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Christchurch Karate Club

JKS New Zealand

Instructors Guide

&

Examination booklet



In accordance with JKS Hombu Dojo Japan

Compiled by:

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(Yondan)

Instructor Information

The Five Maxims of Karate

1. Seek perfection of character.
2. Be Sincere.
3. Maximum effort .
4. Respect others.
5. Refrain from violent behaviour.

Tips for Instructors

Kihon

- The aim is to develop correct stances, punching, striking, blocking, kicking techniques and combinations thereof. Ensure that there is an understanding of the principles of angling, rotation, spinning and changes in direction. Resistance work and flexibility training are important aspects of kihon. Be innovative in your methods of instruction.

Kata

- Be creative ~ teach kata with tempo and expression, bring out the poetry of the kata: teach bunkai (application), do isolation training, breaking the kata up in sections. Repeat weak m movements until they are strong.
- Teach favourite kata (tokui) to suit the body type: teach meaning and history of the name of each kata and technicalities, such as the number of moves and kiai points.

Kumite

- Use all methods from basic to advanced. i.e. sanbon, gohon, ippon, jiyu-ippou and jiyu kumite. Utilise hand, leg and sweeping techniques. Introduce go-no-sen, sen-no-sen, tai sabaki: add directional changes and strategy. Teach understanding of sunshin or finish. (ZAN-continuing SHIN-spirit)
- Shiaa training (contest). Belief and confidence in both kata and kumite is very important. Speed training and distancing is vital. Also teach students to disguise attacking techniques. Teach them to take the initiative when being attacked.

Key Examination points

Knife Hand block (Shotou-uke)

- ⇒ Timed rotation of torso with blocking action
- ⇒ Withdrawing hand in front of abdomen
- ⇒ Hip Tucked
- ⇒ Correct angle of hand and tucked fingers

Front kick (Mae-geri)

- ⇒ Knee up high before and after kicking
- ⇒ Tight ankle of support leg
- ⇒ Degree of knee (up before kick starts)
- ⇒ Good snap (out and back)
- ⇒ Pendulum motion of torso

Side kick (Yoko-geri-Ke-komi, Yoko-geri-Ke-age)

- ⇒ Snap (pivot) in the knee joint
- ⇒ Pendulum motion of torso in snap kick
- ⇒ Full extension of hip in thrust kick
- ⇒ Proper chamber of recovery
- ⇒ Proper angle of foot at impact

Kata

- ⇒ Correct sequence of movements
- ⇒ Application of strength (strong vs. mild)
- ⇒ Efficient contraction and expansion of the body
- ⇒ Differentiation and speed of movement (fast vs. slow)
- ⇒ Attitude
- ⇒ Correct demonstration lines
- ⇒ Spirit, kiai and eye projection
- ⇒ Understanding and realisation of techniques
- ⇒ Breathing

Kumite

- ⇒ Fast, spirited attack
- ⇒ Focus and accuracy of attack on attack
- ⇒ Distancing on attack and counterattack
- ⇒ Effective blocks
- ⇒ Accurate and effective counterattack
- ⇒ Smooth transition from block to counterattack
- ⇒ Control and distancing at point of impact

Key Examination points

Kihon

Front stance (Zenkutsu-dachi)

- ⇒ Distance between the legs
- ⇒ Direction of both knees
- ⇒ Abdomen perpendicular to ground (leaning)
- ⇒ Weight distribution (60 percent front, 40 percent back)

Back Stance (Kokutsu-dachi)

- ⇒ Weight distribution (30 percent front, 70 percent back)
- ⇒ Front Leg stretched and pushing down
- ⇒ Back leg bent strongly, toes turned in, knee pushing out
- ⇒ Hip tucked

Side Stance (Kiba-dachi)

- ⇒ Even weight distribution (50 percent each leg)
- ⇒ Knees strongly bent, pushing outward
- ⇒ Toes turned in
- ⇒ Hips pushing forward towards the knees

Punching (Zuki)

- ⇒ Accuracy to the target
- ⇒ Punch goes in straight line for maximum speed
- ⇒ Concentration of power at impact
- ⇒ Correct fist

Lunge Punch (Oi-zuki)

- ⇒ Hips forward over supporting leg when advancing
- ⇒ Strong push with back leg
- ⇒ Hips low and level throughout

Rising block (Age-uke)

