

## The karate Martial Arts Academy modular access programme (access to Inshallah Karate)

With your access modular each student has a set training programme. Your programme might be the same as most other students in your group or, it may vary a little or a lot. This will depend on your particular grade and needs. Your kyu grade programme will consist of a sequence of units, which you will train over the years to come. This starts with a six weeks block for the seventh kyu grade then twelve weeks block per kyu grade from 6<sup>th</sup> kyu – 4<sup>th</sup> kyu. 3<sup>rd</sup> kyu – 1<sup>st</sup> kyu will be a 24 weeks block per kyu grade. Access to black belt 1<sup>st</sup> dan student must undergo a 50 weeks block.

Martial Arts Academy has structured training years into a series of instruction blocks (called karate modules) within which you will complete one or more units and credits.

Your access to black belt 1<sup>st</sup> dan level (1) one is made up of a sequence of units and credits from 7<sup>th</sup> kyu all the way to 1<sup>st</sup> kyu. The following are the kyu grade units and credit values:

1. 7 <sup>th</sup> kyu	50 units	2 credits	Foundation
2. 6 <sup>th</sup> kyu	80 units	4 credits	Foundation
3. 5 <sup>th</sup> kyu	100 units	6 credits	Foundation
4. 4 <sup>th</sup> kyu	120 units	7 credits	Foundation
5. 3 <sup>rd</sup> kyu	150 units	9 credits	Intermediate
6. 2 <sup>nd</sup> kyu	180 units	14 credits	Intermediate
7. 1 <sup>st</sup> kyu	220 units	20 credits	Intermediate
8. 1 <sup>st</sup> dan	300 units	40 credits	Advanced level 1.
9. 2 <sup>nd</sup> dan	390 units	60 credits	Advanced level 2.
10. 3 <sup>rd</sup> dan	480 units	80 credits	Advanced level 3.

## Modular

### Credit value:

Credits are awarded to you when you have successfully completed a kyu grade (units) Each credit has a value or number indicating how much it is worth.

### Certificate:

In order to be awarded your certificates you must grade and gain units and credits.

### 1<sup>st</sup> dan black belt level 1: access to:

In order to gain access to black belt 1<sup>st</sup> level (1) one you must be awarded a certain amount of credits from grade 7<sup>th</sup> – 1<sup>st</sup> kyu – a total of 50 credits, with at least 40 of these credits at intermediate level (3<sup>rd</sup> – 1<sup>st</sup> kyu).

### 1<sup>st</sup> dan black belt level 1 (competent):

In order to gain your black belt 1<sup>st</sup> dan you must be awarded a certain amount of credits. Experience has shown that students who do not achieve more than 48 credits at foundation level (7<sup>th</sup> kyu – 4<sup>th</sup> kyu) to intermediate level (3<sup>rd</sup> kyu – 1<sup>st</sup> kyu) are less likely to succeed on a black belt 1<sup>st</sup> dan exam. To stand a chance of progression to higher standard at 1<sup>st</sup> dan black belt you will have to achieve additional mandatory requirements.

**LANGUAGE LIST:** Japanese Chinese French German Italian Turkish Kurdish Swedish Dutch Urdu Tree Afrikaans Arabic Swahili Egyptian Ebo.

# 1<sup>st</sup> Kyu

Kihon Te, keru uke dachi cha-ka-gun. (Basic techniques)

## Kihon:

- 1) Musubi – dachi, with shuto hand. Touching sides (bow body and head) Then heisoku – dachi left shuto palm on top of right back fist facing downwards, then bow head and cervical vertebrae only to a fixed position gazing downwards to an approximate 1 1/2 meter then recite dojo – kun 1 & 4 then heisoku – dachi
1. heisoku – dachi, kihon – dachi 1 – 14
2. yohi – heiko – dachi, TE 1 – 16
3. Yohi – heiko – dachi ukes 1 – 8
4. Yohi – fudo – dachi, hidari – hanmi – gamae – kiari, keru – waza 1, 3, 5, 6, 10.

Kata: Bassai – dai, plus ~~OKI~~ sho, ni san x yodan

## Discipline regimen exercise:

1. 20 push – up
2. 20 sit – up
3. 100 alternating knee charge

Jiyu Kumite: Free fighting

Pair Techniques: 1 Kihon, 1 Jiyu must be self choreographed

## 1<sup>st</sup> Kyu Units and Credits

	<b>Units</b>	<b>Credits</b>
Kihon	60	
Fundement	20	
Kata	50	
Discipline	20	
Pair techniques	20	20
Jiyu Kumite	50	
<b>Total</b>	<b>220</b>	<b>20</b>