

BRITISH KARATE-DO CHOJINKAI



HANDBOOK GRADING SYLLABUS



www.chojinkai.com

**Founded in 1974 by Chief Instructor
Doug James 9th Dan**

2022 EDITION

“ESSENTIAL FOR NEW MEMBERS” BEGINNING KARATE DVD

SPECIAL PRICE TO MEMBERS

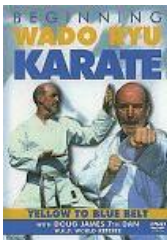
- per Volume 1,2 & 3

NORMALLY £19.95 plus P&P

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PLUS £1.50 P&P

to Chojinkai members

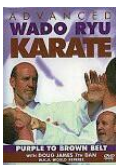


**THE IDEAL TRAINING AID
FOR STUDENTS BEGINNING
KARATE IN THE CHOJINKAI
SYSTEM.**

DEMONSTRATED BY DOUG JAMES 9th DAN

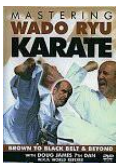
This video, volume 1 in a complete series of 3, is an ideal Starter Pack for all Chojinkai students starting out at a Chojinkai Karate Club. It is an essential training aid to take students from Yellow to Blue Belt.

THE SYLLABUS FOR EACH BELT, 8th KYU TO 5th KYU IS SHOWN SEPARATELY DETAILING BASIC AND COMBINATION TECHNIQUES. PINAN KATAS SHODAN, NIDAN, SANDAN & YODAN WITH BUNKAI EXAMPLES. 12 BASIC IPPON GUMITE & FULL IPPON GUMITE 1 & 2, OHYU GUMITE 1 & 2. INCLUDES TRAINING TIPS TO ENHANCE YOUR TECHNIQUES, PLUS A DOCUMENTARY - DOUG JAMES AND THE CHOJINKAI SUCCESS STORY VOLUME 2 OF THIS SERIES IS ADVANCED WADO RYU KARATE - PURPLE TO BROWN BELT. VOLUME 3 IS MASTERING WADO RYU - BROWN TO BLACK BELT.



Advanced Wado Ryu Karate

This DVD is Volume 2 of the Doug James Master Class series and is a comprehensive Instructional programme containing everything you will need to progress from 4th Kyu Purple Belt to 2nd Kyu Brown Belt.



Mastering Wado Ryu Karate

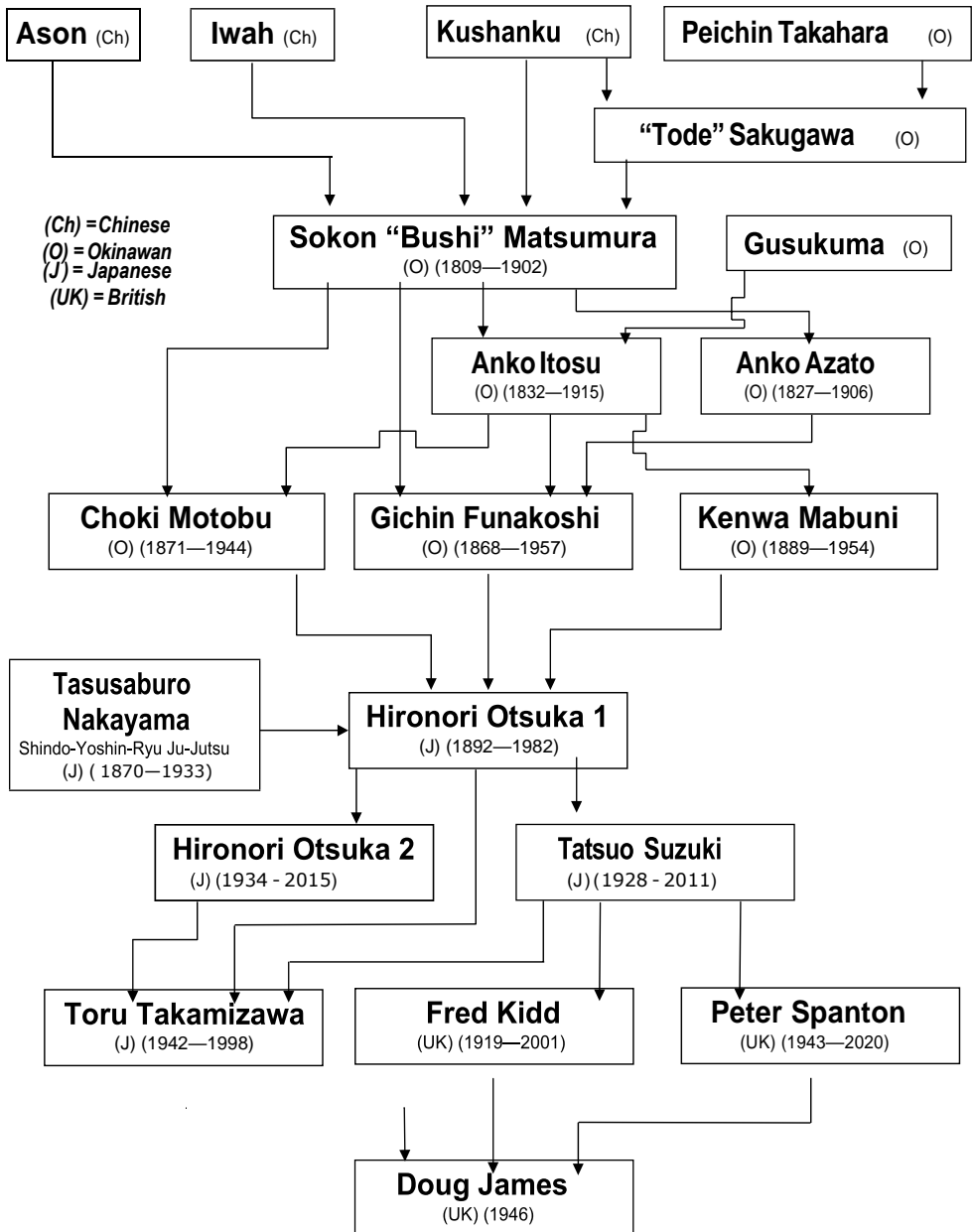
This DVD is Volume 3 of the Doug James Master Class series and is a comprehensive Instructional programme containing everything you will need to progress from 1st Kyu Brown Belt to 3rd Dan Black Belt and beyond.

Contact your Instructor or Doug James directly

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Chojinkai Lineage



THE BRITISH KARATE-DO CHOJINKAI ASSOCIATION FORMED IN 1982 - CHIEF INSTRUCTOR DOUG JAMES

WHAT IS KARATE?

KARATE is the Japanese art of Self Defence utilising all parts of the body to defend against attack and render attackers unable to use further aggression. It is an excellent method of achieving and maintaining physical fitness by tuning the body to a high level of efficiency, improving self-control, discipline and confidence building. **The style of Karate taught in the Association's Club's is Wado-Ryu based**, a fast fighting, scientific system and one of the most popular practiced worldwide.

Wado-Ryu Karate was founded in 1934 by Grandmaster Hironori Otsuka 1 (see lineage on page 3)

WHAT DOES CHOJINKAI MEAN?

"CHOJINKAI" means 'super force or powerful' group and is the name of the Wado Ryu based Karate, **founded in 1974 and taught by our President & Chief Instructor Doug James, 9th Dan Black Belt**, one of Britain's leading Professional Instructors, a Senior Instructor and founder member of the English Karate Federation.

WHAT IS THE BRITISH KARATE-DO CHOJINKAI?

BRITISH KARATE-DO CHOJINKAI (B.K.C.) is the **Karate Association** to which you belong via your **KARATE LICENCE (Red Pass Book/Grading Record)** and was formed as an autonomous organisation in 1982, to **promote and regulate "Chojinkai Karate"**.

The Association is part of the **English Karate Federation (EKF)** which is affiliated to the **European Karate Federation (EKF)** and **World Karate Federation (WKF)** - the World governing body **recognised by the International Olympic Committee**. The BKC operate a **stringent Child Protection Policy**, which can be viewed on the **EKF website** & all Instructors are **First Aid Trained**, have complete up-to-date **DBS (CRB) Checks** and are **fully qualified & trained to the Highest Standard** on a regular basis.

HOW IS THE ASSOCIATION RUN?

The Association is run by a committee made up of the **Chief Instructor & individual Club Head instructors**.

The Association is made up of **independently run Clubs** with a group membership of around **300 members** (see page 9).

With regard to **technical aspects** of Karate, standard of students, gradings etc - this is the **responsibility of the Senior Grading Panel** (see page 9).



www.chojinkai.com

“KARATE” is also a world-wide competitive sport that is both exciting and exhilarating for spectators as well as competitors. The Chojinkai instructors and students have been placed, and won many individual and team competitions at local and national events. Club competitions are held periodically for members. Special courses are held regularly by the Clubs & Association, along with Residential Courses & Training Camps.

THE KARATE PRACTITIONERS CODE - ‘KARATE NI SENTENASHI’

A basic and very essential part of Karate training. It means that Karateka must never attack first - mentally or physically. To understand this fully, years of hard, correct training are needed. As the Karateka grows in stature so also will grow his good manners and etiquette, outwardly and, even more important, inwardly. All Karate training must be intense and with purpose. Correct Dojo technique and discipline is essential.

DOJO ETIQUETTE AND DISCIPLINE

This is an important and essential part of traditional Karate training - please observe these basic rules -

- 1. Bow in and out of Dojo (Training Hall).
- 2. Ask permission to leave Dojo or take drink refreshment.
- 3. Address your instructor as Sensei. (Instructor)
- 4. Treat your instructor and fellow students with respect at all times, whatever the grade, junior or senior.
- 5. Do not chew, drink, or use bad language.

TERMINOLOGY - JAPANESE (THE UNIVERSAL KARATE LANGUAGE).