- ⇒ Elbow stay inside body line
- ⇒ Proper distance from arm to forehead
- ⇒ Elbow snaps over fully
- ⇒ Wrist higher than the elbow

Forearm blocks (Soto-uke, Uchi-uke)

- ⇒ Angle of blocking arm
- ⇒ Distance between blocking arm and body
- ⇒ Height of the fist
- ⇒ Posture (upper body) 45 degrees to the target

General Information

Age Groups

- Where possible the Shodan grading will be divided into the following age groups calculated as at the date of grading.
 - Under 16 years
 - 16 - 19 years
 - 20 - 24 years
 - 25 - 29 years
 - 30 - 34 years
 - 35 - and over

Grading for 35 years and older plus Special Cases

Grading for candidates over 36 years old will be held at national grading events and separately from other candidates if necessary.

Physically or mentally limited Karate-ka will be graded separately from other candidates.

Extraordinary grading may be applied for in special circumstance to and granted by the JKS New Zealand council.

Minimum Time Requirements between Dan Grades

1st to 2nd Dan	min	2 years
2nd to 3rd Dan	min	3 years
3rd to 4th Dan	min	4 years
4th to 5th Dan	min	5 years
5th to 6th Dan	min	6 years
6th to 7th Dan	min	7 years

Only SPECIAL cases as determined by the JKS NZ council and or qualification Panel of JKS Hombu Dojo ~ Japan, may grant permission to grade earlier than the stipulated rules.

Christchurch Karate Club Pre-Kyu Examination Curriculum

Ungraded - 1st Tip

KIHON

From Zenkutsu-dachi Gedan-gamae

- | | |
|-------------------|--------------------|
| 1. Chudan Oi-zuki | 3 x (step forward) |
| 2. Gedan-barai | 3 x (step back) |
| 3. Mae-geri | 4 x (step forward) |

KUMITE

Ippon Kumite

- | | | |
|--------------------|---|-------------|
| 1. Jordan Oi-zuki | - | Age Uke |
| 2. Chudan Mae-geri | - | Gedan-barai |

KATA

1st Tip - Kihon Kata 1



White belt

Note :

This grading is specific to Christchurch Karate Club is not a requirement under JKS Hombu Dojo ~ Japan regulations. It does however follow the teachings of Gichin Funakoshi.

Purpose

The purpose is as a training aide, to help prepare the student for Kyu grading, provide motivation and encouragement in the early part of the Karate journey...

Belt and Grading Information

It is compulsory for all Karate-ka to produce their membership card before the grading where required. Children under the age of 16 are graded as juniors, unless assessed to be mentally, physically and emotionally mature enough to qualify as a senior grade.

Junior Belts

Pre-yellow	Tips 1 & 2
Yellow	Tips 1 & 2 & Belt
Orange	Tips 1 & 2 & Belt
Green	Tips 1 & 2 & Belt
Blue	Tips 1 & 2 & Belt
Purple	Tips 1 & 2 & Belt
Brown 3	Brown belt - with white strip
Brown 2	Brown belt - plain
Brown 1	Brown belt - with black stripe
Junior Black Belt	Black with white strip

NB : Junior grades from pre-yellow 1 to Brown 3 and Junior Black belts as well as senior 9th and 10th Kyu must indicate the level with the appropriate number of white stripes

Senior Belts

10th Kyu	White (Yellow stripe)
9th Kyu	White (Yellow strips)
8th Kyu	Yellow
7th Kyu	Orange
6th Kyu	Green
5th Kyu	Blue
4th Kyu	Purple
3rd Kyu	Brown - with white stripe
2nd Kyu	Brown - plain
1st Kyu	Brown - with black stripe
1st Dan (Shodan)	BLACK



