

CURRICULUM
Chadwell Heath Karate Academy



CURRICULUM

12th kyu- White to Red Belt

- 1) Jodan Uke (head block)
- 2) Gedan Barai (lower block)
- 3) Chudan Uchi Uke (middle inner block)
- 4) Chudan Soto Uke (middle outer block)
- 5) 10 press-ups 10 sit-ups



CURRICULUM

11th kyu- Red to Yellow Belt

- 1) Junzuki turn in Jodan Uke. (Straight punch, Head block)
- 2) Gyakuzuki turn in Gedan Barai (opposite punch, low block)
- 3) Maegeri (front Kick)
- 4) Sokuto Fumikomi (knee kick edge of foot)
- 5) Surikomi Maegeri (one step front kick)
- 6) 15 press-ups 15 sit-ups



CURRICULUM

10th kyu- Yellow to Yellow-White Stripe Belt

1) Chudan Soto Uke Gyakuzuki (middle outer block opposite punch)

2) Chudan Uchi Uke Gyakuzuki (middle inner block opposite punch)

Renraku Waza (combination techniques)

1) Chudan Maegeri Tobikomizuki (front kick, snap punch)

2) Chudan Maegeri Gyakuzuki (front kick, opposite punch)

3) Chudan Surikomi Maegeri Tobikomizuki (one step front kick, snap punch)

4) Chudan Surikomi Maegeri Gyakuzuki (one step front kick opposite punch)

5) 20 press-ups 20 sit-ups



CURRICULUM

9th kyu Yellow-White Stripe to Orange Belt

Kihon Tsukkomi & Keri (basic techniques)

- 1) Sto Uke in Mahanmi Neko-Ashi Dachi (Edge of the hand chop block with 70% of your weight on the back leg with front heel up)
- 2) Tetsui Uke in Mahanmi Neko-Ashi Dachi (Hammer fist block coming from over the head)
- 3) Yonhon Nukite in Shiko Dachi (Four Finger Knife hand strike-palm down in sumo stance)
- 4) Hiji Uke in Shiko Dachi (Elbow block-top two knuckles on hips, prepare with pull back and push through with the block)
- 5) Hiji Uke Tetsui Uchi Gedan in Shiko Dachi (Elbow block with Hammer fist strike to the groin and return to hip)
- 6) Hiza Geri (Knee Kick)
- 7) Kin Geri (Groin Kick)

Kata (form)

Tyoko Sono-Ichi- First Basic Kata

- 1) 20 press-ups 20 sit-ups

CURRICULUM

8th kyu Orange to Green Belt

Kihon Tsukkomi & Keri (basic techniques)

- 1) Junzuki no Tsukkomi (step and punch leaning forward)
- 2) Gyakuzuki no Tsukkomi (step to side punch to groin)
- 3) Mawashigeri (round kick)

Renraku Waza (combination techniques)

- 1) Maegeri, Mawashigeri, Gyakuzuki (front kick, round kick, opposite punch)
- 2) Surikomi Maegeri, Mawashigeri, Gyakuzuki (one step, front kick, round kick, opposite Punch)

Kata (form)

Pinan Nidan

- 1) 25 press-ups 25 sit-ups



CURRICULUM

7th kyu Green to Blue Belt

Kihon Tsuki & Keri (basic techniques)

- 1) Kette Junzuki (front kick, front punch)
- 2) Kette Gyakuzuki (front kick, opposite punch)
- 3) Tobikomizuki (jump forward, snap punch)
- 4) Surikomi Mawashigeri Chudan (one step, round kick)
- 5) Surikomi Sokuto Chudan (one step, side kick)

Renraku Waza (combination techniques)

- 1) Maegeri Sokuto Fumikomi, Gyakuzuki Chudan (front kick, side kick to knee, opposite punch)
- 2) Surikomi Maegeri, Sokuto Chudan, Gyakuzuki Chudan (one step front kick, side kick, opposite punch)

Kata (form)

Pinan Shodan - (Pinan Nidan if requested)

Ji Yu Kumite (free fighting)

All students must wear a gum shield or head guard before they fight.

- 1) 30 press-ups 30 sit-ups

CURRICULUM

6th kyu Blue to Purple-White Stripe Belt

Kihon Tsuki & Keri (basic techniques)

- 1) Kette Junzuki
- 2) Kette Junzuki No Tsukkomi
- 3) Kette Gyakuzuki
- 4) Kette Gyakuzuki No Tsukkomi
- 5) Nagashizuki
- 6) Ushirogeri
- 7) Sokuto Chudan
- 8) Tobi Geri Jodan

Renraku Waza (combination techniques)

- 1) Mawashigeri Chudan, Ushirogeri Gedan, Gyakuzuki Chudan
- 2) Surikomi Sokuto Fumikomi, Ushirogeri Gedan, Uraken Jodan

Kata (form)

Pinan Sandan - (Pinan Shodan and Pinan Nidan if requested)

Ji Yu Kumite (free fighting)

All students must wear a gum shield or head guard before they fight.

