



## **CLASS PLAN FOR 4TH & 3RD KYU - PURPLE BELT**

*Minimum Class Time - 24 weeks (48 classes) - 4th Kyu*

*Minimum Class Time - 24 weeks (48 classes) - 3rd Kyu*

### **1. DEMONSTRATE KIHON**

- A. DEMONSTRATE STANCES *Tachi-kata***
- B. DEMONSTRATE KICKS *Keri-kata* including *Hiza-ate***
- C. DEMONSTRATE HAND TECHNIQUES *Te-waza***

### **2. DEMONSTRATE KUMITE**

- A. IPPON KUMITE (*One-Step Sparring*)**
  - 1. 10 Formal (Basic) Ippon Kumite with Double Counters
  - 3. Demonstrate 4 take-down techniques in Ippon Kumite
  - 4. Execute 4 one-hand defends
  - 5. Demonstrate 6 direct kicking counterattacks
- B. DEMONSTRATE 8 SANBON KUMITE (*Three-Step Sparring*)**
- C. SEMI-FREE KUMITE**
  - 1. 10 Semi-Free - Jiju Ippon Kumite with Double Counters
  - 2. Execute 6 kick-punch kumite drills
  - 3. Demonstrate 8 two step kickings
- D. JIJU KUMITE (*RANDOM KUMITE*)**
  - 1. Demonstrate competition sparring.
  - 2. Demonstrate 3 tournament sparring techniques including left and right side fakes.

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

- A. EXECUTE 8 RELEASES (*Level 1 and Level 2 Releases - two each for those listed*)**
  - 1. Hold lapel by two hands
  - 2. Hold arm by wrist
  - 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 Stars 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 with speed and accuracy including jump sequence.**
- E. Demonstrate Breath Control in meditation.**
- F. Demonstrate the understanding of the standing-punch reflex drills.**
- G. Demonstrate mobility drills including hit move hit drills.**
- H. Demonstrate bounce patterns - in place, side to side, switching both forward and reverse hand techniques and kicking.**
- I. Demonstrate use of Kicking Mats.**
- J. Demonstrate use of the makiwara and bag.**
- K. Relationships (Kwan Bop) including star exercises and two men kata.**

### **5. KATA REQUIREMENT**

- 1. Taikyoku Shodan, Nidan, Sandan
- 2. Heian Shodan
- 3. Heian Nidan
- 4. Heian Sandan
- 5. Heian Yodan
- 6. Heian Godan
- 7. Tekki Shodan
- 8. Bassai Sho
- 9. Tsui Sho
- 10. Kwan Mu Shodan
- 11. Kwan Mu Nidan
- 12. Kwan Bu - all levels
- 13. Begin Kwan Kong Chang Kwon

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

1. Tsukuri - Entry
2. Kuzushi - Off-balancing
3. Kake - Execution
4. Nagewaza - Throwing techniques
5. WUKO - World Union of Karate-do Organizations
6. PUKO - Pan-American Union of Karate-do Organizations
7. USAKF - The USA Karate Federation
8. Kizami tsuki - Jab
9. Morote tsuki - Two hand punch
10. Tate tsuki - Vertical fist punch
11. Kagi tsuki - Hook punch
12. Teisho uke - Palm heel block
13. Morote uke - Augmented forearm block
14. Juji uke - X-block
15. Kakiwaki uke - Reverse wedge block (as in Jion)
16. Ippon ken - One knuckle fist (phoenix eye)
17. Nakadake ken - Middle finger knuckle fist
18. Hiraken - Foreknuckle fist
19. Tobi geri - Jump kick

**7. Weapons**

1. Ten Ippon Kumite with yawara \*
2. Demonstrate proficiency with bo and sai
3. Two Weapons Kata - Tsui Sho and/or Bo Sho and/or Sai Jitsu Ichi and/or Sai of Towada \*
4. Bunkai of Tsui Sho

**8. 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

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\* 3rd Kyu Purple Belt Requirement

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\* Select any Two Weapons Kata