

Bristol Karate Kai



Club Rules & Grading Syllabus

Rules of Bristol Karate Club

6/06/18

1. Name

The club is called BRISTOL KARATE CLUB

2. Objects

The objects of the club are to encourage mental & physical development of its members so that they may achieve the highest standards of karate by following a structured programme of progressive training based on the principles of Karate-Do

3 Membership

- 3.1 The club shall consist only of members who hold a current license from the national association of Karate Kai (“a WKU license”) and who have agreed with that association to comply with its rules and constitution.
- 3.2 Members may be male or female (subject to any limitations imposed by recognised authorities controlling the medical or sporting aspects of martial art training or by insurers).
- 3.3 Members are recommended to be from six years old but the age can be lowered at the instructor’s discretion to five years six months.
- 3.4 The committee shall keep an up to date list of members, temporary members and visitors.

4 Management

- 4.1 The four senior instructors manage the club.
- 4.2 Subject to termination of office by resignation, removal or otherwise, the members remain in office until their successors are appointed in accordance with 4.3 below.
- 4.3 The committee may fill any vacancy that occurs at their discretion and may also appoint additional members to the committee.

5 Subscriptions

- 5.1 Members shall pay a fee as prescribed by the club for each training session at the club.
- 5.2 A member’s annual subscription shall consist of all such sums, which the members pay for each session of training throughout one calendar year.

6 Visitors and temporary members

- 6.1 The committee may elect members of other clubs to use and enjoy the premises and facilities of the club as visitors for any period not exceeding two months.
- 6.2 Visitors may not vote at any meeting of members.
- 6.3 The committee may admit people as temporary members on any term as it sees fit.
- 6.4 The committee may fix a limit to the number of temporary members or visitors at any one time.
- 6.5 Any visitor or temporary member must hold a current EKGB license.

7 Child protection officer

- 7.1 The club Child Protection Officers are Maxine Baker & Alan Flook

8 Application for membership

- 8.1 Every candidate for membership must show that he or she holds a current WKU license or is applying for one at the time.
- 8.2 All applications for membership must be made in writing and must be signed by the candidate and in the case of a candidate less than sixteen years of age the parent or the guardian must sign.
- 8.3 Election is at the discretion of the committee.

9 Training

- 9.1 As a member of WKU you are entitled to train at any WKU club with the instructors' agreement.
- 9.2 Club training nights are on Tuesdays, Thursdays & Fridays, although you may train at other clubs it should not be at the loss of training at your own club on these nights.
- 9.3 Training under another martial art is not advisable for kyu grades, anyone wishing to do so must first ask their instructors advice as if it may be detrimental to your own training.

10 Resignation

A member wishing to withdraw from the club must give notice to the secretary.

11 Expulsion

- 11.1 The committee may expel any member who offends against the rules of the club or who's conduct, in the opinion of the committee, renders him/her unfit for membership of the club.
- 11.2 Before any such member is expelled, the secretary must give him/her seven days written notice to attend a meeting of the committee and must inform him/her of the complaints made against him/her.
- 11.3 No member may be expelled unless he/she has first had an opportunity to appear before the committee and answer complaints made against him/her.
- 11.4 No member whose membership has been terminated under this rule or who owes money to the club may be introduced by any other member as a visitor to any part of the club premises.

12 Alterations of Rules

The committee may alter the rules at any time and shall give notice in writing to the members or at the discretion of the committee display changes in the rules at the club premises.

13 Bylaws

- 13.1 The committee may make bylaws (not consistent with these rules) to regulate the conduct and affairs of the club.
- 13.2 The bylaws must be posted in a conspicuous part of the club premises and are binding on all of the club members.

14 Committee meetings

The four senior instructors may call a meeting at any time to co-opt senior members onto the committee temporarily.

15 Grading

- 15.1 The committee will call grading sessions as and when it deems the time to be correct.
- 15.2 Grading of Dan grade will be taken under a panel of senior grades from the executive committee.