All explanations of technique and procedure are given in English, however; all terms have Japanese names. Students are not expected to learn these terms immediately, but most students find these very easy to pick up, and become conversant with them over a period of time. Gradings are conducted in English and Japanese.

USEFUL TERMS & TRANSLATIONS
ETIQUETTE

Command:	Pronunciation:	Position:
Seiza	Say-Zar	Kneeling
Sensai Ni Rei	Sen-Say-Nee-Ray	Bow to Instructor
Otagi Ni Rei	Ott-Toe-Guy-Nee-Ray	Bow to Dojo and all Assembled
Kiritsu	Kiritz	Stand to Attention

BASIC TECHNIQUES

Yohi	Yoy	Ready Stance
Hidari Gamae	Hid-Ar-Ee-Gam-I	Junzuki Stance
Hidari Hanmi		
Gamae	Hamee	Fighting Stance
Mawette	Ma-Watt-Ay	Turn

EXAMPLES

Mawatte Jodan		Turn in Jodan
Uke		Uke
Mawatte Gedan	Gayan Bar-Eye	Turn in Gedan
Barai		Barai
Yame	Yam-Ay	Relax to Ready Stance or Stop

Naore
Hadjime
Yasume
Kyukei

Noray
Hajimay
Yasmay
Q.K.

Adopt Attention Stance
Start
Relax on Spot
Dismiss after Bow

UKE

1. Jodan Uke
2. Shuto Uke
3. Gedan Barai
4. Morote Uke
5. Soto Uke

RISING BLOCK

1. Forearm Block
2. Knife Hand Block
3. Downward Block
4. Augmented Forearm Block
5. Outer Forearm Block

TSUKI-WAZA

1. Jun Zuki
2. Gyaku Zuki
3. Morote Zuki
4. Furi Zuki
5. No Tsukkomi

PUNCHING

1. Lunge Punch
2. Reverse Punch
3. Double Fist Punch
4. Swing Punch
5. Leaning

UCHI-WAZA

1. Tetsui Uchi
2. Shuto Uchi
3. Haito Uchi
4. Teisho Uchi
5. Empi Uchi

STRIKING

1. Bottom Fist Strike
2. Knife Hand Strike
3. Ridge Hand Strike
4. Palm Heel Strike
5. Elbow Strike

KERI-WAZA

1. Mae-Geri
2. Mae-Geri Keage
3. Mawashi-Geri
4. Nidan-Geri
5. Hiza-Geri
6. Yoko-Geri
7. Yoko-Geri-Keage
8. Fumikomi
9. Sokuto Fumikomi

KICKING

1. Front Kick
2. Front Snap Kick
3. Roundhouse Kick
4. Flying Front Kick
5. Knee Kick
6. Side Kick
7. Side Snap Kick
8. Stamping Kick
9. Foot Edge Stamping Kick

DAN

1. Jodan
2. Chudan
3. Gedan

LEVEL

1. High Level (Head)
2. Mid Level (Body)
3. Low Level (Below Belt)

TE

1. Seiken
2. Uraken
3. Tetsui
4. Ippon
5. Nakadaka Ippon Ken
6. Haito
7. Shuto
8. Nihon Nukite
9. Ippon Nukite
10. Yonhon Nukite
11. Teisho
12. Koko
13. Ude
14. Empi

KIND OF HAND

1. Fore Fist
2. Back Fist
3. Bottom Fist
4. One Knuckle Fist
5. Middle Finger One Knuckle Fist
6. Ridge Hand
7. Knife Hand
8. Two Finger Spear Hand
9. One Finger Spear Hand
10. Spear Hand
11. Palm Heel
12. Tiger Mouth Hand
13. Forearm
14. Elbow

ASHI

1. Hiza
2. Sokuto
3. Kakato
4. Johsokutel

KIND OF FOOT

1. Knee
2. Foot Edge
3. Foot Heel
4. Ball of Foot

SHISHEI

1. Heisoku Dachi
2. Shiko Dachi
3. Kiba Dachi
4. Neko Ashi Dachi
5. Zen Kutsu Dachi
6. Ko Kutsu Dachi

FORM

1. Informal Attention Stance
2. Open Leg Stance
3. Staddle Leg Stance
4. Cat Stance
5. Front Stance
6. Back Stanc

KARATE LICENCE

Your Karate Licence/Red Passbook is also a GRADING RECORD and is issued with your first licence application.

YOUR LICENCE SHOULD BE RENEWED ANNUALLY TO REMAIN IN MEMBERSHIP OF THE ASSOCIATION AND BE ELIGIBLE TO RETAIN AND TAKE FURTHER GRADINGS.

A proportion of your licence fee goes towards BASIC INSURANCE COVER. (The accident rate in Karate is extremely low compared with other physical activities).

KARATE GRADINGS

The "Grading System of the Association" starts at WHITE BELT (Beginner), then after passing a grading exam conducted by the Club Grading Panel, the following JUNIOR and INTERMEDIATE STUDENT (KYU) Grades, denoted by coloured belts apply:-

ADULTS/TEENAGERS

8th KYU - Yellow Belt; 7th KYU - Orange Belt; 6th KYU - Green Belt,

5th KYU - Blue Belt; 4th KYU - Purple Belt. The recommended training period between grades is normally three months, based on an average of 20 classes attended.

JUNIORS- BOYS/GIRLS

9th KYU - Red Stripe; PROVISIONAL 8th KYU - Yellow Stripe; 8th KYU - Yellow Belt.

PROVISIONAL 7th KYU - Orange Stripe; 7th KYU - Orange Belt; PROVISIONAL 6th

KYU - Green Stripe; 6th KYU - Green Belt, PROVISIONAL 5th KYU - Blue Stripe.

5th KYU - Blue Belt; PROVISIONAL 4th KYU - Purple Stripe; 4th KYU - Purple Belt.

The recommended training period between grades is normally three months (including stripe to full belt), based on an average of 20 classes attended. BOYS AND GIRLS ARE USUALLY NOMINATED TO TAKE GRADINGS BY THEIR CLASS INSTRUCTOR.

LITTLE DRAGONS SECTION is for 4yrs & above & is geared to preparing the child for the main karate training with basic techniques, with balance exercises, co-ordination skills etc. *THERE IS A SEPARATE GRADING SYLLABUS FOR DRAGONS* and an assessment is conducted by the Club Instructor who assesses & grades the child with a 'coloured tag' as incentive which also recognises gradual improvement – Red, Yellow, Orange, Green, Blue & Purple Tags.

PASS LEVELS - UP TO 1st KYU

'A' Grade Above Average Standard

'B' Grade Good Standard - student should have reached the required standard to take next grading at the normal recommended time interval.

'C' Grade Satisfactory - This level indicates certain techniques need improvement and the student must obtain their class instructor's approval before attempting next grading.

'D' Grade Below Average - The time level states minimum time student must (with time limit) wait before attempting next grading. (min 6 months), the student must obtain their class instructor's approval before attempting the next grading.

SENIOR STUDENTS GRADES - BROWN BELT

3rd KYU (Black Stripe); 2nd KYU (2 Black Stripes), 1st KYU (3 Black Stripes) - these gradings are normally conducted by senior panel, after special classes headed by the chief Instructor (Purple/Brown/Black Belt Courses). **Purple Belt and above should try and attend these courses to train as regularly as possible. Even when they are not intending to grade.** The recommended training time between grades is six months, based on 40 classes attended for students, 16 years and over. For students under 16 yrs, the training time between grades is 9 mths, based on 60 classes attended. Junior Brown Belts designate their grade level with white stripes. A brown stripe can be attempted after a min of 6 months training. The student can attempt full 3rd KYU after a further 6 mths, unless a "A" Grade pass has been achieved, in which case the min time is 3 mths, if approved by their Instructor.

INSTRUCTOR GRADE - BLACK BELT

Black Belt gradings are normally conducted at the Purple/Brown/Black Belt Courses. The Black Belt Grades are 1st Dan, 2nd Dan and 3rd Dan - The minimum training time between these grades are equivalent to the Dan Grade level. ie 1st Dan to 2nd Dan - 2 years, and 2nd Dan to 3rd Dan - 3 years.

It is a requirement for 3rd Dan examinees to be sponsored by a Senior Instructor of 4th Dan level or above, who has trained and helped the 2nd Dan prepare for the grading exam.

4th Dan and above are HONOURARY GRADES and are awarded to Senior Black Belt Instructors who consistently contribute to the development and operation of the Association. These awards are at the sole discretion of the Senior Grading Panel and are confirmed and validated by the National Governing Body.

The nominee must have an in-depth knowledge and experience in Karate and demonstrate a continued ability to train and teach Chojinkai Karate. The Dan grade level is designated on the belt with orange stripes. 5th Dan and above is designated with silver stripes.

BLACK BELT - Minimum ages - WKF guidelines.

There is no minimum age for Junior Black Belt 1st Dan (designated with a white stripe)

The minimum age for a Senior Black Belt 1st Dan is 16 yrs, 2nd Dan is 18 years & 3rd Dan is 21 yrs.

A Junior 1st Dan wishing to upgrade to a Senior 1st Dan, must go through a grading re-assessment & the re-grade exam will be free of charge.

It is possible to attempt a Junior 2nd Dan, when sponsored by a 4th Dan or above. If successful, the student will still have to re-grade Senior 2nd Dan at aged 18 & this will also be free of charge.

The only technical difference in the Syllabus is that Full blocks are performed for Junior 1st/2nd Dan & Advanced blocks for Senior 1st at aged 16 or 2nd Dan at aged 18.

When the student undertakes the Senior Grade level 1st or 2nd Dan, they must show an improved performance, strength, commitment, intention & understanding of the techniques. There is no Junior 3rd Dan grade

GRADING EXAM CRITERIA & GUIDANCE

The criteria for Grading Promotion is based on Technical Standard & Performance on the day, with the requirements detailed in the syllabus however, it is not possible to have a standard benchmark that will cover every type of person, considering the wide range in age (6-60+) together with build, sex & possible physical / medical constrictions.

