



# KEN SHIN KAI KARATE CLUB

(Affiliated to Singapore Karate do Federation)

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Ken Shin Kai Karate Club

Training Syllabuses for ALL kyus (**Effective from 1.1.2008**)

Each Kyu Module will last for 4 calendar months.

(Approved by 1<sup>st</sup> Management Committee on 16<sup>th</sup> November 2007)

*\*\*All grading areas would be conducted within the scope of these syllabuses. Instructors should take notes and abide to these scopes while giving your lessons.*

## 9<sup>th</sup> Kyu (Kids and Adults)



**Stances** to learn:

1. Zenkutsu Dachi
2. Motto Dachi
3. Shiko Dachi
4. Neiko ashi Dachi

**Punches** to learn:

1. Chudan Tsuki
2. Jodan Tsuki
3. Gedan Tsuki

**Kicks** to learn:

1. Chudan Mae Geri
2. Jodan Mae Geri
3. Gedan Sokuto Geri

**Blocks** to learn:

1. Gedan Barai
2. Chudan Barai
3. Yoko Barai
4. Yoko Uge

**Kata** to learn (All katas in motto dachi for children group, Neiko ashi dachi for adults)

1. Kihon kata dai ichi dosa
2. Kihon kata dai ni dosa
3. Kihon kata dai san dosa
4. Kihon kata dai yon dosa

**Exercise** includes

1. Push ups 10 times (for kids), 25 times for adults
2. Abdomen exercise 20 repetition for kids; 40 repetition for adults

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## 8<sup>th</sup> Kyu



### **Stances** to learn:

1. All stances from 9<sup>th</sup> Kyu
2. Sanchin Dachi
3. Kokutsu Dachi
4. Hachi chi Dachi

### **Hand attack techniques** to learn:

1. All Punches from 9 kyu
2. Jodan Shuto uchi
3. Shihon nukite
4. Furi tsuki

### **Kicks** to learn:

1. All kicking techniques from 9<sup>th</sup> Kyu
2. Yoko geri (chudan)
3. Yoko geri (Jodan)
4. Chudan mawashi geri

### **Blocks** to learn:

1. All blocking techniques from 9 kyu
2. Shuto barai (Chudan and gedan)
3. Shuto uge
4. Harai uge

### **Kata** to learn

1. Kihon kata dai ni dosa (Neiko ashi dachi – for kids)
2. Heian Shodan (Adults)

### **Ippon Kumite**

1. Chudan tsuki attack
2. Chudan blocking
3. Jodan tsuki attack
4. Jodan block
5. Zanshin movement

### **Exercise** includes

1. Push ups 15 times (for kids), 30 times for adults
2. Abdomen exercise 25 repetition for kids; 50 repetition for adults

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## 7<sup>th</sup> Kyu



**Stances** to learn:

1. All stances from 8<sup>th</sup> Kyu
2. Mitsumi Dachi, Heishukuto Dachi, Uchi chi dachi
3. Tiji Dachi

**Hand attack techniques** to learn:

1. All Punches from 8<sup>th</sup> kyu
2. Ura tsuki
3. Tate ken tsuki
4. Shutei Oshi

**Kicks** to learn:

1. All kicking techniques from 8<sup>th</sup> Kyu
2. JodanYoko geri
3. Ushiro geri (chudan)
4. Jodan mawashi geri

**Blocks** to learn:

1. All blocking techniques from 8 kyu
2. Mawashi uge
3. Uchi Oto shi
4. Kara uge

**Kata** to learn

1. Heian Shodan (kids)
2. Heian Nidan
3. Heian Nidan Bunkai (Shito style)
4. Hiji ade Go ho

**Nippon Kumite**

1. Chudan tsuki attack
2. Chudan blocking
3. Jodan tsuki attack
4. Jodan block
5. Zanshin movement

**Exercise** includes

1. Push ups 20 times (for kids), 40 times for adults
2. Abdomen exercise 30 repetition for kids; 60 repetition for adults

