

kyu 4

gakka

1. what is true strength?
2. key attitudes towards training

techniques

kyu 4

1. *etiquette & manners*: shugo seiretsu, kesshu, gassho rei, chosoku, happo moku, (clothing, attitude, word use)
2. *tai gamae* – chudan gamae, hasso gamae, ichiji gamae
3. *tai sabaki* – zen tenkan, han tenkan, hiraki sagari, jun sagari
4. *umpo ho* – chidori ashi, kani ashi, juji ashi, kumo ashi
5. *ukemi* – mae ukemi, ushiro ukemi, dai sharin, oten yori okiagari

basic

offence & defense

1. *offence*: (kaisoku dachi) me uchi, kinteki geri, furiko zuki, gedan zuki, shuto uchi, keri age, jo chu niren zuki
2. *offence*: (right & left) jun zuki, gyaku zuki, jun geri, gyaku geri, sashi komi mawashi geri, sashi kae sokuto geri
3. *defense*: (kaisoku dachi) uwa uke, uchi uke, shita uke, soto uke, uchi age uke, uchi harai uke
4. *moving*: zenshin zuki (jun, gyaku), zenshin geri (jun, gyaku), hiraki sagari, jun geri
5. *pair form*: chudan zuki & shita uke, jo chu niren zuki & ren uke
6. *tan en* – tenchi ken 1-2 (right & left),
7. *so tai* – tenchi ken 1
8. *tan en* – ryuo ken 1
9. *so tai* – ryuo ken 1
10. *tan en* – giwa ken 1

hokei (so-tai)

1. soto uke zuki (ura & omote, right & left)
2. soto uke geri (ura & omote, right & left)
3. uchi age zuki (ura & omote, right & left)
4. uchi age geri (ura & omote, right & left)
5. tsuki nuki (soto, right & left)
6. tsuki nuki (uchi, right & left)
7. kiri nuki (soto, right & left)
8. kiri nuki (uchi, right & left)
9. katate okuri gote → okuri gatamae (right & left)
10. okuri maki tembin (right & left)

kihon

kyu 3

- *sokui-ho* – kaisoku-dachi, heisoku-dachi, gyaku-choji-dachi, kunoji-dachi, kokutsu-dachi, heima-dachi, kiba-dachi, fukko-dachi
- *umpo-ho* – mae chidori-ashi, ushiro chidori-ashi, mae yori-ashi, ushiro yori-ashi, kani-ashi, juji-ashi
- *fujin-ho* – seitai-gamae, tai-gamae, hiraki-gamae
- *tai-gamae* – gassho-gamae, byakuren chudan gamae, kesshu-gamae, ichiji-gamae, chudan-gamae, hasso-gamae, gedan-gamae, fukko-gamae
- *tai-sabaki* – hiraki-sagari, jun-sagari, yoko-furimi, ryusui, han-tenkan, zen-tenkan, 3-soku hantenshin, sashikae-irimi, chidori-irimi
- *ukemi* – mae ukemi, ushiro-ukemi, dai-sharin, oten yori oki-agari
- *kogi* – furiko zuki, jun-zuki, gyaku-zuki, 2-ren zuki, yoko kagi-zuki, urate-uchi, uraken uchi, shuto-giri, shuto-uchi, kumade-zuki, gedan-zuki, jun-geri, gyaku-geri (keri-age, mawashi-geri, sokuto-geri, kinteki-geri)
- *bogi* – uwa-uke, uchi-uke, shita-uke, harai-uke, soto-uke, 2-rembo, ryusui-uke, furimi-uke
- *shuho* – kagite-shuho, tsuitate-shuho

hokei

kyu 4

- ***nio ken*** :
[*kyu 6*] – ryusui geri (ushiro), uwa uke zuki (omote, ura), uchi uke zuki (ura), tenshin geri
[*kyu 5*] – ryusui geri (mae), uwa uke geri (omote, ura)
[*kyu 4*] – uchi age zuki (ura, omote), uchi age geri (ura, omote), soto uke zuki (ura, omote), soto uke geri (ura, omote)
- ***sango ken*** :
[*kyu 5*] – shita uke geri, shita uke jun geri
- ***ryuo ken*** :
[*kyu 6*] – kote nuki
[*kyu 5*] – katate yori nuki, maki nuki (katate)
[*kyu 4*] – tsuki nuki (soto, uchi), kiri nuki (soto, uchi)
- ***ryuka ken*** :
[*kyu 5*] – gyaku gote
[*kyu 4*] – okuri gote (katate), okuri maki tembin
- ***kongo ken*** :
[*kyu 6*] – ude juji gatame
[*kyu 5*] – mae jubi gatame
[*kyu 4*] – okuri gatame

