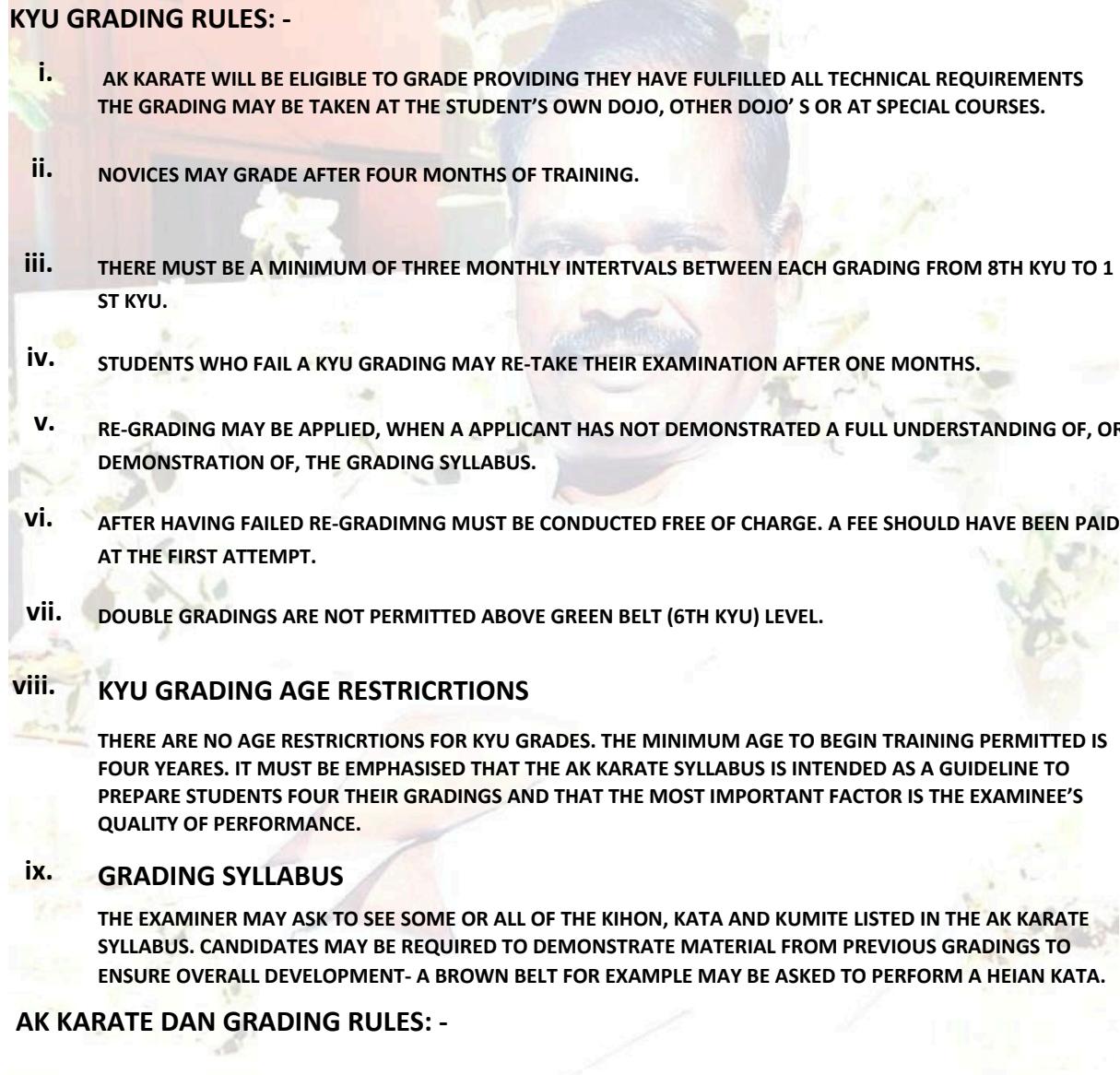


A K KARATE GRADING RULES & SYLLABUS

APPROVED BY THE [KYOSHI JOHN BENJAMIN MASTER], CREATED BY: - AJEETH KUMARTECHNICAL DIRECTOR FOR IMPLEMENTATION, FROM [01/01/2020]

KYU GRADING RULES: -

- 
- i. AK KARATE WILL BE ELIGIBLE TO GRADE PROVIDING THEY HAVE FULFILLED ALL TECHNICAL REQUIREMENTS THE GRADING MAY BE TAKEN AT THE STUDENT'S OWN DOJO, OTHER DOJO'S OR AT SPECIAL COURSES.
 - ii. NOVICES MAY GRADE AFTER FOUR MONTHS OF TRAINING.
 - iii. THERE MUST BE A MINIMUM OF THREE MONTHLY INTERVALS BETWEEN EACH GRADING FROM 8TH KYU TO 1ST KYU.
 - iv. STUDENTS WHO FAIL A KYU GRADING MAY RE-TAKE THEIR EXAMINATION AFTER ONE MONTHS.
 - v. RE-GRADING MAY BE APPLIED, WHEN A APPLICANT HAS NOT DEMONSTRATED A FULL UNDERSTANDING OF, OR DEMONSTRATION OF, THE GRADING SYLLABUS.
 - vi. AFTER HAVING FAILED RE-GRADING MUST BE CONDUCTED FREE OF CHARGE. A FEE SHOULD HAVE BEEN PAID AT THE FIRST ATTEMPT.
 - vii. DOUBLE GRADINGS ARE NOT PERMITTED ABOVE GREEN BELT (6TH KYU) LEVEL.

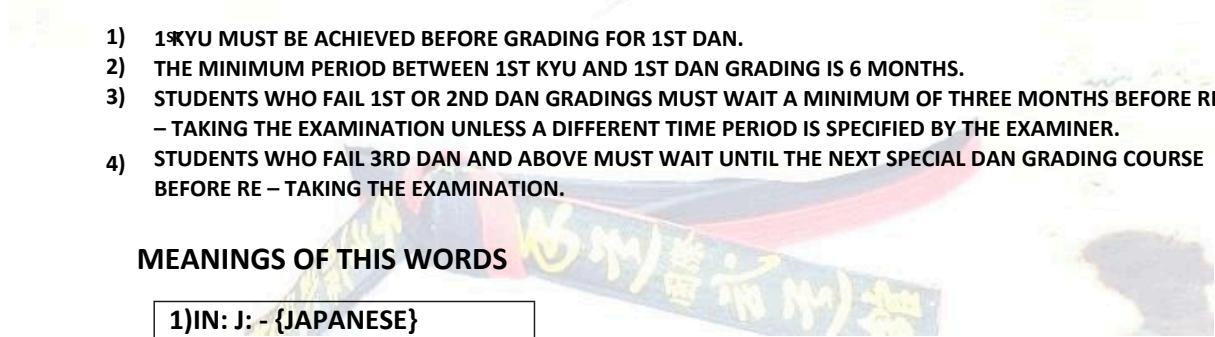
viii. KYU GRADING AGE RESTRICTIONS

THERE ARE NO AGE RESTRICTIONS FOR KYU GRADES. THE MINIMUM AGE TO BEGIN TRAINING PERMITTED IS FOUR YEARS. IT MUST BE EMPHASISED THAT THE AK KARATE SYLLABUS IS INTENDED AS A GUIDELINE TO PREPARE STUDENTS FOR THEIR GRADINGS AND THAT THE MOST IMPORTANT FACTOR IS THE EXAMINEE'S QUALITY OF PERFORMANCE.

ix. GRADING SYLLABUS

THE EXAMINER MAY ASK TO SEE SOME OR ALL OF THE KIHON, KATA AND KUMITE LISTED IN THE AK KARATE SYLLABUS. CANDIDATES MAY BE REQUIRED TO DEMONSTRATE MATERIAL FROM PREVIOUS GRADINGS TO ENSURE OVERALL DEVELOPMENT- A BROWN BELT FOR EXAMPLE MAY BE ASKED TO PERFORM A HEIAN KATA.

AK KARATE DAN GRADING RULES: -

- 
- 1) 1ST KYU MUST BE ACHIEVED BEFORE GRADING FOR 1ST DAN.
 - 2) THE MINIMUM PERIOD BETWEEN 1ST KYU AND 1ST DAN GRADING IS 6 MONTHS.
 - 3) STUDENTS WHO FAIL 1ST OR 2ND DAN GRADINGS MUST WAIT A MINIMUM OF THREE MONTHS BEFORE RE-TAKING THE EXAMINATION UNLESS A DIFFERENT TIME PERIOD IS SPECIFIED BY THE EXAMINER.
 - 4) STUDENTS WHO FAIL 3RD DAN AND ABOVE MUST WAIT UNTIL THE NEXT SPECIAL DAN GRADING COURSE BEFORE RE-TAKING THE EXAMINATION.

MEANINGS OF THIS WORDS

1) IN: J: - {JAPANESE}
2) IN: E: - {ENGLISH}

A K KARATE BELT GRADING SYLLABUS

APPROVED BY THE [KYOSHI JOHN BENJAMIN MASTER], CREATED BY: - AJEETH KUMAR TECHNICAL DIRECTOR FOR IMPLEMENTATION, FROM [01/01/2020]

UNDER WHITE BELT

10TH KYU [HACHI KYU]

- TRAINING REQUIRED 1 MONTHS
- MINIMUM AGE: - NOT APPLICABLE

(FULL BODY WARMUP & STRETCHING, FULL BODY STRENGTH EXERCISES)

FRONT RUN: - 100 METRES - FRONT FROG JUMP: -10 METRES

○ IN-J: - KIHON

○ IN-E: - BASICS

- IN: J: - KIHON WA ZENSHIN TO KOTAI NO SUTEPPU BE JIKKO SA REMASU.
- IN: E: - BASICS WILL BE PERFORMED WITH FORWARD AND TRUN BACK STEPPING.
- IN-J: -KARA ZENKUTSU DACHI-GEDAN BARAI
- IN-E: -FROM FORWARD STANCE DOWNER - BLOCK

[1] IN-J: - CHUDAN OI ZUKI / IN-E: - CHEST CENTER PUNCH

[2] IN-J: - JODAN OI ZUKI / IN-E: - UPPER-LEVEL PUNCH

[3] IN-J: -GEDAN OI ZUKI / IN-E: - DOWNER LEVEL PUNCH

[4] IN-J: - JODAN AGE UKE / IN-E: - RISING UPPER BLOCK

[5] IN-J: - GEDAN BARAI / IN-E: - DOWNER BLOCK

[6] IN-J: - CHUDAN MAE GERI / IN-E: - CHEST CENTER FRONT KICK

○ IN-J: - KUMITE ○ IN-E: - SPARRING

IN-J: - HIDARI ASHI ZENKUTSU / IN-E: - LEFT LEG FORWARD

[8] IN-J: - JODAN OI ZUKI / IN-E: - UPPER-LEVEL PUNCH

○ IN-J: - KATA ○ IN-E: - MOLD

[7] IN-J: - TAIKYOKU SHODAN / IN-E: - BASIC ONE

A K KARATE BELT GRADING SYLLABUS

APPROVED BY THE [KYOSHI JOHN BENJAMIN MASTER], CREATED BY: - AJEETH KUMAR TECHNICAL DIRECTOR FOR IMPLEMENTATION, FROM [01/01/2020]

WHITE BELT

9TH KYU [HACHI KYU]

- TRAINING REQUIRED 2 MONTHS
- MINIMUM AGE: - NOT APPLICABLE

(FULL BODY WARMUP & STRETCHING, FULL BODY STRENGTH EXERCISES)

FRONT RUN: - 250 METRES - FRONT FROG JUMP: -15 METRES – OPEN HAND WALK: -10 METRES

○ IN-J: - KIHON

○ IN-E: - BASICS

- IN: J: - KIHON WA ZENSHIN TO KOTAI NO SUTEPPU BE JIKKO SA REMASU.
- IN: E: - BASCIS WILL BE PERFORMED WITH FORWARD AND TRUN BACK STEPPING.
- IN-J: -KARA ZENKUTSU DACHI-GEDAN BARAI
- IN-E: -FROM FORWARD STANCE DOWNER - BLOCK

[1] IN-J: - CHUDAN OI ZUKI / IN-E: - CHEST CENTER PUNCH

[2] IN-J: - JODAN OI ZUKI / IN-E: - UPPER-LEVEL PUNCH

[3] IN-J: -GEDAN OI ZUKI / IN-E: - DOWNER LEVEL PUNCH

[4] IN-J: - JODAN AGE UKE / IN-E: - RISING UPPER BLOCK

[5] IN-J: - GEDAN BARAI / IN-E: - DOWNER BLOCK

[6] IN-J: - CHUDAN SOTO UKE / IN-E: - CHEST CENTER OUT SIDE FOREARM BLOCK

[7] IN-J: - CHUDAN UCHI UKE / IN-E: - CHEST CENTER IN SIDE FOREARM BLOCK

[8] IN-J: - CHUDAN MAE GERI / IN-E: - CHEST CENTER FRONT KICK

○ IN-J: - KUMITE ○ IN-E: - SPARRING

IN-J: - HIDARI ASHI ZENKUTSU / IN-E: - LEFT LEG FORWARD

[12] IN-J: - JODAN OI ZUKI / IN-E: - UPPER-LEVEL PUNCH

[13] IN-J: - CHUDAN OI ZUKI / IN-E: - CHEST CENTER PUNCH

○ IN-J: - KATA ○ IN-E: - MOLD

[10] IN-J: - TAIKYOKU NIDAN / IN-E: - BASIC TWO

[11] IN-J: - TAIKYOKU SANDAN / IN-E: - BASIC THREE

A K KARATE BELT GRADING SYLLABUS

APPROVED BY THE [KYOSHI JOHN BENJAMIN MASTER], CREATED BY: - AJEETH KUMAR TECHNICAL DIRECTOR FOR IMPLEMENTATION, FROM [01/01/2020]

YELLOW BELT

8TH KYU [HACHI KYU]

- TRAINING REQUIRED 3 MONTHS
- MINIMUM AGE: - NOT APPLICABLE

(FULL BODY WARMUP & STRETCHING, FULL BODY STRENGTH EXERCISES)

FRONT RUN: - 500 METRES - FRONT FROG JUMP: -10 METRES – OPEN HAND WALK: -10 METRES

FRONT FROG WALK: - 10 METRES

• IN-J: - KIHON

• IN-E: - BASICS

- IN: J: - KIHON WA ZENSHIN TO KOTAI NO SUTEPPU BE JIKKO SA REMASU.
- IN: E: - BASICS WILL BE PERFORMED WITH FORWARD AND TRUN BACK STEPPING.
- IN-J: - KARA ZENKUTSU DACHI-GEDAN BARAI
- IN-E: - FROM FORWARD STANCE DOWNER - BLOCK