In such cases, these factors are considered, **however there is still a minimum standard that should be attained & this level is determined by the Grading Examiner or by the Grading Panel.**

In addition to achieving an acceptable Technical Standard, students are expected to also demonstrate the correct attitude to karate showing intention, commitment and an understanding of techniques.

With regard to the Senior Panel Gradings - the panel usually comprises of 5th Dans & above, who give their judgment & a vote is taken with a majority prevailing for Brown Belt & for 1st Dan, 2nd & 3rd Dan.

INSTRUCTORS - COACHING/INSTRUCTOR CERTIFICATION

All Chojinkai Instructors hold Qualifications in Coaching and Instructing.

It is a requirement prior to Senior Gradings for 1st KYU taking 1st Dan to be qualified to assistant club coach and 1st Dan taking 2nd Dan to be qualified to Club Coach.

ASSOCIATION MEMBER CLUBS

CARLISLE established in 1974,

Head Instructors, Ray Hind 6th Dan & Mark Heaton 5th Dan

WARWICK BRIDGE established in 2020,

Head Instructor, Mark Heaton 5th Dan

YEWDAL established in 2020,

Head Instructor, Mark Heaton 5th Dan

BRAMPTON first established in 1976,

Head Instructor, Mark Heaton 5th Dan

WIGTON first established in 1976,

Head Instructor, Mark Heaton 5th Dan

PENRITH first established in 1976,

Head Instructor, Mark Heaton 5th Dan

KENDAL established in 1982,

Club Secretary, Elaine Wilkinson 2nd Dan.

HALTWHISTLE established in 2007,

Head Instructor, Darren Longstaff 6th Dan.

SENIOR GRADING PANEL

The Senior Grading Panel is made up of the Chief Instructor & the Permanent Members of the Senior Grading Panel.

The Permanent Members of the Senior Grading Panel are;

Ray Hind 6th Dan, Darren Longstaff 6th Dan & Mark Heaton 5th Dan,

The Senior Instructors of 4th Dan & above can supplement the Senior Grading Panel, as & when required.

GRADING FEES

Inclusive of Certificate & a Karate Belt when successful

Yellow/Orange/Green/Blue/Purple (including stripes) **£25***

Brown Belt (Stripe, 3rd, 2nd, 1st Kyu) **£30**

Black Belt

1st Dan **£50**,

2nd Dan **£60**,

3rd Dan **£70**.

Resits are half price.

Family discounts apply when grading at the same time - $\frac{1}{3}$ off for TWO from the same family; three or more $\frac{1}{2}$ reduction in total fees. **The reduced payment amount is rounded upwards to nearest £5.**

***NB: As all clubs are independently run, grading fees between clubs may differ, from Yellow Belt through to Purple Belt.**

YELLOW BELT (8th Kyu)

KIHON-TSUKI (Basic Hand Techniques)

1. Junzuki turn in Jodan Uke - Straight Punch, Head Block (S & R)
2. Jodan Uke - Head Block (S & R)
3. Gyakazuki turn in Gedan Barai - Opposite Punch, Downward Block (S & R)
4. Gedan Barai - Downward Block (S & R)

KIHON - UKE (Basic Hand Blocks)

1. Chudan-Soto Uke-Gyakuzuki - (middle) Outer Block, Opposite Punch (S)
2. Chudan-Uchi Uke-Gyakuzuki - (middle) Inner Block, Opposite Punch

KIHON-KERI (Basic Kick Techniques)

1. Maegeri - Front Snap Kick (S & R)
2. Mawashigeri - Round House Kick (Instep)(S)
3. Sokuto-Fumikomi - Knee Kick (Heel of Foot)

RENRAKU WAZA (Combination Techniques)

1. Step through and front hand punch (R)
2. Maegeri - Tobikomizuki - Front kick, snap punch (S)
3. Surikomi - Tobikomizuki - One step front punch (S & R)
4. Surikomi-Maegeri-Tobikomizuki- One step front kick & snap punch (S)
5. Surikomi - Maegeri-Gyakazuki - One step front kick and opposite punch
6. Maegeri - Gyakazuki - Front kick and opposite punch

JUNIOR STUDENTS - BOYS/GIRLS RED STRIPE (9th KYU) & YELLOW STRIPE (Provisional 8th KYU)

At their Instructors recommendation Juniors can either attempt Red Stripe or Yellow Stripe at their first grading by way of an assessment, performing at least the techniques designated above at a minimal standard i.e. (S) for Yellow Stripe and (R) for Red Belt. To achieve full belt the student must perform the whole syllabus at a reasonable standard

RECOMMENDED DVD - BEGINNING KARATE BY DOUG JAMES

ORANGE BELT (7th KYU) - STRIPE & FULL BELT

KIHON, TSUKI AND KERI (Basic Techniques)

1. Junzuki no Tsukkomi (**Lunge punch to head level with lean, narrow basic stance but with both heels in line**)
2. Gyakazuki no Tsukkomi (**reverse punch to groin level with lean, heel of front foot in line with front toes of back foot in wide stance – twice width of normal stance with feet turned inover**)
3. Shuto Uke (**Knife Hand Block in Long Cat Stance**) - minimum standard
4. Tobikomizuki (**Front hand Snap Punch from Free Fighting Stance-hitching forwards**)
5. Uraken (**Front hand Back Fist from Free Fighting Stance-hitching forwards**)
6. Mawashigeri (**Roundhouse Kick with instep**)
7. Sokutogeri Fumikomi (**Side Kick Stamping downover, with side edge/heel offoot/knee height**)

RENRAKU WAZA (Combination Techniques)

1. Ashi-Barai - Gyakazuki (**Foot Sweep with Reverse Punch**)
2. Maegeri - Mawashigeri - Gyakazuki (**Front Kick, Roundhouse Kick then Reverse Punch**)
3. Surikomi - Maegeri - Mawashigeri - Gyakazuki (**One step Front Kick, Roundhouse Kick then Reverse Punch**)

Drills (Pre-Arranged Blocks Sequence)

Juniors - Drill No1 (Stripe & repeat for Full Belt)

Start in the Grading line, in front of & facing the panel - perform moving backwards/facing the grading panel. (Full Blocks for Adults & Teens, at Examiners discretion)

FROM LEFT STANCE: Step back & right vertical outer block/fist clenched (**short cat stance**), **twist & open right hand (as if to grab wrist)**, front leg roundhouse kick to middle area (hold after kick snap back), place leg down (forwards & slightly to the right) with simultaneous reverse punch to **middle area/right of centre – take one full step back to LEFT free fighting stance** - repeated as requested.

Juniors - Drill No 2 (Stripe & repeat for Full Belt)

Still in the line & after completing Drill No 1 - demonstrate back towards the grading panel.

FROM RIGHT STANCE: Step back & middle area VERTICAL inner block/fist clenched (Shiko Dachi/Straddle stance) - same hand back fist to middle area – slide in with same arm elbow strike to middle area, (**with other open hand VERTICAL Knife Edge Guard, same time as the elbow strike, half way along inside of forearm**) – **take one full step back to RIGHT free fighting stance** - repeated as requested.

KATA (Form Demonstration)

Pinan Nidan

For Stripe – Full Kata to minimum standard **For Full Belt** - Full Kata to a reasonable standard

PADWORK DEMONSTRATION without Competition Hand Pads

All Ages - Padwork Drill No 1 (Stripe & Full Belt) – Any demonstration onto hand held focus mitts of ONE PUNCH &/or KICK TECHNIQUE, either Front Punch, Reverse Punch or Back Fist, Front Kick or Round Kick to a minimum standard – students choice

Light Sparring in pairs – no contact at all – **Competition Hand Pads & Gum Shields are required** - show karate techniques to minimum standard to short of “Competition Scoring Areas”

GREEN BELT (6th KYU) - STRIPE & FULL BELT

KIHON, TSUKI & KERI (Basic Techniques)

1. Kette Junzuki (Front kick, with Lunge Punch to middle area)
2. Kette Gyakazuki (Front kick, with Reverse Punch to middle area)
3. Tobikomizuki (Front hand Snap Punch from Shizentai Stance – left/right, Natural Stance)
4. Soto Uke (Outer Forearm Block in Long Cat Stance) – to minimum standard
5. Gyakazuki (Reverse Punch from Free Fighting Stance - hitching forwards)
6. Ura Mawashigeri (Reverse Roundhouse/hook Kick with bottom of foot/instep straight)
7. Surikomi Mawashigeri (One step Roundhouse Kick to knee/middle area, with instep)
8. Surikomi Sokutogeri (One step Side Kick to knee/middle area, with side edge/heel of foot)

RENRAKU WAZA (Combination Techniques)

1. Surikomi-Ashi-Barai - Gyakazuki (One Step front Foot Hook backover with Reverse Punch)
2. Maegeri - Sokutogeri Chudan - Gyakazuki (Front Kick, Side Kick, with side edge/heel, then Reverse Punch)
3. Surikomi Maegeri - Sokutogeri - Gyakazuki (One step Front Kick, Side Kick, with side edge/heel of foot, then Reverse Punch)
4. Ohyu Gumite No 1 (Step forward & Front Punch to head, combined with Reverse Punch to middle, then Full Sweep with rear leg & Reverse Punch to Middle Area)

Drills (Pre-Arranged blocks Sequence)

Juniors - Drill No 1 & Drill No 2 (as performed for Orange belt)

Start In the Grading line, in front of & facing the panel - demonstrate moving backwards/facing the grading panel. (Full Blocks for Adults & Teens, at Examiners discretion)

Juniors - Drill No 7 (Stripe & repeat for Full Belt, alternating with Drill No 8) – In the Grading line
FROM LEFT STANCE: - Front hand in-over block with outer forearm (assumed front thrust kick attack) – left front foot 6 to 9 inches to the side into reverse cat stance/"T" stance – reposition left front foot to perform reverse punch to **middle area/right of centre** – take one full step back to right free fighting stance & then alternate with **No 8 Drill**.

