



Student Handbook

and

**Tsuen-Mo-Luen
Training Syllabus**

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*"The man that conquers himself is superior to the
one who conquers a thousand men in battle."*

Buddha

Introduction

About Glamorgan Karate

Glamorgan Karate teaches a style of karate called Tsuen-Mo-Luen. This style comes from Hong Kong where it was formulated by **Grandmaster Mr Lam Wun Sun**. Mr Lam began learning martial arts at the age of 8. He has had more than 10 instructors of various martial arts, including karate, kung fu, judo and aikido. In 1972 he founded the "World Martial Arts Federation" (WMAF) to teach Tsuen-Mo-Luen. Since then WMAF has had branches in Australia, India, Nepal, Britain and the USA.

Tsuen-Mo-Luen was first introduced to Britain by Mr Ian Stoddern. Mr Stoddern learned the style from Mr Lam whilst serving in Hong Kong with the Royal Navy. He returned to Britain, as a 1st Dan black belt, in 1981 and opened his first Tsuen-Mo-Luen club in Ilchester, Somerset. Over the next 21 years WMAF (GB) had clubs in Yeovil, Taunton, Beaminster, Radstock, Norton Fitzwarren, Shepton Mallet, South Petherton and Hambridge.

Following the departure of Mr Stoddern (by that time a 6th Dan with the title Shihan) for the USA in 2001 and the break up a year later of WMAF (GB), **Somerset Karate** was founded in November 2002 by Kevin Parkes, Mike Scoble and Sue Coleman with clubs in Yeovil, Beaminster and Radstock.

Sempai Paul Huxley started training with WMAF (GB) in 2001 and was awarded his Black Belt by Somerset Karate in 2006. He founded Glamorgan Karate in September 2009.



"Teachers open the door, but you must enter by yourself"
Chinese Proverb

Glamorgan Karate Oath

I will never misuse the arts I have been taught
I will respect my instructors and fellow students
I will always do my best
I will follow the tenets of Tsuen-Mo-Luen
and the rules of Somerset Karate

The Principals of Tsuen-Mo-Luen

Speed
Accuracy
Equilibrium
Breath Control
Power Concentration
Reaction

The Tenets of Tsuen-Mo-Luen

To practice courtesy
To uphold integrity
To take responsibility
To practice self-control
To always keep the fighting spirit of karate

*"The ultimate aim of karate lies not in victory or defeat,
but in the perfection of the character of its participants."
Gichin Funakoshi*

Dojo Etiquette and Club Rules

1. Bowing (*rei*) is the customary greeting in oriental culture the way a handshake is in the West. It is also a sign of respect. It is not a bow of worship. Please bow when entering or leaving the dojo, at the beginning and end of each lesson and before and after sparring or training with a partner.
2. Please address all black belt and brown belts using their correct title.
3. Please be on time. If you are unavoidably late, please get ready for class quietly then stand at the edge of the dojo floor until admitted by the instructor leading the class.
4. Please do not use any bags, blockers or other equipment without an instructor's permission. Safety is our first consideration. If you indulge in horseplay or unsafe behaviour which could result in injury to yourself or other students, you may be suspended from training.
5. Never fight outside the dojo, except in self-defence. You may be banned from all further training if you fight or threaten others, except in a legitimate self-defence situation.
6. Please do not eat or drink on the dojo floor and do not smoke anywhere in the dojo.
7. Please do not wear watches or jewellery while training and keep your fingernails and toenails short and clean. Long nails and jewellery are dangerous to your fellow students.
8. Please keep your gi and body clean and neat. An untidy, messy gi detracts from the atmosphere we strive to maintain. Plus, no one likes to work out with someone whose uniform stinks. If you train often, we suggest you have more than one gi.
9. Please do not wear your gi to or from the dojo, unless it is covered, for example, by a tracksuit.
10. Please ensure your licence is in-date. Please give your licence, with appropriate renewal payment, to your instructor **before** it expires. You will not be allowed to train or grade if your licence is out of date.
11. If you pay by cash, please pay the instructor before the lesson begins.
12. If you wear glasses, you may wear them while training but please remove them before sparring. Soft contact lenses may be worn during training and sparring.

*"It takes less time to do a thing right, than
it does to explain why you did it wrong."
Henry Wadsworth Longfellow*

History of Karate

Most accounts of the origins of oriental martial arts begin with an India Buddhist priest called Bodhidharma (also known as Daruma in Japan, and Ta-Mo in China).

Legend has it that Bodhidharma walked from India to China in the early 6th Century to teach Zen Buddhism. Following a fruitless meeting with Emperor Wu, he travelled through China eventually reaching the Shaolin temple in what is now Honan province. There he found the monks in poor shape physically so he introduced a set of exercises to strengthen mind and body. These exercises allegedly marked the beginning of Shaolin style temple boxing - a martial art now known commonly as Kung Fu or, more correctly, as Wu Shu.

Okinawa is a small island which is part of modern day Japan. It is the main island in the chain of Ryukyu Islands which lie between Japan and Taiwan. Okinawa is approximately 10 km (6 miles) wide and about 110 km (68 miles) long. It is situated 740 km (460 miles) east of China, about half way (550 km or 340 miles) between mainland Japan and Taiwan. Being at the crossroads of major trading routes, it developed as a centre for Southeast Asian trade with, amongst others, Japan and China.

In its earliest stages, the martial art now known as "karate" was a form of closed fist fighting which was developed in Okinawa and called *Te*, or "hand". Weapons bans, imposed on the Okinawans at various points in their history, encouraged the development of empty-hand self-defence techniques which had to be practiced in secret. Further refinement came with the influence of other martial arts, including Chinese kung fu, brought to the island by visitors and by Okinawans travelling overseas.



Okinawa

Te developed primarily in three Okinawan towns: Shuri, Naha and Tomari. Each of these towns was associated with slightly different forms of self-defence which became known as *Shuri-te*, *Naha-te* and *Tomari-te*. Collectively they were called *Okinawa-Te* or *Tode*, "Chinese hand". Gradually, the arts became divided into two main groups: Shorin-ryu which developed around Shuri and Tomari, and Shorei-ryu which came from the Naha area. (Note, however, that the towns were not far apart, and the differences between their arts were minor.) Gichin Funakoshi suggests that

the two styles developed based on different physical characteristics. Shorin-ryu was quick and linear with natural breathing while Shorei-ryu emphasized steady, rooted movements with breathing in time with each movement.

唐手
To Te
Chinese Hand

In Okinawa, the art was usually referred to merely as *te* or *bushi no te*, "warrior's hand(s)", and only occasionally as "karate", the "kara" in this case being an alternative pronunciation for the character used to write *To*, "Chinese".

There is another word in Japanese pronounced *kara*, but written with a different character, which means "empty". In 1929, while in Tokyo, Gichin Funakoshi proposed renaming the art *Dai Nippon Kempo Karate-do*, "Great Japan Fist-method Empty Hands Way", using the character for "empty" instead of that for "Chinese". Despite strong initial opposition from many in Okinawa the change became accepted and today karate is almost always written using the character for empty and translated as "empty hand(s)".

空手道
Kara Te Do
Empty Hand Way



Gichin Funakoshi

Gichin Funakoshi (1868-1957), an Okinawan school teacher, is considered by many to be the founder of modern karate. He began learning karate as a child and was taught by Yasutsune Azato and others, including Yasutsune Itosu (two of Okinawa's greatest masters). In 1921 Funakoshi first introduced Karate to Tokyo. In 1936 he opened his own training hall. The dojo was called *Shotokan* after the pen name (Shoto) used by Funakoshi to sign poems written in his youth. Shotokan Karate is characterized by powerful linear techniques and deep strong stances.



