



**USA**  
**KARATE**  
Club Network



*Prepared for*  
**Governor French Academy**  
**2010-2011**



Governor French students Turner Clark and Channing Hunter pose with USA Shito-Kai Team on The Great Wall during a break at the 2009 World Championships in Beijing, China.



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## Letter to Parents

Dear parents,

To those new to the Governor French karate program: WELCOME! For returning parents/students: WELCOME BACK! The 2010-2011 school year promises to be a great year for the karate program.

Last year many parents expressed a desire to clarify two issues.

- 1) What are the specific requirements to advance in belt grade?

In the interest of "going green" I have posted an online version of the karate syllabus at [www.usakarateclubs.com](http://www.usakarateclubs.com) for your viewing pleasure. The syllabus is in an easy downloadable PDF which can be easily printed. If you would like a pre-printed version you may purchase them for \$5.00 each.

- 2) How can my child receive a good letter grade for karate on the report card, yet not advance in belt color?

Remember that the karate program serves as physical education for GFA students. Their letter grade is based solely on attendance, level of participation, effort, behavior, and if they arrive with the required equipment (uniform, safety gear, mouthpiece, etc).

The requirements for belt advancement are a separate matter. An opportunity to advance in belt grade is offered at the end of each semester. The requirements are outlined in the syllabus mentioned above.

\*Form K & K-1: **Are not required** to dress out.

\*Form 1-3: **Are required** to dress out in a white karate uniform (gi)

In closing, I would like to thank you again for your time. I am looking forward to working with each and every student this year and hope to have a fun and educational time.

Sincerely,

*Lorraine Bedard*

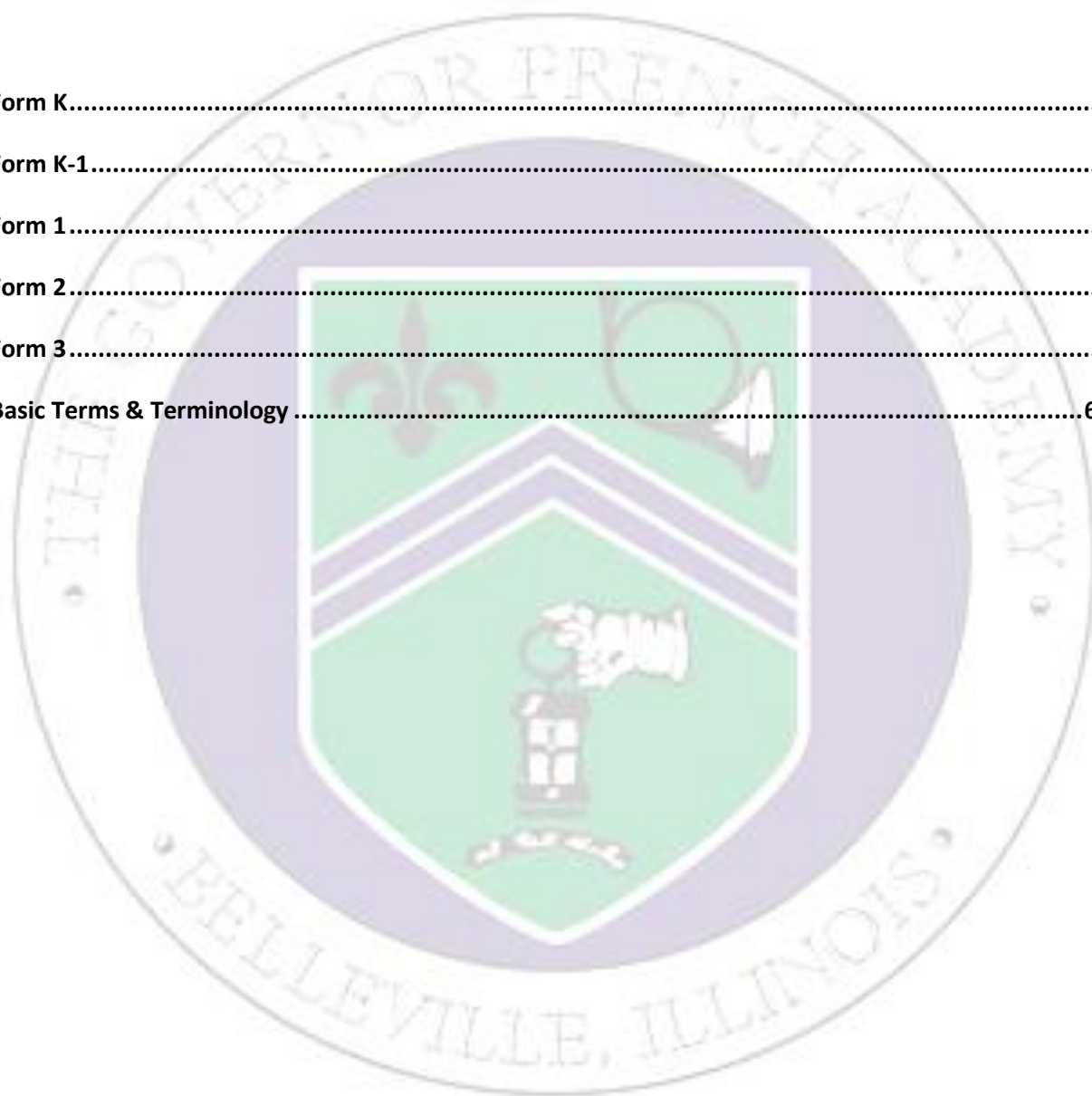
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## Table of Contents