Juniors - **Drill No 8 – In the Grading line FROM RIGHT STANCE:** - Front hand Gedan Barai with forearm (assumed front thrust kick attack) – back foot 6 to 9 inches backover 45 degrees into reverse cat stance/"T" stance – reposition front right foot to perform reverse punch to **middle area or to the right of centre** – take one full step back to left free fighting stance & then alternate with **No 7 Drill**.

OHYO GUMITE (Semi-free Fighting) 1 - See Appendix 3.

KATA (Form Demonstration)

Pinan Nidan & Pinan Shodan

For Stripe - Perform Pinan Nidan to a reasonable standard and Pinan Shodan, full kata at a minimum standard.

For Full belt - Perform both Kata to a reasonable standard.

For Stripe & Full Belt (Bunkai) - demonstrate **ONE** basic self defence explanation of a technique from Pinan Nidan, as taught by their own instructor.

PADWORK DEMONSTRATION without Competition Hand Pads

All Ages - Padwork Drill No 2 (Stripe & Full Belt) – Any demonstration onto hand held focus mitts of HAND & KICK TECHNIQUES in COMBINATION, Front Kick, Round Kick, Side Kick, Front Punch, Reverse Punch, Back Fist, to a mini standard e.g. Front Punch/Round Kick or Front Kick/Reverse punch

JI YU KUMITE (Free Fighting) – Competition Hand Pads & Gum Shields are Required - no contact to face for Juniors, light touch only for Seniors - controlled touch to the body to "Competition Scoring Areas" - show variation of karate techniques to minimum standard & distancing.

BLUE BELT (5th KYU) - STRIPE & FULL BELT

KIHOH, TSUKI & KERI (Basic Techniques)

1. Kette Junzuki (**Front kick, with Lunge Punch to middle area**)
2. Kette Gyakazuki (**Front Kick, with Reverse Punch to middle area**)
3. Kette Junzuki No Tsukkomi (**Front Kick, with Lunge punch to head with lean, narrow basic stance but with both heels in line**)
4. Kette Gyakazuki no Tsukkomi (**Front Kick, with reverse punch to groin level with lean, heel of front foot in line with front toes of back foot in wide stance – twice width of normal stance with feet turned inover**)
5. Nagashizuki (**Front hand head punch/slight body shift (avoiding attack) from Shizentai Stance – left/right, Ready Stance**)
6. Nidan Geri Chudan (**Jumping Front Kick with same leg to middle area**)
7. Ura - Mawashigeri (**Reverse Roundhouse/hook Kick with bottom of foot/instep straight**)
8. Sokuto Chudan (**Side Kick to middle area (Knee minimum) with side edge/heel of foot**)
9. Ushirogeri Hiza (**Back Kick - kneeheight**)

RENRAKU WAZA (Combination Techniques)

1. Mawashigeri Chudan - Ushirogeri- Gyakazuki (**Round Kick, turning into back kick with Reverse Punch**)
2. Surikomi Sokutogeri Fumikomi - Ushirogeri - Uraken Jodan (**One step Side Kick turning into Back Kick with Back Fist to Head**)
3. Tobikomizuki-Gyakazuki-Uraken (**Front Punch, Reverse Punch, Back Fist – all combined in Free Fighting Stance-hitching forward with each technique**)
4. Ohyu Gumite No 2 - Gyakazuki Jodan -Surikomi Ashi Barai - Gyakazuku Chudan (**Hitch Forward Reverse Punch to head, Step back foot to front foot (same time as punch pull back), Hook with front foot & Reverse Punch off centre, pivoting on back heel**)

UKE (Blocks)

IPPON GUMITE - All Ages with Partner

Full Block No. 1	LEFT STANCE Step through right Junzuki Chudan	LEFT STANCE Step back and right Soto Uke (with grab) in right short cat stance. Front leg mawashigeri chudan (instep or ball of foot depending on target) then left gyakazuki to body
Full Block No. 2	LEFT STANCE Step through right Junzuki Chudan	RIGHT STANCE Step back & left uchi uke (Shiko Dachi) with left uraken slide in with left empi Chudan (Shiko Dachi) Right knife edge/elbow guard
Full Block No. 7	LEFT STANCE Right front thrust kick then to stomach	LEFT STANCE Left front hand in over block with outer forearm (front foot 6" to 9") in reverse Cat Stance right gyakazuki
Full Block No. 8	LEFT STANCE Right front thrust kick to stomach	RIGHT STANCE Withdraw front leg 'T' stance with gedan barai (hitching back) then left gyakazuki to right back

Plus OYHU GUMITE No 2 – See Appendix 3

KATA (Form Demonstration)

Pinan Shodan - to reasonable standard **Pinan Sandan** - to min standard for Stripe & reasonable for Full Belt
Pinan Yodan - to minimum standard - FULL BELT ONLY

FOR STRIPE & FULL BELT (Bunkai) – demonstrate ONE basic self defence explanation of a technique from Pinan Shodan, as taught by their own Instructor.

PADWORK DEMONSTRATION without Competition Hand Pads

All Ages - Padwork Drill No 3 (Stripe & Full Belt) – Any demonstration onto hand held focus mitts of HAND & KICK TECHNIQUES in COMBINATION, Front Kick, Round Kick, Side Kick, Front Punch, Reverse Punch, Back Fist, to a REASONABLE STANDARD e.g. Front Punch/Round Kick or Front Kick/Reverse punch

JI YU KUMITE (Free Fighting) – **Competition Hand Pads & Gum Shields are Required** – no contact to face for juniors, light touch only for seniors - controlled touch to the body to "Competition Scoring Areas" (show variation of karate techniques to reasonable standard & distancing

PURPLE BELT (4th KYU) - STRIPE & FULL BELT

kihon, tsuki & keri (Basic Techniques)

1. Kette Junzuki (**Front kick, with Lunge Punch to middle area**)
2. Kette Gyakazuki (**Front kick, with Reverse Punch to middle area**)
3. Kette Junzuki No Tsukkomi (**Front kick, with Lunge punch to head level with lean**, narrow basic stance but with both heels in line)
4. Kette Gyakazuki no Tsukkomi (**Front kick, with reverse punch to groin level with lean**, heel of front foot in line with front toes of back foot in wide stance - twice width of normal stance with feet turned inover)
5. Nagashizuki (**Front hand head punch/light body shift (avoiding attack)** from Shizentai Stance - left/right, Reade Stance))
6. Mawashigeri Chudan (**Roundhouse Kick with instep**)
7. Ura - Mawashigeri (**Reverse Roundhouse/hook Kick with bottom of foot/instep straight**)
8. Sokutogeri Chudan (**Side Kick to middle area (Knee minimum)** with side edge/heel of foot)
9. Ushirogeri Chudan (**Back Kick - Middle level/Knee minimum**)

RenraKu Waza (Combination Techniques)

1. Maegeri Chudan - Nagashizuki Jodan - Gyakazuki Chudan (**Front Kick into front hand head punch/ slight body shift (avoiding attack), reposition foot to side with Reverse Punch**)
2. Surikomi Maegeri Chudan - Nagashizuki Jodan - Mawashigeri Chudan (Instep) (**One step Front Kick into Front hand head punch/slight body shift (avoiding attack) with reposition foot to side with Round Kick**)
3. Tobikomizuk i- Gyakazuki - Uraken (**Front Punch into Reverse Punch, Back Fist – all combined in Free Fighting Stance-hitching forward with each technique**)

UKE (Blocks)

IPPON GUMITE

Full Block No. 3	LEFT STANCE Step through right juzuki Jodan	LEFT STANCE Step back with left foot 6'/9' behind right foot with outer block (open back hand) Step straight line in with right foot & right upper cut punch to chin (Shiko dachi) front foot forward & slightly to side perform left empi to ribs (ff. gyakazuki Stance i.e. heel off floor)
Full Block No. 4	LEFT STANCE Step through right juzuki jodan	RIGHT STANCE Step back & left forearm block with upover parry performing same hand tetsui to stomach (performed in shiko dachi stance) step left foot forward (outside of attackers front leg) strike with ridge hand to groin - control strike to inner thigh for safety (ff. gyakazuki stance i.e. heel off floor with left hand open guard against attackers right extended arm)
Full Block No. 9	LEFT STANCE Right instep mawashi geri to body (step back & hold)	LEFT STANCE Left gedan barai (fist clenched) with simultaneous Gyakazuki whilst body shifting to right simultaneous forward into punch (pivoting left foot)
Full Block No. 10	LEFT STANCE Right instep mawashi geri to body (snap back to hold)	RIGHT STANCE Left gedan barai (fist clenched) with simultaneous punch to chest (Nagashizuki) moving body forward into punch

Plus OYHU GUMITE No 1 & 4 - See Appendix 3

KATA (Form Demonstration)

Pinan Sandan & Yodan - to reasonable standard

Pinan Godan - to minimum standard for stripe & reasonable for Full Belt

FOR STRIPE & FULL BELT (Bunkai) – demonstrate ONE basic/intermediate self defence explanation of a technique from Pinan Sandan, as taught by their own Instructor.

PADWORK DEMONSTRATION without Competition Hand Pads

All Ages - **Padwork Drill No 4 (Stripe & Full Belt)** A demonstration onto hand held focus mitts of ANY

COMBINED HAND & KICK TECHNIQUES to a reasonable standard.