Chojun Miyagi

Goju-Ryu, "Hard-soft school", was founded in the 1930s by Chojun Miyagi (1888-1953). He was the leading student of Kanryo Higaonna (1853-1915), a prominent teacher of Naha-te who spent a number of years in Fuzhou, in Fujian province, southeast China studying Chinese martial arts. Subsequently, Miyagi also travelled to China to study martial arts. In *Goju-ryu* much emphasis is placed on physical conditioning and combining soft circular blocking techniques with quick strong counter attacks delivered in rapid succession



Grandmaster Lam

Tsuen-Mo-Luen, the style taught by **Somerset Karate** incorporates elements from the many martial arts studied by Grandmaster Lam. The foundation of the style comes from Seigokan, an offshoot of *Goju Ryu*. It also includes techniques from Chinese martial arts (Shaolin, Wing Chun, Praying Mantis) as well as Shotokan karate, Judo and Aikido

Grading

Your progress in Tsuen-Mo-Luen karate is measured at gradings. These are formal tests of your ability to do the techniques for your current grade. Grading to a new belt signifies completion of a section of the syllabus and therefore recognition of your increase in skill and being a step closer to the goal of Black Belt.

Gradings are held 3 times a year, in February, June and October.

Areas of testing

Attendance

In order to achieve the long-term benefits of martial arts training, it is important to train consistently. We recommend that, where possible, and especially as you get to higher grades, you should train more than once a week.

Before you are allowed to grade, you must have had your current belt for a minimum length of time and have attended a minimum number of lessons since your last grading.

Fitness

You are expected to improve your fitness as you progress. As part of your grading, you will be required to do a certain number of push-ups, sit-ups and squat jumps in class a week or two before the grading itself.

Martial Arts Knowledge

During class, a week or two before the grading, an instructor will take you to one side and ask you a number of questions. Up to 1 kyu (brown belt), all of the questions will be taken from this handbook; when you go for black belt, some of the questions may not be!

Attitude and Spirit - "Zanshin"

You should demonstrate a positive and respectful attitude. This includes following the rules of dojo etiquette and showing respect for instructors, senior grades and your fellow students. Your martial arts spirit can be demonstrated by how hard you work in class, the enthusiasm with which you perform techniques and the intensity of your *ki*. All of these together are referred to as your 'zanshin' - it can make a big difference, not only to your overall grading mark, but to how much you enjoy and how quickly you progress in martial arts.

Technique

Good basics are the foundation of a good martial artist; therefore we expect you to perform basics competently at all belt levels.

Procedure

On grading day, please arrive in plenty of time to get changed and register. In order to grade, you must have:

- A clean, ironed gi;
- An in-date licence;
- Sparring gear (if you are 6 kyu - green belt - or above);
- Money or cheque for your grading fee (unless you pay by standing order).

Grading begins with a short warm-up after which all students sit down around edge of the dojo. Students are then called on to the dojo floor in groups. When you hear your name called, stand up, bow and run to stand in front of the instructor who called your name.

There are a few traditions which we observe during gradings which you need to be aware of:

- If a black belt steps onto the dojo floor, you should immediately move from a seated to a kneeling position as a sign of respect (those with bad knees should stand).

- One or more "bodyguards" will be seated in front of the grading examiners. It is their job to protect the grading panel if, for example, you step forward when not told to do so. Rest assured, however, that the bodyguards are basically symbolic - they will not hurt you.

Results are announced, and certificates handed out at the end of the grading. Taking into account all of the areas of testing described above, you will be awarded an overall '*', 'A', 'B' or 'C' mark. A '*' ('star') indicates you have performed very well in all areas of testing.

An overall 'C' grade means that a number of your techniques need more practice. It is *not* a failure. It does, however, mean that you will have to re-grade at your current level. This gives you time to improve your weaker techniques, without having to learn new ones as well.

Along with your certificate, you will also get the sheet - often referred to as a 'Grading MOT' - on which the instructor will have marked how well you did each technique. Make sure you read any comments - they will help you improve.

Grades

Mudansha – grades below black belt

Grade	Japanese	Belt colour	Min time (months)*	Min class hours*
Novice		White		16
10 kyu	Jukyu	White with red stripe	4	16
9 kyu	Kukyu	White with yellow stripe	4	16
8 kyu	Hachikyu	Yellow	4	16
7 kyu	Shichikyu	Yellow with stripe	4	16
6 kyu	Rokkyu	Green	4	16
5 kyu	Gokyu	Green with stripe	4	16
4 kyu	Yonkyu	Blue	4	16
3 kyu	Sankyu	Blue with stripe	4	20
2 kyu	Nikyu	Brown	8	40
1 kyu	Ikkyu	Brown with stripe	12	75

* Note that these are the *minimum* numbers of months between gradings and class hours you must complete before being eligible to grade. In addition you must also satisfy technique and attitude requirements.

If you only have just over the minimum number of hours, in order to grade, you will be expected to have a good reason for missing so many lessons, to have worked hard in the lessons you did attend and to have made up for missed lessons by practising at home.

Seito – Brown Belts

In recognition of the dedication required to achieve these higher grades, brown belt holders have the title *Seito* ('Student').

In addition to the minimum number of class hours shown above, brown belts must also attend "brown and black belt" lessons, held in Yeovil approximately once a month - dates are published in newsletters and on the web site. Those unable to attend must inform a senior instructor and explain why.

All brown belts are required to attend gradings, even if not grading themselves.

"Be not afraid of moving slowly; be afraid only of standing still."
Chinese Proverb

Yudansha – black belt grades

Grade	Japanese	Title	Min time (years)
Black belt		Sempai	1
1 st Dan	Shodan	Sempai	2
2 nd Dan	Nidan	Sempai	3
3 rd Dan	Sandan	Sensei	4
4 th Dan	Yondan	Sensei	5
5 th Dan	Godan	Sensei	6
6 th Dan	Rokudan	Shihan	7
7 th Dan	Shichidan	Shihan	8
8 th Dan	Hachidan	Shihan	9
9 th Dan	Kudan	Master	10
10 th Dan	Judan	Professor	

*"What you get by achieving your goals is not as important
as what you become by achieving your goals."
Johann Wolfgang von Goethe*

Tsuen-Mo-Luen Training Syllabus

Novice – 10 Kyu (Juniors)
(White belt to White with red stripe)

Physical

Push-ups: 10
Crunches: 15
Squat jumps: 15

Stances

<i>Horse</i>	<i>Cat</i>	<i>Leaning</i>	<i>Equal</i>
<i>Normal</i>	<i>Closed</i>		

Punches

<i>Lunge</i>	<i>Reverse</i>	<i>Uraken</i>	<i>Elbow (forward)</i>
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Blocks

<i>Left/Right</i>	<i>Up and down</i>	<i>Down</i>
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Kicks

<i>Flick (groin)</i>	<i>Stomach</i>
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Combinations

White 1

Set Spars

Kata

Kihon (moves 1 - 9)

Sparring

None

10 Kyu – 9 Kyu (Juniors)
(White with red stripe to White with yellow stripe)

Physical

Push-ups: 15
 Crunches: 20
 Squat jumps: 20

Stances

Horse	<i>y</i>	<i>Sanchin</i>	Cat
Leaning	Equal	Normal	Closed

Punches

Lunge	Reverse	<i>Snap</i>	Uraken
<i>Elbow</i>			

Blocks

Left/Right	Up and down	<i>Rising</i>	Down
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Kicks

Flick (groin)	Stomach	<i>Back</i>	<i>Side thrust</i>
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Combinations

White 1	<i>White 2</i>		
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Set Spars

Kata

Kihon

Sparring

None

Novice – 9 Kyu (Cadets and Adults)

(White belt to White with yellow stripe)