[1] IN-J: - CHUDAN OI ZUKI / IN-E: - CHEST CENTER PUNCH

[2] IN-J: - JODAN OI ZUKI / IN-E: - UPPER-LEVEL PUNCH

[3] IN-J: - GEDAN OI ZUKI / IN-E: - DOWNER LEVEL PUNCH

[4] IN-J: - CHUDAN GYAKU ZUKI / IN-E: - CHEST CENTER REVERSE PUNCH

[5] IN-J: - JODAN GYAKU ZUKI / IN-E: - UPPER-LEVEL REVERSE PUNCH

[6] IN-J: - GEDAN GYAKU ZUKI / IN-E: - DOWNER LEVEL REVERSE PUNCH

[7] IN-J: - JODAN AGE UKE / IN-E: - RISING UPPER BLOCK

[8] IN-J: - GEDAN BARAI / IN-E: - DOWNER BLOCK

[9] IN-J: - CHUDAN SOTO UKE / IN-E: - CHEST CENTER OUT SIDE FOREARM BLOCK

[10] IN-J: - CHUDAN UCHI UKE / IN-E: - CHEST CENTER IN SIDE FOREARM BLOCK

• IN-J: - KARA KOKUTSU DACHI • IN-E: - FROM BACK STANCE

[11] IN-J: - CHUDAN SHUTO UKE / IN-E: - CHEST CENTER KNIFE HAND BLOCK

• IN-J: - KARA ZENKUTSU DACHI-KAMAE • IN-E: - FROM FORWARD STANCE

[12] IN-J: - CHUDAN MAE GERI / IN-E: - CHEST CENTER FRONT KICK

• IN-J: - KARA KIBA DACHI • IN-E: - FROM HORSE STANCE

[13] IN-J: - YOKO GERI KEAGE / IN-E: - SIDE SNAP KICK

• IN-J: - KUMITE • IN-E: - SPARRING

IN-J: - HIDARI ASHI ZENKUTSU / IN-E: - LEFT LEG FORWARD

[17] IN-J: - JODAN OI ZUKI / IN-E: - UPPER -LEVEL PUNCH

[18] IN-J: - CHUDAN OI ZUKI / IN-E: - CHEST CENTER PUNCH

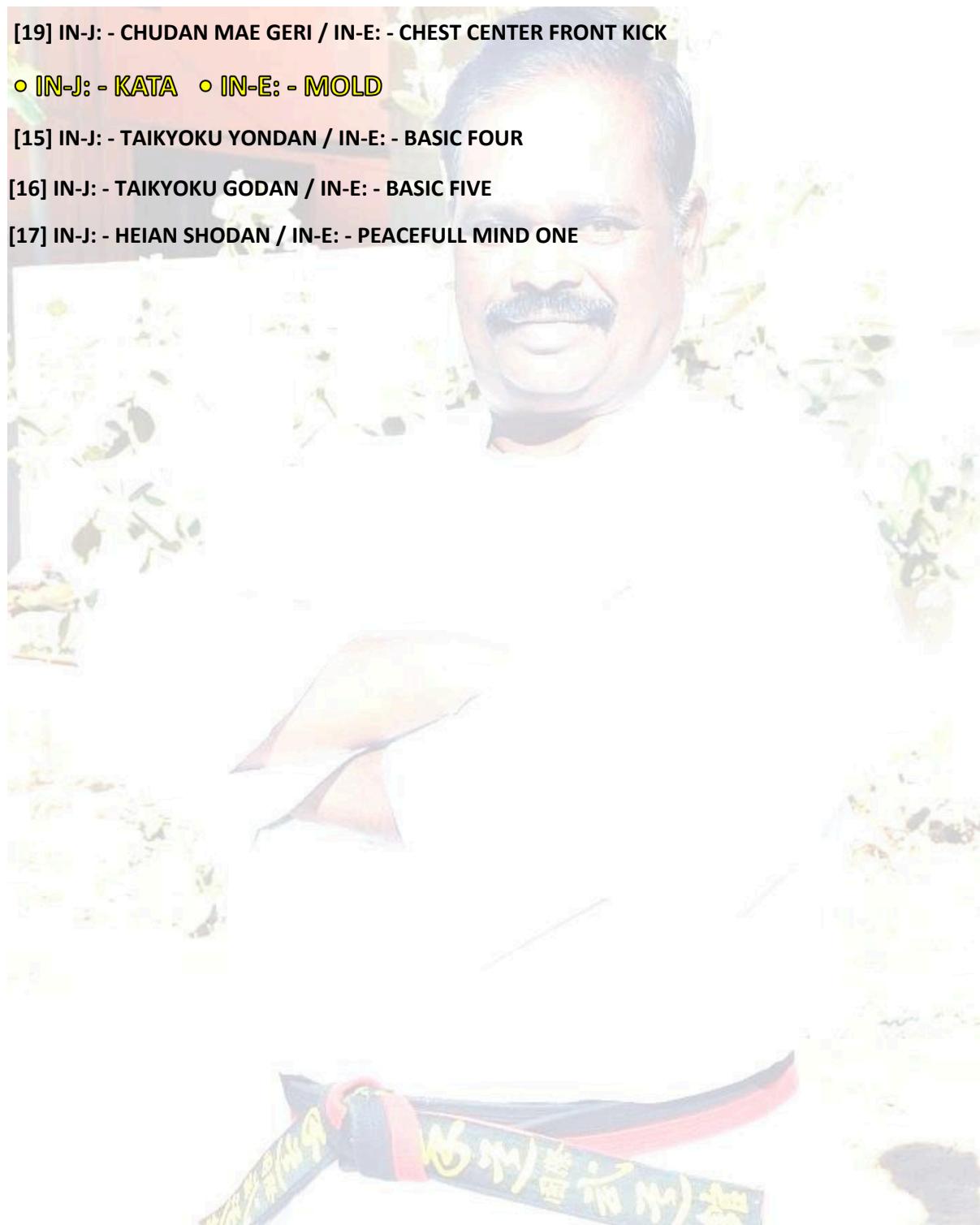
[19] IN-J: - CHUDAN MAE GERI / IN-E: - CHEST CENTER FRONT KICK

○ IN-J: - KATA ○ IN-E: - MOLD

[15] IN-J: - TAIKYOKU YONDAN / IN-E: - BASIC FOUR

[16] IN-J: - TAIKYOKU GODAN / IN-E: - BASIC FIVE

[17] IN-J: - HEIAN SHODAN / IN-E: - PEACEFULL MIND ONE



A K KARATE BELT GRADING SYLLABUS

APPROVED BY THE [KYOSHI JOHN BENJAMIN MASTER], CREATED BY: - AJEETH KUMAR TECHNICAL DIRECTOR FOR IMPLEMENTATION, FROM [01/01/2020]

ORANGE BELT

7TH KYU [SHICHI KYU]

- TRAINING REQUIRED 6 MONTHS
- MINIMUM AGE: - NOT APPLICABLE

FULL BODY WARMUP & STRETCHING, FULL BODY STRENGTH EXERCISES

FRONT RUN—800 METRES FRONT & BACK FROG JUMP —10 METRES OPEN—HAND WALK—10 METRES FRONT FROG WALK —15 METERS

● IN-J: - KIHON

IN: J: - KIHON WA ZENSHIN TO KOTAI NO SUTEPPU BE JIKKO SA REMASU.

IN: E: - BASICS WILL BE PERFORMED WITH FORWARD AND TRUN BACK STEPPING.

● IN-E: - BASICS

● IN-J: - KARA ZENKUTSU DACHI – GEDAN BARAI

● IN-E: - FROM FORWARD STANCE – DOWNER BLOCK

[1] IN-J: - CHUDAN OI ZUKI / IN-E: - CHEST CENTER PUNCH

[2] IN-J: - JODAN OI ZUKI / IN-E: - UPPER-LEVEL PUNCH

[3] IN-J: - GEDAN OI ZUKI / IN-E: - DOWNER LEVEL PUNCH

[4] IN-J: - CHUDAN GYAKU ZUKI / IN-E: - CHEST CENTER REVERSE PUNCH

[5] IN-J: - JODAN GYAKU ZUKI / IN-E: - UPPER-LEVEL REVERSE PUNCH [6]

IN-J: - GEDAN GYAKU ZUKI / IN-E: - DOWNER LEVEL REVERSE PUNCH [7]

IN-J: - CHUDAN NIHAN ZUKI / IN-E: - CHEST CENTER DOUBLE PUNCH

[8] IN-J: - JODAN NIHAN ZUKI / IN-E: - UPPER-LEVEL DOUBLE PUNCH

[9] IN-J: - GEDAN NIHAN ZUKI / IN-E: - DOWNER LEVEL DOUBLE PUNCH

[10] IN-J: - JODAN AGE UKE / IN-E: - RISING UPPER BLOCK

[11] IN-J: - GEDAN BARAI / IN-E: - DOWNER BLOCK

[12] IN-J: - CHUDAN SOTO UKE / IN-E: - CHEST CENTER OUT SIDE FOREARM BLOCK

[13] IN-J: - CHUDAN UCHI UKE / IN-E: - CHEST CENTER IN SIDE FOREARM BLOCK

[14] IN-J: - JODAN AGE UKE – CHUDAN GYAKU ZUKI / IN-E: - RISING UPPER BLOCK - CHEST CENTER-REVERSE PUNCH

[15] IN-J: - GEDAN BARAI – CHUDAN GYAKU ZUKI / IN-E: - DOWNER BLOCK - CHEST CENTER -REVERSE PUNCH

[16] IN-J: - CHUDAN SOTO UKE – CHUDAN GYAKU ZUKI / IN-E: - CHEST CENTER OUT SIDE FOREARM BLOCK – CHEST CENTER REVERSE PUNCH

[17] IN-J: - CHUDAN UCHI UKE – CHUDAN GYAKU ZUKI / IN-E: - CHEST CENTER IN SIDE FOREARM BLOCK – CHEST CENTER REVERSE PUNCH

• IN-J: - KARA KOKUTSU DACHI • IN-E: - FROM BACK STANCE

[18] IN-J: - CHUDAN SHUTO UKE / IN-E: - CHEST CENTER KNIFE HAND BLOCK

• IN-J: - KARA ZENKUTSU DACHI – KAMAE • IN-E: - FROM FORWARD STANCES

[19] IN-J: - CHUDAN MAE GERI / IN-E: - CHEST CENTER FRONT KICK

[20] IN-J: - CHUDAN MAWASHI GERI / IN-E: - CHEST CENTER ROUND HOUSE KICK

• IN-J: - KARA KIBA DACHI • IN-E: - FROM HORSE STANCE

[21] IN-J: - YOKO GERI KEAGE / IN-E: - SIDE SNAP KICK

[22] IN-J: - YOKO GERI KEKOMI / IN-E: - SIDE THRUST KICK

• IN-J: - KUMITE • IN-E: - SPARRING

[IN-J: - HIDARI ASHI ZENKUTSU / IN-E: - LEFT LEG FORWARD]

IN-J: - SANBON KUMITE SHUNKAN / IN-E: - TRIPLE SPARRING MOMENTS

[PERFORM A SPARRING FROM A PREVIOUS GRADING]

[25] IN-J: - JODAN OI ZUKI / IN-E: - UPPER-LEVEL PUNCH

[26] IN-J: - CHUDAN OI ZUKI / IN-E: - CHEST CENTER PUNCH

[27] IN-J: - CHUDAN MAE GERI / IN-E: - CHEST CENTER FRONT KICK

• IN-J: - KATA • IN-E: - MOLD

[23] IN-J: - HEIAN NIDAN / IN-E: - PEACEFULL MIND TWO

[24] IN-J: - TAIYOKU ROKUDAN / IN-E: - BASIC SIX

A K KARATE BELT GRADING SYLLABUS

APPROVED BY THE [KYOSHI JOHN BENJAMIN MASTER], CREATED BY: - AJEETH KUMAR TECHNICAL DIRECTOR FOR IMPLEMENTATION, FROM [01/01/2020]

GREEN BELT

- TRAINING REQUIRED 9 MONTHS
- MINIMUM AGE: - NOT APPLICABLE

FULL BODY WARMUP & STRETCHING, FULL BODY STRENGTH EXERCISES

FRONT RUN—1,000 METRES, BACK RUN – 1,000 METRES, FRONT& BACK—FROG JUMP—20 METRES

FRONT FROG WALK—20 METRES, OPEN HAND WALK—20 METRES, KNEE WALK—20 METRES

• IN-J: - KIHON

IN: J: - KIHON WA ZENSHIN TO KOTAI NO SUTEPPU BE JIKKO SA REMASU.

IN: E: - BASICS WILL BE PERFORMED WITH FORWARD AND TRUN BACK STEPPING.

- IN-J: - KARA ZENKUTSU DACHI GEDAN BARAI
- IN-E: - FROM FORWARD STANCE DOWNER BLOCK

[1] IN-J: - CHUDAN SANBON ZUKI / IN-E: - CHEST CENTER TRIPLE PUNCH

[2] IN-J: - JODAN SANBON ZUKI / IN-E: - UPPER-LEVEL TRIPLE PUNCH

[3] IN-J: - GEDAN SANBON ZUKI / IN-E: - DOWNER LEVEL TRIPLE PUNCH

[4] IN-J: - CHUDAN GYAKU ZUKI – JODAN KIZAMI ZUKI – CHUDAN GYAKU ZUKI / IN-E: - CHEST CENTER REVERSE PUNCH – UPPER-LEVEL JABBING PUNCH – CHEST CENTER REVERSE PUNCH

[5] IN-J: - JODAN AGE EMPI UCHI / IN-E: - RISING UPPER ELBOW STRIKE

[6] IN-J: - CHUDAN EMPI UCHI / IN-E: - CHEST CENTER ELBOW STRIKE

[7] IN-J: - USHIRO EMPI UCHI / IN-E: - BACK ELBOW STRIKE

[8] IN-J: - YOKO EMPI UCHI / IN-E: - SIDE ELBOW STRIKE

[9] IN-J: - JODAN JUJI UKE / IN-E: - UPPER- LEVEL X BLOCK

[10] IN-J: - GEDAN JUJI UKE / IN-E: - DOWNER LEVEL X BLOCK

• IN-J: - KARA KOKUTSU DACHI / IN-E: -FROM BACK STANCE

[PERFORMED WITH FORWARD AND BACKWARD STEPPING]

[11] IN: J: - CHUDAN SHUTO UKE – NUKITE {ZENKUSTU DACHI} / IN: E: - CHEST CENTER KNIFE HAND BLOCK SPEAR HAND STRIKE

• IN: J: - KARA ZENKUTSU DACHI / IN: E: - FROM FORWARD STANCE

[12] IN-J: - CHUDAN HIZA GERI / IN-E: - CHEST CENTER KNEE KICK

[13] IN-J: - YOKO HIZA GERI / IN-E: - SIDE KNEE KICK

[14] IN-J: - CHUDAN MAE GERI / IN-E: - CHEST CENTER FRONT KICK

[15] IN: J: - MAWASHI GERI / IN: E: - ROUND HOUSE KICK

• **IN: J: - KARA KIBA DACHI / IN: E: - FROM HORSE STANCE**

[16] IN-J: - YOKO GERI KEAGE / IN-E: - SIDE SNAP KICK

[17] IN-J: - YOKO GERI KEKOMI / IN-E: - SIDE THRUST KICK

• **IN-J: - KUMITE / IN-E: - SPARRING**

IN-J: - [HIDARI ASHI ZENKUTSU] / IN-E: - [LEFT LEG FORWARD]

IN-J: - SANBON KUMITE SHUNKAN / IN-E: - TRIPLE SPARRING MOMENTS

[20] IN-J: - JODAN OI ZUKI / IN-E: - UPPER-LEVEL PUNCH

[21] IN-J: - CHUDAN OI ZUKI / IN-E: - CHEST CENTER PUNCH

[22] IN-J: - CHUDAN MAE GERI / IN-E: - CHEST CENTER FRONT KICK

• **IN-J: - KATA / IN-E: - MOLD**

[18] IN: J: - HEIAN SANDAN / IN: E: - PEACEFULL MIND THREE

[19] IN: J: - HEIAN YONDAN / IN: E: - PEACEFULL MIND FOUR

AK KARATE BELT GRADING SYLLABUS

APPROVED BY THE [KYOSHI JOHN BENJAMIN MASTER], CREATED BY: - AJEETH KUMAR TECHNICAL DIRECTOR FOR IMPLEMENTATION, FROM [01/01/2020]

BLUE BELT

5TH KYU {GO KYU}

- TRAINING REQUIRED 1 YEAR
- MINIMUM AGE: NOT APPLICABLE

FULL BODY WARMUP & STRETCHING, FULL BODY STRENGTH EXERCISES

FRONT RUN – 1,200 METRES, BACK RUN – 200 METRES—RIGHT & LEFT RUN – 400 METRES

FRONT FROG WALK –40 METRES

OPEN HAND WALK & FIST HAND WALK – 50 METRES, KNEE WALK & SPILT KNEE WALK 50 METRES

- IN-J: - KIHON
- IN-E: - BASICS

IN: J: - KIHON WA MAEMUKI NE TO AOMUKE NE DE OKONAIMASU

IN: E: - BASICS WILL BE PERFORMED WITH FORWARD AND BACKWARDS STEPPING.

