

FAMILY KARATE RONIN DOJO

Orange
9th Kyu

Kata means 'form'. You now know that kata is much more than just a pattern of movements. Your achievement of 9th kyu means you are ready to expand your knowledge of Seito Shito Ryu kata. Are you ready?

New techniques, uses of those techniques and application of those techniques will be your next goal. The pinan kata will introduce you to the signature move of Shito Ryu, side stepping. There are three elements necessary for proper execution of kata :

- **Power control:** Each kata is different and is designed to demonstrate and practice different aspects of body movement, so it is very important to understand where and how to apply proper strength and power in the kata. The movements are not to be done with equal power: they are to be done with proper power.
- **Expansion and contraction of muscles:** This principle also involves proper expansion and contraction of body muscles, and in the proper order. The kata are very dynamic and complex, and performance of them must be fluid and smooth. Improper tension and relaxation will make the movements jerky and unbalanced.
- **Speed and rhythm control:** Each kata has a different rhythm; while some movements are performed slowly, others are performed very fast. Proper control of speed and rhythm is essential to the performance of each kata.

To really make your kata performance shine, you need to work on these points:

- **Eye intensity:** A strong gaze will indicate strong concentration.
- **Attitude:** Your attitude should be serious and intense.
- **Deportment:** You should display an air of dignity and a sense that the kata you are performing is important.
- **Position and posture:** Your posture should be erect and relaxed to indicate good body control.
- **Continuity from one technique to another:** The kata should be smooth and flowing, not jerky.

NAME

LAST TEST DATE

BELT SIZE

DATE

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ORANGE BELT (Ku Kyu) CURRICULUM

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

- KIHON:** (basics) Blocks in 1 count - extend, set up, execute smoothly. Kicks in 2 counts - up, out & back, down smoothly. Punches and strikes in 2 counts - out, back; or set up, execute. Stances with proper width, depth, angles, posture Moving stances in 1 count.
- KATA:** (forms) Slowly, concentrating on the correct smooth mechanics of each technique (block, punch, kick) with correct movement in proper stance, posture. Hips must stay level and the hip action must be correct. Pattern (embusen) correct. Must learn one independent study kata before testing for 7th kyu..
- GOSHINDO:** (self defense) 2 defenses (escapes) for each assigned situation, slowly and smoothly correct.
- IPPON KUMITE** Defend, alternating R and L foot, 45° back into front, sitting, and rev. front stance. Execute technique smoothly. Show bunkai. Attack: step through in front stance. Targets: head, solar plexus and abdomen.
- KOBUDO** Smooth basics in both attack and defense; kiai and zanshin. Safety equipment required. Spar with a goal in mind (defense, footwork, etc).
- KEY WORDS:** Quick recall of technique, by name in English, slowly, smoothly correct.

NO	TECHNIQUE	√	GRADE	NO	TECHNIQUE	√	GRADE
1	Midsection Front Kick / Chudan Geri			84	Front Stance / Zenkutsu Dachi		
2	Roundhouse Kick / Mawashi Geri			88	Cat Stance / Neko ashi Dachi		
4	Side Kick / Yoko Geri			87	Half Front Stance / Heiko Dachi		
9	Groin Kick / Soko Geri			93	'L' Stance / Renoji Dachi		
	Drop Block / Uchiotochi			91	Rev Front Stance / Kokutsu Dachi		
22	Rising Block / Age Uke						
28	Outside Block / Yoko Uke						
26	Elbow Block/Hiji Uke			105	Pinan Nidan		
25	Knifehand Down Block / Shuto Harai / Shotei Gedan			105	Pinan Sandan		
54	Moving Straight Punch / Oi Zuki			***	<i>Independent Study Kata</i>		
53	Reverse Punch / Gyaku Zuki moving				Kensho or Shinsei (ask your instructor)		
176	Tech. Combinations / moving						
69	Elbow Strikes / Hijiate Goho			171	Ippon Kumite		
67	Hammer Strike / Tetsui Uchii			179	Goshindo: Street Punch		
68	Hand Spear / Nukite			179	Goshindo: Head Lock		

ORAL: Basic Terminology

WRITTEN TEST: due at pre-test

***Must learn at least one before 7th kyu