- 1) 35 press-ups 35 sit-ups

CURRICULUM

5th kyu Purple-White Stripe to Purple-Black Stripe Belt

Kihon Tsuki & Keri (basic techniques)

1) Kette Junzuki	7) Maegeri Chudan
2) Kette Junzuki No Tsukkomi	8) Mawashigeri Chudan
3) Kette Gyakuzuki	9) Sokuto Chudan
4) Kette Gyakuzuki No Tsukkomi	10) Ushirogeri Chudan
5) Tobikomizuki	11) Tobi Geri Jodan
6) Nagashizuki	

Renraku Waza (combination techniques)

- 1) Maegeri Chudan, Nagashizuki Jodan, Mawashigeri Chudan
- 2) Surikomi Maegeri Chudan. Nagashizuki Jodan, Mawashigeri Chudan
- 3) Maegeri Chudan, Sokuto Fumikomi, Ushirogeri Gedan, Gyakuzuki Chudan

Uke (blocks) Sanbon Gumite (three step fighting)

- 1) Chudan Soto uke (left leg back, right hand outer block)
- 2) Chudan Uchi Uke (left leg back, right hand inner block)

Kata (form)

Pinan Yodan - (Pinan Shodan, Pinan Nidan & Pinan Sandan if requested)

Ji Yu Kumite (free fighting)

All students must wear a gum shield or head guard before they fight

- 1) 40 press-ups 40 sit-ups

Any moves from previous grades can be requested

CURRICULUM

4th kyu Purple-Black Stripe to Purple Belt

Kihon Tsuki & Keri (basic techniques)

1) Kette Junzuki	7) Maegeri Chudan
2) Kette Junzuki No Tsukkomi	8) Mawashigeri Chudan
3) Kette Gyakuzuki	9) Sokuto Chudan
4) Kette Gyakuzuki No Tsukkomi	10) Ushirogeri Chudan
5) Tobikomizuki	11) Tobi Geri Jodan
6) Nagashizuki	

Renraku Waza (combination techniques)

- 1) Surikomi Jodan, Renzuki Chudan, Surikomi Mawashigeri Chudan, Gyakuzuki Chudan
- 2) Zenshite Jodan, Renzuki Chudan, Surikomi Sokuto Chudan, Uraken-Uchi Jodan, Gyakuzuki Chudan.
- 3) Surikomi Jodan, Renzuki Chudan, Surikomi Maegeri Chudan, Nagashizuki, Mawashigeri

Uke (blocks) Sanbon Gumite (three step fighting)

- 1) Chudan Soto uke (left leg back, right hand outer block)
- 2) Chudan Uchi Uke (left leg back, right hand inner block)
- 3) Jodan Uke - Ipponme, Nihonme, Sanbonme & Yonhonme

Kata (form)

Pinan Godan - (Pinan Shodan, Pinan Nidan, Pinan Sandan & Pinan Yodan if requested)

Ji Yu Kumite (free fighting)

All students must wear a gum shield or head guard before they fight.

- 1) 40 press-ups 40 sit-ups

Any moves from previous grades can be requested

CURRICULUM

3rd kyu Purple-Brown Belt 1 Tag

Kihon Tsuki & Keri (basic Techniques)

1) Kette Junzuki	7) Maegeri Jodan
2) Kette Junzuki No Tsukkomi	8) Mawashigeri Jodan
3) Kette Gyakuzuki	9) Sokuto Chudan
4) Kette Gyakuzuki No Tsukkomi	10) Ushirogeri Chudan
5) Tobikomizuki	11) Tobi Geri Jodan
6) Nagashizuki	12) Nidan Geri

Renraku Waza (combination Techniques)

- 1) Surikomi Maegeri, Mawashigeri, Ushirogeri, Gyakuzuki Chudan
- 2) Maegeri, Nagashizuki Jodan, Gyakuzuki Chudan, Mawashigeri Chudan
- 3) Surikomi Maegeri, Sokuto Fumikomi, Ushirogeri Chudan, Uraken Jodan

Uke (blocks) Sanbon Gumite (three step fighting)

- 1) Chudan Soto uke (left leg back, right hand outer block)
- 2) Chudan Uchi Uke (left leg back, right hand inner block)
- 3) Jodan Uke - Ipponme, Nihonme, Sanbonme & Yonhonme
- 4) Chudan Maegeri Uke - Ipponme, Nihonme, Sanbonme, Yonhonme, Gohonme, Ropponme

Kata (form)

Kushanku - (Pinan Shodan, Pinan Nidan, Pinan Sandan, Pinan Yodan & Godan if requested)

Ji Yu Kumite (free fighting)

All students must wear a gum shield or head guard before they fight.

- 1) 50 press-ups 50 sit-ups

Any moves from previous grades can be requested

CURRICULUM

2nd kyu Brown 1 Tag Brown 2 Tag Belt

Kihon Tsuki & Keri (basic Techniques)

1) Kette Junzuki	7) Maegeri Jodan
2) Kette Junzuki No Tsukkomi	8) Mawashigeri Jodan
3) Kette Gyakuzuki	9) Sokuto Jodan
4) Kette Gyakuzuki No Tsukkomi	10) Ushirogeri Chudan
5) Tobikomizuki	11) Tobi Geri Jodan
6) Nagashizuki	12) Nidan Geri

Renraku Waza (combination Techniques)

- 1) Surikomi Maegeri, Nagashizuki Jodan, Mawashigeri Jodan
- 2) Maegeri, Sokuto Ushirogeri, Gyakuzuki Chudan
- 3) Zenshite Jodan, Renzuki Chudan, Surikomi Maegeri, Mawashigeri, Gyakuzuki Chudan

Uke (blocks) Sanbon Gumite (three step fighting)

- 1) Chudan Soto uke (left leg back, right hand outer block)
- 2) Chudan Uchi Uke (left leg back, right hand inner block)
- 3) Jodan Uke - Ipponme, Nihonme, Sanbonme & Yonhonme
- 4) Chudan Maegeri Uke - Ipponme, Nihonme, Sanbonme, Yonhonme, Gohonme, Ropponme

Ohyo Gumite (semi free fighting)

Ipponme, Nihonme, Sanbonme, Yonhonme, Gohonme

Kata (form)

Nai Hanchi -(Pinan Shodan , Pinan Nidan ,Pinan Sandan, Pinan Yodan, Pinan Godan & Kushanku if requested)

Ji Yu Kumite (free fighting)

All students must wear a gum shield or head guard before they fight.