- IN: J: - KARA ZENKUTSU DACHI - GEDAN BARAI

- IN: E: -FROM FORWARD STANCE - DOWNER BLOCK

[1] IN: J: - SANBON ZUKI [OI ZUKI: JODAN, CHUDAN, GEDAN]

IN: E: - TRIPLE PUNCH [STEPPING PUNCH: UPPER, MIDDLE, DOWNER]

[2] IN: J: - SANBON ZUKI [OI ZUKI: GEDAN, CHUDAN, JODAN]

IN: E: -TRIPLE PUNCH [STEPPING PUNCH: DOWNER, MIDDLE, UPPER]

[3] IN: J: - SANBON ZUKI [OI ZUKI: CHUDAN, JODAN, GEDAN]

IN: E: - TRIPLE PUNCH [STEPPING PUNCH: MIDDLE, UPPER, DOWNER]

[4] IN: J: -SANBON ZUKI [OI ZUKI: CHUDAN, GEDAN, JODAN]

IN: E: -TRIPLE PUNCH [STEPPING PUNCH: MIDDLE, DOWNER, UPPER]

[5] IN: J: -SANBON ZUKI [OI ZUKI: CHUDAN, JODAN, JODAN]

IN: E: -TRIPLE PUNCH [STEPPING PUNCH: MIDDLE, UPPER, UPPER]

[6] IN: J: -SANBON ZUKI [OI ZUKI: CHUDAN, GEDAN, GEDAN]

IN: E: -TRIPLE PUNCH [STEPPING PUNCH: MIDDLE, DOWNER, DOWNER]

[7] IN: J: -SANBON ZUKI [OI ZUKI: JODAN, CHUDAN, CHUDAN]

IN: E: -TRIPLE PUNCH [STEPPING PUNCH: UPPER, MIDDLE, MIDDLE]

[8] IN: J: -SANBON ZUKI [OI ZUKI: JODAN, GEDAN, GEDAN]

IN: E: -TRIPLE PUNCH [STEPPING PUNCH: UPPER, DOWNER, DOWNER]

[9] IN: J: -SANBON ZUKI [OI ZUKI: GEDAN, CHUDAN, CHUDAN]

IN: E: -TRIPLE PUNCH [STEPPING PUNCH: DOWNER, MIDDLE, MIDDLE]

[10] IN: J: -SANBON ZUKI [OI ZUKI: GEDAN, JODAN, JODAN]

IN: E: -TRIPLE PUNCH [STEPPING PUNCH: DOWNER, UPPER, UPPER]

[11] IN: J: -SANBON ZUKI [OI ZUKI: JODAN, CHUDAN, JODAN]

IN: E: -TRIPLE PUNCH [STEPPING PUNCH: UPPER, MIDDLE, UPPER]

[12] IN: J: -SANBON ZUKI [OI ZUKI: JODAN, GEDAN, JODAN]

IN: E: -TRIPLE PUNCH [STEPPING PUNCH: UPPER, DOWNER, UPPER]

[13] IN: J: -SANBON ZUKI [OI ZUKI: CHUDAN, JODAN, CHUDAN]

IN: E: -TRIPLE PUNCH [STEPPING PUNCH: MIDDLE, UPPER, MIDDLE]

[14] IN: J: -SANBON ZUKI [OI ZUKI: CHUDAN, GEDAN, CHUDAN]

IN: E: -TRIPLE PUNCH [STEPPING PUNCH: MIDDLE, DOWNER, MIDDLE]

[15] IN: J: -SANBON ZUKI [OI ZUKI: GEDAN, JODAN, GEDAN]

IN: E: -TRIPLE PUNCH [STEPPING PUNCH: DOWNER, UPPER, DOWNER]

[16] IN: J: -SANBON ZUKI [OI ZUKI: GEDAN, CHUDAN, GEDAN]

IN: E: -TRIPLE PUNCH [STEPPING PUNCH: DOWNER, MIDDLE, DOWNER]

[17] IN: J: - BOSHI CHUDAN GYAKU ZUKI – JODAN KIZAMI ZUKI

IN: E: - SPINNING CHEST CENTER REVERSE PUNCH- UPPER- LEVEL JABBING PUNCH

[18] IN: J: - CHUDAN SOTO UKE – CHUDAN GYAKU ZUKI {ZENKUTSU DACHI} – YOKO EMPI UCHI – URAKEN UCHI {KIBA DACHI}

IN: E: - CHEST CENTER OUT SIDE FOREARM BLOCK – CHEST CENTER REVERSE PUNCH {FORWARD STANCE} – SIDE ELBOW STRIKE- BACK FIST STRIKE {HORSE STANCE}

[19] IN: J: - CHUDAN UCHI UKE – JODAN KIZAMI ZUKI – CHUDAN GYAKU ZUKI

IN: E: - CHEST CENTER IN SIDE FOREARM BLOCK – UPPER- LEVEL JABBING PUNCH – CHEST CENTER REVERSE PUNCH

[20] IN: J: - CHUDAN SHUTO UKE {KOKUTSU DACHI} – NUKITE {ZENKUTSU DACHI}

IN: E: - CHEST CENTER KNIFE HAND BLOCK {BACK STANCE} - SPEAR HAND STRIKE {FORWARD STANCE}

• **IN: J: - KARA ZENKUTSU DACHI – GEDAN BARAI**

• **IN: E: - FROM FORWARD STANCE – DOWNER BLOCK**

{PERFORMED WITH FORWARD AND TURN BACK [MAVATE] STEPPING}

[21] IN: J: - MAE GERI / IN: E: -FRONT KICK

[22] IN: J: - MAE REN GERI {CHUDAN - JODAN}

IN: E: - FRONT ALTERNATE LEG KICK {MIDDLE KICK – UPPER- LEVEL KICK}

[23] IN: J: - MAWASHI GERI / IN: E: - ROUND HOUSE KICK

• IN: J: - KARA KIBA DACHI • IN: E: - FROM HORSE STANCE

[24] IN: J: - YOKO GERI KEAGE / IN: E: - SIDE SNAP KICK

[25] IN: J: - YOKO GERI KEKOMI /IN: E: - SIDE THRUST KICK

• IN: J: - KUMITE / • IN: E: - SPARRING

• IN: E: - SPARRING KIHON IPPON KUMITE {HIDARI /MIGI} BOTH THE LEG

[PERFOEM A KUMITE FROM A PREVIOUS GRADING]

[27] IN: J: - JODAN ZUKI / IN: E: - UPPER- LEVEL PUNCH

[28] IN: J: -CHIDAN ZUKI / IN: E: - CHEST CENTER PUNCH

[29] IN: J: -CHUDAN MAE GERI / IN: E: -CHEST CENTER FRONT KICK

• IN: J: - KATA •IN: E: - MOLD

[26] IN: J: - HEIAN GODAN / IN: E: - PEACEFULL MIND FIVE



AK KARATE BELT GRADING SYLLABUS

APPROVED BY THE [KYOSHI JOHN BENJAMIN MASTER], CREATED BY: - AJEETH KUMAR TECHNICAL DIRECTOR FOR IMPLEMENTATION, FROM [01/01/2020]

PURPLE BELT

4TH KYU {YON KYU}

- TRAINING REQUIRED 1 YEARS 6 MONTHS
- MINIMUM AGE: - NOT APPLICABLE

FULL BODY WARMUP & STRETCHING, FULL BODY STRENGTH EXERCISES

FRONT RUN – 1,,500 METRES BACK RUN –200 METRES RIGHT & LEFT RUN – 500 METRES—FRONT & BACK FROG JUMP—50 METRES – FRONT FROG WALK—50 METRES OPEN HAND WALK—50 METRES

FIST HAND WALK—50 METRES- FINGER HAND WALK & KNEE WALK 50 METRES SPLIT KNEE WALK – 50 METRES.

• IN-J: - KIHON

• IN-E: - BASICS

IN: J: - KIHON WA MAEMUKI NE TO AOMUKE NE DE OKONAIMASU

IN: E: - BASICS WILL BE PERFORMED WITH FORWARD AND BACKWARDS STEPPING

. • IN: J: - KARA ZENKUTSU DACHI GEDAN BARAI

• IN: E: -FROM FORWARD STANCE DOWNER BLOCK

[1] IN: J: - SANBON ZUKI [GYAKU ZUKI: JODAN, CHUDAN, GEDAN]

IN: E: - TRIPLE PUNCH [REVERSE PUNCH: UPPER, MIDDLE, DOWNER]

[2] IN: J: - SANBON ZUKI [GYAKU ZUKI: GEDAN, CHUDAN, JODAN]

IN: E: -TRIPLE PUNCH [REVERSE PUNCH: DOWNER, MIDDLE, UPPER]

[3] IN: J: - SANBON ZUKI [GYAKU ZUKI: CHUDAN, JODAN, GEDAN]

IN: E: - TRIPLE PUNCH [REVERSE PUNCH: MIDDLE, UPPER, DOWNER]

[4] IN: J: -SANBON ZUKI [GYAKU ZUKI: CHUDAN, GEDAN, JODAN]

IN: E: -TRIPLE PUNCH [REVERSE PUNCH: MIDDLE, DOWNER, UPPER]

[5] IN: J: -SANBON ZUKI [GYAKU ZUKI: CHUDAN, JODAN, JODAN]

IN: E: -TRIPLE PUNCH [REVERSE PUNCH: MIDDLE, UPPER, UPPER]

[6] IN: J: -SANBON ZUKI [GYAKU ZUKI: CHUDAN, GEDAN, GEDAN]

IN: E: -TRIPLE PUNCH [REVERSE PUNCH: MIDDLE, DOWNER, DOWNER]

[7] IN: J: -SANBON ZUKI [GYAKU ZUKI: JODAN, CHUDAN, CHUDAN]

IN: E: -TRIPLE PUNCH [REVERSE PUNCH: UPPER, MIDDLE, MIDDLE]

[8] IN: J: -SANBON ZUKI [GYAKU ZUKI: JODAN, GEDAN, GEDAN]

IN: E: -TRIPLE PUNCH [REVERSE PUNCH: UPPER, DOWNER, DOWNER]

[9] IN: J: -SANBON ZUKI [GYAKU ZUKI: GEDAN, CHUDAN, CHUDAN]

IN: E: -TRIPLE PUNCH [REVERSE PUNCH: DOWNER, MIDDLE, MIDDLE]

[10] IN: J: -SANBON ZUKI [GYAKU ZUKI: GEDAN, JODAN, JODAN]

IN: E: -TRIPLE PUNCH [REVERSE PUNCH: DOWNER, UPPER, UPPER]

[11] IN: J: -SANBON ZUKI [GYAKU ZUKI: JODAN, CHUDAN, JODAN] IN:

E: -TRIPLE PUNCH [REVERSE PUNCH: UPPER, MIDDLE, UPPER] [12] IN:

J: -SANBON ZUKI [GYAKU ZUKI: JODAN, GEDAN, JODAN] IN: E: -

TRIPLE PUNCH [REVERSE PUNCH: UPPER, DOWNER, UPPER] [13] IN: J:

-SANBON ZUKI [GYAKU ZUKI: CHUDAN, JODAN, CHUDAN] IN: E: -

TRIPLE PUNCH [REVERSE PUNCH: MIDDLE, UPPER, MIDDLE] [14] IN: J:

-SANBON ZUKI [GYAKU ZUKI: CHUDAN, GEDAN, CHUDAN]

IN: E: -TRIPLE PUNCH [REVERSE PUNCH: MIDDLE, DOWNER, MIDDLE]

[15] IN: J: -SANBON ZUKI [GYAKU ZUKI: GEDAN, JODAN, GEDAN]

IN: E: -TRIPLE PUNCH [REVERSE PUNCH: DOWNER, UPPER, DOWNER]

[16] IN: J: -SANBON ZUKI [GYAKU ZUKI: GEDAN, CHUDAN, GEDAN]

IN: E: -TRIPLE PUNCH [REVERSE PUNCH: DOWNER, MIDDLE, DOWNER]

[17] IN: J: - BOSHI CHUDAN GYAKU ZUKI – JODAN KIZAMI ZUKI

IN: E: - SPINNING CHEST CENTER REVERSE PUNCH – UPPER- LEVEL JABBING PUNCH

[18] IN: J: - CHUDAN SOTO UKE – CHUDAN GYAKU ZUKI {ZENKUTSU DACHI} – YOKO ENPI UCHI – URAKEN UCHI {KIBA DACHI}

IN: E: - CHEST CENTER OUT SIDE FOREARM BLOCK – CHEST CENTER REVERSE PUNCH {FORWARD STANCE} - SIDE ELBOW STRIKE BACK FIST STRIKE {HORSE STANCE}

[19] IN: J: - CHUDAN UCHI UKE – JODAN KIZAMI ZUKI – CHUDAN GYAKU ZUKI

IN: E: - CHEST CENTER IN SIDE FOREARM BLOCK – UPPER -LEVEL JABBING PUNCH – CHEST CENTER REVERSE PUNCH

[20] IN: J: - CHUDAN SHUTO UKE {KOKUTSU DACHI} – NUKITE {ZENKUTSU DACHI}

IN: E: -CHEST CENTER KNIFE HAND BLOCK - {BACK STANCE} - SPEAR HAND STRIKE {FORWARD STANCE}

• **IN: J: - KARA ZENKUTSU DACHI GEDAN BARAI**

• **IN: E: - FROM FORWARD STANCE DOWNER BLOCK**

{PERFORMED WITH FORWARD AND TURN BACK [MAVATE] STEPPING}

[21] IN: J: - MAE GERI / IN: E: -FRONT KICK

[22] IN: J: - MAE REN GERI {CHUDAN MAE GERI – JODAN MAE GERI}

IN: E: - FRONT ALTERNATE LEG KICK {CHEST CENTER FRONT KICK – UPPER- LEVEL FRONT- KICK}

[23] IN: J: - MAWASHI GERI / IN: E: - ROUND HOUSE KICK

[24] IN: J: - CHUDAN MAE GERI – JODAN MAWASHI GERI – CHUDAN YOKO GERI- KEKOMI CHUDAN USHIRO GERI- CHUDAN GYAKU ZUKI

IN: E: - CHEST CENTER FRONT KICK – UPPER- LEVEL ROUND HOUSE KICK- CHEST CENTER- SIDE THRUST KICK - CHEST CENTER BACK KICK – CHEST CENTER REVERSE PUNCH