JI YU KUMITE (Free Fighting) – Competition Hand Pads & Gum Shields are Required – no contact to face for juniors, light touch only for seniors - controlled touch to the body to "Competition Scoring Areas" (show variation of karate techniques to reasonable standard & distancing

BROWN BELT (3rd KYU) - STRIPE & FULL BELT

KIHOH, TSUKI & KERI (Basic Techniques)

1. Kette Junzuki
2. Kette Gyakazuki
3. Kette Junzuki No Tsukkomi
4. Kette Gyakazuki No Tsukkomi
5. Nagashizuki
6. Mawashi Geri
7. Ura Mawashgeri
8. Sokuto Geri
9. Ushiro Geri

RENRAKU WAZA (Combination Techniques)

1. Zenshinshite Jodan - Renzuki Chudan - Maegeri Chudan - Mawashigeri Chudan - Ushirogeri Chudan - Gyakazuki Chudan
2. Surikomi Jodan - Renzuki Chudan - Surikomi Maegeri Chudan - Sokutogeri Chudan - Ushirogeri Chudan - Uraken Jodan
3. Zenshinshite Jodan - Renzuki Chudan - Maegeri Chudan - Nagashizuki Jodan - Gyakazuki Chudan - Mawashigeri Chudan

KATA (Form Demonstration)

Any two pinan kata
Ku Shanku

- Examiners choice
- **Minimum Standard for Stripe**
- **Reasonable Standard for Full Belt**

KATA (BUNKAI)

FOR STRIPE & FULL BELT - demonstrate basic/intermediate application, one from Pinan Yodan & one from Pinan Godan Kata, as taught by their own instructor.

UKE (Blocks)

IPPON GUMITE - For Stripe & Full Belt - All Ages with Partner

Full Block No. 5	LEFT STANCE Front foot hitch with left continuous gedan barai (both open hand) with gyakazuki to left junzuki jodan then body (moving forward) hitch gyakazuki chudan	LEFT STANCE Left in over block (hitching back) with both open hand) with gyakazuki to left junzuki jodan then body (moving forward) hitch gyakazuki chudan
Full Block No. 6	LEFT STANCE Front foot hitch with (open hand) right gyakazuki	LEFT STANCE Front hand left gedan barai with right uraken jodan with body twist to reverse cat stance (simultaneous action)
Full Block No. 11	LEFT STANCE Sokuto Geri thrust kick to body	LEFT STANCE Double open hand palm downover to the side with gyakazuki to back, reposition left leg for right mawashigeri to opponents right side (ball of foot)
Full Block No. 12	RIGHT STANCE left mawashigeri jodan or chudan followed by right mawashi geri chudan	RIGHT STANCE hitch back cover with right gedan barai & left uchi uke (both open hand) then opposite cover with left gedan barai & right uchi uke, with double arm trap and right straight shuto strike to available target, with pull back (chest or collar bone)

OHYU GUMITE (Semi-Free Fighting) 1,2 & 4 - See Appendix 3

KIHOH GUMITE 1 & 2 - See Appendix 4 ..

PADWORK DEMONSTRATION without Competition Hand Pads

All Ages - Padwork Drill No 4 (Stripe & Full Belt) - A demonstration onto hand held focus mitts of ANY COMBINED HAND & KICK TECHNIQUES to a reasonable standard in 10 sec spurts (10 sec/stop/10 sec etc)

JI YU KUMITE (Free Fighting) - COMPETITION HAND PADS & GUM SHIELDS ARE REQUIRED - no contact to face for juniors, light touch only for seniors - controlled touch to the body to "Competition Scoring Areas" (SHOW VARIATION OF KARATE TECHNIQUES TO A COMPETENT STANDARD WITH CORRECT DISTANCING & TIMING

BROWN BELT (2nd & 1st KYU)

KIHON, TSUKI & KERI (Basic Techniques)

1. Kette Junzuki
2. Kette Gyakazuki
3. Kette Junzuki No Tsukkomi
4. Kette Gyakazuki No Tsukkomi
5. Nagashizuki
6. Mawashigeri
7. Ura Mawashigeri
8. Sokuto Geri
9. Ushiro Geri

RENRAKU WAZA (Combination Techniques)

1. Zenshinshite Jodan - Renzuki Chudan - Maegeri Chudan - Mawashigeri Chudan - Ushirogeri Chudan - Gyakazuki Chudan
2. Surikomi Jodan - Renzuki Chudan - Surikomi Maegeri Chudan - Sokutogeri Chudan - Ushirogeri Chudan - Uraken Jodan
3. Zenshinshite Jodan - Renzuki Chudan - Maegeri Chudan - Nagashizuki Jodan - Gyakazuki Chudan - Mawashigeri Chudan

KATA (Form Demonstration)

Any two Pinan Kata - Examiners Choice

Ku Shanku

2nd Kyu - Nai Hanchi

1st Kyu Seishan

KATA (Bunkai)

(See Appendix 2)

Free choice - one application from each ADVANCED KATA performed.

UKE (Blocks)

IPPON GUMITE

(See Appendix 1)

(2nd Kyu) Advanced Blocks - 1, 3, 5, 7, 9 & 11 (Full Blocks only for Juniors)

(1st Kyu) Advanced Blocks - 2, 4, 6, 8, 10 & 12 (Full Blocks only for Juniors)

OHYU GUMITE

(See Appendix 3)

2nd Kyu - 3 & 5

1st Kyu - 6 & 7

KIHON GUMITE

(See Appendix 4)

2nd Kyu - 3 & 4

1st Kyu - 6 & 7

PADWORK DEMONSTRATION without Competition Hand Pads

All Ages - Padwork Drill No 4 - A demonstration onto hand held focus mitts of **ANY COMBINED HAND & KICK TECHNIQUES** to a reasonable standard in 10 sec spurts (10 sec/stop/10 sec etc)

JI YU KUMITE (Free Fighting) - Competition Hand Pads & Gum Shields are Required - no contact to face for juniors, light touch only for seniors - controlled touch to the body to "Competition Scoring Areas" (**show variation of karate techniques to a competent standard with correct distancing & timing**)

RECOMMENDED DVD - ADVANCED & MASTERING KARATE BY DOUG JAMES

BLACK BELT 1, 2 & 3rd Dan

KIHON, TSUKI & KERI (Basic Techniques)

1. Kette Junzuki
2. Kette Gyakazuki
3. Kette Junzuki No Tsukkomi
4. Kette Gyakazuki No Tsukkomi
5. Nagashizuki
6. Mawashigeri
7. Ura Mawashigeri
8. Sokuto Geri
9. Ushiro Geri

RENRAKU WAZA (Combination Techniques)

1. Zenshinshite Jodan - Renzuki Chudan - Maegeri Chudan - Mawashigeri Chudan - Ushirogeri Chudan - Gyakuzuki Chudan
2. Surikomi Jodan - Renzuki Chudan - Surikomi Maegeri Chudan - Sokutogeri Chudan - Ushirogeri Chudan - Uraken Jodan
3. Zenshinshite Jodan - Chudan Renzuki - Maegeri Chudan - Nagashizuki Jodan - Gyaku zuki Chudan - Mawashigeri Chudan

KATA (Form Demonstration)

1st Dan

Ku Shanku
Nai Hanchi
Chinto

2nd Dan

Ku Shanku
Seishan
Passai
Wanshu
Ro Hai

3rd Dan

Ku Shanku
Chinto
Nei Sei Shi
Jitte
Jion

KATA (Bunkai)

1st Dan, 2nd Dan & 3rd Dan

Free Choice - One application from each Kata performed

IPPON GUMITE

Examiners Choice

1st Dan

Any two - Advanced (Senior)
or Full (Junior)

2nd Dan

Any two advanced
Alternating both sides
or Full (Junior)

3rd Dan

Any three advanced
Alternating both sides

OHYU GUMITE

1st Dan

2, 5 & 8

2nd Dan

3, 6 & 7

3rd Dan

Any three - Examiners Choice

KIHON GUMITE

1st Dan

5, 8 & 9

2nd Dan

2, 5 & 10

3rd Dan

Any Three - Examiners Choice

PADWORK DEMONSTRATION without Competition Hand Pads

ALL AGES - PADWORK DRILL NO 4 - A demonstration onto hand held focus mitts of **ANY**

COMBINED HAND & KICK TECHNIQUES to a reasonable standard in 10 sec spurts (10 sec/stop/10 sec etc)

JI YU KUMITE (Free Fighting) - Competition Hand Pads & Gum Shields are Required - no contact to face for juniors, light touch only for seniors - controlled touch to the body to "Competition Scoring Areas" (**show variation of karate techniques to a competent standard with correct distancing & timing**)

Appendix 1

Ippon Gumite (Pre-arranged Sparring Techniques)

Procedure & Etiquette - See page 23

	Attacker	Defender
1 FULL (5th Kyu) +Stripe	LEFT STANCE Step through Right Junzuki Chudan	LEFT STANCE Step back and right Soto uke with grab (short cat stance). Front leg mawashigeri chudan (instep or ball of foot depending on target) with left gyakazuki to body.
1ADVANCED (2nd Kyu)		Ditto, placing (not striking) left hand behind elbow joint, whilst keeping hold with right hand, twist wrist and body to affect arm bar whilst stepping back with right leg taking opponent to floor (face down). Apply bar with control & ease - "tap out" immediately it takes effect Opponent moves out by withdrawing backover onto one knee.
2 FULL (5th Kyu) + Stripe	LEFT STANCE Step through Right Junzuki Chudan	RIGHT STANCE Step back & left uchi uke (Shiko Dachi) with left uraken slide in with left empi Chudan (Shiko Dachi) Right knife edge/elbow guard
2 ADVANCED (1st Kyu)		Ditto Grab opponents wrist with right hand & twist - whilst stepping back with right leg & apply left neck/chin hold (arm around back of head) with arm bar. - Apply bar with control and ease - "tap out" immediately it takes effect.
7 FULL (5th Kyu) +Stripe	LEFT STANCE Right front thrust Kick to stomach	LEFT STANCE Left front hand in over block with outer forearm,(front foot to side 6" to 9"), into reverse cat stance, then right gyakazuki to back
7 ADVANCED (2nd Kyu)		Ditto with break balance (place not strike) right foot behind right knee (reposition left foot if necessary) - right grab to collar and pull down with control then gyakazuki.