Kata Information

SHOTOKAN KATA

	(# of moves)	(Kiai points)
1. HEIAN SHODAN	(21)	9 - 7
2. HEIAN NIDAN	(26)	11 - 26
3. HEIAN SANDAN	(20)	10 - 20
4. HEIAN YONDAN	(27)	13 - 25
5. HEIAN GODAN	(23)	12 - 19
6. TEKKI SHODAN	(29)	15 - 29
7. TEKKI NIDAN	(24)	16 - 24
8. TEKKI SANDAN	(36)	16 - 36
9. BASSAI-DAI	(42)	19 - 42
10. KANKU-DAI	(65)	15 - 64
11. EMPI	(37)	15 - 36
12. JION	(47)	17 - 47
13. HANGETSU	(41)	11 - 40
14. JITTE	(24)	13 - 24
15. GANGAKU	(42)	28 - 42
16. BASSAI-SHO	(27)	17 - 22
17. KANKU-SHO	(47)	6 - 47
18. SOCHIN	(40)	28 - 40
19. GOJOSHIHIO-SHO	(65)	57 - 64
20. GOJOSHIHIO-DAI	(62)	54 - 61
21. NIJUSHIHO	(33)	18 - 32
22. CHINTE	(33)	9 - 32
23. UNSU	(48)	36 - 48
24. MEIKYO	(33)	32 (only one)
25. WANKAN	(16)	16 (only one)
26. JIIN	(35)	11 - 35

JUNRO KATA

1. JUNRO SHODAN
2. JUNRO NIDAN
3. JUNRO SANDAN
4. JUNRO YONDAN
5. JUNRI GODAN

All these kiai points correspond to the kiai positions in the BEST KARATE BOOKS with the exception of Kata # 16 and Kata # 17.

Christchurch Karate Club

Pre-Kyu Examination Curriculum

2nd - 3rd Tip

KIHON

From Zenkutsu-dachi Gedan-gamae

- | | |
|--------------------|--------------------|
| 1. Chudan Oi-zuki | 3 x (step forward) |
| 2. Jodan Age uke | 3 x (step back) |
| 3. Mae-geri | 3 x (step forward) |
| 4. Gedan-barai | 3 x (step back) |
| 5. Chudan Soto-uke | 3 x (step forward) |

KUMITE

Sanbon Kumite

- | | | |
|--------------------|---|-------------|
| 1. Jordan Oi-zuki | - | Age Uke |
| 2. Chudan Mae-geri | - | Gedan-barai |
| 3. Chudan zuki | - | Soto-uke |

KATA

2nd Tip - Kihon Kata 2

3rd Tip - Kihon Kata 3



White belt

Note :

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Purpose

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J.K.S Examination Curriculum

10th Kyu - 9th Kyu

KIHON

From Zenkutsu-dachi Gedan-gamae (*Ki*)

- | | |
|--------------------|--------------------|
| 1. Chudan Oi-zuki | 5 x (step forward) |
| 2. Jodan Age-uke | 5 x (step back) |
| 3. Chudan Soto-uke | 5 x (step forward) |
| 4. Gedan-barai | 5 x (step back) |

Change stance into Kakiwake, Zenkutsu Dachi (*Ki*)

- | | |
|-------------|--------------------|
| 5. Mae-geri | 5 x (step forward) |
|-------------|--------------------|

Change stance into Kokutsu-dachi (*Ki*)

- | | |
|---------------|---------------|
| 6. Shutou-uke | 5 (step back) |
|---------------|---------------|

KUMITE

Sanbon Kumite (3 Step)

- | | | |
|--------------------|---|-------------|
| 1. Jordan Oi-zuki | - | Age Uke |
| 2. Chudan Oi-zuki | - | Soto Uke |
| 3. Chudan Mae-geri | - | Gedan-barai |

KATA

10th Kyu - Jo-No Kata

9th Kyu - Jo-No Kata



9th Kyu = Yellow belt White strip

J.K.S Examination Curriculum

Nidan

KIHON

From Jiyu-na-kamae

- | | |
|---|---------------|
| 1. Long forward Kizami-zuki, step forward Sanbon-zuki | 3 x (forward) |
| <i>Mawatte Jiyu-na-kamae</i> | |

- | | |
|--|---------------|
| 2. Long forward Yori ashi Kizami-zuki, step forward Gyaku-zuki | 3 x (forward) |
| <i>Mawatte Jiyu-na-kamae</i> | |

- | | |
|---|---------------|
| 3. Step back Age-uke, stepping forward Mawashi-geri, Ushiro-geri, Ura-ken, Gyaku-zuki | 3 x (forward) |
| <i>Mawatte Jiyu-na-kamae</i> | |

- | | |
|--|---------------|
| 4. Step forward Mawashi-geri, step in Ashi-barai, Gyaku-zuki | 3 x (forward) |
| 5. Long forward Kizami-zuki, Mae-geri, Oi-zuki | 2 x (forward) |

