

Bristol Karate Club

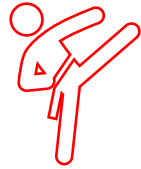


Syllabus

Syllabus - Juniors Only

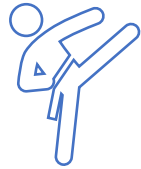
12th Kyu - White and Red Stripe Belt

- (1) Junzuki Forward punch
- (2) Mawattae Jodan Uke Turn head block
- (3) Gyakuzuki Reverse punch
- (4) Mawatte Gedan Barai Turn low block
- (5) Maegeri Gyakuzuki Front kick reverse punch
- (6) Shobu Jukaren (U9's) Kick bag demonstration
- (7) Jiyu Kumite (10+) Controlled free sparring



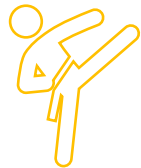
11th Kyu - White and Blue Stripe Belt

- (1) All 12th Kyu syllabus
- (2) Surikomi Maegeri Short step front kick
- (3) Soto Uke Gyakazuki Outer block reverse punch



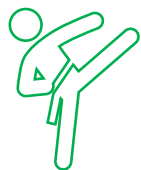
10th Kyu - White and Orange Stripe Belt

- (1) All 12th & 11th Kyu Syllabus
- (2) Uchi Uke Gyakazuki Inner block reverse punch
- (3) Gedan Barai Gyakzuki Low block reverse punch



9th Kyu - White and Green Stripe Belt

- (1) All 12th, 11th & 10th Kyu Syllabus



Syllabus - All Members

8th Kyu - White and Yellow Stripe Belt

- (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) Kihon Kata
- (9) Jiyu Kumite



7th Kyu - Yellow Belt

- (1) Junzuki
- (2) Gyakuzuki
- (3) Mawashigeri Gyakuzuki
- (4) Maegeri Mawashigeri Gyakuzuki
- (5) Soto Uke Gedan Barai Gyakuzuko
- (6) Uchi Uke Jodan Uke Gyakuzuki
- (7) Pinan Nidan
- (8) Jiyu Kumite



Syllabus - All Members

6th Kyu - Orange Belt

- (1) Junzuki & Kette Junzuki
- (2) Gyakuzuki & Kette Gyakuzuki
- (3) Mawashigeri Gyakuzuki
- (4) Maegeri Mawashigeri Gyakuzuki
- (5) Shuto Uke Gyakuzuki
- (6) Sokuto fumikomi
- (7) Pinan Nidan
- (8) Pinan Shodan
- (9) Jiyu Kumite



5th Kyu - Green Belt

- (1) Kette Junzuki
- (2) Kette Gyakuzuki
- (3) Maegeri Gyakuzuki
- (4) Mawashigeri Gyakuzuki
- (5) Yokegeri Gyakuzuki
- (6) Surikomi Yokegeri Gyakuzuki
- (7) Shoto Uke Gyakuzuki
- (8) Pinan Nidan
- (9) Pinan Shodan
- (10) Pinan Sandan
- (11) Jiyu Kumite



Syllabus - All Members

4th Kyu - Purple Belt



- (1) Kette Junzuki
- (2) Kette Gyakuzuki
- (3) Maegeri Gyakuzuki
- (4) Mawashigeri Gyakuzuki
- (5) Yokogeri Gyakuzuki
- (6) Mawashiuchi Gyakuzuki
- (7) Ushirogeri
- (8) Pinan Nidan
- (9) Pinan Shodan
- (10) Pinan Sandan
- (11) Pinan Yondan
- (12) Jiyu Kumite

Syllabus - All Members

3rd Kyu - Brown Belt

- (1) Hidari Shizentai - Tobikomizuki
- (2) Hidari Shizentai - Nagashizuki Jodan
- (3) Junzuki No Tsukkomi
- (4) Gyakuzuki No Tsukkomi
- (5) Shotu Uke Gyakuzuki
- (6) Ushirogeri Gyakuzuki
- (7) Ippon Kumite
- (8) All Pinan Kata
- (9) Kushanku
- (10) Jiyu Kumite