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**6<sup>th</sup> Kyu**



**Stances** to learn:

1. All stances from 9<sup>th</sup> Kyu onwards
2. Renochi Dachi

**Hand attack techniques** to learn:

1. All Punches from 9 kyu onwards
2. Kagete and nihon nukite
3. Ko uge attack

**Kicks** to learn:

1. All kicking techniques from 9<sup>th</sup> Kyu onwards
2. Chudan nidan mae geri
3. Hitari chudan mae geri, migi jodan mawashi geri
4. One step run-in chudan mawashi geri

**Blocks** to learn:

1. All blocking techniques from 9 kyu onwards
2. Gedan barai and chudan barai
3. Neiko ashi chudan shuto uge
4. Neiko ashi, uchi oto shi block

**Kata** to learn:

1. Heian Nidan (kids)
2. Heian Sandan
3. Heian Sandan Bunkai

**Ippon Kumite**

6. Chudan tsuki attack
7. Chudan blocking
8. Jodan tsuki attack
9. Jodan block
10. Zanshin movement

**Jiukumite**

1. One step free
2. Two step free

**Exercise** includes

3. Push ups 20 times (for kids), 30 times for adults
4. Abdomen exercise 25 repetition for kids; 60 repetition for adults

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**5<sup>th</sup> Kyu**



**Stances** to learn:

1. All stances from 9<sup>th</sup> Kyu onwards
2. Kumite stances and their power/balance shifting

**Hand attack techniques** to learn:

1. All Punches from 9 kyu onwards

2. Kumite attack distance for hand techniques
3. Timing for kumite attack

**Kicks** to learn:

1. All kicking techniques from 9<sup>th</sup> Kyu onwards
2. Tobi Geri (Mae Geri)
3. Nidan Tobi Geri

**Blocks** to learn:

1. All blocking techniques from 9 kyu onwards
2. Kumite shifting block techniques

**Kata** to learn:

1. Heian Sandan (kids)
2. Heian Yondan
3. Heian Yondan Bunkai

**Ippon Kumite**

1. Chudan tsuki attack
2. Chudan blocking
3. Jodan tsuki attack
4. Jodan block
5. Zanshin movement

**Jiukumite**

1. Free Sparring
2. Simple Self defense Techniques on holdings

**Exercise** includes

5. Push ups 20 times (for kids), 35 times for adults
6. Abdomen exercise 25 repetition for kids; 70 repetition for adults

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**4<sup>th</sup> Kyu**



**Stances** to learn:

1. All stances from 9<sup>th</sup> Kyu onwards
2. Kumite stances and their speed training

**Hand attack techniques** to learn:

1. All Punches from 9 kyu onwards
2. Kumite attack distance for hand techniques
3. Multi steps kumite hand attack techniques

**Kicks** to learn:

1. All kicking techniques starting from 9<sup>th</sup> Kyu onwards

2. Ashi barai follow by chudan geri (Mae geri or Mawashi geri)

**Blocks** to learn:

1. All blocking techniques from 9 kyu onwards
2. Advance shifting foot work for blocking
3. Lower hip throw techniques
4. Landing techniques practice

**Kata** to learn:

1. Heian Yondan (Kids)
2. Heian Godan
3. Heian Godan Bunkai

**Ippon Kumite**

1. Chudan tsuki attack
2. Chudan blocking
3. Jodan tsuki attack
4. Jodan block
5. Zanshin movement

**Jiukumite**

1. Free Sparring ( 2 rounds, each 2 mins)
2. Self defense Techniques in street conditions

**Exercise** includes

7. Push ups 20 times (for kids), 40 times for adults
8. Abdomen exercise 25 repetition for kids; 80 repetition for adults

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**3<sup>rd</sup> Kyu**



**Stances** to learn:

1. All stances from 9<sup>th</sup> Kyu onwards
2. Kumite stances and their speed training

**Hand attack techniques** to learn:

1. All Punches from 9 kyu onwards
2. Kumite attack distance for hand techniques
3. Multi steps kumite hand and leg combined attack techniques