8th Kyu - White + Yellow Stripe

- (1) Junzuki turn Jodan Uke
- (2) Gyakuzuki turn Gedan Barai
- (3) Maegeri Gyakuzuki
- (4) Surikomi Maegeri
- (5) Soto Uke Gyakuzuki
- (6) Uchi Uke Gyakuzuki
- (7) Gedan Barai Gyakuzuki
- (8) Jodan Uke Nihonzuki
- (9) Pinan Nidan (Seniors Only)

7th Kyu - Yellow

- (1) Junzuki (Chudan)
- (2) Gyakuzuki (Chudan)
- (3) Mawashigeri Gyakuzuki
- (4) Maegeri Mawashigeri Gyakuzuki
- (5) Surikomi Mawashigeri Gyakuzuki
- (6) Soto Uke/Gedan Barai Gyakuzuki
- (7) Uchi Uke/Jodan Uke Gyakuzuki
- (8) Pinan Nidan
- (9) Pinan Shodan

6th Kyu - Orange

- (1) Junzuki & Kette Junzuki
- (2) Gyakuzuki & Kette Gyakuzuki
- (3) Mawashigeri Gyakuzuki
- (4) Yokogeri Gyakuzuki
- (5) Maegeri Yokogeri Gyakuzuki
- (6) Maegeri Tobikomizuke Gyakuzuki
- (7) Shuto Uke Gyakuzuki
- (8) Defences Against Maegeri

Mawashigeri

Jodanzuki

Chudanzuki

- (9) Pinan Nidan, Pinan Shodan

5th Kyu - Green

- (1) Kette Junzuki (Chudan)
- (2) Kette Gyakuzuki (Chudan)
- (3) Maegeri Gyakuzuki
- (4) Mawashigeri Gyakuzuki
- (5) Yokogeri Gyakuzuki
- (6) Mawashiuchi Gyakuzuki
- (7) Mawashigeri Surikomi Mawashiuchi Gyakuzuki
- (8) Maegeri Mawashigeri Yokogeri Uraken Gyakuzuki
- (9) Shuto Uke Gyakuzuki
- (10) Defences Against Maegeri

Mawashigeri

Jodanzuki

Chudanzuki
- (11) Pinan Nidan, Pinan Shodan, Pinan Sandan,
- (12) Jiyu Kumite (Free sparring)

4th Kyu - Purple

- (1) Kette Junzuki
- (2) Kette Gyakuzuki
- (3) Kette Junzuki no Tsukkomi
- (4) Kette Gyakuzuki no Tsukkomi
- (5) Maegeri Gyakuzuki
- (6) Mawashigeri Gyakuzuki
- (7) Yokogeri Gyakuzuki
- (8) Mawashiuchi Gyakuzuki
- (9) Ushirogeri Gyakuzuki
- (10) Defences of Examiners Choice
- (11) Up to Pinan Godan
- (12) Ji Yu Kumite (Free Sparring)

3rd Kyu - Brown

- (1) Hidari Shizentai - Tobikomizuki
- (2) Hidari Shizentai - Nagashizuki Jodan
- (3) Kette Junzuki No Tsukkomi
- (4) Kette Gyakuzuki No Tsukkomi
- (5) Shuto Uke Gyakuzuki
- (6) Combinations of Blocks and Punches
- (7) Combinations of Kicks and Punches
- (8) Defences of Examiners Choice
- (9) All Pinan Kata
- (10) Kushanku
- (11) Ji Yu Kumite (Free Sparring)

2nd Kyu - Brown

As for 3rd Kyu + Chinto

1st Kyu - Brown

As for 2nd Kyu + 1 Extra Senior Kata of Examiners Choice

Basic Commands

Kiotsuke	Attention (in Musubi Dachi)
Seiza	Kneel
Sensei-ni-Rei	Bow to instructor(s)
Otogai-ni-Rei	Bow to all assembled
Kiritsu	Stand
Yoi	Ready stance (Hachiji Dachi)
Yame	Stop
Naore	Relax
Junzuki Hidari Gamae	Left Junzuki stance
Hidari Hanmi Gamae	Left fighting stance
Mawatte Jodan Uke	Turn with rising block
Mawatte Gedan Barai	Turn with lower block
Sonabade Ippon Toru	Change to reverse punch
Kiai	Shout
Mokuso	Meditation

Numeration

Ichi	One
Ni	Two
San	Three
Shi	Four
Go	Five
Rok	Six
Nana	Seven
Hachi	Eight
Ku	Nine
Ju	Ten