• IN: J: - KARA KIBA DACHI • IN: E: - FROM HORSE STANCE

[25] IN: J: - YOKO GERI KEAGE / IN: E: - SIDE SNAP KICK

[26] IN: J: - YOKO GERI KEKOMI / IN: E: - SIDE THRUST KICK

• IN: J: - KUMITE • IN: E: - SPARRING

KIHON IPPON KUMITE {HIDARI / MIGI} BOTH THE LEG

[PERFOEM A KUMITE FROM A PREVIOUS GRADING]

[29] IN: J: - JODAN ZUKI / IN: E: - UPPER- LEVEL PUNCH

[30] IN: J: -CHIDAN ZUKI / IN: E: - CHEST CENTER PUNCH

[31] IN: J: -CHUDAN MAE GERI / IN: E: -CHEST CENTER FRONT KICK

[32] IN: J: - YOKO GERI / SIDE KICK

[33] IN: J: - MAWASHI GERI / IN: E: - ROUND HOUSE KICK

• IN: J: - KATA • IN: E: - MOLD

[27] IN: J: - BASSAI DAI / IN: E: - “PENETRATING THE FORTRESS – BIG”

[28] IN: J: - KANKU DAI / IN: E: - “TO LOOK AT THE SKY – BIG”

AK KARATE BELT GRADING SYLLABUS

APPROVED BY THE [KYOSHI JOHN BENJAMIN MASTER], CREATED BY: - AJEETH KUMAR TECHNICAL DIRECTOR FOR IMPLEMENTATION, FROM [01/01/2020]

BROWN BELT

3RDKYU {SAN KYU}

. TRAINING REQUIRED 2 YEARS

. MINIMUM AGE: - NOT APPLICABLE

FULL BODY WARMUP & STRETCHING, FULL BODY STRENGTH EXERCISES

FRONT RUN: – 2,000 METRES BACK RUN: – 500 METRES RIGHT SIDE RUN 500 METRES & LEFT SIDE RUN 500 METRES—FRONT FROG JUMP: - 50 METRES- BACK FROG JUMP 50 METRES RIGHT SIDE FROG JUMP 25 METRES- OPEN HAND WALK – 50 METRES-FIST HAND WALK 50 METRES

FINGER HAND WALK: - 50 METRES BACK HAND WALK: -50 METRES KNEE WALK 50 METRES-SPILT KNEE WALK: - 50 METRES FRONT ROLL ALL VARIATIONS

- IN-J: - KIHON

- IN-E: - BASICS

IN: J: - KIHON WA MAEMUKI NE TO AOMUKE NE DE OKONAIMASU

IN: E: -BASICS WILL BE PERFORMED WITH FORWARD AND BACKWARD STEPPING

- IN: J: - KARA ZENKUTSU DACHI GEDAN BARAI

- IN: E: -FROM FORWARD STANCE DOWNER BLOCK

1) IN: J: - BOSHI AGE UKE SANBON ZUKI [GYAKU ZUKI: CHUDAN, JODAN, JODAN]

IN: E: - SPINNING RISING UPPER BLOCK TRIPLE PUNCH [REVERSE PUNCH: MIDDLE, UPPER, UPPER]

2) IN: J: - BOSHI AGE UKE SANBON ZUKI [GYAKU ZUKI: CHUDAN, GEDAN, GEDAN]

IN: E: - SPINNING RISING UPPER BLOCK TRIPLE PUNCH [REVERSE PUNCH: MIDDLE, DOWNER, DOWNER]

3) IN: J: - BOSHI AGE UKE SANBON ZUKI [GYAKU ZUKI: CHUDAN, JODAN, GEDAN]

IN: E: - SPINNING RISING UPPER BLOCK TRIPLE PUNCH [REVERSE PUNCH: MIDDLE, UPPER, DOWNER]

4) IN: J: - BOSHI AGE UKE SANBON ZUKI [GYAKU ZUKI: CHUDAN, GEDAN, JODAN]

IN: E: - SPINNING RISING UPPER BLOCK TRIPLE PUNCH [REVERSE PUNCH: MIDDLE, DOWNER, UPPER]

5) IN: J: - BOSHI AGE UKE SANBON ZUKI [GYAKU ZUKI: JODAN, CHUDAN, CHUDAN]

IN: E: - SPINNING RISING UPPER BLOCK TRIPLE PUNCH [REVERSE PUNCH: UPPER, MIDDLE, MIDDLE]

6) IN: J: - BOSHI AGE UKE SANBON ZUKI [GYAKU ZUKI: JODAN, GEDAN, GEDAN]

IN: E: - SPINNING RISING UPPER BLOCK TRIPLE PUNCH [REVERSE PUNCH: UPPER, DOWNER, DOWNER]

- 7) IN: J: - BOSHI AGE UKE SANBON ZUKI [GYAKU ZUKI: JODAN, CHUDAN, GEDAN]
IN: E: - SPINNING RISING UPPER BLOCK TRIPLE PUNCH [REVERSE PUNCH: UPPER, MIDDLE, DOWNER]
- 8) IN: J: - BOSHI AGE UKE SANBON ZUKI [GYAKU ZUKI: JODAN, GEDAN, CHUDAN]
IN: E: - SPINNING RISING UPPER BLOCK TRIPLE PUNCH [REVERSE PUNCH: UPPER, DOWNER, MIDDLE]
- 9) IN: J: - BOSHI AGE UKE SANBON ZUKI [GYAKU ZUKI: GEDAN, JODAN, JODAN]
IN: E: - SPINNING RISING UPPER BLOCK TRIPLE PUNCH [REVERSE PUNCH: DOWNER, UPPER, UPPER]
- 10) IN: J: - BOSHI AGE UKE SANBON ZUKI [GYAKU ZUKI: GEDAN, CHUDAN, CHUDAN]
IN: E: - SPINNING RISING UPPER BLOCK TRIPLE PUNCH [REVERSE PUNCH: DOWNER, MIDDLE, MIDDLE]
- 11) IN: J: - BOSHI AGE UKE SANBON ZUKI [GYAKU ZUKI: GEDAN, JODAN, CHUDAN]
IN: E: - SPINNING RISING UPPER BLOCK TRIPLE PUNCH [REVERSE PUNCH: DOWNER, UPPER, MIDDLE]
- 12) IN: J: - BOSHI AGE UKE SANBON ZUKI [GYAKU ZUKI: GEDAN, CHUDAN, JODAN]
IN: E: - SPINNING RISING UPPER BLOCK TRIPLE PUNCH [REVERSE PUNCH: DOWNER, MIDDLE, UPPER]
- 13) IN: J: - BOSHI GEDAN BARAI SANBON ZUKI [GYAKU ZUKI: CHUDAN, JODAN, JODAN]
IN: E: - SPINNING DOWNER BLOCK TRIPLE PUNCH [REVERSE PUNCH: MIDDLE, UPPER, UPPER]
- 14) IN: J: - BOSHI GEDAN BARAI SANBON ZUKI [GYAKU ZUKI: CHUDAN, GEDAN, GEDAN]
IN: E: - SPINNING DOWNER BLOCK TRIPLE PUNCH [REVERSE PUNCH: MIDDLE, DOWNER, DOWNER]
- 15) IN: J: - BOSHI GEDAN BARAI SANBON ZUKI [GYAKU ZUKI: CHUDAN, JODAN, GEDAN]
IN: E: - SPINNING DOWNER BLOCK TRIPLE PUNCH [REVERSE PUNCH: MIDDLE, UPPER, DOWNER]
- 16) IN: J: - BOSHI GEDAN BARAI SANBON ZUKI [GYAKU ZUKI: CHUDAN, GEDAN, JODAN]
IN: E: - SPINNING DOWNER BLOCK TRIPLE PUNCH [REVERSE PUNCH: MIDDLE, DOWNER, UPPER]
- 17) IN: J: - BOSHI GEDAN BARAI SANBON ZUKI [GYAKU ZUKI: JODAN, CHUDAN, CHUDAN]
IN: E: - SPINNING DOWNER BLOCK TRIPLE PUNCH [REVERSE PUNCH: UPPER, MIDDLE, MIDDLE]
- 18) IN: J: - BOSHI GEDAN BARAI SANBON ZUKI [GYAKU ZUKI: JODAN, GEDAN, GEDAN]

IN: E: - SPINNING DOWNER BLOCK TRIPLE PUNCH [REVERSE PUNCH: UPPER, DOWNER, DOWNER]

- 19) IN: J: - BOSHI GEDAN BARAI SANBON ZUKI [GYAKU ZUKI: JODAN, CHUDAN, GEDAN]

IN: E: - SPINNING DOWNER BLOCK TRIPLE PUNCH [REVERSE PUNCH: UPPER, MIDDE, DOWNER]

- 20) IN: J: - BOSHI GEDAN BARAI SANBON ZUKI [GYAKU ZUKI: JODAN, GEDAN, CHUDAN]

IN: E: - SPINNING DOWNER BLOCK TRIPLE PUNCH [REVERSE PUNCH: UPPER, DOWNER, MIDDLE]

- 21) IN: J: - BOSHI GEDAN BARAI SANBON ZUKI [GYAKU ZUKI: GEDAN, JODAN, JODAN]

IN: E: - SPINNING DOWNER BLOCK TRIPLE PUNCH [REVERSE PUNCH: DOWNER, UPPER, UPPER]

- 22) IN: J: - BOSHI GEDAN BARAI SANBON ZUKI [GYAKU ZUKI: GEDAN, CHUDAN, CHUDAN]

IN: E: - SPINNING DOWNER BLOCK TRIPLE PUNCH [REVERSE PUNCH: DOWNER, MIDDLE, MIDDLE]

- 23) IN: J: - BOSHI GEDAN BARAI SANBON ZUKI [GYAKU ZUKI: GEDAN, JODAN, CHUDAN]

IN: E: - SPINNING DOWNER BLOCK TRIPLE PUNCH [REVERSE PUNCH: DOWNER, UPPER, MIDDLE]

- 24) IN: J: - BOSHI GEDAN BARAI SANBON ZUKI [GYAKU ZUKI: GEDAN, CHUDAN, JODAN]

IN: E: - SPINNING DOWNER BLOCK TRIPLE PUNCH [REVERSE PUNCH: DOWNER, MIDDLE, UPPER]

- 25) IN: J: - BOSHI SOTO UKE SANBON ZUKI [GYAKU ZUKI: CHUDAN, JODAN, JODAN]

IN: E: - SPINNING OUT SIDE FOREARM BLOCK TRIPLE PUNCH [REVERSE PUNCH: MIDDLE, UPPER, UPPER]

- 26) IN: J: - BOSHI SOTO UKE SANBON ZUKI [GYAKU ZUKI: CHUDAN, GEDAN, GEDAN]

IN: E: - SPINNING OUT SIDE FOREARM BLOCK TRIPLE PUNCH [REVERSE PUNCH: MIDDLE, DOWNER, DOWNER]

- 27) IN: J: - BOSHI SOTO UKE SANBON ZUKI [GYAKU ZUKI: CHUDAN, JODAN, GEDAN]

IN: E: - SPINNING OUT SIDE FOREARM BLOCK TRIPLE PUNCH [REVERSE PUNCH: MIDDLE, UPPER, DOWNER]

- 28) IN: J: - BOSHI SOTO UKE SANBON ZUKI [GYAKU ZUKI: CHUDAN, GEDAN, JODAN]

IN: E: - SPINNING OUT SIDE FOREARM BLOCK TRIPLE PUNCH [REVERSE PUNCH: MIDDLE, DOWNER, UPPER]

- 29) IN: J: - BOSHI SOTO UKE SANBON ZUKI [GYAKU ZUKI: JODAN, CHUDAN, CHUDAN]

IN: E: - SPINNING OUT SIDE FOREARM BLOCK TRIPLE PUNCH [REVERSE PUNCH: UPPER, MIDDLE, MIDDLE]

- 30) IN: J: - BOSHI SOTO UKE SANBON ZUKI [GYAKU ZUKI: JODAN, GEDAN, GEDAN]
IN: E: - SPINNING OUT SIDE FOREARM BLOCK TRIPLE PUNCH [REVERSE PUNCH: UPPER, DOWNER, DOWNER]
- 31) IN: J: - BOSHI SOTO UKE SANBON ZUKI [GYAKU ZUKI: JODAN, CHUDAN, GEDAN]
IN: E: - SPINNING OUT SIDE FOREARM BLOCK TRIPLE PUNCH [REVERSE PUNCH: UPPER, MIDDLE, DOWNER]
- 32) IN: J: - BOSHI SOTO UKE SANBON ZUKI [GYAKU ZUKI: JODAN, GEDAN, CHUDAN]
IN: E: - SPINNING OUT SIDE FOREARM BLOCK TRIPLE PUNCH [REVERSE PUNCH: UPPER, DOWNER, MIDDLE]
- 33) IN: J: - BOSHI SOTO UKE SANBON ZUKI [GYAKU ZUKI: GEDAN, JODAN, JODAN]
IN: E: - SPINNING OUT SIDE FOREARM BLOCK TRIPLE PUNCH [REVERSE PUNCH: DOWNER, UPPER, UPPER]
- 34) IN: J: - BOSHI SOTO UKE SANBON ZUKI [GYAKU ZUKI: GEDAN, CHUDAN, CHUDAN]
IN: E: - SPINNING OUT SIDE FOREARM BLOCK TRIPLE PUNCH [REVERSE PUNCH: DOWNER, MIDDLE, MIDDLE]
- 35) IN: J: - BOSHI SOTO UKE SANBON ZUKI [GYAKU ZUKI: GEDAN, JODAN, CHUDAN]
IN: E: - SPINNING OUT SIDE FOREARM BLOCK TRIPLE PUNCH [REVERSE PUNCH: DOWNER, UPPER, MIDDLE]
- 36) IN: J: - BOSHI SOTO UKE SANBON ZUKI [GYAKU ZUKI: GEDAN, CHUDAN, JODAN]
IN: E: - SPINNING OUT SIDE FOREARM BLOCK TRIPLE PUNCH [REVERSE PUNCH: DOWNER, MIDDLE, UPPER]
- 37) IN: J: - BOSHI UCHI UKE SANBON ZUKI [GYAKU ZUKI: CHUDAN, JODAN, JODAN]
IN: E: - SPINNING IN SIDE FOREARM BLOCK TRIPLE PUNCH [REVERSE PUNCH: MIDDLE, UPPER, UPPER]
- 38) IN: J: - BOSHI UCHI UKE SANBON ZUKI [GYAKU ZUKI: CHUDAN, GEDAN, GEDAN]
IN: E: - SPINNING IN SIDE FOREARM BLOCK TRIPLE PUNCH [REVERSE PUNCH: MIDDLE, DOWNER, DOWNER]
- 39) IN: J: - BOSHI UCHI UKE SANBON ZUKI [GYAKU ZUKI: CHUDAN, JODAN, GEDAN]
IN: E: - SPINNING IN SIDE FOREARM BLOCK TRIPLE PUNCH [REVERSE PUNCH: MIDDLE, UPPER, DOWNER]
- 40) IN: J: - BOSHI UCHI UKE SANBON ZUKI [GYAKU ZUKI: CHUDAN, GEDAN, JODAN]
IN: E: - SPINNING IN SIDE FOREARM BLOCK TRIPLE PUNCH [REVERSE PUNCH: MIDDLE, DOWNER, UPPER]
- 41) IN: J: - BOSHI UCHI UKE SANBON ZUKI [GYAKU ZUKI: JODAN, CHUDAN, CHUDAN]
IN: E: - SPINNING IN SIDE FOREARM BLOCK TRIPLE PUNCH [REVERSE PUNCH: UPPER, MIDDLE, MIDDLE]