Physical

Push-ups: 15
Crunches: 20
Squat jumps: 20

Stances

<i>Horse</i>	<i>Y</i>	<i>Sanchin</i>	<i>Cat</i>
<i>Leaning</i>	<i>Equal</i>	<i>Normal</i>	<i>Closed</i>

Punches

<i>Lunge</i>	<i>Reverse</i>	<i>Snap</i>	<i>Uraken</i>
<i>Elbow</i>			

Blocks

<i>Left/Right</i>	<i>Up and down</i>	<i>Rising</i>	<i>Down</i>
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Kicks

<i>Flick (groin)</i>	<i>Stomach</i>	<i>Back</i>	<i>Side thrust</i>
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Combinations

<i>White 1</i>	<i>White 2</i>
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Set Spars

Kata

Kihon

Sparring

None

9 Kyu – 8 Kyu
(White with yellow stripe to Yellow belt)

Physical

Push-ups: 20
Crunches: 25
Squat jumps: 25

Stances

Horse	Y	Sanchin	Cat
Leaning	Equal	Normal	Closed
<i>Back</i>	<i>Crane</i>		

Punches

Lunge	Reverse	Snap	Uraken
Elbow	<i>Spin</i>		

Blocks

Left/Right	Up and down	Rising	Down
<i>Knife hand</i>	<i>Support hand</i>	<i>Cross arm</i>	

Kicks

Flick (groin)	Stomach	Back	Side thrust
<i>Side snap</i>	<i>Stomp</i>	<i>Roundhouse</i>	

Combinations

White 1	White 2
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Set Spars

1	2
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Kata

Kihon	<i>Taikyoku Gedan</i>
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Sparring

Semi-free

8 Kyu – 7 Kyu
(Yellow belt to Yellow with stripe)

Physical

Push-ups: 20
Crunches: 25
Squat jumps: 25

Stances

Horse	Y	Sanchin	Cat
Leaning	Equal	Normal	Closed
Back	Crane		

Punches

Lunge	Reverse	Snap	Uraken
Elbow	Spin		

Blocks

Left/Right	Up and down	Rising	Down
Knife hand	Support hand	Cross arm	

Kicks

Flick (groin)	Stomach	Back	Side thrust
Side snap	Stomp	Roundhouse	

Combinations

<i>Yellow 1</i>	<i>Yellow 2</i>
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Set Spars

1 2

Kata

Kihon	Taikyoku Gedan	<i>Taikyoku Chudan</i>
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Sparring

Semi-free

7 Kyu – 6 Kyu
(Yellow with stripe to Green belt)

Physical

Push-ups: 25
Crunches: 35
Squat jumps: 35

Stances

Horse	Y	Sanchin	Cat
Leaning	Equal	Normal	Closed
Back	Crane		

Punches

Lunge	Reverse	Snap	Uraken
Elbow	Spin	<i>Double palm</i>	<i>Knife</i>
<i>Double</i>			

Blocks

Left/Right	Up and down	Rising	Down
Knife hand	Support hand	Cross arm	<i>Palm down</i>
<i>Sanchin</i>	<i>Double</i>		

Kicks

Flick (groin)	Stomach	Back	Side thrust
Side snap	Stomp	Roundhouse	<i>Outer crescent</i>
<i>Inner crescent</i>	<i>Jumping front</i>		

Combinations

Yellow 1	Yellow 2
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Set Spars

1	2	3	4
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Kata

Kihon	Taikyoku Gedan	Taikyoku Chudan	<i>Kihon-kata</i>
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Sparring

Semi-free

6 Kyu – 5 Kyu

(Green belt to Green with stripe)

Physical

Push-ups: 25
 Crunches: 35
 Squat jumps: 35

Stances

Horse	Y	Sanchin	Cat
Leaning	Equal	Normal	Closed
Back	Crane		

Punches

Lunge	Reverse	Snap	Uraken
Elbow	Spin	Double palm	Knife
Double	<i>Double kidney</i>		

Blocks

Left/Right	Up and down	Rising	Down
Knife hand	Support hand	Cross arm	Palm down
Sanchin	Double	<i>Double palm down</i>	

Kicks

Flick (groin)	Stomach	Back	Side thrust
Side snap	Stomp	Roundhouse	Outer crescent
Inner crescent	Jumping front		

Combinations

<i>Green 1</i>	<i>Green 2</i>
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Set Spars

1	2	3	4
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Kata

Kihon	Taikyoku Gedan	Taikyoku Chudan	Kihon-kata
<i>Taikyoku Mawashi Uke</i>			

Sparring

Free

5 Kyu – 4 Kyu

(Green with stripe to Blue belt)

Physical

Push-ups: 30
 Crunches: 45
 Squat jumps: 45

Stances

Horse	Y	Sanchin	Cat
Leaning	Equal	Normal	Closed
Back	Crane		

Punches

Lunge	Reverse	Snap	Uraken
Elbow	Spin	Double palm	Knife
Double	Double kidney	<i>Middle knuckle</i>	<i>Knuckle fist</i>
<i>Wrist strike</i>			

Blocks

Left/Right	Up and down	Rising	Down
Knife hand	Support hand	Cross arm	Palm down
Sanchin	Double	Double palm down	<i>Inner-outer</i>
<i>Outer-inner</i>			

Kicks

Flick (groin)	Stomach	Back	Side thrust
Side snap	Stomp	Roundhouse	Outer crescent
Inner crescent	Jumping front	<i>Hook</i>	

Combinations

Green 1	Green 2
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Set Spars

1	2	3	4	5	6
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Kata

Kihon	Taikyoku Gedan	Taikyoku Chudan	Kihon-kata
Taikyoku Mawashi Uke	<i>Sanchin</i>		

Sparring

Free

4 Kyu – 3 Kyu
(Blue belt to Blue with stripe)

Physical

Push-ups: 30
Crunches: 45
Squat jumps: 45

Stances

Horse	Y	Sanchin	Cat
Leaning	Equal	Normal	Closed
Back	Crane		

Punches

Lunge	Reverse	Snap	Uraken
Elbow	Spin	Double palm	Knife
Double	Double kidney	Middle knuckle	Knuckle fist
Wrist strike			

Blocks

Left/Right	Up and down	Rising	Down
Knife hand	Support hand	Cross arm	Palm down
Sanchin	Double	Double palm down	Inner-outer
Outer-inner			

Kicks

Flick (groin)	Stomach	Back	Side thrust
Side snap	Stomp	Roundhouse	Outer crescent
Inner crescent	Jumping front	Hook	

Combinations

<i>Blue 1</i>	<i>Blue 2</i>
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Set Spars

1	2	3	4	5	6
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Kata

Kihon	Taikyoku Gedan	Taikyoku Chudan	Kihon-kata
Taikyoku Mawashi Uke	Sanchin	Taikyoku Kake Uke	

Sparring

Free

3 Kyu – 2 Kyu

(Blue with stripe to Brown belt)

Physical

Push-ups: 35 + 20
 Crunches: 50
 Squat jumps: 50

Stances

Horse	Y	Sanchin	Cat
Leaning	Equal	Normal	Closed
Back	Crane		

Punches

Lunge	Reverse	Snap	Uraken
Elbow	Spin	Double palm	Knife
Double	Double kidney	Middle knuckle	Knuckle fist
Wrist strike			

Blocks

Left/Right	Up and down	Rising	Down
Knife hand	Support hand	Cross arm	Palm down
Sanchin	Double	Double palm down	Inner-outer
Outer-inner			

Kicks

Flick (groin)	Stomach	Back	Side thrust
Side snap	Stomp	Roundhouse	Outer crescent
Inner crescent	Jumping front	Hook	

Combinations

Blue 1 Blue 2

Set Spars

1 2 3 4 5 6 7 8

Kata

Kihon	Taikyoku Gedan	Taikyoku Chudan	Kihon-kata
Taikyoku Mawashi Uke	Sanchin	Taikyoku Kake Uke	Tensho

