

# **SANCHIN KEMPO KARATE**

## **SYLLABUS BOOK**

**NAME: .....**

## 9<sup>th</sup> Kyu - White

**Etiquette:** Half Bow/ Kempo Bow, Musubi Dachi, Yoi

### **Kihon (Basics):**

*From Hachiji Dachi (Parallel Stance):*

- Making a Fist
- Rising forearm block (Age Uke)
- Outside forearm block (Soto Ude Uke)
- Inside forearm block (Uchi Ude Uke)
- Downward forearm block (Gedan Barai Uke)
- Full Helmut
- Fore fist Punch (Choku Zuki)
- Front groin kick (Gedan Mae Geri)

### **Self Defence:**

- Movement: Stepping, Push shuffling, Turning
- Body shifting: Ducking, Weaving, Backward Shuffles, Parry lean

### **Kumite:**

Five step sparring

Free form sparring

### **Theory**

- Dojo Rules
- Regular attendance

### **Training Hours:**


**Date graded:**

# 8<sup>th</sup> Kyu - Yellow

White Syllabus included in grading.

**Etiquette:** Half Bow/ Kempo Bow, Musubi Dachi, Yoi

**Kihon (Basics):**

*From Zenkutso Dachi (Forward Leaning Stance):*

- Rising forearm block (Age Uke)
- Outside forearm block (Soto Ude Uke)
- Inside forearm block (Uchi Ude Uke)
- Downward forearm block (Gedan Barai Uke)
- Half Helmut
- Front snap kick (Chudan Mae Geri)

*From Kiba Dachi (Horse Stance):*

- Triple Punches (Sanbon Zuki)

**Self Defence:**

- Single/Double wrist grabs
- Single/Double lapel grabs

**Kumite:**

Five step sparring

Free form sparring

**Theory**

- Dojo Rules
- Regular attendance

**Training Hours:**


**Date graded:**

# 7<sup>th</sup> Kyu - Orange

*White & Yellow Syllabus included in grading.*

**Etiquette:** Half Bow/ Kempo Bow, Musubi Dachi, Yoi

**Kihon (Basics):**

*Stepping in Kokutso Dachi (Back Stance):*

- Knife Hand Block
- Tiger Form (Cat Stance)

*From Hachiji Dachi (Parallel Stance):*

- Finger flicks
- Palm Heal Punch (Teisho Zuki)
- Pushing Hand Block (Nagashe Uke)

*From Zenkutso Dachi (Forward Leaning Stance):*

- Round House Kick (Mawashi Geri)
- Knee Strikes (Hiza Geri)

*From Kiba Dachi (Horse Stance):*

- Side Snap Kick (Yoko Geri Keage)

**Self Defence:**

- Bear hug
- Full nelson

**Kumite:**

Kempo Kata 1 -2

Free form sparring

**Theory**

- Dojo Rules
- Regular attendance

**Training Hours:**


**Date graded:**

# 6<sup>th</sup> Kyu - Green

White, Yellow & Orange Syllabus included in grading.

## Kihon (Basics):

Stepping in Kokutso Dachi (Back Stance):

- Knife Hand Block
- Tiger Form (Cat Stance)
- Tiger Crane

From Hachiji Dachi (Parallel Stance):

- Vertical Fist Punch (Tate Zuki)

From Zenkutso Dachi (Forward Leaning Stance):

- Knee Side Snap Kick
- Sole kick

From Kiba Dachi (Horse Stance):

- Side Thrust Kick (Yoko Geri Kikomi)

## Self Defence:

- Head locks
- Front/Rear hair grabs

## Kumite:

Kempo Kata 3 -4

Free form sparring

## Theory

- Translations: Dojo: Training Hall, Gi: Uniform, Obe: Belt, Kyu: Grades under black, Dan: Black belt grade, Fudoshin: Unbreakable spirit, Kia: Guttural Shout, Rei: bow, Seiza: Kneel.
- Engagement with Dojo Kun.
- Regular attendance

## Training Hours:


Date graded:

# 5<sup>th</sup> Kyu - Blue

*White, Yellow, Orange & Green Syllabus included in grading.*

## Kihon (Basics):

From *Hachiji Dachi (Parallel Stance)*:

- Bears Mouth/ Eye gouge
- Eagles Talons

From *Zenkutso Dachi (Forward Leaning Stance)*:

- Crescent Kick (Mekazuki Geri)

From *Shiko Dachi (Square Stance)*:

- Phoenix eye punch
- Dragon's head punch

From *Kneeling*:

- Parachute roll
- Ground Guard
- Kicking into crouching guard
- Climbing the ladder

Kata: Tekki Shodan

## Self Defence:

- Punch
- Being followed & grabs/pulls

## Kumite:

Free form sparring

Conditioning Sets: Inside/ Outside Thigh Kick, Kakewake Uke vs Mawashi Geri, Double Sinawali

## Theory

- Translations: Kempo: Fist Way, Karate: Empty Hand, Kohia: Senior Student, Sempai: Assistant Instructor, Sensei: Instructor, Shihan: Teacher of teachers.
- Engagement with Dojo Kun.
- Leadership of lower grades.
- Regular attendance

## Training Hours:


Date graded:

























## Student Grade Denotation & Colour (8 years +)

9 <sup>th</sup> Kyu - White Belt	
8 <sup>th</sup> Kyu - Yellow Belt	
7 <sup>th</sup> Kyu - Orange Belt	
6 <sup>th</sup> Kyu - Green Belt	
5 <sup>th</sup> Kyu - Blue Belt	
4 <sup>th</sup> Kyu - Purple Belt	
3 <sup>rd</sup> Kyu - Jnr Brown Belt	
2 <sup>nd</sup> Kyu - Snr Brown Belt	
1 <sup>st</sup> Kyu - Brown with Black Stripe	
Shodan Ho - Provisional Black	

## Junior Student Grade Denotation & Colour (5 years - 8 years)

9 <sup>th</sup> Kyu - White Belt	
8 <sup>th</sup> Kyu - Yellow Belt	
7 <sup>th</sup> Kyu - Orange Belt	
6 <sup>th</sup> Kyu - Green Belt	
5 <sup>th</sup> Kyu - Blue Belt	
4 <sup>th</sup> Kyu - Purple Belt	
3 <sup>rd</sup> Kyu - Brown Belt	

## Yudansha Grade Denotation & Colour (14 years +)

Shodan - 1 <sup>st</sup> Dan	
Nidan - 2 <sup>nd</sup> Dan	
Sandan - 3 <sup>rd</sup> Dan	
Yondan - 4 <sup>th</sup> Dan	
Godan - 5 <sup>th</sup> Dan	
Rokudan - 6 <sup>th</sup> Dan	
Sichidan - 7 <sup>th</sup> Dan	