Form K.....	1
Form K-1.....	2
Form 1.....	3
Form 2.....	4
Form 3.....	5
Basic Terms & Terminology .....	6-8



# Form K

## I. Kata (Forms)

None required

## I. Kihon (Basics)

- |  |  |
|--|--|
| 1. Standing front kick                 | 6. Moving forward rising block                                 |
| 2. Punching from standing position     | 7. Moving forward down block                                   |
| 3. Rising block from standing position | 8. Moving forward front snap kick                              |
| 4. Down block from standing position   | 9. Moving forward front snap kick –<br>front punch combination |
| 5. Moving forward front punch          |  |

## II. Kumite (Sparring)

None required – (Basic motor skill drills to improve hand-eye and hand-foot coordination will be taught in the place of sparring)

Techniques may be added or omitted at the instructor's discretion based on the overall performance of the class.

**Rank:** White belt and white belt with colored stripe

This level should show the ability to perform the simple movements of kicking and punching, and also improvement of the students' balance.



# Form K-1

## I. Kata (Forms)

Junino Kata

## II. Kihon (Basics)

1. Moving forward front punch\*
2. Moving forward rising block\*
3. Moving forward down block\*
4. Moving forward front snap kick
5. Moving forward front snap kick/front punch combination
6. Front snap kick, round house kick from "guard" position
7. All previously taught techniques

\*Moving both forward and backward

## III. Kumite (Sparring)

1. Application (bunkai) Junino Kata:
  - a. Defense of front lunge punch
  - b. Defense of front snap kick
2. Basic motor skill drills

**Rank:** White belt with colored stripe (Yellow through black)

This level must show the ability to move correctly in stance and also show the principle of breathing in correspondence with the basic techniques.

# Form 1

## I. Kata (Forms)

Heian Nidan (Fall Semester)

Heian Shodan (Spring Semester)

## II. Kihon (Basics)

1. Moving forward san-bon zuki (triple punch)\*
2. Moving forward side-arm block\*(Yoko-Uke)
3. Moving forward fore-arm block\* (Uchi-Uke)
4. Moving forward reverse punch\*
5. Cat stance (Neko-Ashi-Dachi)
6. Square Stance (Shiko-Dachi)
7. Moving forward knife-hand block in cat stance\*
8. Moving forward roundhouse kick
9. All previously taught techniques

\*Moving both forward and backward

## III. Kumite (Sparring)

1. Application (Bunkai) Heian Nidan
2. Application (Bunkai) Heian Shodan
3. Introduction of "match play" rules (Kumite)
4. Introduction sparring drills
5. Introduction to free sparring (kumite)

*Equipment Needed:* Karate uniform (Gi), mouth piece, fist guards, groin cup for males

**Rank:** Yellow belt through orange belt with black stripe

This level requires an increased stage of focus, both in hand and leg techniques and the ability to perform in a reverse movement.

## Form 2

### I. Kata (Forms)

Heian Sandan (Fall Semester)

Heian Yondan (Spring Semester)

### II. Kihon (Basics)

1. Rising block/reverse punch\*
2. Down block/reverse punch\*
3. Side-arm block/reverse punch\*
4. Fore-arm block/reverse punch\*
5. Side kick
6. Moving forward side kick
7. Knife-hand block in cat stance/ spear hand thrust in long stance (Zenkutsu-Dachi)
8. Knife-hand block/front snap kick/spear hand thrust
9. All previously taught techniques

\*Moving both forward and backward

### III. Kumite (Sparring)

1. Application (Bunkai) Heian Sandan
2. Application (Bunkai) Heian Yondan
3. Sparring drills
4. Free sparring (Kumite)

**Equipment needed:** Karate uniform (Gi), mouth piece, fish guards, groin cup for males

**Rank:** Green belt through blue belt with black stripe

This level requires the smooth shifting from one stance to the next, with an increase of speed and focus in all techniques as well as an increase in ability.