Sparring

Free

2 Kyu – 1 Kyu

(Brown belt to Brown with stripe)

Physical

Push-ups: 40 + 30
 Crunches: 55
 Squat jumps: 55

Stances

Horse	Y	Sanchin	Cat
Leaning	Equal	Normal	Closed
Back	Crane		

Punches

Lunge	Reverse	Snap	Uraken
Elbow	Spin	Double palm	Knife
Double	Double kidney	Middle knuckle	Knuckle fist
Wrist strike	<i>Tiger claw</i>	<i>Dragon</i>	<i>Thumb-knuckle fist</i>
<i>Phoenix</i>	<i>Straight fingers to eyes</i>		

Blocks

Left/Right	Up and down	Rising	Down
Knife hand	Support hand	Cross arm	Palm down
Sanchin	Double	Double palm down	Inner-outer
Outer-inner			

Kicks

Flick (groin)	Stomach	Back	Side thrust
Side snap	Stomp	Roundhouse	Outer crescent
Inner crescent	Jumping front	Hook	

Combinations

<i>Brown 1</i>	<i>Brown 2</i>
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Set Spars

1	2	3	4	5	6	7	8	9	10
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Kata

Kihon	Taikyoku Gedan	Taikyoku Chudan	Kihon-kata
Taikyoku Mawashi Uke	Sanchin	Taikyoku Kake Uke	Tensho
<i>Se-ien-chin</i>	<i>Tsuki-no-kata</i>		

Sparring

Free

1 Kyu – Black belt

(Brown with stripe to Black belt)

Physical

Push-ups: 50 + 40
 Crunches: 60
 Squat jumps: 60

Stances

Horse	Y	Sanchin	Cat
Leaning	Equal	Normal	Closed
Back	Crane		

Punches

Lunge	Reverse	Snap	Uraken
Elbow	Spin	Double palm	Knife
Double	Double kidney	Middle knuckle	Knuckle fist
Wrist strike	Tiger claw	Dragon	Thumb-knuckle fist
Phoenix	Straight fingers to eyes		

Blocks

Left/Right	Up and down	Rising	Down
Knife hand	Support hand	Cross arm	Palm down
Sanchin	Double	Double palm down	Inner-outer
Outer-inner			

Kicks

Flick (groin)	Stomach	Back	Side thrust
Side snap	Stomp	Roundhouse	Outer crescent
Inner crescent	Jumping front	Hook	

Combinations

Brown 1	Brown 2
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Set Spars

1	2	3	4	5	6	7	8	9	10	11	12
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Kata

Kihon	Taikyoku <i>Gedan</i>	Taikyoku <i>Chudan</i>	Kihon-kata
Taikyoku <i>Mawashi Uke</i>	Sanchin	Taikyoku <i>Kake Uke</i>	Tensho
<i>Se-ien-chin</i>	<i>Tsuki-no-kata</i>	<i>Saifa</i>	<i>Uke-no-kata</i>

Sparring










Free

Additional (Over 18s only)

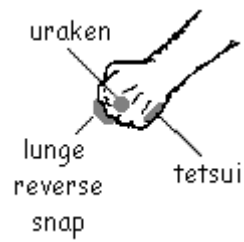
Breaking	First aid	Thesis (1000 words minimum)
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Technique Information

Stances

<i>Kiba</i> Horse		Feet two shoulder-widths apart, turned out at 45°. Knees bent. Heels in line. Half (50%) weight on each leg.
<i>Yoko Zenkutsu</i> Y		Feet 1½ shoulder-widths apart, both facing forward. Heel of front foot in line with toes of back foot. Front leg bent, back leg straight. 60% weight on front leg; 40% on back leg.
<i>Sanchin</i> Hourglass		Feet shoulder width apart. Knees bent, facing in. Front heel in line with big toe of back foot. Feet turned in slightly. 50% weight on each leg.
<i>Neko Ashi</i> Cat		100% weight on back leg, ball of front foot resting lightly on the floor. Front knee turned in slightly to protect groin. Back leg slightly bent. Back foot turned out slightly.
<i>Zenkutsu</i> Leaning		1½ shoulder-widths long, 1 shoulder-width wide. Front foot facing forward with knee bent to cover foot. Back leg straight. Back foot turned out by no more than 45°. Slightly more than half weight on front leg; slightly less than half on back leg.
<i>Kokutsu</i> Back		Feet 1½ shoulder-widths apart. Heels in line. Front foot facing forward, back foot facing back at 45°. 30% weight on front leg; 70% on back leg.
<i>Hachisi</i> Equal		Feet shoulder width apart, pointing slightly inwards. 50% weight on each leg.
<i>Musubi</i> Normal		Heels together, toes point outwards at 45°. 50% weight on each leg. Hands by sides, fingers straight and together.
<i>Heisoku</i> Closed		Feet together, pointing forwards. 50% weight on each leg. Hands by sides, fingers straight and together

Striking Surfaces



*"Anyone who has never made a mistake has never tried anything new."
Albert Einstein*

Sparring

Set-spars

These are basic sparring exercises for practicing correct attack and defence techniques. They are done in pairs or groups of three. The attacker steps forward and performs a set attack; the defender then performs a set block and counterattack. All movements should be done with accuracy, power and control.

Semi-free sparring

This is the next step up the sparring ladder. The attacker is told which technique to use (in the presence of the defender). The defender is allowed to do any defensive technique with one counterattack. The defender chooses the techniques to do. All movements should be done with accuracy, power and control.

Circle sparring

This is the final stage before free sparring. It consists of one defender and several attackers in a circle around the defender. Each attacker is allowed to use one technique of his/her choice and the defender one defensive technique and counterattack, also of his/her choice. As soon as the defender has completed the technique the next opponent is allowed to attack. This should be done with zanshin.

Free sparring

This is a continuous fight between two opponents, there is no set defender or attacker, both participants are free to attack and defend with all available means and methods. The bout will last for either a set time period or until one competitor reaches a set number of points.

Free sparring Rules

All participants must wear the following protective items while sparring:

- Headgear
- Mitts
- Shin & instep

Light contact is permitted to the head in the area covered by the headgear; light to moderate contact is permitted to the body above the waist

Attacks are not allowed to:

- Face
- Groin
- Spine
- Throat
- Legs
- Joints (including wrists, elbows, shoulders, ankles, knees and hips)

Have fun! Free sparring in class is not about winning or losing but improving your skills and the skills of your partner.

*"There is nothing noble in being superior to some other person.
The true nobility is in being superior to your previous self."
Hindu proverb*

Combinations

White Belt

- White 1 Horse stance, elbow strike, uraken
White 2 Leaning stance, reverse punch, down block

Yellow Belt

- Yellow 1 Fighting stance; step back with right leg to left leaning stance, left down block; reverse palm strike; right leg stamping kick
Yellow 2 Fighting stance; step forward right leg to left leg, left leg kick feint; right leg flick kick; step down to right leaning stance; lunge punch to head; reverse punch to body; step back to right cat stance, right hand rising block

Green Belt

- Green 1 Fighting stance; step forward right leg to left leg, left leg kick feint, double kidney punch; right leg flick kick; step down to right leaning stance, right down block; reverse punch
Green 2 Fighting stance; step back with right leg to left leaning stance, double-palm-down block; right leg sweep kick, up-and-down block; turn doing axe kick with left leg; half step forward left leg to leaning stance, reverse punch; step forward with right leg to fighting stance

Blue Belt

- Blue 1 Fighting stance; step back into back stance, bo defence; right leg cross heel kick, right hand support block; step back right leg, wristlock or lapel grab; right stomach kick
Blue 2 Fighting stance; step forward, right hammer fist; right uraken; reverse punch; right down block; right flick kick; left jumping front kick (flick); right jumping front kick (stomach)