From Jiyu-na-kamae

- | | |
|---|----------------|
| 6. In place, Same leg. Mae-geri, Yoko-geri, Mawashi-geri, Ushiro-geri | 3 x both sides |
|---|----------------|

KUMITE

Jiyu-Kumite

KATA

Shitei-Kata
(Bassai-dai, Kanku-dai, Enpi, Jion, Junro-kata)
Tokui-kata (Advanced Kata of choice)

Sandan

KUMITE

Jiyu-Kumite

KATA

Shitei-Kata
(Add Jitte, Gankaku, & Hangetsu to Nidan Shitei-kata)
Tokui-kata (Kata of choice)

Yondan

KUMITE

Jiyu-Kumite

KATA

Shitei-Kata (All Shotokan-Kata and Junro-kata)

J.K.S Examination Curriculum

Shodan

KIHON

From Zenkutsu-dachi Gedan-gamae

1. Long step forward Sanbon-zuki 3 x (step forward)
2. Jodan Age-uke, Mae-geri, Gyaku-zuki 3 x (step back)
3. Chudan Soto-uke, Kiba dachi Enpi, Zenkutsu-dachi Ura-ken, Gyaku-zuki 3 x (step forward)

Moving back into Kokutsu-dachi

4. Shutou-uke, Front leg Mae-geri, Nukite 3 x (step back)

Mawatte Gedan-gamae

5. Gedan-barai, Nekoashi-dachi, Chudan Uchi-uke, Zenkutsu-dachi Ura-zuki, Yori-ashi Gyaku-zuki 3 x (step forward)

Mawatte Gedan-gamae

6. Same Leg Mae-geri, Mawashi-geri, Gyaku-zuki 3 x (step forward)

Mawatte Gedan-gamae

7. Ushiro-Geri, Gyaku-zuki 3 x (step forward)

Mawatte Gedan-gamae

8. Turning & stepping forward Ura-ken, Gyaku-zuki,

Mawatte Gedan-gamae

From Zenkutsu-dachi - Jiyu-na-kamae

9. Same leg Yoko ke-age, ke-komi, 3 x (step forward)

Mawatte Gedan-gamae

10. Jodan Soto-uke, sideway inward Yori-ashi Gedan Barai, Front leg Mae-geri, Gyaku-zuki (3 x step forward)

KUMITE

Jiyu-Ippon-Kumite

1. Jordan Oi-zuki - Age uke
2. Chudan Oi-zuki - Soto uke
3. Chudan Oi-zuki - Shoto Uke
4. Mae-Geri - Gedan-barai
5. Yoko-geri - Soto uke
6. Mawashi-geri - Uchi uke jodan
7. Ushiro-geri - Gedan barai

KATA

Heian Shodan ~ Tekki-Shodan
Junro-Shodan ~ Junro Godan
Tokui-Kata (Kata of choice)

J.K.S Examination Curriculum

8th Kyu - 7th Kyu

KIHON

From Zenkutsu-dachi Gedan-gamae (*Ki*)

1. Chudan Oi-zuki 5 x (step forward)
2. Jodan Age-uke 5 x (step back)
3. Chudan Soto-uke 5 x (step forward)

Change stance into Kokutsu-dachi (*Ki*)

4. Shutou-uke 5 x (step back)

Change stance to Zenkutsu dachi Gedan Barai (*Ki*)

5. Chudan Uchi-uke 5 x (step forward)
6. Gedan-barai 5 x (step back)

Change stance into Jiyu-na-kamae (*Ki*)

7. Mae-geri 5 x (step forward)

Mawatte Gedan-gamae (Ki)

8. Mawashi-geri 5 x (step forward)

Mawatte Gedan-gamae (Ki)

Change into Kiba-dachi, Kakiwake barai (*Ki*)

9. Yoko ke-age 3 x both sides (sideways)
10. Yoko-ke-komi 3 x both sides (sideways)

KUMITE

Gohon Kumite (5 Step)

1. Jordan Oi-zuki - Age uke
2. Chudan Oi-zuki - Soto uke
3. Mae-Geri - Gedan-barai

KATA

8th Kyu - Heian Shodan

7th Kyu - Heian Nidan



8th Kyu = Yellow Belt
7th Kyu = Orange Belt

J.K.S Examination Curriculum

6th - 5th - 4th Kyu

KIHON

From Zenkutsu-dachi Gedan-gamae (*Ki*)

