian 1 - 5; Tekki Shodan; Bassai Dai, Kanku Dai, Enpi.Tokui Kata (above Bassai Dai) |
|  |  |

**2nd Dan.**

**Attain 2nd Kyu in RKAGB**

|  |  |
| --- | --- |
| **Part One: Kihon** | In addition to previous requirements: |
| At least 70% course attendance. **400 word summary of study of an aspect of Karate.** |
|  |  |
| Kizami Zuki, Shuto Uchi, Oi Zuki | Jab punch, Knife hand strike, Lunge punch (in Free style) |
|  |  |
| Oi Zuki, Uraken, Yoko Geri Kekomi, Gedan Barai | Lunge punch, back fist strike, side thrust kick to downward block (in Free style) |
|  |  |
| Mae Geri/Mawashi Geri/Kizami Zuki Mae Geri/Yoko Geri/Gyaku Zuki;  | Front kick/Roundhouse kick/Jab punch; Front kick/Side thrust kick/Reverse punch |
|  |  |
| Yoko Geri (Sochin Dachi) Kekomi/Gyaku Zuki (Sochin Dachi) | Side thrust kick, Reverse punch (in Rooted stance) |
|  |  |
| Mae Geri, Mawashi Geri (R – L) | Front and Roundhouse (in Free Style) |
|  |  |
| Mawashi Geri, Mae Geri, Uraken, Gyaku Zuki.  | Front kick,-Roundhouse kick, Back fist strike Reverse punch. (in Free style) |
|  |  |
| Mae Geri, Mawashi Geri, Yoko Geri Kekomi, Ushiro Geri Kekomi, Uraken Gyaku Zuki | Front kick, Roundhouse kick, Side thrust kick, Back kick, Back fist strike, Reverse punch (in Free style) |
|  |  |
| Mae Geri-Yoko Geri |  Front Kick, Side kick (in Free style, and Forward Stance) |
|  |  |
| **Part Two: Kumite** |  |
|  |  |
| *Kihon Ippon Kumite* | See Appendix A |
| Complete  |  |
|  |  |
| *Jiyu Ippon Kumite* | See Appendix B |
| Complete |  |
|  |  |
| Ippon Kumite to include Uchi Komi for extensions 2 each of Jodan, Chudan, Mae geri |
|  |  |
| Jiyu Kumite | Free Fighting |
|  |  |
| **Part Three: Kata** |  |
|  |  |
| Heian 1 - 5; Tekki Shodan; Bassai Dai, Kanku Dai, Enpi, Hangetsu, Jion Tokui Kata: Choose from Kanku Dai/Sho, Hangetsu, Enpi, Jion, Jitte, Jiin, Tekki NIdan/Sandan, Nijushiho, Gojushiho Dai/Sho, Unsu, Sochin, Meikyo, Chinte, Gangaku, Wankan, or any other advanced kata beyond Bassai Dai |
|  |  |
| **Part Four:** The development of coaching and judging/refereeing abilities, and contributions to the betterment of ICHIGOKAI KARATE AND KOBUJUTSU, needs to be evident in the application for this grade. |

**3rd Dan:**

All previous requirements. In addition:

***Ippon Kumite*** to include extensions to take downs (with control for safety)

***Kata:*** To include Jitte, Sochin, Nijushiho

***Tokui Kata:*** Any kata beyond Kanku Dai

Emphasis on experience of Coaching refereeing and judging. Contributions to ICHIGOKAI KARATE AND KOBUJUTSU.

Course attendance to be over 70%

**1000 word summary of study of an aspect of karate**

**Attain 1st Kyu in RKAGB**

**4th Dan:**

Continuation of 3rd Dan experience. Additional kata knowledge to include:

* Tekki Nidan
* Tekki Sandan
* Jiin
* Kanku Sho

**Beyond 4th Dan, grades are awarded for services to SKO which help advance Karate-Do expertise and experience of all members of ICHIGOKAI KARATE AND KOBUJUTSU**

(Appendix A and B referred to in this document are the Kihon and Jiyu Ippon Kumite as in our current syllabus.)

*B. S. Sahans*

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***May 2020***