- 1) 50 press-ups 50 sit-ups

Any moves from previous grades can be requested

CURRICULUM

1st kyu Brown 2 Tag Brown 3 Tag Belt

Kihon Tsuki & Keri (basic Techniques)

1) Kette Junzuki	7) Maegeri Jodan
2) Kette Junzuki No Tsukkomi	8) Mawashigeri Jodan
3) Kette Gyakuzuki	9) Sokuto Jodan
4) Kette Gyakuzuki No Tsukkomi	10) Ushirogeri Chudan
5) Tobikomizuki	11) Tobi Geri Jodan
6) Nagashizuki	12) Nidan Geri
	13) Ura Mawashigeri Jodan

Renraku Waza (combination Techniques)

- 1) Zenshite Jodan, Renzuki Chudan, Maegeri, Mawashigeri, Ushirogeri, Uraken Jodan
- 2) Surikomi Jodan, Renzuki Chudan, Surikomi Maegeri, Mawashigeri, Ushirogeri, Uraken Jodan
- 3) Zenshite Jodan, Renzuki Chudan, Maegeri, Nagashizuki Jodan, Gyakuzuki Chudan, Mawashigeri Chudan

Uke (blocks) Sanbon Gumite (three step fighting)

- 1) Chudan Soto uke (left leg back, right hand outer block)
- 2) Chudan Uchi Uke (left leg back, right hand inner block)
- 3) Jodan Uke - Ipponme, Nihonme, Sanbonme & Yonhonme
- 4) Chudan Maegeri Uke - Ipponme, Nihonme, Sanbonme, Yonhonme, Gohonme, Ropponme

Ohyo Gumite (semi free fighting)

Ipponme, Nihonme, Sanbonme, Yonhonme, Gohonme,

Kihon Gumite

Ipponme, Nihonme Sanbonme, Yonhonme, Gohonme,

Kata (form)

Seishan & Chinto -(Pinan Shodan , Pinan Nidan , Pinan Sandan, Pinan Yodan, Pinan Godan, Kushanku & Nai Hanchi if requested)

Ji Yu Kumite (free fighting)

- 1) 50 press-ups 50 sit-ups

Any moves from previous grades can be requested

CURRICULUM

1st Dan-Brown 3 Tag to Black Belt

Kihon Tsuki & Keri (basic Techniques)

1) Kette Junzuki	9) Sokuto Jodan
2) Kette Junzuki No Tsukkomi	10) Ushirogeri Jodan
3) Kette Gyakuzuki	11) Ura Mawashigeri Jodan
4) Kette Gyakuzuki No Tsukkomi	12) Tobi Geri Jodan
5) Tobikomizuki	13) Nidan Geri
6) Nagashizuki	14) Mikazuki Geri
7) Maegeri Jodan	15) Kakato Geri
8) Mawashigeri Jodan	

Renraku Waza (combination Techniques)

- 1) Surikomi Maegeri, Mawashigeri, Ushirogeri, Gyakuzuki Chudan
- 2) Maegeri, Nagashizuki Jodan, Gyakuzuki Chudan, Mawashigeri Chudan
- 3) Surikomi Maegeri, Sokuto Fumikomi, Ushirogeri Chudan, Uraken Jodan

Uke (blocks) Sanbon Gumite (three step fighting)

- 1) Chudan Soto uke (left leg back, right hand outer block)
- 2) Chudan Uchi Uke (left leg back, right hand inner block)
- 3) Jodan Uke - Ipponme, Nihonme, Sanbonme & Yonhonme
- 4) Chudan Maegeri Uke Ipponme, Nihonme, Sanbonme, Yonhonme, Gohonme, Ropponme

Ohyo Gumite (semi free fighting)

Ipponme, Nihonme, Sanbonme, Yonhonme, Gohonme, Ropponme, Nanahonme, Happonme

Kihon Gumite

Ipponme, Nihonme, Sanbonme, Yonhonme, Gohonme, Ropponme, Nanahonme, Happonme

Kata (form)

Jion, Niseishi -(Pinan Shodan, Pinan Nidan, Pinan Sandan, Pinan Yodan, Pinan Godan, Kushanku, Nai Hanchi, Seishan & Chinto if requested)

Ji Yu Kumite (free fighting)

Written Theory Test

Any moves from previous grades can be requested

CURRICULUM

2nd Dan – Black Belt 1st dan to 2nd dan

Kihon Tsuki & Keri (basic Techniques)

1) Kette Junzuki	9) Sokuto Jodan
2) Kette Junzuki No Tsukkomi	10) Ushirogeri Jodan
3) Kette Gyakuzuki	11) Ura Mawashigeri Jodan
4) Kette Gyakuzuki No Tsukkomi	12) Tobi Geri Jodan
5) Tobikomizuki	13) Nidan Geri
6) Nagashizuki	14) Mikazuki Geri
7) Maegeri Jodan	15) Surkomi Ushiro Geri
8) Mawashigeri Jodan	16) Kakato Geri
	17) Ura Ushiro Mawashigeri

Renraku Waza (combination Techniques)

- 1) Surikomi Maegeri, Mawashigeri, Ushirogeri, Gyakuzuki Chudan
- 2) Maegeri, Ura Ushiro Mawashigeri, Uraken Jodan, Gyakuzuki Chudan
- 3) Zenshite Jodan, Renzuki Chudan, Maegeri chudan, Surikomi Jodan, Renzuki Chudan