1. Chudan Oi-zuki 5 x (step forward)
2. Jodan Age-uke, Gyaku-zuki 5 x (step back)
3. Chudan Soto-uke, Gyaku-zuki 5 x (step forward)

Change stance to Kokutsu-dachi (*Ki*)

4. Shutou-uke 5 x (step back)

Change stance to Zenkutsu dachi Gedan barai (*Ki*)

5. Gedan-barai, Nekoashi-dachi, Chudan Uchi-uke, Zenkutsu-dachi Gyaku-zuki 5 x (step forward)

Mawatte Gedan-gamae

Zenkutsu, gedan barai (*Ki*)

6. Mae Geri, Oi Zuki 5 x (step forward)

Mawatte Gedan-gamae

Change into Zenkutsu, Jiyu-na-kamae

7. Mawashi-geri 5 x (step forward)

Change into Kiba-dachi, Kakiwake barai (*Ki*)

8. Yoko ke-age 3 x both sides (sideways)
9. Yoko-ke-komi 3 x both sides (sideways)

Mawatte Gedan-gamae

Change in Zenkutsu-dachi (*Ki*)

10. Turning & stepping forward Ura-ken, Gyaku Zuki 5 x (step forward)

KUMITE

Kihon Ippon Kumite (Yoi, basic 1 step attack, with counter)

1. Jordan Oi-zuki - Age uke
2. Chudan Oi-zuki - Soto uke
- 2.b) Chudan Oi-zuki - Shoto Uke (optional)
3. Mae-Geri - Gedan-barai
4. Yoko-geri Ke-komi - Soto uke
5. Mawashi-geri - Uchi uke jodan

KATA

- 6th Kyu - Heian Sandan
- 5th Kyu - Heian Yondan, Junro Shodan
- 4th Kyu - Heian Godan, Junro Nidan



6th Kyu = Green Belt
5th Kyu = Blue Belt
4th Kyu = Purple Belt

J.K.S Examination Curriculum

3rd - 2nd - 1st Kyu

KIHON

From Zenkutsu-dachi Gedan-gamae (*Ki*)

1. Sanbon-zuki 5 x (step forward)
2. Jodan Age-Uke, Mae-geri, Gyaku-zuki 5 x (step back)
3. Chudan Soto-Uke, Kiba dachi Enpi 5 x (step forward)

Change in Kokutsu-dachi (*Ki*)

4. Shutou-Uke, Nukite 5 x (step back)

Move straight into next move

5. Gedan-Barai, Nekoashi-dachi, Uchi-uke, Zenkutsu-dachi Ura-zuki, Gyaku-zuki 5 x (step forward)

Mawatte Gedan-gamae

From Zenkutsu Ja-na-kamae (*Ki*)

6. Same Leg Mae-geri, Mawashi-geri 5 x (step forward)

Mawatte Gedan-gamae

From Zenkutsu Ja-na-kamae (*Ki*)

7. Ushiro-geri 5 x (step forward)

Change into Kiba-dachi Kakiwake barai (*Ki*)

8. Changing legs Yoko ke-age, Ke-komi 4 x (sideways)

Mawatte Gedan-gamae

9. Jodan Shutou-uchi, Turning & stepping forward Enpi, returning & stepping back Uchi-uke Jodan Shutou-uchi 3 x (step forward)

Mawatte Gedan-gamae

10. Yori-ashi Gyaku-zuki, step forward Gedan Barai, Yori-ashi Gyaku-zuki Gedan barai 3 x (step forward)

KUMITE

Jiyu-Ippon-Kumite (Semi free)

1. Jordan Oi-zuki - Age uke
2. Chudan Oi-zuki - Soto uke
- 2.a Chudan Oi-zuki - Shoto Uke (optional)
3. Mae-Geri - Gedan-barai
4. Yoko-geri Ke-komi - Soto uke
5. Mawashi-geri - Uchi uke jodan
6. Ushiro-geri - Gedan barai

KATA

- 3rd Kyu - Tekki-Shodan, Junro Sandan
- 2nd Kyu - Heian Shodan ~ Tekki-Shodan, Junro-Yondan Tokui-Kata (Kata of choice)
- 1st Kyu - Heian Shodan ~ Tekki-Shodan, Junro-Godan Tokui-Kata (Kata of choice)



3rd Kyu = Brown white strip Belt
2nd Kyu = Brown Belt
1st Kyu = Brown black stripe Belt