

## 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.

## 4<sup>th</sup> Kyu

Kihon Tsuki keru uke & dachi kata (Basic methodical techniques)

Kihon:

- 1) Musubi – dachi, yohi – heiko – dachi, then kiba – dachi – hidi jodan – uke migi soto – uke – jodan (same hand) migi gedan – barai, hidi seiken – zuki – chudan, then clockwise into migi yoko zenkutsu – dachi migi gedan – barai – migi jodan – uke (Pull back right foot into kiba-dachi) then left & right seiken – zuki – chudan, then clockwise into ushiro shiko – dachi juju gedan – barai, kiba – dachi, migi gedan – bari, then kiba – dachi hidi – soto – uke jodan – migi seiken – zuki – jodan, then clockwise into right mae zenkutsu – dachi, blocking right gedan – barai – right jodan uke (swiftly step backward) into left zenkutsu – dachi age – uke – jodan followed by a vigorous (swift) right gyaku zuki chudan (kime – kiai) yohi – heiko – dachi.

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

- 1) Musubi – dachi, fudo – dachi, hidari – hanmi – gamae – kiai, migi gyaku – maegeri – chudan migi gyaku – zuki – jodan, hidi – kizami – zuki – jodan, zenshinshite (swiftly) migi – jodan – zuki – kiai (step backwards – swiftly) hidi jodan – barai – (same – hand) hidi jodan – uke, migi – renzuki – chudan – kiai, then maegeri – chudan going forward into right stance.

Kata: ~~OKI~~ sadan – nidan

Discipline regimen exercise:

1. 16 Push-ups
2. 16 Sit-ups
3. 80 Alternating knee charge

Pair techniques: 3

Jiyu kumite: (free fighting)

#### 4<sup>th</sup> Kyu Units and Credits

	<b>Units</b>	<b>Credits</b>
Kihon	35	
Renraka waza	20	
Kata	30	7
Discipline	10	
Pair techniques	10	
Jiyu Kumite	15	
<b>Total</b>	<b>120</b>	<b>7</b>