kata

tenchi ken 1

- *hidari chudan gamae*
- **ichi:** hidari mae chidori ashi, jodan choku zuki
- **ni:** migi yose ashi, migi chudan gyaku zuki
- **san:** heima dachi (*left*), migi soto uke, hidari yoko kagi zuki
- **shi:** hidari hiraki sagari, migi uwa uke
- **go:** migi ushiro yose ashi, hidari shita uke, migi uchi uke
- **roku:** hikimi (*abdomen*), migi uchi harai uke, hidari soto uke
- **shichi:** migi keri age
- **hachi:** migi hiraki sagari, hidari shita uke, hidari ichiji gamae; zanshin
- **ku:** migi mae yose ashi, [kesshu dachi]

tenchi ken 2

- *hidari ichiji gamae*
- **ichi, ni:** hidari mae chidori ashi, jodan yoko furi zuki, chudan gyaku zuki
- **san:** heima dachi (*left*), migi uchi age, hidari yoko kagi zuki
- **shi, go:** sashi kae ashi (*right*), jodan chudan zuku (*right*), chudan gyaku zuki (*left*)
- **roku, shichi:** jun sgarai (*left*), uchi uke (*right*), uchi otoshi uke, soto uke (*left*), nio uke (*nio gamae*), keri age (*right*)
- **hachi:** hiraki sagari (*right*), shita uke (*left*), hidari ichiji gamae; zanshin.
- **ku:** mae yose ashi (*right*), [kesshu dachi]

terminology

kihon

- *tai gamae* – stances
- *tai sabaki* – body motion
- *sokui ho* – foot and leg placement
- *unpo ho* – foot and leg movement
- *kogi* – attack techniques
- *bogi* – defence techniques
- *shuho* – defence methods

basics

- *kiso zuki* (kisjoski) – basic techniques
- *kaisoku chudan gamae* – basic stance (two fists)
- *me-uchi* – eye whip
- *jodan zuki* – punch head
- *chudan zuki* – punch chest
- *gedan zuki* – punch down
- *kinteki geri* – kick to groin

- *mae geri chudan* – front kick to chest
- *uwa-uke* – defend high (jodan zuki)
- *shita-uke* – defend middle (chudan zuki)
- *happo moku* – look at opponent!
- *hidari-mae chudan gamae* – left front, fist
- *hidari-mae ichiji gamae* – left front, open hand
- *mido-mae chudan gamae* – right front, fist
- *migi-mae ichiji gamae* – right front, open hand
- *dai sharin* – cart wheel
- *mae ukemi* – roll forwards
- *ushiro ukemi* – roll backwards
- *seitai gamae* – stance with partner
- *tai gamae* – symmetric stance (L/L or R/R)
- *hiraki gamae* – mirror stance (L/R or R/L)
- *mawashi geri* – round kick
- *sokuto geri* – side kick
- *sei-ken* – fist
- *ura-ken* – back of fist
- *hira-ken* – open side of fist
- *sho-ken* – under side of fist (hammer)
- *shuto* – under side of open hand (knife)
- *kumade* – punch with open hand (fingers closed)
- *harai-uke* – defense with lower arm
- *uchi harai-uke* – with lower arm and fist
- *yoko juji-uke* – with two arms crossed

actions

- *atemi* – striking, offense
- *dori* – grip, lock
- *gaeshi* – return
- *geri* – kick
- *gote* – twist
- *idori* – kneeling
- *jime* – strangle
- *kagi-te* – open hand
- *kiri* – cut
- *maki* – wrap, bind up
- *nage* – throw
- *nuki* – escape
- *tanto tori* – knife attack(s)
- *uke* – block
- *ukemi* – roll
- *zuki* – punch

attacks

- *katate* – one hand
- *morote* – two hands, one side
- *ryote* – two hands, two sides