



## CLASS PLAN FOR 5TH & 6TH KYU - GREEN BELT

Minimum Class Time - 24 weeks (48 classes) - 6th Kyu

Minimum Class Time - 24 weeks (48 classes) - 5th Kyu

### 1. DEMONSTRATE KIHON

#### A. DEMONSTRATE STANCES *Tachi-kata*

Heisoku-dachi	<i>informal attention stance (heels and toes together)</i>		
Musubi-dachi	<i>informal attention stance (toes turned out)</i>		
Hachiji-dachi	<i>open-leg stance</i>	Zenkutsu-dachi	<i>front stance</i>
Kokutsu-dachi	<i>back stance</i>	Kiba-dachi	<i>straddle stance</i>
Shiko-dachi	<i>sumo stance</i>	Neko-ashi-dachi	<i>cat stance</i>
Fudo-dachi	<i>immovable stance</i>	x-stance	

#### B. DEMONSTRATE KICKS *Keri-kata*

<i>Types</i>	<i>Exercizes</i>	<i>Application</i>
Kekomi - Thrust	Front Leg Lift	Mae-geri - Front Kick
Keage - Snap	Side Leg Lift	Yoko-geri - Side Kick
Jump	Knee Lifts	Mawashi-geri - Round House Kick
Pick	Leg Flexibility Drills	Ushiro-geri - Back Kick
Spinning, Turning		Mikazuku-geri - Crescent Kick

*Ate - Hiza (Knee Strikes)*

#### C. DEMONSTRATE HAND TECHNIQUES *Te-waza*

*Uke-te -- hand blocks*

Age-uke	<i>high defend</i>	Juji-uke	<i>X-block</i>
Chudan-uke	<i>middle defend</i>	Shuto-uke	<i>knifehand defend</i>
Gedan Barai	<i>low defend</i>	Soto-uke	<i>outside-inside defend</i>
	<i>Net Blocks</i>		<i>Circular Blocks</i>

*Tsuki-te-- hand attacks*

*Tzuki (Thrusts)*

		<i>Uchi (Strikes)</i>	
Sonoba-tsuki	<i>basic punch</i>	Uraken	<i>Backfist</i>
Oi-tsuki	<i>lunge punch</i>	Sonoba-shuto uchi	<i>knifehand strike</i>
Seiken	<i>regular fist</i>	Shuto	<i>sword hand</i>
Gyaku-tsuki	<i>reverse punch</i>	Heito	<i>ridge hand</i>
Nukite	<i>spear hand</i>	Kentsui	<i>hammer fist</i>

*Ate (Smash) \**

Empi	<i>elbow</i>	Taisho	<i>Palm heel</i>
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### 2. DEMONSTRATE KUMITE

#### A. DEMONSTRATE IPPON KUMITE

1. The 10 Kwanmukan Ten No Kata Omote (*Formal<sup>+</sup> and Semi-Free including Double Counters*)
2. Demonstrate 2 take-down techniques in Ippon Kumite
3. 4 Direct kicking counterattacks\*

#### B. DEMONSTRATE 8 SANBON KUMITE (*Three-Step Sparring*)•

1. High section attack - Rising block, reverse punch
2. High section attack - Outside forearm block, backfist to mid-section
3. High section attack - Outside forearm block, reverse punch
4. Mid section attack - Low section knife hand block, front kick
5. Mid section attack - Mid section inside forearm block, high section hook punch
6. High section attack - Rising block, side kick
7. High section attack - Cross body block, rear head strike and takedown
8. Mid section attack - Cross body block, inside strike and takedown
9. High section attack - Rising block, round house kick

#### E. EXECUTE 6 KICK-PUNCH KUMITE TECHNIQUES\*

#### D. DEMONSTRATE THREE TOURNAMENT SPARRING TECHNIQUES\*

#### F. DEMONSTRATE JIJU-KUMITE (COMPETITION SPARRING)

### 3. DEMONSTRATE GOSHEN JITSU (*SELF DEFENSE*)

#### A. EXECUTE 8 RELEASES (*Level 1 and Level 2 Releases*)

1. Hold arm by wrist
2. Hold lapel by two hands
3. Hold shoulder by one hand from rear
4. Hold neck from side or headlock

#### B. EXECUTE 8 SELF DEFENSE TECHNIQUES

#### C. DEMONSTRATE BASICS OF UKEMI-WAZA

1. Backward Fall
2. Forward Fall
3. Left and Right Side Falls
4. Forward shoulder roll
5. Forward roll out
6. Backward Shoulder Roll
7. European Breakfall
8. Cartwheel
9. Practical Work as Tori

### 4. BODY CONDITIONING AND DRILL WORK

#### A. Star Exercises

1. Three Star Exercise with force
2. Five Star Exercise with force
3. Two Star Exercise with force

#### B. Demonstrate Wrist Press with force

#### C. Stand in the Kibadachi for 30 minutes

#### D. Demonstrate the 11 basic Kwanmukan Kicking Drills\*

#### E. Demonstrate Breath Control

#### F. Hit Move Hit drills with mat

#### G. Relationship Drills (Kwan Bop)

### 5. KATA REQUIREMENT

1. Taikyoku Shodan, Nidan, Sandan
2. Heian Shodan
3. Heian Nidan
4. Heian Sandan
5. Heian Yodan
6. Tsui Sho
7. Heian Godan
8. Kwan Mu Shodan\*\*
9. Kwan Bu Level Four - Drop Down Techniques

### 6. LANGUAGE REQUIREMENTS (*Demonstrate a working knowledge of Japanese Terminology*)

1. Shomen - front
2. Kobudo - weaponry
3. Shihan - Teacher of teachers
4. Renshi - Honor title for senior master
5. Kyoshi - Honor title for senior master, superior to Renshi
6. Hanchi - highest master, only one in a system, usually 10th dan
7. O-Sensei - greatest teacher
8. Chokuritsu Rei - standing bow
9. Shomen Ni Rei - bow to the front
10. Sensei Ni Rei - bow to the instructor
11. Otagai Ni Rei - bow to each other
12. Osu - acknowledgement
13. Seiretsu - command to line up for Rei
14. Modotte - command to line up for opening Rei
15. Sensei, onagai it ashimus - instructor, show me the way
16. Sensei, taihen arigato gozomashita - instructor, thank you very much
17. Ashi-barai - foot sweep
18. Koshi - ball of foot
19. Sokuto - side (knife edge) of foot
20. Tai Sabaki - body shifting

### 7. TECHNICAL KNOWLEDGE (*Be able to explain*)

#### A. The five things taught in karate

- Punching      Blocking      Breathing      Timing      Kiai

#### B. The Four Fundamentals of Karate Technique

1. Atemi -- vital stroke
2. Kime -- simultaneous focus of mind, hara and weapon
3. Ma-ai -- distancing
4. Zanshin
  - a) Remaining mind
  - b) Extending the ki
  - c) Utterly cutting down
  - d) Impenetrable posture

#### C. The four major Japanese Karate Styles

1. Goju ryu - Chojun Miyagi
2. Shito ryu - Kenwa Mabuni
3. Shotokan (JKA) - Gichen Funakoshi
4. Wado ryu - Hironori Otsuka

#### D. The major American styles

1. Kwannmuzendokai - George E. Anderson
2. Ko Sutemi Seie Kan - Donald R. Madden
3. Shuri ryu - Robert Trias

\* Ate also includes knee smashes - hiza-ate.

+ Ten No Kata Omote of the Kwanmukan

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\* Required for 5th Green Belt

\*\* Adult requirement only.