

**TRAINING SYLLABUS**

1. (A) Soji : Cleaning Dojo
- (B) Seiretsu : Stand in a row
- (c) Seiza : Sit down straight
- (D) Meimoku (Mokuso) : Meditation ( with close eyes)
- (E) Meimoku (Mokuso)  
Yame : Meditation Break – Open eyes
- (F) Shinzen Ni Rei : Rei to God  
(Shomen Ni Rei)
  
- (G) Shoshi Ni Rei : Rei to the Founder
- (H) Shidoi Ni Rei : Rei to the Instructor in Charge
- ( I ) Sensei Ni Rei : Rei to the All Teachers

2. Junbi Taiso : Warming up Exercises

3. Kihon Name	Stance	Movement
(A) ZUKI or TSUKI : (Ten Times each)		
Chudan Zuki	Heiko Dachii	Kusedori
Chudan Zuki	Uchihachi Dachii	Kharukujuppun
Chudan Zuki	- do -	Ikkyodo
Gayaku Zuki	Zenkutsu Dachii	- do -
Jodan Zuki	Uchihachi Dachii	- do -
Ge, Chu, Jo Ippon Zuki	- do -	- do -
Ge, Chu, Jo Sanbon Zuki	- do -	- do -
Nakadaka Ippon Ken Zuki	Shiko Dachii	- do -
Uraken (Gamben Kara Gamben)	Heiko Dachii	- do -
Uraken (Kata Kara Gamben)	- do -	- do -
Uraken (Meijouchi Kara Gamben)	- do -	- do -
Uraken (Meijouchi Kara Meijouchi)	- do -	- do -
Fuiri uchi ken	Uchihachi Dachii	- do -
Shuto Uchi	- do -	- do -
Haito Uchi	-do -	- do -

## KARATE COURSE SYLLABUS

### (B) GERI or KERI :

(Ten Times Each)

Mae Geri	Heiko Dachi	
Mae Geri	Heiko Dachi	Bunkaidosha
Mae Geri	- do -	Kharukujuppun
Gyaku Geri	Zenkutsu Dachi	Ikkyodo
Gyaku Geri	- do -	Bunkaidosha
Mawashi Geri	Heiko Dachi	Ikkyodo
Mawashi Geri	- do -	Bunkaidosha
Yoko Sokuto Geri	- do -	Ikkyodo
Yoko Sokuto Geri	- do -	Bunkaidosha
Gedan Sokuto Geri	- do -	Ikkyodo
Gedan Sokuto Geri	- do -	Bunkaidosha
Kakato Oroshi Geri	- do -	Ikkyodo
Kakato Oroshi Geri	- do -	Bunkaidosha
		Ikkyodo

### (C) UKE : (Ten Times Each)

Chudan Uke	Heiko Dachi	Kusedori
Chudan Uke	- do -	Ikkyodo
Jodan Uke	- do -	Kusedori
Jodan Uke	- do -	Ikkyodo
Haraitoshi Uke	- do -	- do -
Gedan Bari Uke	- do -	- do -
Kote Uke	- do -	- do -
Shuto Uke	- do -	- do -
Haito Uke	- do -	- do -
Khake Uke	- do -	- do -
Juji Uke Jodan & Gedan 1 count	- do -	- do -

### (D) NIDAN GERI

### (E) IDO KIHON

- a. Single Technique
- b. Double Techniques
- c. Triple Techniques

4. **Different type of KUMITE :**

- (A) Yakusoku
- (B) Ippon
- (C) Nihon
- (D) Sanbon
- (E) Gentai
- (F) Jiyu
- (G) Shiai

Selection of the items under this Schedule for regular practice Programme is advised to be kept Limited to a maximum of three items A day, as per suitable combination Found fit to the standard of the Students in practice.

5. **KATA :**

Each Kata must be practiced daily according to the need. More you practice more perfection will come out.

6. **SEREI TAISO :** This type of exercises are required for cooling down your body or relax your body. These are called 'Cooling Down Exercise'.

**CLOSING OF CLASS:**

- |                                       |                                 |
|---------------------------------------|---------------------------------|
| 7. (A) Seiretsu                       | : Stand in a row                |
| (B) Seiza                             | : Sit down Straight             |
| (C) Meimoku (Mokuso)                  | : Meditation ( with close eyes) |
| (D) Meimoku (Mokuso) Yame             | : Meditation Break (Open Eyes)  |
| (E) Semsei Ni Rei                     | : Rei to All Teachers           |
| (F) Shidoiin Ni Rei                   | : Rei to Instructor In Charge   |
| (G) Shoshi Ni Rei                     | : Rei to the Founder            |
| (H) Shinzen Ni Rei<br>(Shomen Ni Rei) | : Rei to God                    |

*You must practice Karate under a qualified Karate Teacher and take this book as your guidance/reference.*

## **DACHI ( STANCES )**

There are so many attacking and defending techniques in karate. All techniques are to be performed in different stances or standing postures. Few of Stances are given hereunder:

<u>JAPANESE</u>	<u>ENGLISH</u>	<u>JAPANESE</u>	<u>ENGLISH</u>
Heisoko Dachi	: Close Feet Stance	Nekoashi Dachi	: Cat Stance
Musubi Dachi	: Open Toes stance	Sanchin Dachi	: Hourglass Stance
Heiko Dachi	: Parallel Stance	Kake Dachi	: Hooked Stance
Uchi Hachi Dachi	: Inverted Open leg stance	Tsuriashi Dachi	: Crane Stance
Kiba Dachi	: Straddle Stance	Fudo Dachi	: Immovable Stance
Shiko(Sumo) Dachi	: Square Stance	Teiji Dachi	: 'T' Stance
Zenkutsu Dachi	: Forward Leaning Stance	Renoji Dachi	: 'L' Stance
Kokutso Dachi	: Backward Leaning Stance	Hachi-ji Dachi	: Open Feet Stance