Uke (blocks) Sanbon Gumite (three step fighting)

- 1) Chudan Soto uke (left leg back, right hand outer block)
- 2) Chudan Uchi Uke (left leg back, right hand inner block)
- 3) Jodan Uke - Ipponme, Nihonme, Sanbonme & Yonhonme
- 4) Chudan Maegeri Uke Ipponme, Nihonme, Sanbonme, Yonhonme, Gohonme, Ropponme

Ohyo Gumite (semi free fighting)

Ipponme, Nihonme, Sanbonme, Yonhonme, Gohonme, Ropponme, Nanahonme, Happonme

Kihon Gumite

Ipponme, Nihonme, Sanbonme, Yonhonme, Gohonme, Ropponme, Nanahonme, Happonme, Kyuhonme, Jipponme

Kata (form)

Bassai, Jitte -(Pinan Shodan , Pinan Nidan ,Pinan Sandan, Pinan Yodan, Pinan Godan, Kushanku, Nai Hanchi Seishan & Chinto, Jion, Niseishi if requested)

Ji Yu Kumite (free fighting)

Written Theory Test

Any moves from previous grades can be requested

CURRICULUM

3rd Dan – Black Belt 2nd dan to 3rd dan

Kihon Tsuki & Keri (basic Techniques)

1) Kette Junzuki	9) Sokuto Jodan
2) Kette Junzuki No Tsukkomi	10) Ushirogeri Jodan
3) Kette Gyakuzuki	11) Ura Mawashigeri Jodan
4) Kette Gyakuzuki No Tsukkomi	12) Tobi Geri Jodan
5) Tobikomizuki	13) Nidan Geri
6) Nagashizuki	14) Mikazuki Geri
7) Maegeri Jodan	15) Surkomi Ushiro Geri
8) Mawashigeri Jodan	16) Kakato Geri
	17) Ura Ushiro Mawashigeri
	18) Ushiro Kakto Geri

Renraku Waza (combination Techniques)

- 1) Head of Associations choice
- 2) One produced by student

Uke (blocks) Sanbon Gumite (three step fighting)

- 1) Chudan Soto uke (left leg back, right hand outer block)
- 2) Chudan Uchi Uke (left leg back, right hand inner block)
- 3) Jodan Uke - Ipponme, Nihonme, Sanbonme & Yonhonme
- 4) Chudan Maegeri Uke Ipponme, Nihonme, Sanbonme, Yonhonme, Gohonme, Ropponme

Ohyo Gumite (semi free fighting)

Ipponme, Nihonme, Sanbonme, Yonhonme, Gohonme, Ropponme, Nanahonme, Happonme

Kihon Gumite

Ipponme, Nihonme, Sanbonme, Yonhonme, Gohonme, Ropponme, Nanahonme, Happonme, Kyuhonme, Jipponme

Student will need to design and perform a pair technique from Jodan Uke, Maegeri Uke, Ohyo Gumite and Kihon Gumite

Kata (form)

Wanshu, Rohai -(Pinan Shodan , Pinan Nidan ,Pinan Sandan, Pinan Yodan, Pinan Godan, Kushanku, Nai Hanchi Seishan & Chinto, Jion, Niseishi, Bassai, Jitte if requested)

Ji Yu Kumite (free fighting)

Written Theory Test

Any moves from previous grades can be requested

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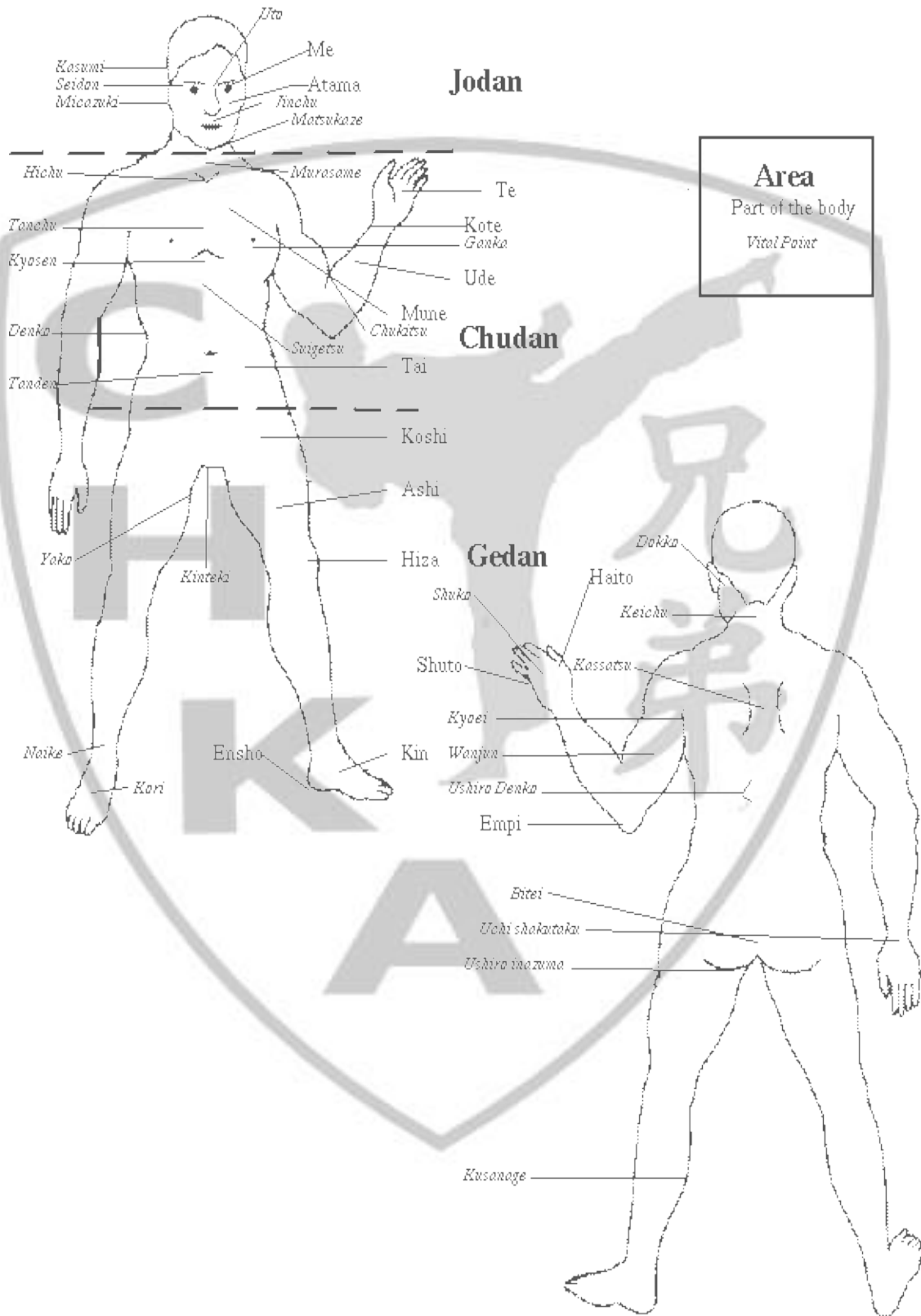
Gorei (Commands)