Brown Belt

- Brown 1 White 1 - Blue 2, twice each
Brown 2 Blue 2 - White 1, twice each

*"Defeat is a state of mind. No one is ever defeated
until defeat has been accepted as a reality."
Bruce Lee*

Set Spars

Attack (<i>yaf</i>)	Defence (<i>tok</i>)
1 Leaning stance, lunge punch	Half-step back left leg, left block. Step forward right leg horse stance, middle knuckle strike to point below sternum
2 Horse stance, lunge punch	Left leg Y stance, right down block Twist into leaning stance, reverse punch to kidneys
3 Leaning stance, lunge punch	Half-step back left leg, right block. Step forward left leg horse stance, left punch to kidneys
4 Horse stance, lunge punch	Right leg Y stance, left down block Twist into leaning stance, reverse punch to face
5 Leaning stance, lunge punch	Step to left into right cat stance, right down block, left cover Right leg roundhouse with ball of foot to point below sternum
6 Horse stance, lunge punch	Half-step back left leg, left palm-down block. Right back uraken to head
7 Leaning stance, lunge punch	Half-step back left leg, left open hand block across body. Step forward right horse stance (outside attacker's right leg), right back uraken to chest
8 Horse stance, lunge punch	Step to left, right support-hand block Twist and step back left leg to right leaning stance, arm lock
9 Leaning stance, lunge punch	Step forward 45° and twist to left cat stance, left knife block Right knife-hand strike to neck
10 Horse stance, lunge punch	Step to left, right support-hand block Right side thrust kick to knee
11 Leaning stance, lunge punch	Half-step back left leg, left open hand block across body. Step forward right horse stance (outside attacker's right leg), right back uraken to chest, takedown, right stomp kick
12 Right leg stomach kick	Half-step back right leg, right down block Step forward left to horse stance, grab collar, right middle knuckle to base of spine

"You've only failed, if you've failed to try."

Unknown

Free-Fighting Techniques

Students below 6 kyu (green belt) do only part 1 of defence; students at 6 kyu and above do parts 1 and 2.

Attack	Defence
1 Right hand lunge punch to chest	1. Half-step back right leg, left block; reverse punch to head; lunge punch to chest 2. Right leg kick to inside thigh; Right leg roundhouse to head
2 Right hand lunge punch to head	1. Half-step back right leg; left rising block; right knee to stomach. 2. Right elbow under chin, step through to take down, knee to neck, wrist lock
3 Right hand lunge punch to chest	1. Step forward right leg horse stance; left block; right unaken. 2. Right ridge-hand to neck; left hand grasp attacker's right arm, wrap around neck to strangle hold; step back left leg and take down dropping back onto right knee
4 Right hand lunge punch to chest	1a. (below 6 kyu) Half-step back right leg; left down block; right stomach kick to groin 1b. (6kyu and above) Simultaneous left palm down block and jumping right stomach kick to groin 2. Right kick to inside thigh; right elbow downwards onto shoulder; wrist lock; heel kick to face
5 Right hand lunge punch to chest	1. Step forward and left to right cat stance, left open-hand block across body; right punch to kidneys. 2. Turn anticlockwise and step through to horse stance, left elbow to ribs; heel kick to groin; right knife strike to groin; right palm strike under chin; takedown; head lock

*"Courage is resistance to fear, mastery of fear—not absence of fear."
Mark Twain*

型
主

Kata

Some Points on Kata

Kata are a set of movements, and attack and defence techniques in a fixed sequence. In kata you systematically deal with several imaginary opponents using attacking and blocking techniques in different directions. Kata practice enables you to go through many basic movements in a series to develop sparring technique, improve flexibility, master body shifting, build muscles and breath control, and develop fluid, smooth, rhythmical movements.

1. All kata start and end on the same spot.
2. Perfect kata should be developed around these six points:
 - 1) Eyes - should express intensity
 - 2) Breathing - breathe in and out in the proper places
 - 3) Kiai - must be done with feeling
 - 4) Focus
 - 5) Pace - like good music, good kata has rhythm
 - 6) Technique - without proper technique it is not kata
3. When doing kata you must visualise the attackers - imagining is not good enough - *visualise*.
4. Try to perfect one or two kata, three at most. Quality is better than quantity
5. Before doing each kata, take the opportunity during the *mukuso* to talk to yourself, convincing yourself this will be the best kata you have ever done.
6. There are four steps to mastering a kata:
 - 1) Learn the moves of the kata
 - 2) Learn the rhythm
 - 3) Visualize opponents while doing the kata
 - 4) Become one with the kata
7. The practice of kata must not be confined to the body but must also exercise the mind and spirit.
8. A kata is more than an accumulation of basic techniques; it is a whole form which from beginning to end must be performed in a flowing but active and energetic way as if it were a living thing, not just a series of movements.
9. The three important points of adjustments - power (hard and soft), speed of techniques and the movement and stretching of the body - must be made clear in execution.
10. The movement of the kata and your breathing must relate, and fast sequences of techniques must be performed in one breath.
11. The direction in which the eyes look must correspond with the movements of the kata, and the intention of the performer must be made clear from his movements.

"Karate ni sente nashi"
("There is no first attack in karate")
Gichin Funakoshi

Kihon

基本

Literally, "**Basic**". Developed by Gichin Funakoshi as a basic introduction to karate kata, kihon is a four direction block and punch.

(In Shotokan karate, Kihon is also known as Taikyoku Shodan.)

Move	Direction	Stance	Technique
1		Equal	Look left
2	left 90°	L leaning	Down block
3	forward	R leaning	Lunge punch
4	180° turn clockwise	R leaning	Down block
5	forward	L leaning	Lunge punch
6	left 90°	L leaning	Down block
7	forward	R leaning	Lunge punch
8	forward	L leaning	Lunge punch
9	forward	R leaning	Lunge punch. Kiai
10	270° turn anticlockwise	L leaning	Down block
11	forward	R leaning	Lunge punch
12	180° turn clockwise	R leaning	Down block
13	forward	L leaning	Lunge punch
14	left 90°	L leaning	Down block
15	forward	R leaning	Lunge punch
16	forward	L leaning	Lunge punch
17	forward	R leaning	Lunge punch. Kiai
18	270° turn anticlockwise	L leaning	Down block
19	forward	R leaning	Lunge punch
20	180° turn clockwise	R leaning	Down block
21	forward	L leaning	Lunge punch

Taikyoku Gedan

大極下段 Literally "**First cause, lower**". A basic kata following the same 'H' pattern as kihon, this kata introduces you to moving and turning in horse stance. The Taikyoku series of kata were originally developed by Gichin Funakoshi and subsequently introduced, with modifications, into Japanese Goju Ryu by Gogen Yamaguchi.

- 1 Look left
- 2 Turn 90° to left; step forward to left horse stance; left down block
- 3 Step forward to right horse stance; lunge (right) punch to chest
- 4 Look behind; stepping with right leg, 180° turn clockwise to right horse; right down block.
- 5 Step forward to left horse stance; lunge (left) punch to chest
- 6 Turn 90° to left; step forward to left horse stance; left down block
- 7 Step forward to right leaning stance; lunge (right) punch to head
- 8 Step forward to left leaning stance; lunge (left) punch to groin
- 9 Step forward to right leaning stance; lunge (right) punch to chest; **Kiai**
- 10 Look right; stepping with left leg, turn 270° anticlockwise to left horse; left down block
- 11 Step forward to right horse stance; lunge (right) punch to chest
- 12 Look behind; stepping with right leg, 180° turn clockwise to right horse; right down block.
- 13 Step forward to left horse stance; lunge (left) punch to chest
- 14 Turn 90° to left; step forward to left horse stance; left down block
- 15 Step forward to right leaning stance; lunge (right) punch to head
- 16 Step forward to left leaning stance; lunge (left) punch to groin
- 17 Step forward to right leaning stance; lunge (right) punch to chest; **Kiai**
- 18 Look right; stepping with left leg, turn 270° anticlockwise to left horse; left down block
- 19 Step forward to right horse stance; lunge (right) punch to chest
- 20 Look behind; stepping with right leg, 180° turn clockwise to right horse; right down block.
- 21 Step forward to left horse stance; lunge (left) punch to chest

Taikyoku Chudan

大極中段 Literally "**First cause, middle**". A basic kata following the same 'H' pattern as kihon, this kata introduces you to moving and turning in sanchin stance and to changing between different types of stance.
(See also Taikyoku Gedan.)