## Form 3

### I. Kata (Forms)

Heian Godan  
Bassadai  
Seienchin

### II. Kihon (Basics)

1. Lunge punch (Oi-Tzuki) in square stance (shiko-dachi)\*
2. Reverse punch (gyaku-tzuki) in square stance (shiko-dachi)\*
3. Knife-hand block/front snap kick/spear hand thrust\*
4. Front snap kick/jab, roundhouse kick/reverse punch, side thrust kick (back leg)/back fist/reverse punch combination
5. Double front snap kick in two steps (middle kick, high kick)
6. Double roundhouse kick in two steps (middle kick, high kick)
7. Front snap kick/side thrust to front (same leg) /reverse punch
8. Roundhouse kick/side thrust to front (same leg)/reverse punch
9. Side thrust kick to side/roundhouse to front/reverse punch
10. Roundhouse kick step forward/side thrust kick to front/reverse punch
11. All previously taught techniques

\*Moving both forward and backward

### III. Kumite (Sparring)

1. Application (bunkai) Heian Godan
2. Application (bunkai) Bassadai
3. Application (bunkai) Seienchin
4. Sparring drills
5. Free sparring

**Equipment needed:** Karate uniform (gi), mouth piece, fist guards, groin cup for males

**Rank:** Purple through brown belt with black stripe

This level must be capable of executing all fundamental body movements and apply all techniques without hesitation and extended force.

**NOTE:** Students who hold the rank of 3<sup>rd</sup> – 1<sup>st</sup> kyu (brown belt) who wish to test for black belt must make themselves known and MUST meet with instructor during the first month of school.

## Terminology

<u>Polite Terms</u>	<u>Japanese</u>	<u>Pronunciation</u>
Thank You	Arigato	Are-Ay-Gaw-Toe
Thank You Very Much	Arigato Gozaimashita	Are-Ay-Gaw-Toe-GoZai-Ma-She-Tah
You're Welcome	Do-Itashimashite	Do-E-Ta-She-Ma-She-Tay
With Your Permission	Onegaishimasu	On-Knee-Guy-She-Mas

<u>Terms</u>	<u>Japanese</u>	<u>Pronunciation</u>
Master	Shihan	She-Han
Teacher/Coach	Sensei	Sen-Say
Senior	Sempai	Sem-Pie
Junior student(s)	Kohai	Koe-High
Training hall	Dojo	Dough-Joe
Karate Uniform	Gi	Gee
Affirmation as in "yes"	Hai	Hi
The Japanese art of empty hand fighting	Karate	Kah-Rah-Tay
Forms	Kata	Kah-Tah
A sharp sound made at the moment of focus	Kai	Kee-eye
Bow to each other	Otagani Ni Rei	Oh-Toe-Gah-Nee-Ray
Bow to the teacher/coach	Sensei Ni Rei	Sehn-She-Nee-Ray
Bow to the front	Shomen Ni Rei	Show-Men-Knee-Ray
Face to the Front	Shomen ni	Show-Men-Knee
Attention	Kiotsuke	Key-Ot-Sue-kay
Formal Attention	Musubi Dachi	Moo-Soobe-Da-Chee
Bow or Salute	Rei	Ray
Kneel	Seiza	Say-Zah
Close eyes or meditate	Mokuso	Mux-So
Open eyes or stop meditating	Mokuso Jame	Mux-So-Yah-May
Stand	Kiritsu	Kee-Rit-Su
Face Each Other	Otagaini	Oh-Toe-Gaw-Knee
Ready	Kamae	Kah-May
Guard up	Kamae-Te	Kah-My-Tay
Begin: start; go	Hajime	Hah-Jee-May
"Stop"	Yame	Yah-May
Switch Feet	Ashikaete	Ah-She-Kie-Tay
Sit	Anza	Anza
"Get ready"	Yoi	Yoi
Basic techniques	Kihon	Key-Hone
Turn	Mawaru	Ma-wa-roo
Sport Fighting; Sparring	Kumite	Koo-Me-Tay
Rising Block	Age Uke	Augay- Oo-Kay
Downward Block	Ge Dan Barai	Gay-Don Baw Rye
Sidearm Block	Yoko Uke	Yoke-Oh Oo-Kay