Kiotsuke	Attention (musubi dachi)
Siess	Kneel
Sensei-Ni-Rei	Bow to instructors
Otagai-Ni-Rei	Bow to (all assembled) each other
Kiritsu	Stand
Yo-oi	Ready stance (hachiji dachi)
Junzuki Hidari Gamae	Left junzuki position
Hidari Shizentai	Left natural stance (lenoji dachi)
Hidari Hanmi Gamae	Left Fighting Stance
Mawatte	Turn
Sonobade Gyakuzuki	Punch but don't step
Kiai	Shout
Yame	Stop
Naore	Relax
Jodan	Head
Chudan	Mid Body
Gedan	Below Belt

Numeration			
Number	Cardinal	Kata/Dan grades	Ordinal
1	Ichi	Shodan	Ipponme
2	Ni	Nidan	Nihonme
3	San	Sandan	Sanbonme
4	Shi	Yodan	Yonhonme
5	Go	Godan	Gohonme
6	Roku	Rokudan	Ropponme
7	Shichi	Shichidan	Nanahonme
8	Hachi	Hachidan	Happonme
9	Ku	Kudan	Kyuhonme
10	Ju	Judan	Jipponme

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Body Point Location



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Uke Blocks Ohyo and Kihon

2 Stomach blocks

4 Head blocks

6 Kick blocks

8 Ohyo

10 Kihon



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Kata list

Name	Description
Pinan kata	15 Katas of Wado Ryu
2	Nidan
1	Shodan
3	Sandan
4	Yodan
5	Godan
Kushanku	"Sky Viewing". Kushanku was the Okinawan name for Master Kwang Shang Fu, a Sapposhi (Emissary of China's ruling class) sent to Okinawa in the 18th century. This kata was named after him.
Nihanchi	A very lateral kata, invented by Motobu Choki
Seishan	Named after a well-known Chinese martial artist who lived in or near Shuri circa 1700. The movements are repeated in sets of three, and has pivots and turning of the head.
Chinto	Formulated by Sokon Matsumura from the teachings of a sailor or pirate named Chinto (or Annan, depending on the source). Crane stance occurs many times, and the flying kicks differentiate Chinto from other kata.
Niseishi	Means "24 steps". Transmitted by Ankichi Aragaki, it is known in Japanese as Nijushiho.
Rohai	Rohai has three variation invented by Itosu. Wado-ryu practices Rohai Shodan.
Wanshu	"Flying Swallow". A Tomari-te kata based on movements brought to Okinawa in 1683 by a Chinese envoy of the same name. The metaphorical name of "Flying Swallows" is derived from the soft blocking patterns near the end.
Jion	A Tomari-te kata part of the Jion kata group.
Jitte	Another Tomari-te kata of the Jion kata group.
Bassai	A Tomari-te kata that uses dynamic stances and hip rotation.

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Karate Words, Commands, Stances, Punches, Strikes and Kicks

BUSHIDO	The Way of the warrior
CHUDAN	Middle or middle level. For example, a middle level punch is generally aimed at the solar plexus but can be anywhere below the shoulders and above the waist.
DACHI	From tachi meaning stance. See list of stances below
DAN	One who has attained the Black belt ranking. Also known as yudansha. DO - Way. Indicates a path to be followed in life as in Karatedo, the Way of the empty hand.
DOJO	Place for studying the Way
EMPI	Elbow. Also known as hiji
GAIWAN	Outside of the forearm. Used for blocking as in Sotouke
GEDAN	Low or lower level. Generally means below the waist
GERI	From keri meaning kick as in mae geri. See list of kicks below
HAJIME	Begin
HIDARI	Left
HIJI	Elbow. Also known as empi
HIKITE	Pulling hand. Action taken by the non-striking hand to add power to a technique. May also be used to block or pull an opponent off balance.
HIZA	Knee
JODAN	Upper or upper level. Generally indicates the area above the shoulders.
KAMAE	From gamae meaning posture.
KATA	Prearranged sequence of techniques making up the foundation of a particular style of karate.
KAWASHI	Avoiding
KERI	Kick. See list of kicks below.
KI	This term does not translate easily. Ki is the same as the Chinese word chi which some believe is a bioelectric force that flows through the body along pathways called meridians in the same manner as the blood flows through the arteries and veins. Some believe it is your spirit or mental intention.
KIAI	Literally “spirit harmony.” This is the brief moment in executing Waza that the body, mind and spirit are in perfect harmony often demonstrated by tensing the abdominal muscles forcing air over the vocal cords resulting in the “karate shout.”