- 1 Look left
- 2 Turn 90° to left; step forward to left sanchin stance; left block
- 3 Step forward to right sanchin stance; lunge (right) punch to chest
- 4 Look behind; stepping with right leg, 180° turn clockwise to right sanchin; right block.
- 5 Step forward to left sanchin stance; lunge (left) punch to chest
- 6 Turn 90° to left; step forward to left sanchin stance; left block
- 7 Step forward to right leaning stance; lunge (right) punch to head
- 8 Step forward to left leaning stance; lunge (left) punch to groin
- 9 Step forward to right leaning stance; lunge (right) punch to chest; **Kiai**
- 10 Look right; stepping with left leg, turn 270° anticlockwise to left sanchin; left block
- 11 Repeat 3
- 12 Repeat 4
- 13 Repeat 5
- 14 Repeat 6
- 15 Repeat 7
- 16 Repeat 8
- 17 Repeat 9
- 18 Repeat 10
- 19 Repeat 3
- 20 Repeat 4
- 21 Repeat 5

Kihon-kata

基本型

Literally "**Basic kata**". A more advanced basic kata with a wider variety of stances and techniques, this kata introduces new turns and hand techniques.

This kata comes from Seigokan and was created by the founder of that style, Seigo Tada

- 1 Step back right leg to 45° horse stance; left down block; reverse punch
- 2 Step forward to 45° horse stance; reverse punch
- 3 Step forward to left sanchin stance; reverse punch
- 4 Step forward to right sanchin; reverse punch
- 5 Step forward to left Y stance; reverse punch to left side (belt level)
- 6 Step forward to right Y stance; reverse punch to right side (belt level); lunge punch to front
- 7 Step across with right leg while dropping right elbow to left fist; turn 180° anticlockwise to left sanchin stance; left block; reverse punch
- 8 Step forward to right sanchin; right block; reverse punch; lunge punch
- 9 Step forward to left leaning stance; lunge punch (head)
- 10 Step forward 45° to left to right leaning stance; lunge punch (head)
- 11 Keeping right arm extended, rotate 135° anticlockwise to left leaning stance; lunge punch
- 12 Step right leg to the side to horse stance; right punch to the side, belt level
- 13 Move to your right in horse stance; left punch to the side (belt level); right knife-hand strike to the side (belt level)
- 14 Move to your right in horse stance; left knife-hand strike to the side (belt level)
- 15 Bring left foot in then step back to right leaning stance; right block, left down block
- 16 Lunge punch (head); reverse punch (groin); lunge punch (chest). **Kiai**

Taikyoku Mawashi Uke

大極廻受 Literally, "First cause, roundhouse block". A basic kata following the same 'H' pattern as kihon, this kata introduces a number of new techniques and combinations of techniques.
(See also Taikyoku Gedan.)

- 1 Look left
- 2 Turn 90° to left; step forward to left sanchin stance; left sanchin block; double palm strike.
- 3a Step forward to right cat stance; extend open left hand in front.
- 3b Step right leg to horse stance; right elbow strike to left hand; right uraken (head); right hammer fist (groin). Twist to right leaning stance; reverse punch (chest)
- 4 Look behind; stepping with right leg, 180° turn clockwise to right sanchin; right sanchin block; double palm strike.
- 5a Step forward to left cat stance; extend open right hand in front.
- 5b Step left leg to horse stance; left elbow strike to right hand; left uraken (head); left hammer fist (groin). Twist to left leaning stance; reverse punch (chest)
- 6 Turn 90° to left; step forward to left sanchin stance; left sanchin block; double palm strike
- 7 Repeat 3 with reverse punch to head
- 8 Repeat 5 with reverse punch to groin
- 9 Repeat 3. **Kiai**
- 10 Look right; stepping with left leg, turn 270° anticlockwise to left sanchin; left sanchin block; double palm strike
- 11 Repeat 3
- 12 Repeat 4
- 13 Repeat 5
- 14 Repeat 6
- 15 Repeat 7
- 16 Repeat 8
- 17 Repeat 9
- 18 Repeat 10
- 19 Repeat 3
- 20 Repeat 4
- 21 Repeat 5

Sanchin

三戦

Translates as "**3 Battles**" - generally taken to be with the mind, the body and the spirit. Through hard training and steady practising, the three of them should be united.

Sanchin is perhaps one of the oldest kata; certain legends attribute its creation to Bodhidharma. Like most Goju Ryu kata, it can be found in several Chinese arts, particularly the southern styles including four styles of Crane Boxing. The Sanchin which Kanryu Higaonna learned in China was performed with open hands (as it still is in Uechi Ryu) but he later changed this to closed fists.

One of the two fundamental kata of the Goju system, Sanchin exemplifies the hard (*go*) aspects of the system. It is an isometric kata where each move is performed in a state of complete tension, accompanied by powerful, deep breathing (*ibuki*) that originates in the lower abdomen (*tan den*).

- 1 Step forward to right sanchin stance; double block; reverse punch (chest); double block.
- 2 Step forward to left sanchin stance while maintaining double block; reverse punch (chest); double block.
- 3 Step forward to right sanchin stance while maintaining double block; half reverse punch.
- 4 Step across with right leg; turn 180° anticlockwise to left sanchin stance; left block; reverse punch; double block
- 5 Step forward to right sanchin stance while maintaining double block; half reverse punch.
- 6 Step across with right leg; turn 180° anticlockwise to left sanchin stance; left block; reverse punch; double block
- 7 Step forward to right sanchin stance while maintaining double block; reverse punch
- 8 Lunge punch; double block; half reverse punch
- 9 Double inward knife block; double knife strike (belt level)
- 10 Double knife strike (belt level)
- 11 Double knife strike (belt level)
- 12 Step back to left sanchin stance while executing right sanchin block; double palm strike
- 13 Step back to right sanchin stance while executing left sanchin block; double palm strike

Taikyoku Kake Uke

大極掛受 Literally, "First cause, hooking block". A basic kata following the same 'H' pattern as kihon, this kata is the same as Taikyoku Mawashi Uke except for the block used.

(See also Taikyoku Gedan.)

