

## 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.

## 3<sup>rd</sup> Kyu

Kihon Tsuki Keri dachi & uke kata (Basic Methodical techniques)

### Kihon:

- 1) Mushbi – dachi, Heisoku – dachi (left shuto palm on-top of right back fist) facing downwards, then step backward into hidi – zenkutsu – dachi, hidi – gedan – barai (then with same hand) hidi Jodan – uke, hidi – uchi uke Jodan, misi – soto uke – chudan, hidi – seiken – zuki no – tsukomi – jockin, kette migi – junzuki – no – tsukomi Jodan, hidi – empi – uchi – Jodan, mawatte migi – jodan – uke – kiai, then step backward into hid – zenkutsu – dachi repeating the whole and entire unbroken mouments kiai yohi – heiko – dachi.

Renraku – waza: Combination Techniques pre-emptive (of karate action)

- 1) Mushi – dachi, fudo – dachi, hidi hanmi – gamae – kiai – kime, Then migi – gyaku – zuki – chudan, migi – gyaku – maegeri – chudan – migi gyaku – zuki – jodan, migi – maegeri – chudan, hidi – mawashi – geri jodan, migi – gyaku – zuki – chudan, (then swiftly mawatte) hidi – jodan – uke – migi gyaku – zuki – chudan kiai then yohi – fudo – dachi.

Kata: **OKI** sho, ni san, jodan

### Discipline regimen exercise:

1. 18 Push-ups
2. 18 Sit-ups
3. 90 Alternating knee charge

Pair techniques:

1 Kihon, 1 Jiyu must be self choreographed

Ji – yu kumite (free fighting)

### 3<sup>rd</sup> Kyu Units and Credits

	<b>Units</b>	<b>Credits</b>
Kihon	40	
Renraka waza	20	
Kata	35	9
Discipline	15	
Pair techniques	15	
Jiyu Kumite	25	
<b>Total</b>	<b>150</b>	<b>9</b>