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- 42) IN: J: - BOSHI UCHI UKE SANBON ZUKI [GYAKU ZUKI: JODAN, GEDAN, GEDAN]
IN: E: - SPINNING IN SIDE FOREARM BLOCK TRIPLE PUNCH [REVERSE PUNCH: UPPER, DOWNER, DOWNER]
- 43) IN: J: - BOSHI UCHI UKE SANBON ZUKI [GYAKU ZUKI: JODAN, CHUDAN, GEDAN]
IN: E: - SPINNING IN SIDE FOREARM BLOCK TRIPLE PUNCH [REVERSE PUNCH: UPPER, MIDDLE, DOWNER]
- 44) IN: J: - BOSHI UCHI UKE SANBON ZUKI [GYAKU ZUKI: JODAN, GEDAN, CHUDAN]
IN: E: - SPINNING IN SIDE FOREARM BLOCK TRIPLE PUNCH [REVERSE PUNCH: UPPER, DOWNER, MIDDLE]
- 45) IN: J: - BOSHI UCHI UKE SANBON ZUKI [GYAKU ZUKI: GEDAN, JODAN, JODAN]
IN: E: - SPINNING IN SIDE FOREARM BLOCK TRIPLE PUNCH [REVERSE PUNCH: DOWNER, UPPER, UPPER]
- 46) IN: J: - BOSHI UCHI UKE SANBON ZUKI [GYAKU ZUKI: GEDAN, CHUDAN, CHUDAN]
IN: E: - SPINNING IN SIDE FOREARM BLOCK TRIPLE PUNCH [REVERSE PUNCH: DOWNER, MIDDLE, MIDDLE]
- 47) IN: J: - BOSHI UCHI UKE SANBON ZUKI [GYAKU ZUKI: GEDAN, JODAN, CHUDAN]
IN: E: - SPINNING IN SIDE FOREARM BLOCK TRIPLE PUNCH [REVERSE PUNCH: DOWNER, UPPER, MIDDLE]
- 48) IN: J: - BOSHI UCHI UKE SANBON ZUKI [GYAKU ZUKI: GEDAN, CHUDAN, JODAN]
IN: E: - SPINNING IN SIDE FOREARM BLOCK TRIPLE PUNCH [REVERSE PUNCH: DOWNER, MIDDLE, UPPER]
- 49) IN: J: - JODAN AGE UKE [ZENKUTSU DACHI] – YOKO EMPI UCHI TO URAKEN UCHI [EMPI TO URAKEN: KIBA DACHI]
IN: E: - RISING UPPER BLOCK [FORWARD STANCE] – SIDE ELBOW STRIKE AND BACK FIST STRIKE [ELBOW AND BACKFIST: HORSE STANCE]
- 50) IN: J: - CHUDAN SOTO UKE [ZENKUTSU DACHI] – YOKO EMPI UCHI TO URAKEN UCHI [EMPI TO URAKEN: KIBA DACHI]
IN: E: - MIDDLE OUT SIDE FOREARM BLOCK [FORWARD STANCE] – SIDE ELBOW STRIKE AND BACK FIST STRIKE [ELBOW AND BACKFIST: HORSE STANCE]
- 51) IN: J: - GEDAN BARAI [ZENKUTSU DACHI] – YOKO EMPI UCHI TO URAKEN UCHI [EMPI TO URAKEN: KIBA DACHI]
IN: E: - DOWNER BLOCK [FORWARD STANCE] – SIDE ELBOW STRIKE AND BACK FIST STRIKE [ELBOW AND BACKFIST: HORSE STANCE]
- 52) IN: J: - CHUDAN UCHI UKE [ZENKUTSU DACHI] – YOKO EMPI UCHI TO URAKEN UCHI [EMPI TO URAKEN: KIBA DACHI]
IN: E: - MIDDLE IN SIDE FOREARM BLOCK [FORWARD STANCE] – SIDE ELBOW STRIKE AND BACK FIST STRIKE [ELBOW AND BACKFIST: HORSE STANCE]

• IN: J: - KARA KOKUTSU DACHI / • IN: E: - FROM BACK STANCE

(53) IN: J: - BOSHI CHUDAN SHUTO UKE – MAE GERI KEAGE – NUKITE: [ZENKUTSU DACHI]

IN: E: - SPINNING MIDDLE KNIFE HAND BLOCK - FRONT SNAP KICK - SPEAR HAND STRIKE
[FORWARD STANCE]

(54) IN: J: - BOSHI JODAN SHUTO UKE – MAE GERI KEAGE – NUKITE: [ZENKUTSU DACHI]

IN: E: - SPINNING UPPER-LEVEL KNIFE HAND BLOCK - FRONT SNAP KICK - SPEAR HAND STRIKE
[FORWARD STANCE]

(55) IN: J: - BOSHI GEDAN SHUTO UKE – MAE GERI KEAGE – NUKITE: [ZENKUTSU DACHI]

IN: E: - SPINNING DOWNER KNIFE HAND BLOCK - FRONT SNAP KICK - SPEAR HAND STRIKE
[FORWARD STANCE]

(56) IN: J: - BOSHI CHUDAN SHUTO UKE – CHUDAN GYAKU ZUKI - REN MAE GERI [CHUDAN, JODAN] – NUKITE: [ZENKUTSU DACHI]

IN: E: - SPINNING MIDDLE KNIFE HAND BLOCK - CHEST CENTER REVERS PUNCH - FRONT ALTERNATE LEG KICK [CHEST CENTER KICK – UPPER- LEVEL KICK] - SPEAR HAND STRIKE [STANCE]

(57) IN: J: - GEDAN SHUTO UKE - SANBON ZUKI [GYAKU ZUKI: JODAN CHUDAN GEDAN] - SANBON REN MAE GERI [CHUDAN, CHUDAN, JODAN] – NUKITE: [ZENKUTSU DACHI]

IN: E: - DOWNER KNIFE HAND BLOCK - TRIPLE PUNCH [REVERSE PUNCH: UPPER, MIDDLE, DOWNER] – TRIPLE ALTERNATE LEG KICK [MIDDLE, MIDDLE, UPPER] - SPEAR HAND STRIKE
[FORWARD STANCE]

• IN: J: - KARA ZENKUTSU DACHI / • IN: E: - FROM FORWARD STANCE

(58) IN: J: - SANBON REN MAE GERI [JODAN, CHUDAN, JODAN] – MAWASHI GERI – CHUDAN GYAKU ZUKI

IN: E: - TRIPLE ALTERNATE LEG KICK [UPPER, MIDDLE, UPPER] – ROUND HOUSE KICK – CHEST CENTER REVERSE PUNCH

(59) IN: J: - MAWASHI GERI – URAKEN – OI ZUKI

IN: E: - ROUND HOUSE KICK – BACK FIST STRICK - PUNCH

(60) IN: J: - USHIRO GERI – GYAKU ZUKI / IN: E: - BACK KICK – REVERSE PUNCH

• IN: J: - KARA KIBA DACHI / • IN: E: - FROM KIBA DACHI

(61) IN: J: - YOKO GERI KEAGE / IN: E: - SIDE KICK SANP

(62) IN: J: - YOKO GERI KEKOMI / IN: E: - SIDE THRUST KICK

• IN: J: - KUMITE / • IN: E: - SPARRING

IN: J: - JIYU IPPON KUMITE / IN: E: - SEMI FREE STYLE SPARRING

(65) IN: J: - JODAN ZUKI / IN: E: - UPPER-LEVEL PUNCH

(66) IN: J: - CHUDAN ZUKI / IN: E: - CHEST CENTER PUNCH

(67) IN: J: - MAE GERI / IN: E: - FRONT KICK

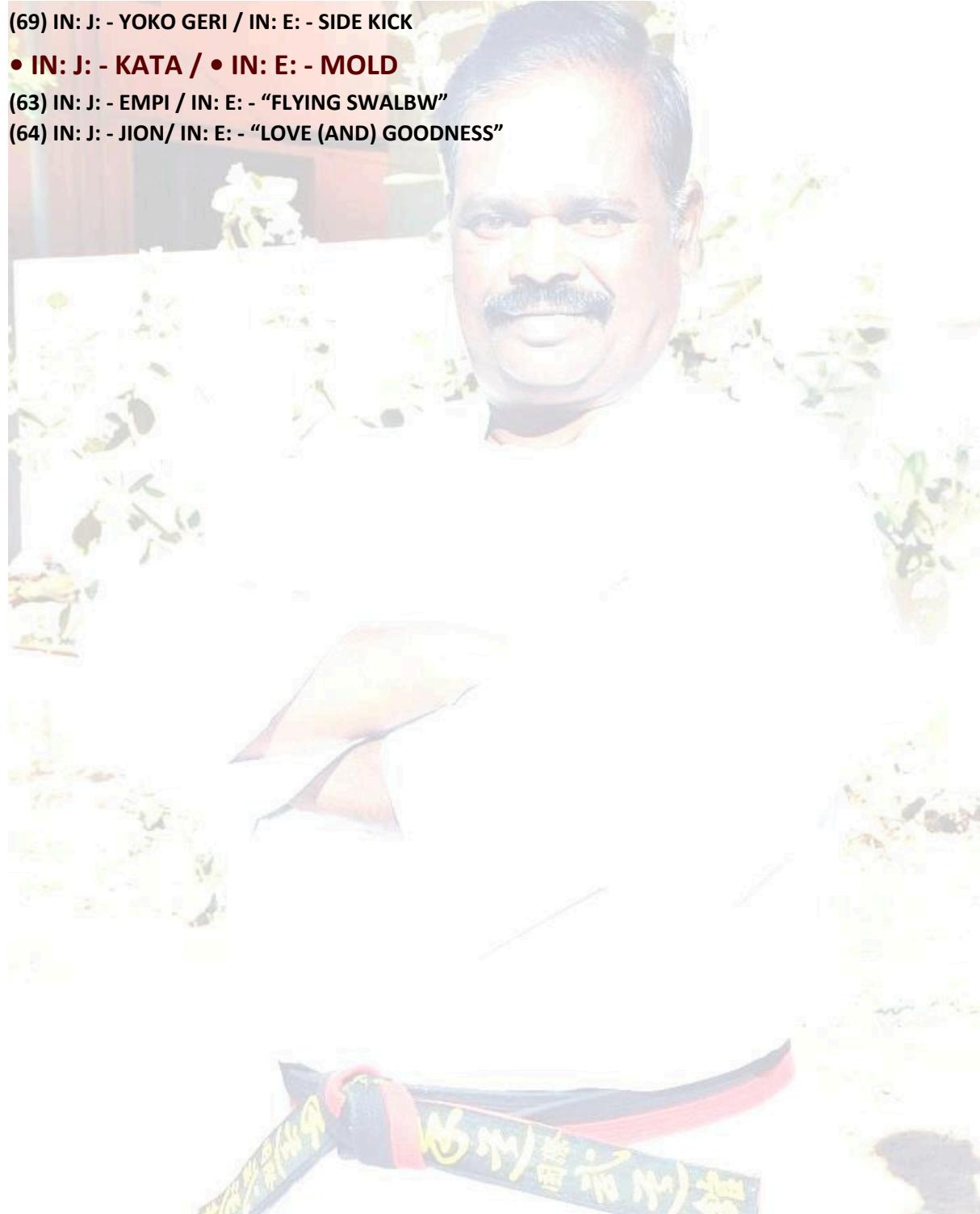
(68) IN: J: - MAWASHI GERI / IN: E: - ROUND HOUSE KICK

(69) IN: J: - YOKO GERI / IN: E: - SIDE KICK

• IN: J: - KATA / • IN: E: - MOLD

(63) IN: J: - EMPI / IN: E: - "FLYING SWALBW"

(64) IN: J: - JION/ IN: E: - "LOVE (AND) GOODNESS"



AK KARATE BELT GRADING SYLLABUS

APPROVED BY THE [KYOSHI JOHN BENJAMIN MASTER], CREATED BY: - AJEETH KUMAR TECHNICAL DIRECTOR FOR IMPLEMENTATION, FROM [01/01/2020]

BROWN BELT

2nd KYU {NI KYU}

- TRAINING REQUIRED 2 YEARS 6 MONTHS
- MINIMUM AGE: - NOT APPLICABLE

FULL BODY WARMUP & STRETCHING, FULL BODY STRENGTH EXERCISES

FRONT RUN :— 2,500 METRES BACK RUN : — 1,000 METRES RIGHT SIDE RUN 600 METRES & LEFT SIDE RUN 600 METRES—FRONT FROG JUMP: -- 80 METRES- BACK FROG JUMP 80 METRES RIGHT SIDE FROG JUMP 50 METRES—LEFT SIDE FROG JUMP: -50 METRES OPEN HAND WALK -50 METRES FIST HAND WALK: -- 50 METRES FINGER HAND WALK: - 50 METRES BACK HAND WALK: - 50 METRES- KNEE WALK 50 METRES SPILT KNEE WALK: - 50 METRES ROLL ALL VARIATIONS- BODY ROLL – RIGHT & LEFT 50 METRES

• IN-J: - KIHON

• IN-E: - BASICS

KIHON WILL BE PERFORMED WITH FORWARD AND TURN BACK {MAVATE} STEPPING

- IN: J: - KARA ZENKUTSU DACHI GEDAN BARAI
- IN: E: -FROM FORWARD STANCE DOWNER BLOCK

- 1) IN: J: - BOSHI -AGE UKE -GEDAN BARAI -SANBON ZUKI [GYAKU ZUKI: CHUDAN, JODAN, JODAN].
IN: E: - SPINNING -RISING UPPER BLOCK-DOWNER BLOCK -TRIPLE PUNCH
[REVERSE PUNCH: MIDDLE, UPPER, UPPER].
- 2) IN: J: - BOSHI -AGE UKE -GEDAN BARAI -SANBON ZUKI [GYAKU ZUKI: CHUDAN, GEDAN, GEDAN].
IN: E: - SPINNING -RISING UPPER BLOCK-DOWNER BLOCK TRIPLE PUNCH
[REVERSE PUNCH: MIDDLE, DOWNER, DOWNER].
- 3) IN: J: - BOSHI -AGE UKE -GEDAN BARAI- SANBON ZUKI [GYAKU ZUKI: CHUDAN, JODAN, GEDAN].
IN: E: - SPINNING -RISING UPPER BLOCK-DOWNER BLOCK TRIPLE PUNCH
[REVERSE PUNCH: MIDDLE, UPPER, DOWNER].
- 4) IN: J: - BOSHI -AGE UKE -GEDAN BARAI- SANBON ZUKI [GYAKU ZUKI: CHUDAN, GEDAN, JODAN].
IN: E: - SPINNING -RISING UPPER BLOCK-DOWNER BLOCK TRIPLE PUNCH
[REVERSE PUNCH: MIDDLE, DOWNER, UPPER].

5) IN: J: - BOSHI -AGE UKE -GEDAN BARAI -SANBON ZUKI [GYAKU ZUKI: JODAN, CHUDAN, CHUDAN].

IN: E: - SPINNING -RISING UPPER BLOCK-DOWNER BLOCK TRIPLE PUNCH [REVERSE PUNCH: UPPER, MIDDLE, MIDDLE].