- 1 Look left
- 2 Turn 90° to left; step forward to left sanchin stance; left hooking block.
- 3a Step forward to right cat stance; extend open left hand in front.
- 3b Step right leg to horse stance; right elbow strike to left hand; right uraken (head); right hammer fist (groin). Twist to right leaning stance; reverse punch (chest)
- 4 Look behind; stepping with right leg, 180° turn clockwise to right sanchin; right hooking block.
- 5a Step forward to left cat stance; extend open right hand in front.
- 5b Step left leg to horse stance; left elbow strike to right hand; left uraken (head); left hammer fist (groin). Twist to left leaning stance; reverse punch (chest)
- 6 Turn 90° to left; step forward to left sanchin stance; left hooking block
- 7 Repeat 3 with reverse punch to head
- 8 Repeat 5 with reverse punch to groin
- 9 Repeat 3. **Kiai**
- 10 Look right; stepping with left leg, turn 270° anticlockwise to left sanchin; left hooking block
- 11 Repeat 3
- 12 Repeat 4
- 13 Repeat 5
- 14 Repeat 6
- 15 Repeat 7
- 16 Repeat 8
- 17 Repeat 9
- 18 Repeat 10
- 19 Repeat 3
- 20 Repeat 4
- 21 Repeat 5

Tensho

転掌

Translates as "**Turning palm**". The second of the two fundamental kata of the Goju system, Tensho is the soft (*ju*) and circular (*yin*) counterpart to the hard (*go*) and linear (*yang*) Sanchin. It is a combination of soft, flowing hand movements (*ju*) with hard dynamic tension and deep breathing (*ibuki*)

Tensho was developed by Chojun Miyagi, based on the *Rokkishu* ("6 hands") kata of the Chinese White Crane style.

- 1 Step forward to right sanchin stance; double block; draw left hand back; right knife-hand block, grab and pull in; right palm-heel strike (head); right knife-hand strike (neck); right palm-heel strike (groin); right chicken-head block (rising); right palm-heel block (downward); right palm-heel block (inward); right chicken-head block (outward)
- 2 Step forward to left sanchin stance; left block; left knife-hand block, grab and pull in; left palm-heel strike (head); left knife-hand strike (neck); left palm-heel strike (groin); left chicken-head block (rising); left palm-heel block (downward); left palm-heel block (inward); left chicken-head block (outward)
- 3 Step forward to right sanchin stance; double block; double knife-hand block, grab and pull in; double palm-heel strike (head); double knife-hand strike (neck); double palm-heel strike (groin); double chicken-head block (rising); double palm-heel block (downward); double palm-heel block (inward); double chicken-head block (outward)
- 4 Double inward knife block; double knife strike (belt level)
- 5 Step back to left sanchin stance; double inward knife block; double knife strike (belt level)
- 6 Step back to right sanchin stance; double inward knife block; double knife strike (belt level)
- 7 Step back to left sanchin stance while executing right sanchin block; double palm strike
- 8 Step back to right sanchin stance while executing left sanchin block; double palm strike

Se-ien-chin

制引戰 Translates as "System, pulling and battle" and has been interpreted in various ways, including "silently marching far", "conquer and subdue over a distance" and "attack the rebellious outpost"

Seienchin is a very old Chinese kata, probably originating in the Hsing-I system, and is one of the tiger series of kata.

- 1 Step forward right leg to 45° horse stance; double palm-down block forming triangle with thumbs and forefingers; curl fingers under and raise hands, back-to-back, until finger tips are level with nose; close hands; down block over each knee; right block; open hands; right hand grab and pull in while executing left-hand, palm-up knife strike (belt level)
- 2 Step forward to 45° horse stance; double palm-down block forming triangle with thumbs and forefingers; curl fingers under and raise hands, back-to-back until finger tips are level with nose; close hands; down block over each knee; left block; open hands; left hand grab and pull in while executing right-hand, palm-up knife strike (belt level)
- 3 Step forward to 45° horse stance; double palm-down block forming triangle with thumbs and forefingers; curl fingers under and raise hands, back-to-back until finger tips are level with nose; close hands; down block over each knee; open hands; right knife-hand block; right hand grab and pull in while executing left-hand, palm-up knife strike (belt level); close right hand and circle round and down onto open left hand; step back right leg to left fudo stance while pulling right fist to side, covered by open left hand; step forward to right fudo while extending right fist to front, open left hand on top; step back to left fudo stance while executing right rising elbow strike to open left hand (shoulder level)
- 4 Step up with back leg to 'T' stance; right support-hand block
- 5 Twist and step forward left leg to 45° horse stance; left down block
- 6 Step back to 45° horse stance; right down block
- 7 Step up with back leg to 'T' stance; left support-hand block
- 8 Twist and step forward right leg to 45° horse stance; right down block
- 9 Step back to 45° horse stance; left down block
- 10 Step back left leg to right back stance; bo-defence
- 11 Step back to left back stance; bo-defence
- 12 Step up with right leg to left fudo stance; right support-hand block
- 13 Step right leg then left leg to right fudo stance; left palm down block; right punch (head)
- 14 Step across with right leg and turn 135° anticlockwise to left sanchin stance; left up & down block
- 15 Step forward right leg to 45° horse stance; left hand hair grab, right knuckle-fist (throat); right uraken (head); right hammer-fist (groin).Kiai
- 16 Step back right leg to 45° horse stance; left down block
- 17 Turn to face front, bringing right leg back to right cat stance; right elbow strike
- 18 Step back to left cat stance; left elbow strike
- 19 Step across with left leg and turn 135° clockwise to right sanchin stance; right up & down block
- 20 Step forward left leg to 45° horse stance; right hand hair grab, left knuckle-fist (throat); left uraken (head); left hammer-fist (groin).Kiai
- 21 Step back left leg to 45° horse stance; right down block
- 22 Turn to face front, bringing left leg back to left cat stance; left elbow strike
- 23 Step back to right cat stance; right elbow strike
- 24 Step forward right leg then left leg to right fudo stance; right palm down block; left palm down block; right snap punch (head)
- 25 Step back left leg then right leg to right cat stance; strangle release.

Tsuki-no-kata

"Punching kata". Developed by Shihan Stoddern (for this 3rd Dan grading) as a more complex version of *Kihon-Kata*, he says of Tsuki-no-kata: "This kata should not be overlooked as the fundamental techniques are not what they seem".

- 1 Step back right leg to 45° horse stance; left down block; reverse punch
- 2 Step forward to 45° horse stance; reverse punch
- 3 Step forward to left sanchin stance; reverse punch
- 4 Step forward to right sanchin; reverse punch
- 5 Step forward to left leaning stance; reverse punch
- 6 Step forward to right leaning stance; reverse punch; lunge punch
- 7 Step up and behind right leg with left, turn 180° anticlockwise to left sanchin stance; left block; reverse punch
- 8 Step forward to right sanchin; right block; reverse punch; lunge punch
- 9 Step forward to left leaning stance; lunge punch (head)
- 10 Step forward to right leaning stance; lunge punch (head); reverse punch (head)
- 11 Spin 180° anticlockwise, moving left foot across, to left leaning stance; left down block; right leg stomach lick
- 12 Keeping right knee up, twist body slowly 90° to right while executing left palm-heel strike to right side
- 13 Step right leg to the side to horse stance; right punch to the side (belt level); twist slowly to deep right leaning stance while executing left palm-heel strike; twist back to horse stance; right punch to side (belt level)
- 14 Move to your right in horse stance; left punch to the side (belt level); right knife-hand strike to the side (belt level)
- 15 Move to your right in horse stance; left knife-hand strike to the side (belt level)
- 16 Bring left foot in then step back to right leaning stance; right block, left down block
- 17 Lunge punch (head); reverse punch (groin); lunge punch (chest). **Kiai**
Reverse punch (head); lunge punch (groin); reverse punch (chest). **Kiai**
Lunge punch (head); reverse punch (groin); lunge punch (chest). **Kiai**
- 18 Step back to left sanchin stance while executing right sanchin block; double palm strike

Saifa

碎破

Translates as "to smash and break into pieces". Saifa is another of the Goju Ryu kata originating in China - probably from the White Crane style - and brought back to Okinawa by Kanryu Higaonna.