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KIHON	Basic or standard.
KIME	Focus
KIOTSUKE	Attention. Command to stand in the attention stance, musubi dachi.
KUMITE	Fighting as in Ipponme kumite (one-step fighting) or jiyu kumite (free fighting).
KUZUSHI	The unbalancing of an opponent either physically (as in a foot sweep), mentally (as in stepping on an opponent's foot before punching to distract him), or spiritually (as in a fierce Kiai just before an opponent attacks to "drain" his fighting spirit).
KYU	Indicates a student who is not ranked as a black belt (Dan). Also known as mudansha.
MAAI	Combative engagement distance. Distance between opponents.
MAE	Front
MATTE	Stop. Command to stop.
MAWATTE	Turn around. Command to turn around.
MIGI	Right.
MOKUSO	- Meditation. Command to meditate
NUKITE	Fingertip thrust strike as in ippon nukite (index finger thrust) or yonhon nukite (four finger thrust).
OBI	Belt. Used to indicate the rank of the wearer. Mudansha (kyu ranks) wear coloured belts. Yudansha (Dan ranks) wear black belts.
REI	Bow
RYU	Style or school of karate.
SEIKEN	Fist
SEIKEN ZUKI	Fist punch
SEIZA	Kneeling posture. Command to kneel
SEMPAI	Senior. One who is senior to another, Opposite of kohai.
SENSEI	Literally "one who has gone before." Refers to the teacher of a class. Also used as a title for one who has attained Sandan rank (third degree black belt).
TACHI	Stance. See list of stances below.
TACHI REI	Standing bow.
TAE UKE	Position of the arms where one arm is across the chest, palm down and parallel to the ground and the other arm is pulled back beside the chest palm up
TAISABAKI	Body movement or shifting. Method of moving the body to a more advantageous position for a counter attack. Used in conjunction with ashisabaki (foot movement) and koshisabaki (hip movement).
TATE	Vertical as in tate zuki (vertical fist punch).

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TOBI	Jump or leap.
TSUKI	Thrust or punch. See below.
TSUKURI	Creating an opening in your defence to draw the opponent into attacking this “weakness.” This allows you to respond with a specific counterattack.
UKE	Receiver, defender or block. See list of blocking techniques below
URA	Back or reverse.
USHIRO	Backwards.
WADO RYU	Way of Peace style” or “Way of Harmony style.” Emblem is the Kanji character Wa (peace or harmony) surrounded by the wings of a dove (also a peace symbol).
WAZA	Technique. For example, keri Waza are kicking techniques
YAME	Stop. Command to return to ready position.
YOI	Prepare. Command to move to ready position.
ZANSHIN	State of mind where one is fully aware and alert.
ZAREI	Kneeling bow
ZUKI	From Tsuki meaning punch or thrust. See list of punches below.

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TACHIKATA	(Stances)
CHINTO DACHI	Chinto stance. The toes of both feet are on a line towards the opponent. Both feet are angled in roughly the same direction with the front foot turned in slightly more than the rear foot. Weight is even.
SURI ASHI DACHI	Reverse cat stance. The rear heel is up while the front heel is down. Weight is more on the front foot.
GYAKUZUKI DACHI	Reverse punch stance. Front foot is one foot length wider and one foot length shorter than Junzuki dachi. Front foot points in slightly. Weight is more on the front foot.
GYAKUZUKI TSUKKOMI DACHI	Reverse lunge punch stance. Front foot heel is even with rear foot toes on a line perpendicular to the attack line. Both feet point slightly inward. Distance between feet is roughly two and one half shoulder widths. Body leans slightly forward. Weight is more on the front foot.
HEIKO DACHI	Parallel stance or ready stance. Feet are one foot length apart. Feet are pointed straight ahead and the weight is even.
HEISOKU DACHI	Closed foot stance. Feet point straight ahead and are together with the heels and toes touching. Weight is even.
HIDARI HANMI GMAE	Left Fighting Stance
HIDARISHI ZENTAI	Left natural stance. Feet are roughly shoulder width apart with the left foot moved forward roughly one to two foot lengths. The left foot faces forward and the right foot faces 45 degrees to the right. The body also faces 45 degrees to the right. Weight is even.
JUNZUKI DACHI	Front punch stance. Distance between the feet is roughly two shoulder widths. Front foot points straight ahead and is one foot length wider than Musubi dachi. Weight is more on the front foot.
JUNZUKI TSUKKOMI DACHI	Front lunge punch stance. Front foot points straight ahead. Rear foot points 90 degrees to the side with the heel on the same line as the inside of the front foot. Back leg is straight but not locked. Body is leaning and lined up with the rear leg. Distance between the feet is roughly two and one half shoulder widths. Weight is mostly on the front foot.
KOKUTSU DACHI	Back stance. Front foot is pointed straight ahead or slightly inward. Rear foot is pointed roughly 120