6) IN: J: - BOSHI -AGE UKE -GEDAN BARAI- SANBON ZUKI [GYAKU ZUKI: JODAN, GEDAN, GEDAN].

IN: E: - SPINNING -RISING UPPER BLOCK-DOWNER BLOCK TRIPLE PUNCH [REVERSE PUNCH: UPPER, DOWNER, DOWNER].

7) IN: J: - BOSHI -GEDAN BARAI- AGE UKE- SANBON ZUKI [GYAKU ZUKI: JODAN, CHUDAN, GEDAN].

IN: E: - SPINNING -DOWNER BLOCK- RISING UPPER BLOCK TRIPLE PUNCH [REVERSE PUNCH: UPPER, MIDDLE, DOWNER].

8) IN: J: - BOSHI -GEDAN BARAI -AGE UKE -SANBON ZUKI [GYAKU ZUKI: JODAN, GEDAN, CHUDAN].

IN: E: - SPINNING -DOWNER BLOCK- RISING UPPER BLOCK TRIPLE PUNCH [REVERSE PUNCH: UPPER, DOWNER, MIDDLE].

9) IN: J: - BOSHI -GEDAN BARAI -AGE UKE- SANBON ZUKI [GYAKU ZUKI: GEDAN, JODAN, JODAN].

IN: E: - SPINNING -DOWNER BLOCK- RISING UPPER BLOCK TRIPLE PUNCH [REVERSE PUNCH: DOWNER, UPPER, UPPER].

10) IN: J: - BOSHI -GEDAN BARAI -AGE UKE- SANBON ZUKI [GYAKU ZUKI: GEDAN, CHUDAN, CHUDAN].

IN: E: - SPINNING -DOWNER BLOCK- RISING UPPER BLOCK TRIPLE PUNCH [REVERSE PUNCH: DOWNER, MIDDLE, MIDDLE].

11) IN: J: - BOSHI -GEDAN BARAI -AGE UKE- SANBON ZUKI [GYAKU ZUKI: GEDAN, JODAN, CHUDAN].

IN: E: - SPINNING -DOWNER BLOCK- RISING UPPER BLOCK TRIPLE PUNCH [REVERSE PUNCH: DOWNER, UPPER, MIDDLE].

12) IN: J: - BOSHI -GEDAN BARAI -AGE UKE- SANBON ZUKI [GYAKU ZUKI: GEDAN, CHUDAN, JODAN].

IN: E: - SPINNING -DOWNER BLOCK- RISING UPPER BLOCK TRIPLE PUNCH [REVERSE PUNCH: DOWNER, MIDDLE, UPPER].

13) IN: J: - BOSHI -AGE UKE -SOTO UKE- SANBON ZUKI [GYAKU ZUKI: CHUDAN, JODAN, JODAN].

IN: E: - SPINNING -RISING UPPER BLOCK-OUT SIDE FOREARM BLOCK- TRIPLE PUNCH [REVERSE PUNCH: MIDDLE, UPPER, UPPER].

14) IN: J: - BOSHI -AGE UKE -SOTO UKE- SANBON ZUKI [GYAKU ZUKI: CHUDAN, GEDAN, GEDAN].

IN: E: - SPINNING -RISING UPPER BLOCK-OUT SIDE FOREARM BLOCK- TRIPLE PUNCH
[REVERSE PUNCH: MIDDLE, DOWNER, DOWNER].

- 15) IN: J: - BOSHI -AGE UKE -SOTO UKE- SANBON ZUKI [GYAKU ZUKI: CHUDAN, JODAN, GEDAN].

IN: E: - SPINNING -RISING UPPER BLOCK-OUT SIDE FOREARM BLOCK- TRIPLE PUNCH
[REVERSE PUNCH: MIDDLE, UPPER, DOWNER].

- 16) IN: J: - BOSHI -AGE UKE -SOTO UKE -SANBON ZUKI [GYAKU ZUKI: CHUDAN, GEDAN, JODAN].

IN: E: - SPINNING -RISING UPPER BLOCK-OUT SIDE FOREARM BLOCK- TRIPLE PUNCH
[REVERSE PUNCH: MIDDLE, DOWNER, UPPER].

- 17) IN: J: - BOSHI -AGE UKE -SOTO UKE- SANBON ZUKI [GYAKU ZUKI: JODAN, CHUDAN, CHUDAN].

IN: E: - SPINNING -RISING UPPER BLOCK-OUT SIDE FOREARM BLOCK- TRIPLE PUNCH
[REVERSE PUNCH: UPPER, MIDDLE, MIDDLE].

- 18) IN: J: - BOSHI -AGE UKE- SOTO UKE -SANBON ZUKI [GYAKU ZUKI: JODAN, GEDAN, GEDAN].

IN: E: - SPINNING -RISING UPPER BLOCK-OUT SIDE FOREARM BLOCK- TRIPLE PUNCH
[REVERSE PUNCH: UPPER, DOWNER, DOWNER].

- 19) IN: J: - BOSHI -GEDAN BARAI- UCHI UKE -SANBON ZUKI [GYAKU ZUKI: JODAN, CHUDAN, GEDAN].

IN: E: - SPINNING -DOWNER BLOCK-IN SIDE FOREARM BLOCK- TRIPLE PUNCH
[REVERSE PUNCH: UPPER, MIDDLE, DOWNER].

- 20) IN: J: - BOSHI -GEDAN BARAI- UCHI UKE -SANBON ZUKI [GYAKU ZUKI: JODAN, GEDAN, CHUDAN].

IN: E: - SPINNING -DOWNER BLOCK-IN SIDE FOREARM BLOCK- TRIPLE PUNCH
[REVERSE PUNCH: UPPER, DOWNER, MIDDLE].

- 21) IN: J: - BOSHI -GEDAN BARAI -UCHI UKE -SANBON ZUKI [GYAKU ZUKI: GEDAN, JODAN, JODAN].

IN: E: - SPINNING -DOWNER BLOCK-IN SIDE FOREARM BLOCK- TRIPLE PUNCH
[REVERSE PUNCH: DOWNER, UPPER, UPPER].

- 22) IN: J: - BOSHI -GEDAN BARAI- UCHI UKE -SANBON ZUKI [GYAKU ZUKI: GEDAN, CHUDAN, CHUDAN].

IN: E: - SPINNING -DOWNER BLOCK-IN SIDE FOREARM BLOCK- TRIPLE PUNCH
[REVERSE PUNCH: DOWNER, MIDDLE, MIDDLE].

- 23) IN: J: - BOSHI -GEDAN BARAI- UCHI UKE- SANBON ZUKI [GYAKU ZUKI: GEDAN, JODAN, CHUDAN].

IN: E: - SPINNING -DOWNER BLOCK-IN SIDE FOREARM BLOCK- TRIPLE PUNCH
[REVERSE PUNCH: DOWNER, UPPER, MIDDLE].

24) IN: J: - BOSHI -GEDAN BARAI- UCHI UKE -SANBON ZUKI [GYAKU ZUKI: GEDAN, CHUDAN, JODAN].

IN: E: - SPINNING -DOWNER BLOCK-IN SIDE FOREARM BLOCK- TRIPLE PUNCH [REVERSE PUNCH: DOWNER, MIDDLE, UPPER].

25) IN: J: - BOSHI -UCHI UKE- GEDAN BARAI- SANBON ZUKI [GYAKU ZUKI: CHUDAN, JODAN, JODAN].

IN: E: - SPINNING -IN SIDE FOREARM BLOCK-DOWNER BLOCK- TRIPLE PUNCH [REVERSE PUNCH: MIDDLE, UPPER, UPPER].

26) IN: J: - BOSHI -UCHI UKE- GEDAN BARAI -SANBON ZUKI [GYAKU ZUKI: CHUDAN, GEDAN, GEDAN].

IN: E: - SPINNING -IN SIDE FOREARM BLOCK-DOWNER BLOCK - TRIPLE PUNCH [REVERSE PUNCH: MIDDLE, DOWNER, DOWNER].

27) IN: J: - BOSHI -UCHI UKE- GEDAN BARAI- SANBON ZUKI [GYAKU ZUKI: CHUDAN, JODAN, GEDAN].

IN: E: SPINNING -IN SIDE FOREARM BLOCK-DOWNER BLOCK - TRIPLE PUNCH [REVERSE PUNCH: MIDDLE, UPPER, DOWNER].

28) IN: J: - BOSHI -UCHI UKE- GEDAN BARAI- SANBON ZUKI [GYAKU ZUKI: CHUDAN, GEDAN, JODAN].

IN: E: SPINNING -IN SIDE FOREARM BLOCK-DOWNER BLOCK - TRIPLE PUNCH [REVERSE PUNCH: MIDDLE, DOWNER, UPPER].

29) IN: J: - BOSHI -UCHI UKE- GEDAN BARAI- SANBON ZUKI [GYAKU ZUKI: JODAN, CHUDAN, CHUDAN].

IN: E: SPINNING -IN SIDE FOREARM BLOCK-DOWNER BLOCK - TRIPLE PUNCH [REVERSE PUNCH: UPPER, MIDDLE, MIDDLE].

30) IN: J: - BOSHI -UCHI UKE- GEDAN BARAI- SANBON ZUKI [GYAKU ZUKI: JODAN, GEDAN, GEDAN].

IN: E: SPINNING -IN SIDE FOREARM BLOCK-DOWNER BLOCK - TRIPLE PUNCH [REVERSE PUNCH: UPPER, DOWNER, DOWNER].

31) IN: J: - BOSHI -SOTO UKE -GEDAN BARAI -SANBON ZUKI [GYAKU ZUKI: JODAN, CHUDAN, GEDAN].

IN: E: SPINNING -OUT SIDE FOREARM BLOCK-DOWNER BLOCK - TRIPLE PUNCH [REVERSE PUNCH: MIDDLE, DOWNER, UPPER].

32) IN: J: - BOSHI -SOTO UKE- GEDAN BARAI- SANBON ZUKI [GYAKU ZUKI: JODAN, GEDAN CHUDAN].

IN: E: SPINNING -OUT SIDE FOREARM BLOCK-DOWNER BLOCK - TRIPLE PUNCH [REVERSE PUNCH: UPPER, DOWNER, MIDDLE].

33) IN: J: - BOSHI -SOTO UKE -GEDAN BARAI- SANBON ZUKI [GYAKU ZUKI: GEDAN, JODAN, JODAN].

IN: E: SPINNING -OUT SIDE FOREARM BLOCK-DOWNER BLOCK - TRIPLE PUNCH [REVERSE PUNCH: DOWNER, UPPER, UPPER].

34) IN: J: - BOSHI -SOTO UKE -GEDAN BARAI- SANBON ZUKI [GYAKU ZUKI: GEDAN, CHUDAN, CHUDAN].

IN: E: SPINNING -OUT SIDE FOREARM BLOCK-DOWNER BLOCK - TRIPLE PUNCH [REVERSE PUNCH: DOWNER, MIDDLE, MIDDLE].

35) IN: J: - BOSHI -SOTO UKE -GEDAN BARAI- SANBON ZUKI [GYAKU ZUKI: GEDAN, JODAN, CHUDAN]

IN: E: SPINNING -OUT SIDE FOREARM BLOCK-DOWNER BLOCK - TRIPLE PUNCH [REVERSE PUNCH: DOWNER, UPPER, MIDDLE].

36) IN: J: - BOSHI -SOTO UKE -GEDAN BARAI- SANBON ZUKI [GYAKU ZUKI: GEDAN, CHUDAN, JODAN].

IN: E: SPINNING -OUT SIDE FOREARM BLOCK-DOWNER BLOCK - TRIPLE PUNCH [REVERSE PUNCH: DOWNER, MIDDLE, UPPER].

37) IN: J: - BOSHI -UCHI UKE -GEDAN BARAI-UCHI UKE- SANBON ZUKI [GYAKU ZUKI: CHUDAN, JODAN, JODAN].

IN: E: SPINNING -IN SIDE FOREARM BLOCK-DOWNER BLOCK -IN SIDE FOREARM BLOCK TRIPLE PUNCH [REVERSE PUNCH: MIDDLE, UPPER, UPPER]

38) IN: J: - BOSHI -UCHI UKE -GEDAN BARAI-UCHI UKE- SANBON ZUKI [GYAKU ZUKI: CHUDAN, GEDAN, GEDAN].

IN: E: SPINNING -IN SIDE FOREARM BLOCK-DOWNER BLOCK -IN SIDE FOREARM BLOCK TRIPLE PUNCH [REVERSE PUNCH: MIDDLE, DOWNER, DOWNER].

39) IN: J: - BOSHI -UCHI UKE -GEDAN BARAI-UCHI UKE- SANBON ZUKI [GYAKU ZUKI: CHUDAN, JODAN, GEDAN].

IN: E: SPINNING -IN SIDE FOREARM BLOCK-DOWNER BLOCK -IN SIDE FOREARM BLOCK TRIPLE PUNCH [REVERSE PUNCH: MIDDLE, UPPER, DOWNER].

40) IN: J: - BOSHI -UCHI UKE -GEDAN BARAI-UCHI UKE- SANBON ZUKI [GYAKU ZUKI: CHUDAN, GEDAN, JODAN].

IN: E: SPINNING -IN SIDE FOREARM BLOCK-DOWNER BLOCK -IN SIDE FOREARM BLOCK TRIPLE PUNCH [REVERSE PUNCH: MIDDLE, DOWNER, UPPER].

41) IN: J: - BOSHI -UCHI UKE -GEDAN BARAI- UCHI UKE- SANBON ZUKI [GYAKU ZUKI: JODAN CHUDAN CHUDAN].

IN: E: SPINNING -IN SIDE FOREARM BLOCK-DOWNER BLOCK -IN SIDE FOREARM BLOCK TRIPLE PUNCH [REVERSE PUNCH: UPPER, MIDDLE, MIDDLE].

42) IN: J: - BOSHI -UCHI UKE -GEDAN BARAI-UCHI UKE- SANBON ZUKI [GYAKU ZUKI: JODAN, GEDAN, GEDAN]

IN: E: SPINNING -IN SIDE FOREARM BLOCK-DOWNER BLOCK -IN SIDE FOREARM BLOCK TRIPLE PUNCH [REVERSE PUNCH: UPPER, DOWNER, DOWNER].