## Terminology

<u>Terms</u>	<u>Japanese</u>	<u>Pronunciation</u>
Forearm Block	Uchi Uke	Ouch-Ee Oo-Kay
Knife Block	Shuto Uke	Shoe-Toe Oo-Kay
Grabbing Hand	Kakete	Ka-Key-tay
Flip Block	Furisute	Foo-ree-soo-tay
Hammer Attack Block	Kentsui Uchi Uke	Ket-Sui-Oo-Chee-Oo-Kay
Twin Forearm Block	Kaki Wake	Kah-Kee-Wah-Kay
Supported Side Arm Block	Hiji Sasae Uke	Heejee-Sah-Sai-Oo-Kay
Scoop	Sukui Uke	Soo-Koo-E - Ookay
Feet Together	Heisoko Dachi	Hay-Soko-Daw-Ch
Parallel Stance	Heiko Dachi	Hay-Koe-Daw-Ch
Feet Out (Shoulder Width)	Soto Hachiji Dachi	So-Toe-Hi-Chi-Gee-Daw-Ch
Boat Stance	Naifan Chin Dachi	Ni-Fan-Chin-Daw-Ch
Square Stance	Shiko-Dachi	She-Koe-Daw-Ch
Short Front Stance	Moto-Dachi	Mo-Toe-Daw-Ch
Middle Front Stance	Han Zenkutsu-Dachi	Han-Zen-Koo-Tsoo-Daw-Ch
Long Front Stance	Zenkutsu-Dachi	Zen-Koo-Tsoo-Daw-Ch
Cat Stance	Neko-Ashi-Dachi	Neck-Oh-Ah-She-Daw-Ch
Cross Stance	Kosa-Dachi	Ko-Za-Daw-Ch
Horse Stance	Kiba-Dachi	Kee-Ba-Daw-Ch
Hourglass Stance	Sanchin-Dachi	San-Chin-Daw-Ch
Back Stance	Kokutsu-Dachi	Koe-Koo-Tsoo-Daw-Ch
Front Snap Kick	Mae-Geri	My-Gary
Side Kick	Yoko-Geri	Yoke-Oh-Gary
Roundhouse Kick	Mawasi-Geri	Mah-Wash-Ee-Gary
Back Kick	Ushiro-Geri	Oo-She-Row-Gary
Hook Kick	Kagi-Geri	Kaw-Gi-Gary
Knee Kick	Hiza-Geri	He's-Uh-Gary
Sweep	Ash Baraii	Ashee-Ba-Ri
Combination Kicks	Renzoku-Geri	Wren-Zoe-Koo-Gary
Jump Kicks	Tobi-Geri	Toe-Bee-Gary
Front Kicks (Drop in front)	Oi-Geri	Oy-Gary
Lunge Punch	Oi-Tsuki	Oy-Zoo-Ke
Parallel Punch	Heiko-Tzuki	Haykoo-Zoo-Key
Reverse Punch	Gyaku-Tsuki	Gi-Awk-Oo-Zoo-Key
Upper Cut	Age Tzuki	Ah-Gay-Zoo-Key
Spear Hand	Nukite	New-Kitay
Back Fist/Knuckle	Uraken	Oo-Raw-Ken
Hammer Fist	Ken Tsu Uchi	Ken-Soo-Oo-Chee
Locked Punch	Kagi Tzuki	Kah-Gee-Zoo-Key
Elbow Strike	Hiji-Tsuki	He-jee-Zoo-Key



## Terminology

<u>Counting</u>	<u>Japanese</u>	<u>Pronunciation</u>
One	Ichi	Itch
Two	Ni	Knee
Three	San	San
Four	Shi	She
Five	Go	Go
Six	Roku	Roe-K
Seven	Shichi	She-Ch
Eight	Hachi	Ha-Ch
Nine	Ku	Ku
Ten	Ju	Ju

<u>Terms for Match Play</u>	<u>Japanese</u>	<u>Pronunciation</u>
Red	Aka	Ah-Kah
Blue	Ao	Ow
Start	Hagime	Ha-Jee-May
Start Match	Shobu Hagime	Show-Bo-Ha-Jee-May
Stop	Yame	Yah-May
10 Seconds Left	Atoshi Baraku	Ah-Toe-She-Ba-Rah-Coo
Resume Fighting	Tsuzekete Hajime	Zoo-Ki-Tay-Ha-Jee-May
1 Minute Deciding Bout	Sai Shiai	Sigh-She-Ay
Decision	Hantei	Hahn-Te
Draw (Tie)	Hikwake	Hih-Key-Wah-Key
Unacceptable Scoring Technique	Torimasen	Toery-Mah-Sen
Simultaneous Scoring Technique	Aiuchi	I-Ew-Chi
One Point	Ippon	E-Pawn
Two Points	Nihon	Knee-Hone
Three Points	Sanban	Sahn-Bahn
Warning	Chukoku	Choo-Koe-Koo
Foul 1pt Penalty	Keikoku	Kay-Koh-Koo
Foul 2pt Penalty	Hansoku-Chui	Hans-Sew-Koo-Choo-E
Disqualification From Match	Hansoku	Hans-Sew-Koo
Exit From the Match Area	Jogai	Joe-Guy
Self Endangerment	Mubobi	Moo-Boe-Bee
Renunciation	Kiken	Key-Ken
Disqualification From Event	Shikkaku	Shi-Ka-Koo
Winner	Nokachi	No-Kach
High	Jodan	Joe-Dan
Middle	Chudan	Choo-Dan
Low	Gedan	Gay-Dan
Focus	Zanshin	Zahn-Shin