IPPON GUMITE

Attacker

Defender

8 FULL
(5th Kyu)
+ Stripe

LEFT STANCE
Right front thrust
Kick to Stomach

RIGHT STANCE, right forearm gedan barai with front leg withdraw to “ T” stance with body hitching back over, then left gyakazuki to back.

8 ADVANCED
(1st Kyu)

Ditto
with repositioned right foot (if required), continuous left foot sweep to affect balance (not take down) Perform right teisho (palm heel) to back of head with absolute control (no touch Shiko Dachi).

3 FULL
(4th Kyu)
+Stripe

LEFT STANCE
Right front junzuki

LEFT STANCE step back with left foot 6”/9” behind right foot with left outer block (open back hand) step straight line in with right foot & right upper cut punch to chin (shiko dachi) With front foot forward & slightly to side perform left empi to ribs (elbow strike) free fighting stance gyakazuki - heel off floor

3 ADVANCED
(2nd Kyu)

Ditto
Perform right vertical empi to chin whilst grabbing opponents right wrist with left hand and pulling downover in direction of hip (left foot drop to shiko dachi, right foot slide slightly with empi) Right hiza geri whilst pulling head down with right arm across back of neck - perform right empi to right shoulder blade (Shiko dachi still holding wrist)

4 FULL
(4th Kyu)
+Stripe

LEFT STANCE
Step through
right Junzuki Jodan

RIGHT STANCE, step back in straight line & left forearm block with upover parry performing same hand tetsui to stomach (shiko dachi stance) with step left foot forward (outside of attackers front leg) strike with ridge hand to groin - control strike to inner thigh for safety (free fighting stance gyakazuki) ie heel off floor with left hand open guard against attackers right extended arm

IPPON GUMITE

Attacker

Defender

4 ADVANCED
(1st Kyu)

Ditto Grab right shoulder with left hand, & left gi lapel with right hand, with right leg step forward, just behind opponents right leg, then perform right inner sweep/back-over sweep - controlling opponent to floor
Double punch, full lockout, dropping body weight in Shiko Dachi stance (Short of target - Head or body)

9 FULL
(4th Kyu)
+ Stripe

LEFT STANCE
Right instep
Mawashi geri to body
(snap back & hold)

LEFT STANCE, left gedan barai (fist clenched) then right gyakazuki chudan with simultaneous block with punch whilst body shifting to right and moving body forward into punch (pivoting left foot)

9 ADVANCED
(2nd Kyu)

Ditto with leg grab replacing block, then after punch, Reach & grab opponent with right hand, perform right inner sweep with right gyakazuki (control fall) - after finish throw opponents right leg across body to floor before stepping away

10 FULL
(4th Kyu)
+Stripe

LEFT STANCE
Right instep
mawashigeri to body
(snap back & hold)

RIGHT STANCE
Left gedan barai (fist clenched) then front hand punch to chest with simultaneous block and nagashizuki (moving body forward into punch)

10 ADVANCED
(1st Kyu)

Ditto same front hand rapidly performing shuto strike to left or right collar bone with control

IPPON GUMITE

Attacker

Defender

5 FULL Ditto
(3rd Kyu)
+Stripe

LEFT STANCE
Front foot hitch
janzuki jodan
With hitch gyakazuki
chudan

LEFT STANCE, left block in over (open hand) with right gyakazuki to body
Left in over block(hitching back) with continuous left gedan barai (open hand) with gyakazuki to body (moving forward)

5 ADVANCED
(2nd Kyu)

Ditto
With uraken jodan
hitching forward (leave arm extended)

Left in over block, with continuous left gedan barai open hand, with left outer open block jodan then simultaneously, left front foot tap to affect balance, then right gyakazuki

6 FULL Ditto
(3rd Kyu)
+Stripe

LEFT STANCE
Front foot hitch
with right gyakazuki

LEFT STANCE front hand left gedan barai (open hand) with right uraken jodan (reverse cat stance) - with body twist whilst withdrawing front foot to reverse cat stance (simultaneous action)

6 ADVANCED
(1st Kyu)

Ditto
Grab right fist with left hand & twist, step through with right leg, bend opponents elbow & position right arm under opponents arm, apply wrist lock then stepping through until take down (with control). Position right knee against opponents tricep to lock whilst keeping on wrist lock & strike with right palm heel to nose reposition left hand onto elbow to lock then move out as Kihon No. 5)

11 FULL
(3rd Kyu)
+Stripe

LEFT STANCE
Sokuto geri thrust
kick to body

LEFT STANCE, double open hand palm down over to the side with gyakazuki to back - then reposition left leg for right mawashigeri to opponent right side. (ball of foot or instep, depending on target)

11 ADVANCED
(2nd Kyu)

Ditto - after mawashigeri replace right foot to floor then break balance (place not strike) left foot behind left knee, left grab to collar and pull down with control, then gyakazuki

IPPON GUMITE

Attacker

Defender

12 FULL
(3rd Kyu)
+Stripe

RIGHT STANCE
left mawashigeri
jodan or chudan
followed by right
mawashi geri chudan
(Stop back & hold)

RIGHT STANCE, hitch back cover with
right gedan barai & left uchi uke (both open
hand) then opposite cover with left gedan
barai & right uchi uke - continuous move into
double arm trap and right straight shuto strike
to available target (chest/collar bone) with
pull back

12 ADVANCED
(1st Kyu)

Ditto - Replace shuto strike with
- step left foot & grab with right hand
(leg still trapped with left arm) right leg step
forward behind opponents left leg , perform
right reverse inner sweep & right gyakazuki
(opponents fall to ground must be controlled)
- after finish throw opponents right leg across
body to floor before stepping away.

APPENDIX 2 - PROCEDURE & ETIQUETTE WHEN PERFORMING IPPONS AND OHYU/KIHON GUMITE

All start in Naore position (attention) - Attacker moving forward into relevant stance and the defender moving backwards to relevant stance both with "Kiai". After completion of techniques for IPPONS and OHYU GUMITE, both step back to free-fighting stance, for KIHON GUMITE hitch away - into free fighting stance, with Zanshin (awareness) withdraw front foot to back foot (feet together at angle of back foot) - pivot heels to naore facing opponent. Reposition for correct distancing with partner maintaining Zanshin with eye contact. "Kiai" with last technique of the sequence (Bow before and after completion of practice period, not every single routine). N.B. These descriptions are of overall guidance only. Students should learn and perfect techniques in classes with the instructor and use these notes for reference.

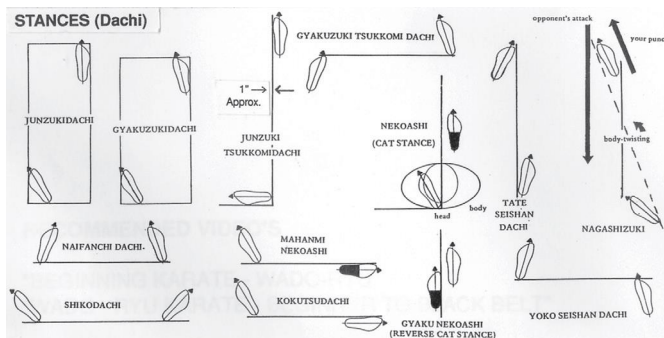
GENERAL SAFETY WHEN GRADING AND TRAINING

All pair work, whether Bunkai, Pre-arranged or Free-Sparring, must be performed with the opponents safety in mind, **wreckless techniques will not be tolerated**. Head and body techniques for seniors must be controlled to the level of light skin touch - light contact is only permitted to the muscled area of the stomach for Seniors. With regard to Juniors, light controlled skin level touch is permitted to the body and NO TOUCH WHATSOEVER TO THE HEAD, FACE OR NECK.

(2/3cm should be the margin of control aimed for when training)

GUIDANCE, PROCEDURE & ETIQUETTE FOR BUNKAI DEMONSTRATION

- 1.- Partners face one another & bow.
- 2.- The person who is about to demonstrate their bunkai will step backward (ensuring they have sufficient space) and they will then perform the relevant kata sequence. Their partner will remain stationary.
- 3.- Both partners will then give a slow demonstration of their bunkai for the kata sequence previously demonstrated, **showing a realistic 'Self Defence' interpretation with Zanshin throughout & on completion**.
- 4.- The Bunkai will then be performed twice more at normal speed, IN THE INTEREST OF SAFETY it may not be possible to perform the bunkai at the same speed as it appears in the kata. All locks must be applied with and in a smooth fashion. All throws must be performed with great care such that your partner can land safely. All strikes should be controlled as per Grading blocks. Your partner's safety is paramount.
- 5 - At end of ALL bunkai demonstration, both partners face one another & bow.
- 6.- If the other partner is grading, they will then step back and demonstrate their bunkai as per point 2. If they are not grading, then the person who is will continue to demonstrate their bunkai as per points 2-5. This will continue until instructed to move on to the next bunkai by the grading level.



APPENDIX 3

OHYU-GUMITE (SEMI-FREE FIGHTING TECHNIQUES)

Procedure & Etiquette - See Opposite

1. IPPONME

Attacker (Left Stance) -

Step forward double punch (jodan, Chudan) pivoting right foot, sweep with left foot then right gyakazuki to kidney.

Defender (Left Stance) -

Step back as attacker moves forward and blocks first punch with open hand Uchi Uke. (Keep in free fighting stance - slight lean with block)

2. NIHONME

Attacker (Right Stance) -

Left Gyakazuki Jodan, step left foot to right as left punch returns to body centre. Right hook opponents foot and left gyakazuki to kidney. - Pivot on left heel.

Defender (Left Stance) -

Slide stance backover and block in over left open hand. (keep in free-fighting stance - slightly lean with block)

3. SANBONME

Attacker (Left Stance) -

Step forward double punch (jodan, Chudan with lock out)

Defender (Right Stance) -

Step back and left open block in over Jodan punch. After Attackers Chudan punch, slide forward with left Junzuki No Tsukkomie.

