

# FAMILY KARATE RONIN DOJO

Purple  
6<sup>th</sup> Kyu

## *Tanden*

Tanden refers to the human body's center of gravity, which is the lower abdominal area below the navel. According to traditional Asian beliefs, this is also the area from which the body relays a form of energy that is called *ki* in Japanese, the energy that moves and changes all things in the universe. *Ki* and *tanden* are essential elements in all forms of traditional East Asian medicine, from acupuncture and *shiatsu* to herbal medicine.

Tan refers to the essence of Asian medicine, and den means 'rice field'. The *tanden* is not a single point but a field spread out across the lower abdomen which, like a rice paddy, can be divided into sections. The ideogram is a view of a rice paddy from above. People who actively develop their *ki*, whether doctors of Asian medicine or martial artists, often refer to various sections of the *tanden*.

A detailed description of the theories behind traditional Asian medicine is not within the scope of this book. It should be noted, however, that even if you are not a believer in *ki*, you should still be aware that any activity in karate, from breathing to spinning kicks, should originate in the *tanden*.

A simple straight punch, for example, would not be very effective if you only moved your arm and shoulders. When you launch a straight punch toward an opponent in front of you, you should step forward and lower your weight onto your front knee and fully extend your back leg for the greatest power. In other words, you should make certain that your *tanden* moves in coordination with your fist, arm and shoulder. Even if you are punching from a stationary position, you must turn your hips as you extend the arm, essentially twisting your upper body around the *tanden*, or the strike will have very little force behind it. Like everything in karate, the greatest power comes from the lower body, where the *tanden* is located.

Similarly, when you breathe, you should use your lower diaphragm rather than your chest and shoulders. Using your upper body to breathe tends to tense your shoulders, which hinders movement. By focusing your breathing toward your *tanden*, your breaths will be deeper and your body more relaxed and limber.

You don't need to believe in *ki* to apply your *tanden* in practice. In fact, the existence of *ki* and its effectiveness in combat is the subject of much discussion in martial arts circles. Some are believers; others are not. Most martial artists, however, will agree that regardless of their opinion of *ki*, an awareness of one's center of gravity, the *tanden*, is essential in developing proper technique.

*from the book The Empty Hand, by Rui Umezawa*

NAME

LAST TEST DATE

BELT SIZE

DATE

# *Family Karate*

## *Ronin Dojo*

Purple  
6<sup>th</sup> Kyu

### PURPLE BELT (Roku Kyu) CURRICULUM

You will know you are ready to test when you can demonstrate all previous techniques and:....

**KIHON:** (basics) Blocks, punches, strikes and kicks in 1 count with good form, speed and power. Use good focus and correct hips. Stances done consistently with proper width, depth, angles. Moving stances are quick off the line, stay level into next stance, maintaining good posture.

**KATA:** (forms) Concentrate on quick, focused techniques; proper targeting, timing, spirit (kiai) with big hip motion and eye contact. Demonstrate quick movement off the line in proper stance, posture. Hips must stay level and must initiate power. Embusen correct. Must know at least one study kata.

**GOSHINDO:** (self defense) 2 defenses (escapes) for each situation sharp and correct with strong (self defense) kiai and zanshin.

**IPPON KUMITE** Defend using all past ippon techniques with sharper, quicker movements from kamae dachi. Learn basic advanced ippon techniques with good timing, distance, power, kiai, kime and zanshin. Show bunkai from kata.

**KOBUDO** Combinations in both attack and defense. Light body contact.

**KEY WORDS:** Prepare to test: Quick. Focus, Spirit, Hips, Zanshin

NO	TECHNIQUE	√	GRADE	NO	TECHNIQUE	√	GRADE
1	Mae Geri / Front Kick			70	Shuto Uchi / Knifehand Strike		
2	Mawashi Geri / R / H Kicki			84	Zenkutsu Dachi / Front Stance		
4	Yoko Geri / Side Kick			86	Shiko Dachi / Sitting Stance		
	Hizagaeshi / Knee Sweeping Block			95	Ipponashi Dachi / One Foot Stance		
50	Shuto Gedan Barai / Knifehand Down Block			88	Neko Ashi Dachi / Cat Stance		
22	Age Uke / Rising Block			94	Kamae Dachi / Fighting Stance		
29	Kaisyu Chudan Yoko Uke			108	Rohai Shodan		
37	Hook Punch / Kagi Zuki			***	<i>Independent Study Kata</i>		
35	Kakete Uke / Grabbing Hand				Aoyagi, Juroku, or Matsukaze		
51	Oi Zuki / Moving Str Punch			171	Ippon Kumite with Tenshin Happo / 8 Direction Application		
52	Gyaku Zuki / Rev Punch moving						
176	Technique Combinations / moving			179	Goshindo: Arm Strangle		
	Hijiate Goho / Elbow Strikes						

**WRITTEN: Due at Pre-Test**

**\*\*\*Must know at least one**

## 6<sup>th</sup> Kyu Written Test

### **Mai**

Connect correct techniques

Tai sabaki	pulling hand
Zanshin	hip movement
Bunkai	half turn
Hiki te	body lowering
Tenshin	foot movement
Han mi	finished, yet ready to continue
Ashi sabaki	application of kata

### **List Uke No Gogenri**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_