- 43) IN: J: - BOSHI -SOTO UKE -AGE UKE-SOTO UKE- SANBON ZUKI [GYAKU ZUKI: JODAN, CHUDAN, GEDAN].
IN: E: SPINNING -OUT SIDE FOREARM BLOCK- RISING UPPER BLOCK -OUT SIDE FOREARM BLOCK TRIPLE PUNCH [REVERSE PUNCH: UPPER, DOWNER, DOWNER].
- 44) IN: J: - BOSHI -SOTO UKE -AGE UKE-SOTO UKE- SANBON ZUKI [GYAKU ZUKI: JODAN, GEDAN, CHUDAN]
IN: E: - SPINNING -IN SIDE FOREARM BLOCK- RISING UPPER BLOCK- IN SIDE FOREARM BLOCK TRIPLE PUNCH [REVERSE PUNCH: MIDDLE, UPPER, UPPER].
- 45) IN: J: - BOSHI -SOTO UKE -AGE UKE-SOTO UKE- SANBON ZUKI [GYAKU ZUKI: GEDAN, JODAN, JODAN].
IN: E: SPINNING -OUT SIDE FOREARM BLOCK- RISING UPPER BLOCK -OUT SIDE FOREARM BLOCK TRIPLE PUNCH [REVERSE PUNCH: DOWNER, UPPER, UPPER].
- 46) IN: J: - BOSHI -SOTO UKE -AGE UKE -SOTO UKE- SANBON ZUKI [GYAKU ZUKI: GEDAN, CHUDAN, CHUDAN].
IN: E: - SPINNING -OUT SIDE FOREARM BLOCK- RISING UPPER BLOCK- OUT SIDE FOREARM BLOCK TRIPLE PUNCH [REVERSE PUNCH: DOWNER, MIDDLE, MIDDLE].
- 47) IN: J: - BOSHI -SOTO UKE -AGE UKE -SOTO UKE-SANBON ZUKI [GYAKU ZUKI: GEDAN, JODAN, CHUDAN].
IN: E: - SPINNING -OUT SIDE FOREARM BLOCK- RISING UPPER BLOCK- OUT SIDE FOREARM BLOCK -TRIPLE PUNCH [REVERSE PUNCH: DOWNER, UPPER, MIDDLE].
- 48) IN: J: - BOSHI -SOTO UKE -AGE UKE-SOTO UKE- SANBON ZUKI [GYAKU ZUKI: GEDAN, CHUDAN, JODAN].
IN: E: - SPINNING -OUT SIDE FOREARM BLOCK- RISING UPPER BLOCK- OUT SIDE FOREARM BLOCK TRIPLE PUNCH [REVERSE PUNCH: DOWNER, MIDDLE, UPPER].
- 49) IN: J:- UCHI UKE – GEDAN BARAI UCHI UKE -MOROTE CHUDAN ZUKI

ONE HAND FOUR BLOCK'S OR SAME TIME TRITLE PUNCH

- 49) IN: J: -GEDAN BARAI -UCHI UKE -AGE UKE -SOTO UKE -SANBON ZUKI [GYAKU ZUKI: CHUDAN, CHUDAN, CHUDAN]
- 50) IN: J: - AGE UKE - SOTO UKE – GEDAN BARAI – UCHI UKE – SANBON ZUKI [GYAKU ZUKI: CHUDAN, CHUDAN, CHUDAN]
- 51) IN: J: - GEDAN BARAI -AGE UKE -SOTO UKE -UCHI UKE -SANBON ZUKI [GYAKU ZUKI: CHUDAN, CHUDAN, CHUDAN]
- 52) IN: J: -SHUTO GEDAN BARAI -SHUTO UCHI UKE -SHUTO AGE UKE -SHUTO SOTO UKE - SANBON ZUKI [GYAKU ZUKI: CHUDAN, CHUDAN, CHUDAN]
- 53) IN: J: -MAWASHI EMPI UCHI -URAKEN UCHI [ZENKSTU DACHI] -GEDAN BARAI -AGE UKE SANBON ZUKI [GYAKU ZUKI: CHUDAN GEDAN JODAN]
- 55) IN: J: -SHUTO UKE [KOKUSTU DACHI] -AGE UKE -GEDAN BARAI -UCHI UKE [ZENKSTU DACHI] SANBON ZUKI [GYAKU ZUKI: JODAN CHUDAN GEDAN]
- 56) IN: J: -

. MAE GERI – OI ZUKI/
. MAWASHI GERI – GYAKU ZUKI/
. MAE GERI – OI ZUKI – GYAKU ZUKI/

. URA MAWASHI GERI/
. KIZAMI YOKO GERI – USHIRO GERI –GYAKU ZUKI/

FROM KIBA DACHI

. YOKO GERI KEAGE – YOKOGERI KEKOMI {SAME LEG}/

FROM FUDO DACHI

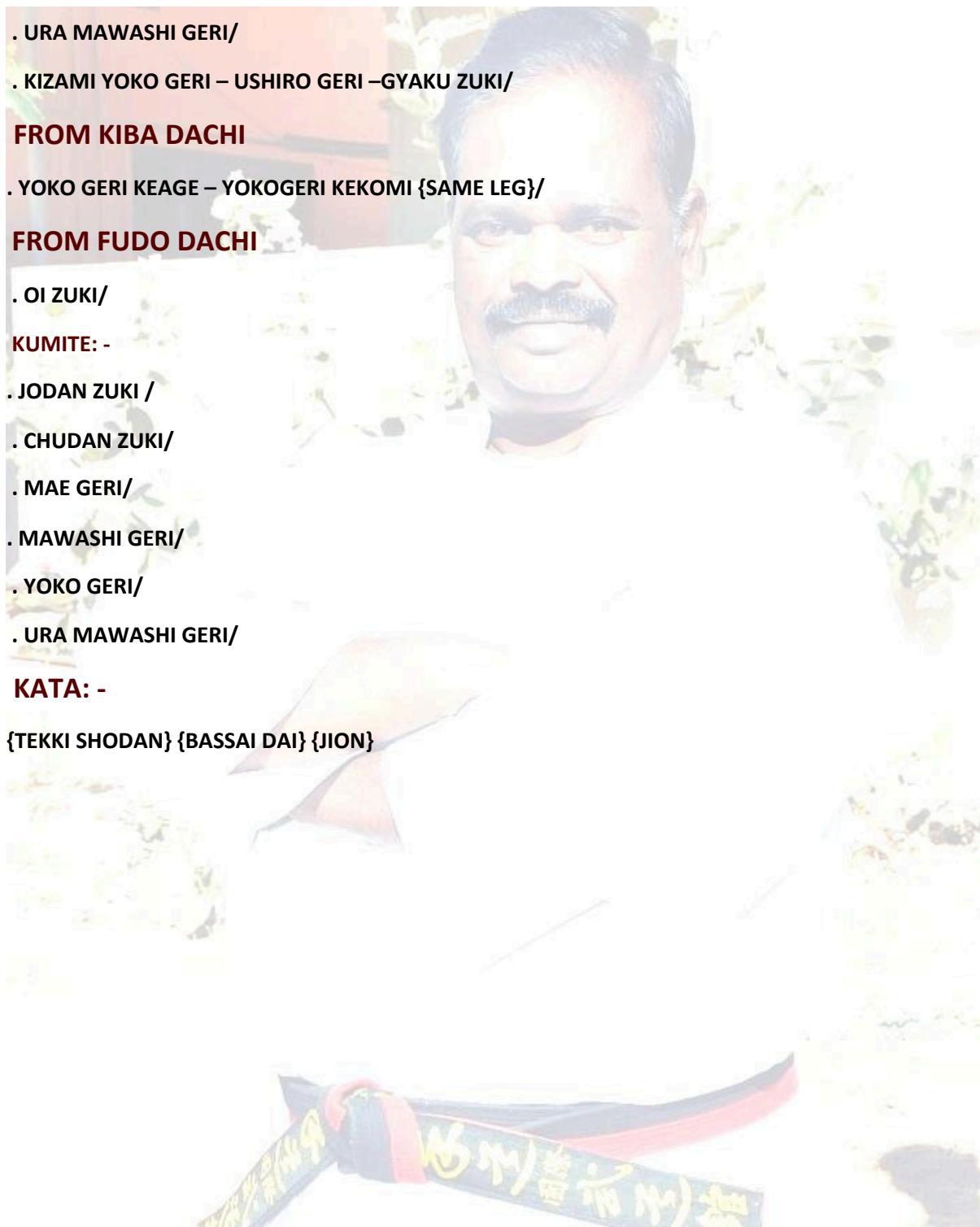
. OI ZUKI/

KUMITE: -

. JODAN ZUKI /
. CHUDAN ZUKI/
. MAE GERI/
. MAWASHI GERI/
. YOKO GERI/
. URA MAWASHI GERI/

KATA: -

{TEKKI SHODAN} {BASSAI DAI} {JION}



AK KARATE BELT GRADING SYLLABUS

APPROVED BY THE [KYOSHI JOHN BENJAMIN MASTER], CREATED BY: - AJEETH KUMAR TECHNICAL DIRECTOR FOR IMPLEMENTATION, FROM [01/01/2020]

BROWN BELT

1st KYU {ICHI KYU}

- . TRAINING REQUIRED 3 YEARS 6 MONTHS

- . MINIMUM AGE: - NOT APPLICABLE

FULL BODY WARMUP & STRETCHING, FULL BODY STRENGTH EXERCISES

FRONT RUN :- 3000 METRES BACK RUN :- 1500 METRES RIGHT SIDE RUN 1000 METRES & LEFT SIDE RUN 1000 METRES—FRONT FROG JUMP:- 100 METRES- BACK FROG JUMP 100 METRES RIGHT SIDE FROG JUMP 50 METRES—LEFT SIDE FROG JUMP :-50 METRES OPEN HAND WALK -50 METRES FIST HAND WALK:- 50 METRES FINGER HAND WALK :- 50 METRES BACK HAND WALK:- 50 METRES- KNEE WALK 50 METRES SPILT KNEE WALK :- 50 METRES ROLL ALL VARIATIONS- BODY ROLL – RIGHT & LEFT 60 METRES

KIHON.

BASIC.

KIHON WILL BE PERFORMED WITH FORWARD AND TURN BACK {MAVATE} STEPPING
FROM ZENKUTSU DACHI – GEDAN BARAI

- . MAE GERI – OI ZUKI – SPINNING GYAKU ZUKI/
- . MAWASHI GERI – GYAKU ZUKI – SPINNING GYAKU ZUKI/
- . MAE GERI - OI ZUKI – GYAHU ZUKI – SPINNING URAKEN – GYAKU ZUKI/
- . MAE GERI – URA MAWASHI GERI {SAME LEG}/
- . KIZAMI YOKO GERI – USHIRI GERI GYAKU ZUKI FROM KIBA DACHI/
- . YOKO GERI KEAGE – YOKO GERI KEKOMI {SAME LEG}

FROM FUDO DACHI /

- . OI ZUKI – GYAKU ZUKI/

KUMITE: -

JIYU IPPON KUMITE/

- . JODAN ZUKI/

- . CHUDAN ZUKI/

- . MAE GERI/

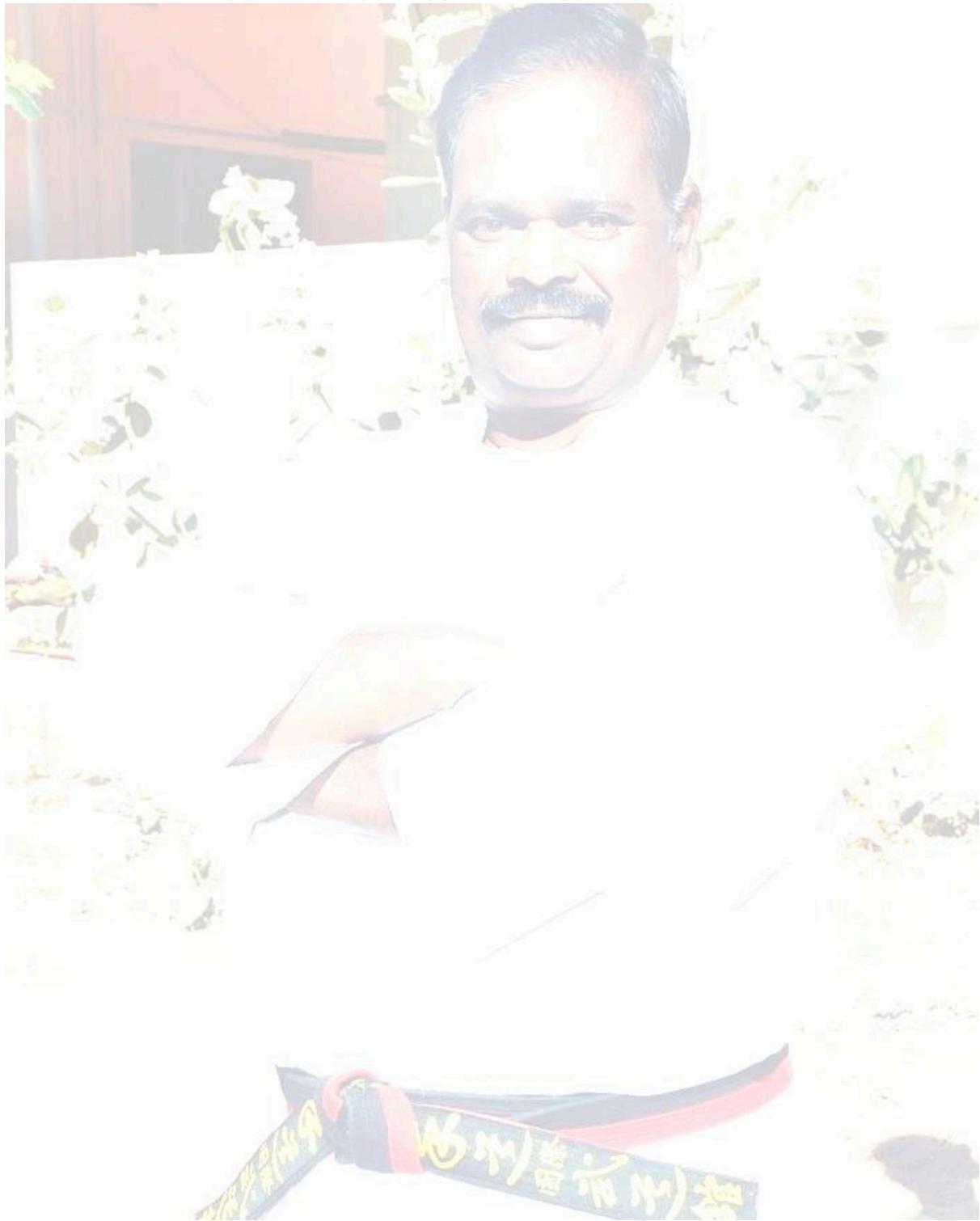
- . MAWASHI GERI /

- . YOKO GERI/

. URA MAWASHI GERI/

KATA: -

[TAKKI SHODAN] [BASSAI DAI] [JION] [KANKU DAI] [EMPI]



AK KARATE BELT GRADING SYLLABUS

APPROVED BY THE [KYOSHI JOHN BENJAMIN MASTER], CREATED BY: - AJEETH KUMAR TECHNICAL DIRECTOR FOR IMPLEMENTATION, FROM [01/01/2020]

BLACK BELT

1st DAN{SHODAN}

- . TRAINING REQUIRED 4 YEARS MINIMUM AGE: - 8 APPLICABLE
- FULL BODY WARMUP & STRETCHING, FULL BODY STRENGTH EXERCISES

KIHON {BASIC} KIHON WILL BE PERFORMED WITH FORWARD AND, BACKWARDS OR AND SAME BACK STEPPING AS PER EXAMINERS DIRECTIONS

. FROM ZENKUTSU DACHI – GEDAN BARAI

- . SANBAN OI TSUKI {JODAN- CHUDAN –CHODAN}
- . SPINNING GYAKU TSUKI- OI TSUKI- GYAKU TSUKI
- . AGE UKE – URAKEN (SAME ARM) – GYAKU TSUKI
- . UCHI UKE - KIZAMI TSUKI - GYAKU TSUKI - MAWASHI ENPI
- . SANBON GYAKU TSUKI [CHUDAN - JODAN - CHUDAN]
- . CHUDAN SOTO UDE UKE [ZENKUTSU DACHI] - EMPI UCHI [KIBA DACHI] - SPINNING URAKEN [ZENKUTSU DACHI] - GYAKU TSUKI [ZENKUTSU DACHI]
- . CHUDAN UCHI UDE UKE - JODAN KIZAMI TSUKI - MAE GERI - CHUDAN GYAKU TSUKI

FROM KOKUTSU DACHI

(PERFORMED WITH FORWARD & BACKWARD STEPPING)

- CHUDAN SHUTOKE-KIZAMIMAEGERI-NUKITE (NUKITE: ZENKUTSU DACHI)

FROM ZENKUTSU DACHI –GEDAN BARAI (PERFORMED WITH FORWARD & TURN BACK ‘MAVATE’ STEPPING)

- KIZAMI MAE GERI – MAWASHI GERI – GYAKU TSUKI
- MAE GERI – MAWASHI GERI –GYAKU TSUKI – GEDAN BARAI • MAE GERI-YOKO GERI KEKOMI – GYAKU TSUKI – GEDAN BARAI
- MAWASHI GERI- USHIROGERI

FROM FUDO DACHI

(PERFORMED WITH FORWARD & BACKWARD STEPPING)

- OI TSUKI – GYAKU TSUKI

FROM KIBADACHI

(PERFORMED WITH FORWARD & TURN BACKWARD STEPPING)

- YOKO GERI KEAGE – YOKO GERI KEKOMI(STEPPING)

KIME WAZA: -

- GYAKU TSUKI- PERFORMED FROM GEDAN BARAI – ZENKUTSU DACHI.RETURNING TO GEDAN BARAI POSITION WITHOUT A REACH OUT. HIKITE AND HIP ROTATION MUST BE APPLIED DURING THE EXECUTION OF THE GYAKU TSUKI STRIKE.