Attacker -

Hitch under left punch into right shiko dachi behind defender. Left back hand under defender's chest (simultaneous with defenders junzuki) - Scissor throw over right leg without holding, straightening legs. Drop down bending knees and right Uraken to nose. (If opponent falls out of distance - close distance with right foot).

4. YOHONME

Attacker (Right Stance) -

Right Uraken Jodan with left step, continuous movement with left open hand elbow guard whilst returning right to hip - right ura-tsuki to kidney. (No wrist twist - Shiko Dachi)

Defender (Right Stance) -

Hitch back over in straight line (Shiko dachi), right head block attacker's uraken jodan.

Attacker -

Grab defender's shoulders and right hiza geri (knee kick to stomach whilst twisting, body into kick) Dropping onto right foot, right empi (elbow) to either shoulder blade, with left open hand under elbow for safety (Shiko Dachi screwing hip into empi)

5. GOHONME

Attacker (Left Stance) -

One step, left chudan reverse punch, one step, right mae geri thrust kick.

Defender (Left Stance) -

Step back, right uchi uke chudan. Step back left in over block with outer forearm, blocking kick

- Right Haito (ridge hand) to stomach, (whilst sliding right foot in slightly) continuous uraken to back of head
- Simultaneous left hand pull down (reposition right foot if required) with right shuto breaking balance behind knee.
- Continuous right shuto to nose.

6. ROPPONME

Attacker (Left Stance) -

One step left mae-geri

- Right gyakazuki jodan, reposition right foot, left sweep and right mawashigeri chudan after repositioning left foot for distancing

Defender (Left Stance) -

One step back out of kick range and block punch open right hand in over slight hitch and lean

7. NANA HONME

Attacker (Left Stance) -

Left double snap punch to head, shuffling forwards.

Defender (Left Stance) -

Right open hand in open block (Both snap punches).
- Stepping slightly to left, right mae geri chudan

Attacker -

Block kick with left outer forearm (Basic ippon No.7), then right ura-tsuki to kidney (no wrist twist - Shiko Dachi)

- Simultaneous, step left foot slightly to left, grab attacker's neck collar and break balance behind right knee with bottom of right foot, pulling to floor Right Side).
- Left reverse punch to face.

8. HAPPONME

Attacker (Right Stance) -

Left foot slide and right foot hook attempt.

After left sweep attempt turning into right back kick chudan.

- Turning into left reverse punch chudan (right back hand blocks defender's left hand).

Defender (Left Stance) -

One step back (out of hook range)
- One step back (out of sweep range)

Recommended Book - "Introduction to Karate" by Shingo Ohgami
Recommended DVD - "Advanced Wado-Ryu Karate" by Doug James

APPENDIX 4

KIHON-GUMITE (BASIC SPARRING)

Procedure & Etiquette - See page 23

1. IPPONME

Attacker (Right Stance) - Slide, Right head punch, left reverse punch chudan to defender's changed position. (Reposition right foot).

Defender's (Right Stance) - Slide, right head block, step left foot (triangle) body twist, simultaneous, left one knuckle punch with right forearm guard.

2. NIHONME

Attacker (Right Stance) - Slide, right head punch, one step; left foot to right foot, perform sokuto chudan to defender's changed position. (Drop to Shiko Dachi Stance both feet in line).

Defender (Right Stance) - Slide, right head block, step left foot (right angle to right foot), drawing right foot to 'T' stance and right gedan barai, right foot step, body twist haito (ridge) with left Teisho (Palm).

3. SANBOME

Attacker (Right Stance) - Slide, Right head punch, square stance, right foot slightly back, for left mae-geri.

Defender (Right Stance) - Slide, Right head block, body twist to right (Nagashazuki principal) with right half punch to solar plexis and simultaneous left fist in guard position to inner thigh. (Junzuki Tsukkomi Stance)

4. YOHONME

Attacker (Left Stance) - Slide, Left head punch, right reverse punch, Jodan to defender's new position.

Defender (Right Stance) - Slide, Right head block, step left foot right angle to right foot, left uchi uke leaning backover (short cat-stance) step right foot with right one knuckle punch to armpit/ribs (Junzuki No Tsukkomi Stance).

5. GOHONME

Attacker (Left Stance) - Slide, Left head punch, right reverse punch Chudan

Defender (Right Stance) - Slide, Right head block, right backhand block whilst drawing right foot backover to right short Cat Stance (Pivoting Heel)

- Left hand grasp, twist wrist and keep hold of attackers right fist right foot step and perform haito to side of face. Step right foot to shiko dachi and right empi chudan.

- Right hand, open hand grasp attacker's right hand pivoting ball of foot, draw Right Foot to right Cat Stance with bent wrist hold.

- Body twist step left foot behind. Pull anti clockwise to floor.

- Right knee hold attacker's elbow, while punching to face (right foot under opponents shoulder blade).

- Both hands hold attacker's wrist and lower forearm, hitch backover in stance.

KIHON- GUMITE (BASIC SPARRING) CONT'D

6. ROPPONME

Attacker (Left Stance) -

Slide, Left head punch, one step right foot to left foot, perform left sokuto chudan with right gyakazuki jodan.

Defender (Right Stance) -

Slide, Right head block

- Step left foot, right angle to right foot, drawing foot to 'T' stance and right gedan barai.

-Body twist left foot (triangle), right knife hand block with left one knuckle punch chudan.

7. NANAHOHME

Attacker (Left Stance) -

Slide, left head punch, square Stance, left foot slightly back, right mawashigeri jodan.

Defender (Right Stance) -

Slide, Right head block, body twist (Nagashazuki principle), right shuto strike (no pull back) to collarbone, left forearm guard. (Vertical with open hand)

8. HAPONME.

Attacker (Right stance) -

Slide, Right chudan punch.

-Left Jodan punch

Defender (Right stance) -

Slide, Right Uchi Chudan (Shiko Dachi/Side Stance).

-Right elbow block Jodan

-Right middle knuckle punch past attacker's thigh.

-Right reinforced elbow to ribs (Shiko Dachi)

-Left foot slightly to left in over with body twist open hands hold attacker's right fist - push off to break attacker's balance, whilst stepping back with right foot.

9. KYUHONME

Attacker (Right Stance)-

Slide, Right Chudan punch, left Chudan punch.

Defender (Right Stance) -

Slide, Right Uchi Chudan block in over (Shiko Dachi)

-Same hand Soto Uke, step left foot (triangle), left punch one knuckle Chudan keeping right edge of open hand block in position.

10. JUPPONME

Attacker (Right Stance) -

Slide, Right punch Jodan.

-Left Reverse Punch Jodan.

Defender (Right Stance) -

Slide, Right Shuto head block in over.

- With body twist, right outside wrist block, with left open palm hand holding attacker's right fist

-Right grasp of attacker's left sleeve perform right elbow armpit, then left groin strike (back of hand) while moving right foot to side.

- Left foot step across, twisting body and grasping attacker's left Gi (knee) with left hand.

-Throw over shoulder stepping back with right foot.

Recommended Book - "Introduction to Karate" by Shingo Ohgami.
Recommended DVD - "Advanced Wado-Ryu Karate" - by Doug James

Black Belt Hall of Fame – 1974 to NOW

Over 250 Black Belts (BOLD TEXT denotes still actively training in Chojinkai Karate)

6th Dan

Ray Hind, Darren Longstaff - Paul Jackson, Stephen Chaplow, Gordon Harrison,

5th Dan

Mark Heaton - Iain Abernethy, Mark Holding, Fred Ritson.

4th Dan

Matthew Miller, Alan Connor, Colin Broatch, Lee Wilson, Chris Denwood, Murray Denwood, Kevin Batey, Dave Johnson, Steve Byfield, Ian Hall.

3rd Dan

Leonie Wiggin, John Ramage, Stephen Lambert, Martin Kammeier - John Timney, Mark McLeod, David Steel, Annette Holding, Catherine Anderson, Stuart Brown, Richard Bird, Jim Hague, Ian Macranor, Judith Ridley, Jonathan Little, Simon Crow, Colin Keating, Mick Barnes.

2nd Dan

Elaine Wilkinson, Marcus Ramsay, Nathan O'Sullivan, Duncan Potter, Lawson Robley, Chris Greenbank, Lewis Heaton, Richard Dowdell - Ian Hanratty, Robert Curwen, Danny Curwen, Michael Jordan, Louise Rogers, Ginette Jackson, Gordon Hiscox, Joan Davis, Kevin Bradley James Maclean, Teresa Inston, Fred Moore, Gerard Carr, Robert Toole, Damien Chicken, Gwillam Morgan-Jones, Kim Morgan-Jones, Jim Hague Jnr, Kevin Tombling, William McCluskey, Brian Armstrong, Keith Parker, Robert Gate, Stephen Masson, Kenneth Lamb, Martin Oliver, Ross Connor, Jessica Huggett, Dougie Jones, Stephen Broadbridge, Caroline Broadbridge, Ian Thwaites, Dylan Swarbrick, Clarke Gibson, Steven Elliott.