Kata of Bristol Karate Kai

The kata that will be taught at Bristol Karate Club

Wado Ryu

Pinan Nidan

Pinan Shodan

Pinan Sandan

Pinan Yondan

Pinan Godan

Kushanku

Chinto

Seishan

Niseishi

Wanshu

Passai

Tsuki Waza (Punching Techniques)

- | | | |
|------|--------------------------|---|
| (1) | Seiken-Zuki | Fore fist punch |
| (2) | Tateken-Zuki | Vertical fist punch |
| (3) | Gyaknken-Zuki | Reverse (upside down) fist punch |
| (4) | Shitosashi Ipponken-Zuki | Forefinger one knuckle fist |
| (5) | Nakadaka Ipponken-Zuki | Middle finger one knuckle fist |
| (6) | Ippon Nukite | Two finger spear hand |
| (7) | Nihon Nukite | Two finger spear hand |
| (8) | Yonhon Nukite | Four finger spear hand |
| (9) | Morotezuki | Punch with both fists at the same level |
| (10) | Hiraken-Zuki | Middle row of knuckle fist |
| (11) | Kagizuki | Short punch (arm bent) |
| (12) | Yamazuki | Double punch at different levels |
| (13) | Washide (Shizuki) | Beak hand punch |

Uchi Waza (Striking Techniques)

- | | | |
|------|------------------|------------------------|
| (1) | Tettsui-Uchi | Bottom of fist strike |
| (2) | Uraken-Uchi | Back fist strike |
| (3) | Shuto-Uchi | Knife hand strike |
| (4) | Barate-Uchi | Back of fingers strike |
| (5) | Furiken-Uchi | Swinging strike |
| (6) | Teisho-Uchi | Palm heel strike |
| (7) | Haito-Uchi | Ridge hand strike |
| (8) | Kumade-Uchi | Bear hand strike |
| (9) | Kakuto-Uchi | Crane hand strike |
| (10) | Mae Enpi-Uchi | Forward elbow strike |
| (11) | Yoko Enpi-Uchi | Side elbow strike |
| (12) | Tate Enpi-Uchi | Upward elbow strike |
| (13) | Ushiro Enpi-Uchi | Backward elbow strike |
| (14) | Furi Enpi-Uchi | Swinging elbow strike |

Uke Waza (Blocking)

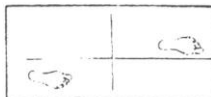
- | | | |
|------|------------------------|--------------------------------|
| (1) | Jodan (Age) Uke | Upper rising block |
| (2) | Gedan Barai | Downward block |
| (3) | Chudan (Soto) Uchi Uke | Middle (Outer) inner block |
| (4) | Shuto Uke | Knife hand block |
| (5) | Teisho Uke | Palm heel block |
| (6) | Juji Uke | Cross block |
| (7) | Nagashi Uke | Brushing cover block |
| (8) | Otoshi Uke | Downward cover block |
| (9) | Kakiwake Uke | Double block |
| (10) | Kake Te | Hooking hand block |
| (11) | Sassae Uke | Reinforced block |
| (12) | Harai Uke | Inner knife hand brushing back |
| (13) | Haishu Uke | Back of hand block |

Ashi Waza (Foot techniques)

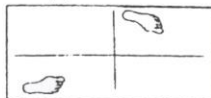
Keri Waza (Kicking techniques)

- | | | |
|------|--------------------|---------------------------------|
| (1) | Maegeri | Front kick |
| (2) | Shomen Mawashigeri | Front roundhouse kick |
| (3) | Uchi Mawashigeri | Inner roundhouse kick |
| (4) | Ushiro Mawashigeri | Reverse roundhouse kick |
| (5) | Ura Mawashigeri | Forward reverse roundhouse kick |
| (6) | Yokogeri | Side kick |
| (7) | Sokuto Geri | Edge of foot kick |
| (8) | Ushirogeri | Back kick |
| (9) | Tobigeri | Flying kick |
| (10) | Nidangeri | Double level flying kick |
| (11) | Kesageri | Flying side kick |
| (12) | Sunegeri | Shin kick |
| (13) | Mikazukigeri | Crescent kick |
| (14) | Hizageri | Knee kick |