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	degrees from the front. Feet are roughly two shoulder widths apart with both heels on a line toward the opponent. The front leg is straight but not locked. The body is leaning, aligned with the front leg. Weight is more on the back foot.
KOSA DACHI	Crossed stance.
MAHANMI NO NEKOASHI DACHI	Full side facing cat stance. Front foot points towards the opponent. Rear foot faces roughly 120 degrees from the front. The front heel is slightly raised. Body faces 90 degrees sideways to the opponent. Feet are roughly two shoulder widths apart. Weight is 70% on the rear foot.
MASHOMEN NO NEKOASHIDACHI	Full front facing cat stance. Front foot faces forwards. Rear foot faces out at 45 degrees. Raise the front heel slightly while settling 90% of the weight onto the rear foot. The body faces forward.
MIGI SHIZENTAI	Right natural stance. Opposite of Hidari Shizentai.
MUSUBI DACHI	Attention stance. Heels are together with the feet pointed out 45 degrees. Weight is even.
NAIHANCHI DACHI	Nihanchi stance or inside fighting stance. Feet are roughly one and one half to two shoulder widths apart and are pointed in slightly. Weight is even.
KATA ASHI DACHI (SAGIASHI DACHI)	Heron/Crane stance. Stand on one leg with the toes of the other foot lightly touching the back of the opposite knee with thigh parallel to the floor. Can be used to block kicks
SHIKODACHI	Outer circular stance. Feet are roughly two shoulder widths apart and pointed out 45 degrees. Weight is even.
SHIZENTAI -	Natural stance. Feet are shoulder width apart and are pointed out 45 degrees. Weight is even.
TATE SEISANDACHI	Vertical Seisan stance. Front foot toes and rear foot heel are on a line towards the opponent. Both feet are pointed in roughly the same direction with the front foot slightly more turned. Feet are roughly one and one half to two shoulder widths apart. Weight is even.
YOKO SEISANDACHI	Side Seisan stance. From Naihanchidachi, move one foot forward one foot length. Weight is even.
ZENKUTSU DACHI	Front stance, forward stance or fighting stance. From Heikodachi, one foot moves forward roughly one and ½ shoulder widths. The front foot faces forward. The rear foot faces out 45 degrees. Weight is slightly more on the front foot.

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UKE WAZA	(Blocking techniques)
GEDAN BARAI	Low block or low parry made with the forearm. Fist starts palm up at the opposite shoulder and sweeps down and across the body, twisting on contact. Can also be made with shuto or shotei.
HAISHU UKE	Back hand block. Block made with the back of the hand moving from inside to outside.
HIJI UKE	Elbow block. Block made with the back or side of the elbow joint area.
JODAN UKE	Upper block or high block made with the forearm. Fist starts palm up on the opposite shoulder and moves straight up, twisting on contact. Forearm ends at an angle with the fist higher than the elbow. Can also be made with shuto or shotei. JUJIUKE - Cross block or "X" block made with both forearms. Can be made upwards or downwards.
KAKE UKE	Hook block made with the wrist bent towards the little finger side in a hook shape.
KOKEN UKE	Block made with the back of the bent wrist. Can be made sideways or upwards. MAWASHIUKE - Round block made with both open hands moving in a circle in the same direction.
NAGASHI UKE -	Sweeping block or slip block. Any of the basic blocks (Gedan, soto, Jodan, and haishu) may be made into a nagashi type block by changing the direction in which the block moves from perpendicular to angling back towards your body.
OSAE UKE	Press block made by softly pressing down with the palm or back of the open hand.
OTOSHI UKE	Dropping block made by throwing the arm down on top of the opponent's attack. Can be made with shuto, shotei, tetsui, or Uraken. Usually accompanied by a dropping of the body weight to add power to the technique.
SHUTO UKE	Knife hand block made with the little finger die of the open hand or forearm. Can be made moving inwards, outwards, or downwards.
SOTO UKE	Outside block. Basic middle block made with the outside of the forearm moving from inside to outside. Can be made blocking Jodan or Chudan
SUKUI UKE	Scooping block made with the forearm moving in the same direction of an attack sliding under it and lifting.
UDE UKE	Fore arm block

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UCHI UKE	Inside block. Block made with the inside of the forearm moving from outside to inside. Can be made Jodan or Chudan.
TSUKIWAZA and UCHI WAZA	Punching techniques) (Striking techniques)
AWASE ZUKI	Combined punch made with one hand punching Ura zuki and the other punching Seizuki.
EMPI	Elbow strike made upwards, downwards, sideways, inwards, outwards, forwards, or backwards.
GYAKU ZUKI	Reverse hand punch
GYAKU ZUKI TSUKKOMI	Reverse hand lunge punch.
HAISHU	Back hand strike.
HAITO	Ridge hand strike or inner knife hand strike made with the side of the first knuckle of the index finger.
HASAMI UCHI	Scissor strike made with both hands striking Tetsui inwards.
HEIKO ZUKI	Parallel punch made with both fists punching side by side.
HIRAKEN	Flat fist punch made with the second knuckles of all four fingers
IPPON KEN -	One finger fist punch made with the second knuckle of the index finger.
IPPON NUKITE	One finger spear hand thrust made with the tip of the extended index finger.
JUN ZUKI	Front hand punch made with Seizuki.
JUN ZUKI TSUKKOMI	Front hand lunge punch.
KAGI ZUKI	Hook punch made with the forearm parallel to your chest.
KOKEN UCHI	Bent wrist strike made with the back of the bent wrist.
MAWASHI ZUKI	Round punch made by swinging the arm.
NAGASHI ZUKI	Punch made by moving forward and twisting the body out of the way of an oncoming attack. The body moves parallel to and just off of the attack line.
NAKADAKA IPPON KEN	One finger fist punch made with the second knuckle of the middle finger.
OYAYUBI IPPON KEN	One finger fist strike made with the second knuckle of the thumb.
SEIZUKI	Normal punch made with the first knuckles of the index and middle fingers.
SHOTEI	Palm heel strike.