- 1 Turn 90° to left while sweeping right foot and hand in a wide arc; cover right fist with open left hand and bring right fist to right side; extend right fist to front, open left hand on top.
- 2 Look to right; step to left into to horse stance, right block to right side.
- 3 Turn 180° to right while sweeping left foot and hand in a wide arc; cover left fist with open right hand and bring left fist to left side; extend left fist to front, open right hand on top.
- 4 Look to left; step to right into to horse stance, left block to left side.
- 5 Turn 180° to left while sweeping right foot and hand in a wide arc; cover right fist with open left hand and bring right fist to right side; extend right fist to front, open left hand on top.
- 6 Look to right; step to left into to horse stance, right knife-hand block to right side.
- 7 Left Y stance, left knife-hand block, right palm-down block; right knee strike; right front kick
- 8 Right Y stance, right knife-hand block, left palm-down block; left knee strike; left front kick
- 9 Step back to right leaning stance; circle arms, right hammer-fist to open left hand.
- 10 Raise right knee bringing fists back to chamber; turn 45° to left and drop into right leaning stance while executing lower cross-arm block.
- 11 Turn in-place 135° to left to left leaning stance; lower cross-arm block; circle arms, right hammer-fist to open left hand;
- 12 Turn 180° to right with right knee and fist raised; right stomp to fudo stance; right hammer-fist; **Kiai**;
Slow reverse punch.
- 13 Turn 180° to left with left knee and fist raised; left stomp to fudo stance; left hammer-fist; **Kiai**;
Slow reverse punch.
- 14 Step forward to right fudo stance; slow half-reverse punch.
- 15 Extend open left hand, palm-up to left, open right hand, palm-down across chest; spin 180° to right to right cat stance, swinging arms round to end with right hand extended, palm-down to right, left hand, palm-up above belt knot; right ridge-hand while withdrawing left hand; small circular block; double-palm strike.

Uke-no-kata

受の型 Literally "Blocking kata", this kata comes from Seigokan and was created by the founder of that style, Seigo Tada

- 1 Step back right leg to left sanchin stance; left block; left down block
- 2 Step back left leg to right sanchin stance; right block; right down block
- 3 Step back right leg to 45° horse stance; left down block
- 4 Step back left leg to 45° horse stance; right down block; right up & down block
- 5 Step forward left leg to left Y stance; left knife-hand block, right palm-down block
- 6 In-place, twist into right Y stance; right knife-hand block, left palm-down block
- 7 Step back left leg to right cat stance; right palm-down block; right knife-hand block
- 8 Step forward left leg to left leaning stance; right support hand block; right down block; left block; right hooking block
- 9 Step forward right leg to right leaning stance; left support hand block; left down block; right block; left hooking block
- 10 In place, twist 90° to the left into left leaning stance; left block
- 11 Bring right foot up to left, turn 180° anticlockwise, step back right leg to left leaning stance; left block
- 12 Step forward right leg to horse stance; right block to side
- 13 Stepping with left leg to horse stance; right block to side; open and extend right hand; left inner-crescent kick to right hand; left side-thrust kick; step down to left Y stance; left palm strike to groin; twist to right Y stance; left block
- 14 Step back left leg to right sanchin stance; right up-and-down block
- 15 Stepping across with right leg, turn 180° anticlockwise to left sanchin stance; left up-and-down block; double uraken to head
- 16 Step forward to right leaning stance; double punch to chest
- 17 Step forward left leg to horse stance, turn head to face opposite direction; left hand grab and pull while executing right palm heel strike
- 18 Step forward to horse stance; right hand grab and pull while executing left palm heel strike
- 19 Step forward to right leaning stance; extend open hands to form inverted 'V' at head level; pull hand back and down on to left knee strike. **kiai**
- 20 Step back to right cat stance; right sanchin block; double palm strike

Terminology

Numbers

English	Japanese	Pronunciation
One	Ichi	ee-chee
Two	Ni	Nee
Three	San	sahn
Four	Shi	shee
Five	Go	goh
Six	Roku	roh-koo
Seven	Shichi	shee-chee
Eight	Hachi	hah-chee
Nine	Ku	koo
Ten	Ju	ju

General

English	Japanese	Pronunciation
Student	Seito	say-toe
Senior	Sempai	sam-pie
Teacher	Sensei	sen-say
Basic	Kihon	kee-hon
Bow	Rei	ray
Low section	Gedan	geh-dan
Middle section	Chudan	choo-dan
High section	Jodan	jo-dan
Forms	Kata	Kah-ta
Kneel	Seiza	say-zar
Stand	Kiritsu	kee-reet-soo
Meditation	Mokuso	Mo-koo-soh
Stop	Yame	Ya-may
Training hall	Dojo	Doh-joh
Training uniform	Gi	gee
Turn	Mawatte	mah-wat-tay

Techniques

English	Japanese	Pronunciation
Stance	Dachi	dah-chee
Back	Kokutsu	koh-koo-tsue
Cat	Neko ashi	neh-koh ah-shee
Crane	Tsuru ashi	Tsoo-roo ah-shee
Closed	Heisoku	hay-sow-koo
Equal	Hachisi	hah-chee-see
Leaning	Zenkutsu	zen-koo-tsue
Immovable	Fudo	foo-doh
Normal	Musubi	moo-sue-be
Horse	Kiba	kee-bah
Hourglass	Sanchin	san-chin

English	Japanese	Pronunciation
Y	Yoko Zenkutsu	yoh-koh zen-koo-tsue
Block	Uke	oo-kay
Middle (left/right)	Chudan	chew-dahn
Down	Gedan barai	geh-dahn bah-rye
Rising	Age	ah-geh
Knife-hand	Shuto	shoe-toe
Support-hand	Morote	moe-row-teh
Cross-arm	Juji	jew-gee
Palm-down	Kaisho gedan barai	Kah-ee-show geh-dahn bah-rye
Sanchin	Mawashi	mah-wha-she
Double-palm-down	Teisho-awase	tay-show ah-wah-say
Inner-outer	Uchi	oo-chee
Outer-inner	Soto	so-toh
Chicken-head	Kakuto	ka-koo-to
Hooking	Take	kah-kay
Palm heel	Teisho	tay-shoh
Punch	Zuki	zoo-kee
Straight punch	Choku zuki	cho-koo zoo-kee
Lunge punch	Oi zuki	oh-ee zoo-kee
Reverse punch	Gyaku zuki	gya-koo zoo-kee
Snap (jab) punch	Kizami zuki	key-zah-me zoo-kee
Double punch	Morote zuki	moe-row-teh zoo-kee
Strikes	Uchi	oo-chee
Back-Fist	Uraken	oo-rah-ken
Elbow strike	Empi uchi	ehm-pee oo-chee
Knife (spear-hand)	Nukite	noo-key-teh
Middle knuckle	Nakadaka-ken	nah-kah-dah-kah ken
Knuckle fist	Hiraken	he-rah-ken
Wrist-strike	Kakuto uchi	kah-koo-toe oo-chee
Tiger/bear-hand	Kuma te	koo-mah teh
Phoenix	Keiko ken	kay-koh ken
One-knuckle fist	Ippon ken	eep-pon ken
Kick	Geri	geh-ree
Flick (groin) kick	Kin geri	kin geh-ree
Stomach (front) kick	Mae geri	mah-ee geh-ree
Back kick	Ushiro geri	oo-she-row geh-ree
Side-thrust kick	Yoko geri kekomi	yoh-koh geh-ree kay-koh-me
Side-snap kick	Yoko geri keage	yoh-koh geh-ree kay-ah-geh
Stomp	Fumikomi	foo-me-koh-me
Roundhouse kick	Mawashi geri	mah-wha-she geh-ree
Outer-crescent kick	Uchi mikazuki geri	oo-chee me-kah-zoo-key geh-ree
Inner-crescent kick	Soto mikazuki geri	so-toh me-kah-zoo-key geh-ree

English

Jumping front kick
Jumping side kick

Japanese

Tobi mae geri
Tobi yoko geri

Pronunciation

toh-bee mah-eh geh-ree
toh-bee yoh-koh geh-ree