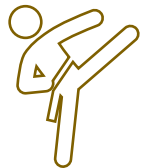
2nd Kyu - Brown and Double White Stripe

- (1) All items for 3rd Kyu
- (2) Chinto



1st Kyu - Brown and Single White Stripe

- (1) All items for 2nd Kyu
- (2) Additional Senior Kata of Examiners Choice



Kata of Bristol Karate Club

The kata taught at Bristol Karate Club:

Wado Ryu

Kihon Kata No. 1

Pinan Nidan

Pinan Shodan

Pinan Sandan

Pinan Yondan

Pinan Godan

Kushanku

Chinto

Passai

Niseishi

Wanshu

Basic Commands

(1) Kiotsuke	Attention
(2) Seiza	Kneel
(3) Sensei-ni-Rei	Bow to instructor(s)
(4) Otogai-ni-Rei	Bow to all assembled
(5) Kiritsu	Stand
(6) Yoi	Ready stance
(7) Yame	Stop
(8) Naore	Relax
(9) Hidari	Left
(10) Migi	Right
(11) Gamae	Stance (Junzuki)
(12) Hanmi Gamae	Fighting Stance
(13) Mawatte	Turn
(14) Sonabade Ippon Turu	Change to reverse punch
(15) Kiai	Shout
(16) Mokuso	Meditation

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) Ipponken	Forefinger one knuckle fist

Uchi Waza (Striking Techniques)

(1) Uraken-Uchi	Back fist strike
(2) Shuto-Uchi	Knife hand strike
(3) Teisho-Uchi	Palm heel strike
(4) Haito-Uchi	Ridge hand strike
(5) Mae Enpi-Uchi	Forward elbow strike
(6) Yoko Enpi-Uchi	Side elbow strike

Uke Waza (Blocking Techniques)

- | | |
|-----------------|--------------------|
| (1) Jodan Uke | Upper rising block |
| (2) Gedan Barai | Downward block |
| (3) Soto Uke | Outer block |
| (4) Uchi Uke | Inner block |
| (5) Shuto Uke | Knife hand block |
| (6) Teisho Uke | Palm heel block |

Ashi Waza (Foot Techniques) & Geri Waza (Kicking Techniques)

- | | |
|-----------------|-------------------|
| (1) Maegeri | Front kick |
| (2) Mawashigeri | Roundhouse kick |
| (3) Yokogeri | Side kick |
| (4) Sokuto Geri | Edge of foot kick |
| (5) Mawashiuchi | Hook kick |
| (6) Ushirogeri | Back kick |
| (7) Tobigeri | Flying kick |
| (8) Sungeri | Shin kick |
| (9) Hizageri | Knee kick |

Numeration

- | | | | |
|-------------|-------|-----------|-------|
| (1) Ichi | One | (6) Rok | Six |
| (2) Ni | Two | (7) Nana | Seven |
| (3) San | Three | (8) Hachi | Eight |
| (4) Yon/Shi | Four | (9) Kyuu | Nine |
| (5) Go | Five | (10) Juu | Ten |

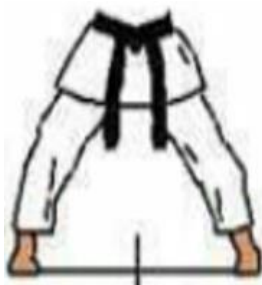
Stances



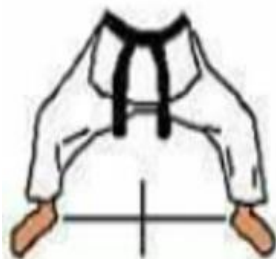
Zen kutsu dachi



Kokutsu dachi



Kiba dachi



Shiko dachi



Sanchin dachi



Neko ashi dachi