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SHUTO	Knife hand strike
TATE ZUKI	Vertical fist punch made with the little finger side of the fist towards the ground.
TETTSUI	Hammer fist strike made with the little finger side of the closed fist.
TOBIKOMI ZUKI	Jumping lunge punch. Lunge punch made by jumping the body forward into the technique.
URAKEN	Back fist strike made with the back of the first knuckles of the index and middle fingers.
URA ZUKI	Inverted punch made with the back of the fist pointed towards the ground.
YAMA ZUKI	Mountain punch. Similar to Awasezuki but made with the arms bent and the body leaning forward.
YONHAN NUKITE	Four finger spear hand thrust made with the tips of the four extended fingers.
KERIWAZA	(Kicking techniques)
ASHIBARAI	Foot sweep made by sweeping the opponent's foot out from under him.
FUMIKOMIGERI	Stamping kick made downwards with the side or heel of the foot.
HIZAGERI	Forward knee strike.
HIZAMAWASHIGERI	Roundhouse knee strike.
KINGERI	Groin kick made with the top of the foot
MAE GERI	Front kick made with the ball, heel, or toe tips of the foot.
MAETOBIGERI	Flying or jumping front kick.
MAWASHIGERI	Roundhouse kick made with the ball or instep of the foot.
MIKAZUKIGERI	Crescent kick made from the outside to the inside using the sole of the foot
NAMIGAESHI	Returning wave kick made by bringing the foot upwards and inwards striking with the sole or side of the foot as found in Nihanchi kata.
SOTOMIKAZUKIGERI	Outside crescent kick using the side of the foot moving from inside to outside.
USHIROGERI	Back kick made backwards using the heel of the foot.
USHIROKIN GERI	Backward groin kick made by bringing the heel upward.
YOKO GERI	Side kick made to the side using the side of the foot

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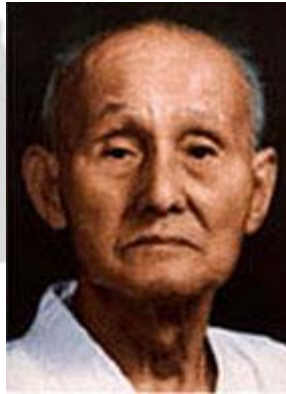
History of Wado-Ryu Karate

WADO-RYU - SCHOOL OF KARATE, FOUNDED BY OHTSUKA SENSEI

Wado-Ryu is one of many styles of Karate now being practised in the United Kingdom. It is one of the 'calmer' styles and suits students of many different ages.

You don't have to 'young' or 'fit' to be able to enjoy Wado-Ryu Karate, as the nature of the style allows for students of any age or ability to take part.

'Wado-Ryu' when translated into English means 'The Way of Peace'.



'Karate' when broken down into English means 'Kara' (empty) and 'Te' (hand). So this could be taken to mean that Karate uses no weapons.

Although using weapons is not part of the Wado-Ryu syllabus, in the early days some forms of Karate did, and so the words 'empty hand' may have been used instead to suggest the non-existence of malice and acting without hysteria.

The founder of Wado-Ryu Karate was the Japanese Master Hironori Ohtsuka, born 1893 and died 1982. Being already skilled in Shindo Yoshin Ryu Ji Jitsu, Master Ohtsuka then began to study a mixture of Karate styles that eventually became known as Shotokan Karate.

After some disagreements with his Master, Funakoshi Sensei, Master Ohtsuka broke away and founded his own style, which he called Wado-Ryu.

The Wado-Ryu Association (Wado-Kai) was accepted into membership of the governing Japanese Karate Federation and is now recognised as one of the four major Karate schools in the world.

Wado-Ryu was demonstrated for the first time in Britain in November 1964 in London by Professor Tatsuo Suzuki who was in fact, a 7th Dan at the time and senior student of Master Ohtsuka.

After this demonstration, Professor Suzuki agreed to come to Britain to open some clubs, and British Wado-Ryu has grown from there.

The first association was eventually named the All Britain Karate Do Association (ABKA). The first teams sent to Europe after this time consisted entirely of Wado-Ryu practitioners.

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After a disagreement on policy, the Japanese instructors left the ABKA and founded a new group, the United Kingdom Karate Do Federation.

Both of these associations also suffered splits in their history and so, as we come to the present day, there are no less than 42 schools practising Wado-Ryu Karate in the United Kingdom.

The Wado-Ryu style of Karate does not rely so much on physical strength, which is why it is a style to suit all types and ages. The fastest moves of all take place when the muscles are relaxed and so Wado-Ryu techniques are more 'thrown' at the target, rather than thrust, and the muscles only tighten on contact.

Traditional Wado-Ryu uses a lot of evasive moves, causing opponents attack to miss their target, leaving you close enough to counter attack. A Japanese instructor was once to have used the analogy of a fast flowing river approaching a rock. It does not hesitate or stop, but divides around the rock and re-joins smoothly behind it. This is good way to describe Wado-Ryu. The opponents move is evaded and countered in one seamless movement.

Being flexible, Wado-Ryu allows for a small element of personal adjustment, which is by no means to say that you can please yourself. If you practise Wado-Ryu you will follow a set of standard principles and the adjustments mentioned may occur only in small areas.

You will, of course, have already taken the first steps in another way of life by joining a Wado-Ryu Karate club. This will be the first of many steps, and with time, patience and commitment you can achieve anything you wish from Karate.

We hope we can help you along that path in some small way, and try not to forget that the most important thing is to enjoy yourself.