**Kicks** to learn:

1. All kicking techniques starting from 9<sup>th</sup> Kyu onwards
2. Ashi barai follow by take down and punch / kick

**Blocks** to learn:

1. All blocking techniques from 9 kyu onwards
2. Advance shifting foot work for blocking and attacking

**Kata** to learn:

1. Heian Godan (kids)
2. Heian Sodan and Baksai Dai (Shitei Kata)
3. Baksai Dai Bunkai
4. Jitte

**Ippon Kumite**

1. Chudan tsuki attack
2. Chudan blocking
3. Jodan tsuki attack
4. Jodan block
5. Zanshin movement

**Jiukumite**

1. Free Sparring ( 3 rounds, each 2 mins)
2. Self defense Techniques in street conditions

**Exercise** includes

1. Push ups 20 times (for kids), 40 times for adults
  2. Abdomen exercise 25 repetition for kids; 80 repetition for adults
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**2<sup>nd</sup> Kyu**



**Stances** to learn:

1. All stances from 9<sup>th</sup> Kyu onwards
2. Names of All learnt stances

**Hand attack techniques** to learn:

1. All Punches from 9 kyu onwards
2. Terminology of Hand attacks

**Kicks** to learn:

1. All kicking techniques starting from 9<sup>th</sup> Kyu onwards
2. Sanbon Geri (Single leg / Double legs)

**Blocks** to learn:

1. All blocking techniques from 9 kyu onwards
2. Simple Locking techniques

**Kata** to learn:

1. Heian Sodan and Baksai Dai (Shitei Kata) - Kids
2. Seienchin and Bunkai
3. Wanshu

### **Ippon Kumite**

1. Chudan tsuki attack
2. Chudan blocking
3. Jodan tsuki attack
4. Jodan block
5. Zanshin movement

### **Jiukumite**

1. Free Sparring ( 3 rounds, each 2 mins)

### **Exercise** includes

1. Push ups 20 times (for kids), 40 times for adults
  2. Abdomen exercise 25 repetition for kids; 80 repetition for adults
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## **1st Kyu**

*Candidate that attempts this grade, must have at least 6 months of training to be qualified.*

### **Stances** to learn:

1. All stances from 9<sup>th</sup> Kyu onwards
2. Names of All learnt stances

### **Hand attack techniques** to learn:

1. All Punches from 9 kyu onwards

### **Kicks** to learn:

1. All kicking techniques starting from 9<sup>th</sup> Kyu onwards

### **Blocks** to learn:

1. All blocking techniques from 9 kyu onwards
2. Simple Locking and suppress techniques

### **Kata** to learn:

1. Jitte and Wanshu - Kids
2. Shimpa
3. Jion
4. Bunkai from Heian Shodan to Godan
5. All katas learnt from 9 kyu to 1<sup>st</sup> Kyu

### **Jiukumite**

1. Free Sparring ( 3 rounds, each 2 mins)

### **History of Shito style of Karate**

1. The Origin of Shito style
2. The Family Tree and its Fractions

3. The main characteristic of Shito style of karate-do

**Exercise** includes

1. Push ups 20 times (for kids), 40 times for adults
  3. Abdomen exercise 25 repetition for kids; 80 repetition for adults
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**Shodan**



*Candidate attempts this grade must have at least 12 months of full trainings in the dojo (at least 70% of the 12 month full attendance)*

**All the contents those are included from 9<sup>th</sup> Kyu to 1<sup>st</sup> Kyu.**

Katas also include:

1. Nipaipo
2. Bunkai of Nipaipo
3. Kurunrunfa
4. Niseishi
5. One Shitei Kata of your choice with Bunkai

Jiukumite

1. 4 rounds, each round 2 minutes duration. Must be with mitts and mouth guard.

Terminology

1. Names of blocks
2. Names of kicks
3. Names of stances

Fitness test

1. 2 km run with standard health timing, according to age and gender.
2. Push ups maximum rate in One minute
3. Abdominal contraction exercise maximum count in one minute

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