



KEN SHIN KAI KARATE CLUB

(Affiliated to Singapore Karate do Federation)

Chief Coach Address:

P.O. Box 608, Teban Gardens Post Office, Singapore 916001.

Email: ckf567@gmail.com

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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 1st Management Committee on 16th 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.*

9th 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

8th Kyu



Stances to learn:

1. All stances from 9th 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 9th 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

7th Kyu



Stances to learn:

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

Hand attack techniques to learn:

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

Kicks to learn:

1. All kicking techniques from 8th 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

6th Kyu



Stances to learn:

1. All stances from 9th Kyu onwards
2. Renochi Dachi

Hand attack techniques to learn:

1. All Punches from 9 kyu onwards
2. Kage-te and nihon nukite
3. Ko uchi attack

Kicks to learn:

1. All kicking techniques from 9th 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 uchi
4. Neiko ashi, uchi otoshi 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

5th Kyu



Stances to learn:

1. All stances from 9th 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 9th 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

4th Kyu



Stances to learn:

1. All stances from 9th 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 9th 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

3rd Kyu



Stances to learn:

1. All stances from 9th 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 9th 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. 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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2nd Kyu



Stances to learn:

1. All stances from 9th 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 9th 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
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 9th 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 9th 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. Baksai Dai and Bunkai

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

Shodan



Candidate attempts this grade must have at least 6 months of full trainings at the dojo (at least 70% of the 6 months full attendance)

All the contents those are included from 9th Kyu to 1st Kyu.

Katas also include:

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

Jiukumite (Exemption for age 45 and above)

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

Nidan

Candidate with Shodan qualification attempts this grade must have at least 2 years of full trainings at the dojo (at least 70% of the 2 years full attendance)

All the contents those are included from 9th Kyu to 1st Dan

Key Grading Katas:

1. Shiho koshokun
2. Niseishi

Terminology

4. Names of blocks
5. Names of kicks
6. Names of stances

Fitness test

4. 2 km run with standard health timing, according to age and gender
(Exemption for age 45 and above).
5. Push ups maximum rate in One minute
Abdominal contraction

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