

BLACK PAW 黒足武道

MARTIAL ARTS ACADEMY

GOJU-RYU KARATE



SYLLABUS

BLACK PAW 黒足武道

MARTIAL ARTS ACADEMY

GOJU-RYU KARATE

Terminology

General

Karate	Empty Hand
Kihon	Basics
Kata	Pre-Arranged Form
Mawatte	Turn Around
Rei	Bow
Sensei	Teacher
Sensei Ni Rei	Bow to Teacher
Shomen Ni Rei	Bow to the Front
Dojo	Training Hall
Gi	Uniform
Jodan	Head Level
Chudan	Middle Level
Gedan	Low Level
Kiai	Shout of Spirit
Kime	Focus
Shugo	Line Up
Hajime	Begin
Yamae	Stop
Hidari	Left
Migi	Right

Counting

Ichi	One
Ni	Two
San	Three
Shi	Four
Go	Five
Roku	Six
Shichi	Seven
Hachi	Eight
Ku	Nine
Ju	Ten

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GOJU-RYU KARATE

White (with Yellow Stripe)

BLOCKS

Jodan Age Uke

Chudan Uchi Uke

Gedan Berai Uke

Rising Head Block

Middle Inner Block

Lower Sweeping Block

PUNCHES

Jodan Tsuki

Chudan Tsuki

Gedan Tsuki

Head Punch

Middle Punch

Lower Punch

STRIKES

Ura Uchi

Front Back Fist Strike

KICKS

Mae Geri

Front Kick

STANCES

Musubi Dachi

Heiko Dachi

Han Zenkutsu Dachi

Bowing Stance

Ready Stance

Short Fighting Stance

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GOJU-RYU KARATE

Yellow

Any basic move requested from the previous syllabus , plus:

BLOCKS

Soto Uke

Gedan Uke

Middle Outer Block

Lower Outer Block

PUNCHES

Shita Tsuki

Gyaku Tsuki

Short Punch

Reverse Punch

STRIKES

Hije Ate

Mawashi Empi

Rising Elbow Strike

Round Elbow Strike

KICKS

Mawashi Geri

Round Kick

STANCES

Zenkutsu Dachi

Long Stance

KATA

Gekisai Dai Ichi

(Floor and Head Pattern)}

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GOJU-RYU KARATE

Yellow (with Orange Stripe)

Any basic move requested from the previous syllabus , plus:

PUNCHES

Age Tsuki

Rising Punch

STANCES

Kiba Dachi

Horse Riding Stance

Shiko Dachi

Sumo Stance

KATA

Gekisai Dai Ichi

(Full Technique and Strength)

APPLICATION

Gekisai Dai Ichi

Set 1 - 5

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GOJU-RYU KARATE

Orange

Any basic move requested from the previous syllabus , plus:

KICKS

Yoko Geri

Side Kick

STANCES

Sanchin Dachi

Pigeon Toed Stance

KATA

Gekisai Dai Ni (Floor and Head Pattern}

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GOJU-RYU KARATE

Orange (with Green Stripe)

Any basic move requested from the previous syllabus , plus:

KICKS

Ushiro Geri

Back Kick

STANCES

Neko Ashi Dachi

Cat Stance

KATA

Gekisai Dai Ni

(Full Technique and Strength)

APPLICATION

Gekisai Dai Ni

Set 1 - 2

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GOJU-RYU KARATE

Green

Any basic move requested from the previous syllabus , plus:

BLOCKS

Chugi Uke

Kake Uke

Double Block

Open Hand Block

PUNCHES

Morote Tsuki

Awase Tsuki

Double Punch

U Punch

STRIKES

Yoko Ura Uchi

Side Back Fist Strike

KICKS

Mae Tobi Geri

Jumping Front Kick

KATA

Saifa

(Floor and Head Pattern)

KUMITE

Kumite will be assessed

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GOJU-RYU KARATE

Green (with Blue Stripe)

Any basic move requested from the previous syllabus , plus:

BLOCKS

Mawashi Uke

Round Block

STRIKES

Teisho Ate

Palm Heel Strike

Tetsui Ate

Hammer Fist Strike

KICKS

Kin Geri

Groin Kick

Kokato Geri

Hammer (Axe) Kick

KATA

Saifa

(Full Technique and Strength)

APPLICATION

Saifa

Set 1 - 6

KUMITE

Kumite will be assessed

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MARTIAL ARTS ACADEMY

GOJU-RYU KARATE

Blue

Any basic move requested from the previous syllabus , plus:

PUNCHES

Yoko Tsuki

Side Punch

STRIKES

Shuto Uchi

Knife Hand Strike

Mawashi Shuto Uchi

Round Knife Hand Strike

Haito Uchi

Ridge Hand Strike

KICKS

Ura Mawashi Geri

Hooking Kick

KATA

Sanchin Dai Ichi

(Floor and Head Pattern)

KUMITE

Kumite will be assessed

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GOJU-RYU KARATE

Blue (with Red Stripe)

Any basic move requested from the previous syllabus , plus:

KICKS

Kansetsu Geri

Joint Kick

STANCES

Kosa Dachi

Crossed Leg Stance

KATA

Sanchin Dai Ichi

(Full Technique and Strength)

KUMITE

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GOJU-RYU KARATE

Red

Any basic move requested from the previous syllabus , plus:

STRIKES

Furi Uchi

Nukite Uchi

Curved Strike

Spear Hand Strike

KICKS

Mae Hiza Geri

Mawashi Hiza Geri

Front Knee Kick

Round Knee Kick

STANCES

Kokutsu Dachi

Backwards Leaning Stance

KATA

Sanchin Dai Ni

(Floor and Head Pattern)

KUMITE

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Brown (with Red Stripe)

Any basic move requested from the previous syllabus , plus:

STRIKES

Nakadaka Ken Uchi

Ippon Ken Uchi

Middle Knuckle Strike

One Knuckle Strike

KICKS

Ashi Barai

Foot Sweep

KATA

Sanchin Dai Ni

(Full Technique and Strength)

KUMITE

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GOJU-RYU KARATE

Brown

Any basic move requested from the previous syllabus , plus:

KATA

Seiunchin

(Floor & Head Pattern)

KUMITE

Kumite will be assessed

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Brown (with Black Stripe)

Any basic move requested from the previous syllabus , plus:

KATA

Seiunchin

(Full Technique and Strength)

APPLICATION

Seiunchin

Set 1 - 5

KUMITE

Kumite will be assessed

2 vs 1 Kumite

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WWW.BLACKPAWMARTIALARTS.COM

BLACKPAWMARTIALARTS@GMAIL.COM

01274 977550

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