

FAMILY KARATE RONIN DOJO

Purple
7th Kyu

ADVANCED TECHNIQUES

Maai – Distance

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

Opportunities to Attack

Opening in kamae
Start of an attack Break or end of an attack
Loss of concentration or spirit
Creating an opening by a fake or combination

Types of Defense

Punishing block
Avoid/evade (lateral escape)
Misdirect/redirect Jam/Clash
Duck/Jump (vertical escape)

Tenshin Happo

Eight Directions Of Movement

1. Straight back
2. Back, to right, at a 45` angle
3. Back, to left at 45` angle
4. 90` to right
5. 90` to left
6. Forward, to right, at 45` angle
7. Forward, to left, at 45` angle
8. Straight in

Tenpo Gosoku No Ho

Five Methods Of Body Shifting

Deashi – stepping straight in
Hikiashi – stepping straight back
Yoriashi – shuffling
Mawariashi – spinning
Tobaishi – jumping/springing

Uke No Gogenri

Five Methods Of Defense

Rakka – punishing block
Ryusui – moving the attack to the side
Kusshin – lowering the center of gravity
Teni – body shifting away from attack
Hangeki – meeting attack with counter attack

NAME

LAST TEST DATE

BELT SIZE

DATE

Family Karate

Ronin Dojo

Purple
7th Kyu

PURPLE BELT (Sichi 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 of 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 learn one independent study kata before testing for 5th kyu.
- GOSHINDO:** (self defense) 2 defenses (escapes) for each situation sharp and correct with strong 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:** Quick. Focus, Spirit, Hips, Zanshin

NO	TECHNIQUE	√	GRADE	NO	TECHNIQUE	√	GRADE
1	Front Kick / Mae Geri			84	Knifehand Strikes / Shuto Uchi		
2	R / H Kick / Mawashi Geri			86	Front Stance / Zenkutsu Dachi		
4	Side Kick / Yoko Geri			88	Sitting Stanc / Shiko Dachi		
7	Knee Kick / Hiza Geri			97	Inside 8 Stance / Uchihachi Dachi		
28	Roundhouse Block / Ura Uke to Morote Shotei Uuke			91	Tension Stance / Sanshin Dachi		
22	Rising Block / Age Uke			97	Fighting Stance / Kamae Dachi		
30	X Block / Kosa Uke						
32	Open Hand Block to Face / Sashita (Jodan)			106	Pinan Godan		
35	Grabbing Hand / Kakete Uke			107	Happo Sho		
54	Moving Straight Punch / Oi Zuki			***	<i>Independent Study Kata</i>		
53	Rev Punch / Gyaku Zuki (moving)				Aoyagi, Juroku, or Matsukaze		
1	Shuffle Front Kick / Mae Geri Yoriashi			171	Ippon Kumite		
	Elbow strike / Hijate Goho			179	Goshindo: Front Choke		
	8 Direction / Tenshin Happo			179	Goshindo: Rear Choke		
	Close Punch / Ura ken Zuki			84			

ORAL: Stances in Japanese

WRITTEN: Chart Pinan Nidan or Sandan

***Must know one before 5th kyu