

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 6th kyu – 4th kyu. 3rd kyu – 1st kyu will be a 24 weeks block per kyu grade. Access to black belt 1st 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 1st dan level (1) one is made up of a sequence of units and credits from 7th kyu all the way to 1st kyu. The following are the kyu grade units and credit values:

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

1st dan black belt level 1: access to:

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

1st dan black belt level 1 (competent):

In order to gain your black belt 1st 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 (7th kyu – 4th kyu) to intermediate level (3rd kyu – 1st kyu) are less likely to succeed on a black belt 1st dan exam. To stand a chance of progression to higher standard at 1st 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.

5th Kyu

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

Kihon:

- 1) Musubi – dachi yohi – heiko – dachi then kiba – dachi hidi jodan – uke migi seiken zuki chudan then turn clockwise into migi yoko kiba – dachi hidi soto uke chudan migi – seiken – zuki – chudan, migi – geri – chudan, (Pull back right foot pivoting on left leg) Turning clockwise into ushiro kiba – dachi, hidi – seiken – zuki – chudan, hidi geri – chicken migi – seiken – zuki – chudan – kiai, then clockwise into hidari yoko – kiba – dachi, hidi – seiken – zuki – chudan, migi – gedan – barai – hidi – gyaku zuki – chudan choku, then pull back right foot to meet left heisoku – dachi – pause.... Then follow through, step backward into left zenkutsu – dachi – hidi – gedan – barai – ‘same hand’ hidi – jodan – uke – migi – gyaku zuki – chudan – choku kime – kiai, yohi – heiko – dachi, musubi – dachi

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

- 1) Musubi – dachi, fudo – dachi, hidari – hanmi – gamae, kiai, the migi – gyaku – zuki chudan – migi – gyaku zuki – jodan, zenshinshite – migi – jodan – zuki, hidi – renzuki – chudan (then moving right foot across anti clockwise) Turn mawatte pivoting on left foot into left fighting stance facing ushiro, migi – gyaku – zuki chudan, mawatte (moving left foot across clockwise) pivoting on right foot into right stance facing mae, migi jodan – uke – hidi- erenzuki – chudan – kiai hidi- gyatu maegeri – chudan, (ni – migi – keru – waza); 1st – migi – mawashi – geri chudan (same leg) 2nd migi – mawashi – geri jodan.

Kata: ~~OKI~~ Nidan

Discipline regimen exercise:

1. 14 Push-ups
2. 14 Sit-ups
3. 60 Alternating knee charge

Pair techniques: 2

Jiyu kumite (free fighting)

5th Kyu Units and Credits

	Units	Credits
Kihon	30	
Renraka waza	15	
Kata	25	6
Discipline	5	
Pair techniques	15	
Jiyu Kumite	10	
Total	100	6