1st Dan - Brian Allen, Ian Ronson, Ian Crowe, Stuart Crowe, Stephen Bainbridge, Julie Lawson, Melanie Dowdell, Debra Ramage, Josh Wilson, Matthew Dowdell, Paul Hymers, Charlie Lewis, Richard Dowdell, Tony Mousley, Connor McDermott, Paul Upex, Connor Newhouse - James Thompson, Francis Holliday, Gideon Sharp, Paul Evans, John Fitzsimmons, Alan Banks, Howard Farrar, Tony Eglin, Joe Coop, Toby Coop, Stephen Beardmore, Joe Armstrong, Malcolm Robinson, Ian Wood, Tim Whitburn, Andrew Goodwin, Dawn Marsden, Ann Thompson, Stephen Eungblut, Martin Sinclair, Stephen Surtees, Sharon Stobbart, Colin Dickson, Corbett Smith, Kevin Robson, Chris Robson, Elgie Ruddick, Julie Robinson, Phillip Martin, Stephen Greenwood, Stan Hall, Ray Parkin, Stewart Pearson, Mark Hayden, Rufus Beer, Claire Allen, Norman Rogers, Lawrence McStraw, Alex Billington, Paul Curwen, Cher Stagg, Neil Ferguson, Karl Jary, Wayne Lascelles, Paul Brown, Robert Archbold, Brenda Walker, David Freeland, James Allen, Alan Proudlock, Craig Alderson, Paul Rumney, Robert Woodhouse, Said Zarifi, David Christie, Vince Earl, Anthony Barnes, Gary Boerting, Carla Murphy, Jake Miller, Les Moffat, Dave Brier, Paul Hind, Peter Martin, Kerrie Basso, Stephen Cowing, Charlotte Smith, Kevin Cosgrove, Peter Skillen, Ian Gibson, Peter Taylor, Graham Norris, Pam Cowing, Chad Rothern, Mark Temple, Sean Smith, Mark Hanratty, Victoria Grantham, Sharon Douglas, Gary Herbert, James Hopkins, Nicola Palmer, Alan Parker, Angela Carlaw, Joshua Hall, Angela Gibson, Niall Sandwith, Curtis Caven, Philip Moran, Jonathan Paton, Amy Kirkbride, Alun Passey, Rikki-Leigh Johnston, Lee Edgar, Billie Donaldson, Tim Kendall, James Routledge, Lisa Brooks, Kevin Radcliffe, Anirban Ray-Chaudhuri, Harriett Spiller, Matthew Reeve, Colin Scott, Grant Park, Ryan Lea, Lucy Wilson, Marc Dawes, Mark Dickinson, George Seggie, Thomas Taylor, Stuart Graham, June Kane, Ron Phillips, Amy Hodkin, Gordon Crawshaw, Nicholas Strange, David Docherty, Bruce Wilson, Andrew Fox, Neil Gatenby, Derek Leach, Danny Olsson, Louise Leach, Craig Kane, Lucy Quinn, Sam Nichol, Deanna Burns, Lauren Lynch, Liam Reid, Mark Stevens, Eloise Lawer, Joanna Francis, Joseph Smith, Rosemary Harper, Emily Brews, Sophie Cowan, Jack Tallentire, Angela Morton-Armstrong, Claire Swarbrick, Martin Klijn, Craig Ross, Ella Higgins, Kirsty Elliott, Keir McGlinn-Shaw, Zola McGlinn-Shaw, Henry Parfitt, Stuart Iniff, Jordan Kent,

DOUG JAMES - KARATE CAREER

- 1967 Started Karate at Middlesbrough Budokan Karate Club, age 20. Occasional visiting Instructors Peter Spanton then 2nd Dan & Tommy Morris then 3rd Dan.
- 1970 Graded Brown Belt 1st Kyu, appointed Assistant Club Instructor.
- 1971 Quarter - finalist British Karate Associations, Crystal Palace.
- 1971 Runner - up Senior Individual North of England Open Championships.
- 1972 Winner North of England Karate League.
- 1973 Started Club in Northallerton – North Yorkshire School of Karate.
- 1974 Moved job to Pirelli Ltd & re-located to Carlisle & formed Cumbria School of Karate.
- 1975 Started training under Toru Takamizawa 6th Dan, based in Birmingham
- 1975 Quarter - finalist British Karate Association Nationals, Crystal Palace.
- 1976 Graded 1st Dan by B.K.A. panel, including Toru Takamizawa, Ticky Donovan and Peter Spanton.
- 1976 Resigned job as Production Engineer at Pirelli Ltd to teach Karate on a full time basis.
- 1976 Founded "Cumbria Open" Karate Championships
- 1977 Runner - up Senior Kata B.KA North West Championships, Manchester.
- 1977 Founder member Tera Karate Kai Group within the B.K.A. under Toru Takamizawa.
- 1978 Graded 2nd Dan by B.K.A. panel including Toru Takamizawa, Tim Francis and Dicky Wu
- 1978 Opened Club in Newcastle and later other Clubs in the North East.
- 1978 3rd place Senior Wado Kata, Tera K.K. Nationals, Birmin gham.
- 1979 3rd place Senior Wado Kata, Tera K.K. Nationals, Birmingham.
- 1980 Winner Senior Wado Kata, Tera K.K. Nationals, Birmingham.
- 1980 Winner Senior Open Kata, Tera K.K. Nationals, Birmingham.
- 1980 Founded Newcastle Open Karate Championships.
- 1980 Graded 3rd Dan by Tera K.K. panel, including Toru Takamizawa, Dicky Wu & Eugene Codrington.
- 1980 Re - named Clubs "Chojinkai" to bring all under one banner.
- 1981 Retired from competition Karate, age 35.
- 1982 Founded British Karate-Do Chojinkai Association within the English Karate Federation, English Karate Council, Martial Arts Commission.
- 1983 English Karate Federation Executive Committee Member.
- 1983 Achieved National Judge qualification.
- 1983 Awarded 4th Dan by B.K.C. Executive Committee.
- 1984 Achieved National Referee status & appointed Chief Referee to E.K.F.
- 1985 Founder member of F.E.K.O. (Federation of English Karate Organisations) formerly E.K.F.
- 1986 Achieved International Judge Qualification.
- 1986 Officiated European Senior Championships - Spain.
- 1986 Awarded 5th Dan by B.K.C. Executive Committee, confirmed by W.U.K.O.
- 1986 Produced video on Wado - Ryu Karate.
- 1987 Founder Member - British Karate Grand Prix.
- 1987 Officiated European Junior Championships - Spain.
- 1987 Invited to Australia to teach - formed International Karate - Do Chojinkai.
- 1987 Officiated European Senior Championships - Scotland.
- 1988 Officiated European Senior Championships - Italy.
- 1988 Founded Video Martial Arts International- Production Company .
- 1989 Achieved International Referee qualification.
- 1989 Officiated European Senior Championship - Yugoslavia.
- 1990 Officiated European Junior Championships - Germany.
- 1990 Appointed to English Karate Referees Council.
- 1991 Officiated European Senior Championships - Germany.
- 1991 Officiated European Club Championships - Yugoslavia.
- 1992 Produced Video - Beginning Wado Ryu Karate.
- 1992 Officiated Madrid International Trophy - Spain.

1992 Officiated European Senior Championships - Holland
 1992 Achieved World Judge Qualification - Spain
 1993 Officiated European Junior Championships - Wales
 1993 Awarded 6th Dan by F.E.K.O./E.K.G.B. Confirmed by W.K.F. (formerly W.U.K.O.)
 1993 Officiated European Senior Championships - Czec. Republic
 1994 Officiated European Junior & Senior Championships - Spain & England
 1994 Officiated World Championships - Malaysia
 1994 The Association achieved full member status of E.K.G.B.
 1995 Officiated European Senior Championships - Finland & World Cup - Germany
 1996 Officiated European Junior & Senior Championships - Turkey & France
 1996 Officiated World Championships - South Africa
 1997 Officiated European Senior Championships - Tenerife
 1998 Officiated European Senior Championships - Yugoslavia
 1998 Achieved World Referee Qualification & Officiated World Championships - Brazil
 1999 Officiated European Junior & Senior Championships - Spain & Greece
 1999 Officiated World Junior Championships - Bulgaria
 2000 Officiated European Senior – Turkey & World Championships - Germany
 2001 Awarded 7th Dan, confirmed by E.K.G.B and W.K.F
 2001 Officiated European Juniors – Cyprus & World Juniors – Greece
 2002 Officiated European Junior Championships - Germany
 2002 Elected to EKGB. Executive Management Committee
 2002 Produced revised versions of Wado Ryu Videos on DVD format
 2003 Elected Board Director - EKGB Ltd - Specific responsibility for Refereeing
 2003 Appointed Referee Commission/Tatami Chief - European Regions - Spain
 2003 Tatami Chief - 2nd Commonwealth Karate Championships - Manchester
 2003 Officiated World Junior Championships - France
 2004 E.K.G.B. Co-Director responsible for Regional Development in England
 2004 Celebrated 30 years of "Chojinkai Karate" with 300 Member Training Session
 2004 Referee Commission/Tatami Chief - European Regions - Bratislava
 2004 Officiated World Senior Champs - Mexico
 2004 Appointed advisor to Scottish Referees Commission
 2005 Officiated European Senior Champs - Spain
 2005 Founder member of Karate England - Unified GB for English Karate
 2005 Referee Commission/Tatami Chief - European Regions - Germany
 2005 Officiated World Junior Champs - Cyprus
 2006 Referee Commission/Tatami Chief - European Regions - France
 2007 Founded "Childrens & Cadets Open Championships" at Penrith
 2007 Retired from International Refereeing after 21 years
 2007 Awarded Gold Lapel Pin by President of WKF for over 20 years of Refereeing
 2007 Founder member of EKF - new GB for English Karate
 2008 Referee Commission - 3rd Commonwealth Karate Championships - Edinburgh
 2008 Appointed to EKF Technical Grading Panel
 2009 Retired from EKF/BKF Commission & Domestic Refereeing after 30 years
 2009 Awarded 8th Dan, confirmed by EKF and WKF
 2014 Celebrated 40 years of "Chojinkai Karate" with a Presentation Evening
 2014 Appreciation Award from President of WKF - Services to World Karate Do
 2016 Inducted into Martial Arts Illustrated Hall of Fame
 2017 Celebrated 50 years of karate with Special Gasshuku in Carlisle
 2017 Retired from running his individual Chojinkai Clubs, remaining President & Chief Instructor of the BKC Association
 2022 Awarded 9th Dan by EKF Board, recognizing 55 years training in karate & over 45 years as a Professional Instructor. The promotion was endorsed by the Secretary of WKF Technical Commission