Stances



Zenkutsu Dachi (Forward stance)
(1) Junzuki Dachi



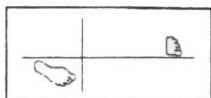
Zenkutsu Dachi (Forward stance)
(2) Gyakuzuki Dachi



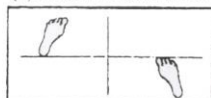
Ko-okutsu Dachi
(Back stance)



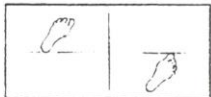
Nekoashi Dachi (Cat stance)
(1) Mahanmi Nekoashi Dachi



Nekoashi Dachi (Cat stance)
(2) Shorimen Nekoashi Dachi



Seishan Dachi
(1) Yoko Seishan Dachi



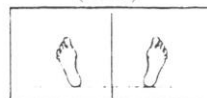
Seishan Dachi
(2) Tate Seishan Dachi



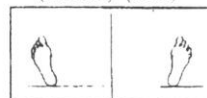
Heisoku Dachi



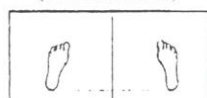
Musubi Dachi
(Fudouai)



Hachuji Dachi
(Shizentai) (Yo-oi)



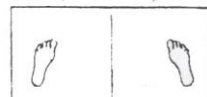
Jigo tai
(Used in Kushanku)



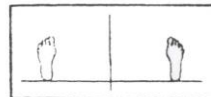
Naihanchi Dachi



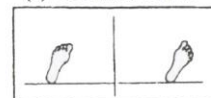
Shiko Dachi
(Sumo stance)



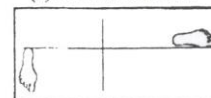
Kiba Dachi
(Horse back stance)



Heiko-o Dachi
(1) Yoko Heiko-o Dachi



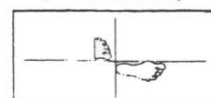
Heiko-o Dachi
(2) Tate Heiko-o Dachi



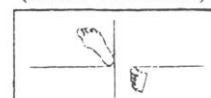
Teiji Dachi
(Junzuki no Tsukkomi Dachi)



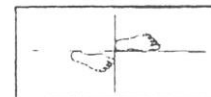
Kata-ashi Dachi
(used in Chinto etc.)



Soe-ashi Dachi
(used in Pinan Yodan etc.)



Ko-oe Dachi



Lenoji Dachi
(L or R Shizentai)

KARATE DOJO RULES AND ETIQUETTE

1. Bow on entering and leaving the Dojo.
2. Address any Instructor as 'Sensei' whilst in the Dojo.
3. 'Oss' is a sign of respect and is used generally in Karate especially in the following situations: -
 - i. Upon receiving any advice or command from the Instructor, the Student must reply by answering 'Oss'.
 - ii. When bowing at the start and finish of the class.
 - iii. When bowing to your Partner during Kumite.
 - iv. In any other appropriate situation, for instance during gradings or competitions.
4. Train at least twice a week.
5. No one is to leave the class without first obtaining permission from the Instructor.
6. Any member arriving late must take up a kneeling position at the front of the Dojo and await permission from the Instructor before joining the class.
7. Finger and toenails must be kept clean and short.
8. Gis must be kept clean and in good condition.
9. Jewellery (rings, bracelets, neck chains, etc.) must not be worn during training. If you can't get a ring off then tape must be wrapped around.
10. Apply for a licence from the *Western Karate Union* immediately upon being accepted into the Dojo.
11. Must not smoke, swear, chew, spit, or commit any other act likely to offend the etiquette of the Dojo.
12. Members must not use their skill in any offensive way outside the Dojo.
13. Adhere to the Equal Opportunities Policy on Racial, Sexual and Disability Discrimination.

Contact Details

Alan Flook	0117 9779029
E Mail	alanflook52@yahoo.co.uk
Mark Haynes	0777 1785966
E Mail	dojomartialarts125@gmail.com
Club Website	www.bristolkarateclub.org.uk
Association Website	http://www.wku.org.uk/

Bristol Karate Kai are Founder Members of
The Western Karate Union (W.K.U.)

The W.K.U are registered with
The English Karate Federation

Instructors

Alan Flook	Andy Gunton
Darren Haynes	Mark Haynes
Rory Daniels	Shaun Langson
Maxine Baker	Adrian Clark