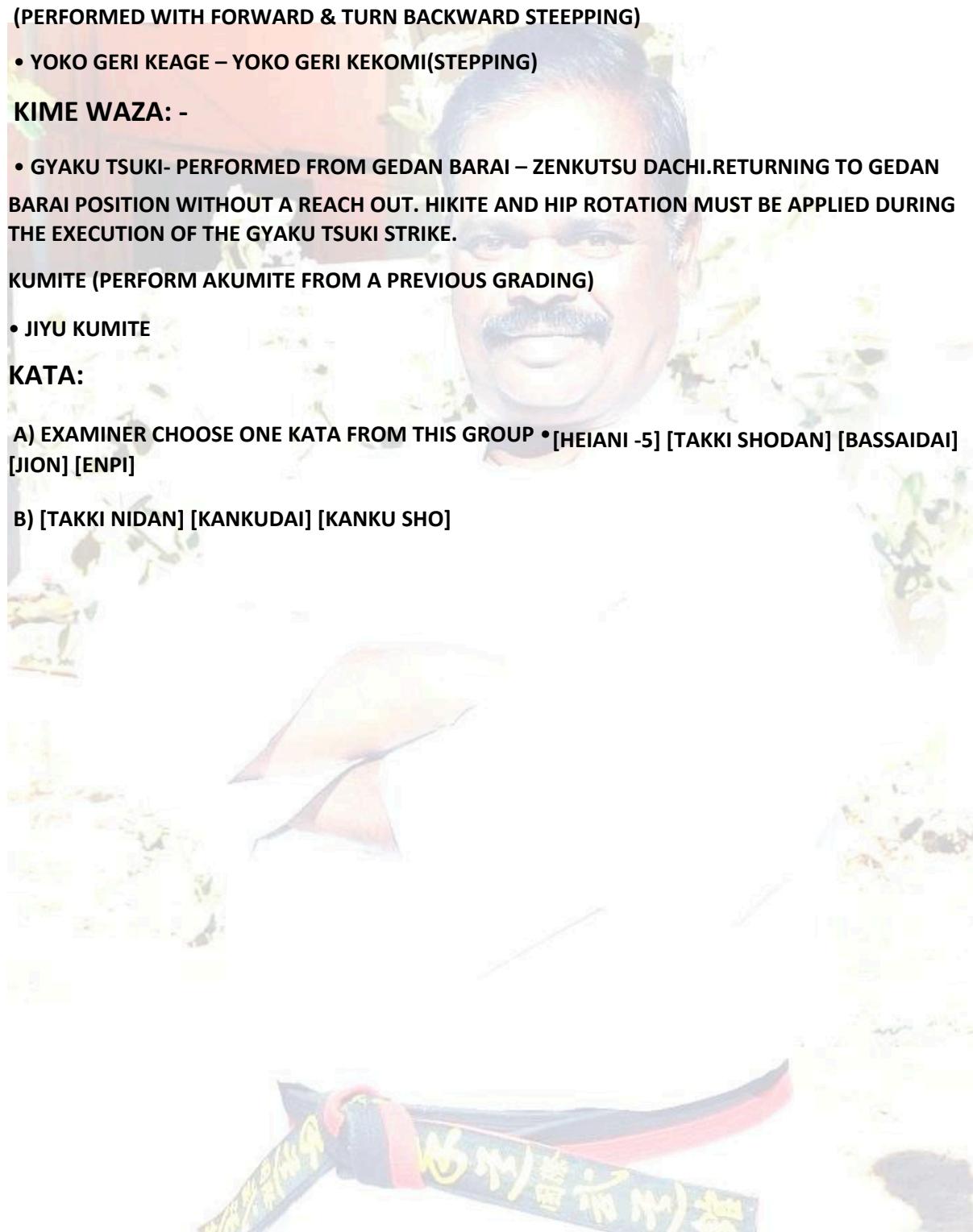
KUMITE (PERFORM AKUMITE FROM A PREVIOUS GRADING)

- JIYU KUMITE

KATA:

A) EXAMINER CHOOSE ONE KATA FROM THIS GROUP •[HEIANI -5] [TAKKI SHODAN] [BASSAIDAI] [JION] [ENPI]

B) [TAKKI NIDAN] [KANKUDAI] [KANKU SHO]



AK KARATE BELT GRADING SYLLABUS

APPROVED BY THE [KYOSHI JOHN BENJAMIN MASTER], CREATED BY: - AJEETH KUMAR TECHNICAL DIRECTOR FOR IMPLEMENTATION, FROM [01/01/2020]

BLACK BELT

2ND DAN {NIDAN}

TRAINING REQUIRED 6 YEARS. (2 YEARS AFTER 1ST DAN REGISTRATION)

MINIMUM AGE: -18 OR OVER

FULL BODY WARMUP & STRETCHING, FULL BODY STRENGTH EXERCISES

KIHON (BASIC) KIHON WILL BE PERFORMED WITH FORWARD, BACKWARDS OR AND SAME BACK STEPPING AS PER EXAMINERS DIRECTIONS

FROM ZENKUTSU DACHI- GEDAN BARAI

- SPINNING URAKEN – GYAKU TSUKI – SPINNING BACK GEDAN BARAI – GYAKU TSUKI
- OI TSUKI – GYAKU TSUKI – SPINNING GYAKU TSUKI
- AGE UKE – SOTO UKE – UCHI UKE – GEDAN BARAI – SHUTO UKE

(SHUTO UKE: KOKUTSU DACHI)- NUKITE (NUKITE: ZENKUTSU DACHI)

FROM JIYU KAMAE

- KIZAMI TSUKI – MAE GERI – OI TSUKI
- (STEP BACK) AGE UKE – (FORWARD) MAWASHI GERI – URAKEN UCHI – OI TSUKI
- (FORWARD) MAE GERI – SPINNING BACK MAWASHI GERI – (FORWARD)

GEDAN BARAI – GYAKU TSUKI

FROM ZENKUTSU DACHI – SHOMEN

- MAE GERI - MAWASHI GERI (SAME LEG TO THE FRONT)
- MAWASHI GERI – YOKO GERI KEKOMI (SAME LEG TO THE FRONT)
- MAE GERI – YOKO GERI KEAGE – USHIRO GERI (SAME LEG 3 DIRECTIONS)

FROM FUDO DACHI

OI TSUKI – GYAKU TSUKI

FROM KIBAD DACHI

- YOKO GERI KEAGE – YOKO GERI KEKOMI (STEPPING – CHANGE LEG)

KIME WAZA

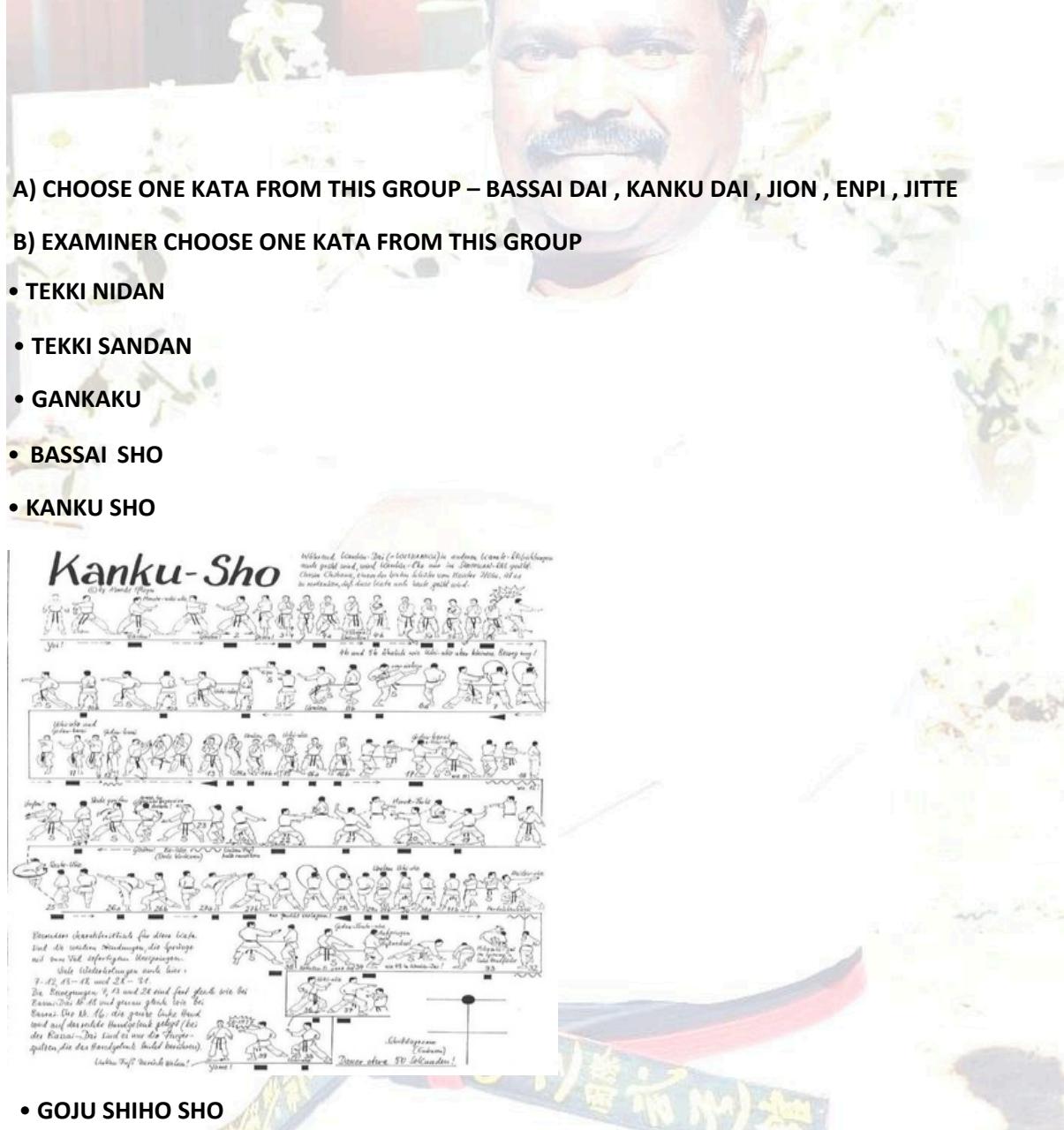
- KIZAMI TSUKI (PERFORM FROM A FREE STANCE, FROM AND RETRNING TO A FREE AEM POSITION). HIKITE MUST BE APPLIED DURING THE EXECUTION OF THE KIZAMI TSUKI STRIKE.

KUMITE

A) KIHON IPPON KUMITE: - BOTH RIGHT AND LEFT SIDES, WITH ONE TECHNIQUE PERFORMED THAT IS THE EXAMINERS CHOICE FROM JODAN, CHUDAN, MAE GERI YOKO GERI AND MAWASHI GERI

B) JIYU IPPON KUMITE: - BOTH RIGHT AND LEFT SIDE, WITH ONE TECHNIQUE PERFORMED THAT IS THE EXAMINERS CHOICE FROM JODAN, CHUDAN, MAE GERI, YOKO GERI, MAWASHI GERI, USHIRO GERI, KIZAMI TSUKI, GYAKU TSUKI C) JIYU KUMITE

KATA



- GOJU SHIHO SHO

AK KARATE BELT GRADING SYLLABUS

APPROVED BY THE [KYOSHI JOHN BENJAMIN MASTER], CREATED BY: - AJEETH KUMAR TECHNICAL DIRECTOR FOR IMPLEMENTATION, FROM [01/01/2020]

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3RDDAN {SANDAN}

TRAINING REQUIRED 6 YEARS. (2 YEARS AFTER 2nd DAN REGISTRATION): - MINIMUM AGE: -25 OR OVER

FULL BODY WARMUP & STRETCHING, FULL BODY STRENGTH EXERCISES

KIHON (BASIC) KIHON WILL BE PERFORMED WITH FORWARD, BACKWARDS OR AND SAME BACK STEPPING AS PER EXAMINERS DIRECTIONS

FROM ZENKUTSU DACHI- GEDAN BARAI: -

- 1) OI TSUKI – SPINNING – GYAKU TSUKI
- 2) OI TSUKI – GYAKU TSUKI – GYAKU TSUKI (45° DEGREE BACK)- FORWARD URAKEN- GYAKU TSUKI
- 3) OI TSUKI – GEDAN BARAI (SAME HAND) – GYAKU TSUKI

FROM FUDO DACHI- GEDAN BARAI: -

- 4) CHUDAN OI TSUKI (FORWARD AND BACKWARD STEPPING)

FROM ZENKUTSDU DACHI –SHOMEN: -

- 5) MAE GERI – YOKO GERI – USHIRO GERI – MAWASHI GERI

KIME WAZA: -

- KIZAMI TSUKI OR GYAKU TSUKI (PERFORM FROM A FREE STANCE, FROM AND RETURNING TO A FREE ARM POSITION). HIKITE MUST BE APPLIED DURING THE EXECUTION OF EACH STRIKE.

KUMITE: -

- A) KIHON IPPON KUMITE: - BOTH RIGHT AND LEFT SIDES, WITH ONE TECHNIQUE PERFORMED THAT IS THE EXAMINERS CHOICE FROM JODAN, CHUDAN, MAE GERI, YOKO GERI & MAWASHI GERI
- B) JIYU IPPON KUMITE: - BOTH RIGHT AND LEFT SIDES, WITH ONE TECHNIQUE PERFORMED THAT IS THE EXAMINERS CHOICE FROM JODAN, CHUDAN, MAE GERI, YOKO GERI, MAWASHI GERI, USHIRO - -GERI, KIZAMI TSUKI, GYAKU TSUKI
- C) JIYU KUMITE - SELF DEFENCE TECHNIQUE.

KATA: -

- A) SHITEI KATA – (EXAMINER CHOOSE ONE KATA FROM THIS GROUP) [BASSAI DAI], [KANKU DAI], [JION], [ENPI], [JITTE]
- B) SENTEI KATA – (CANDIDATE CHOOSE ONE KATA FROM THIS GROUP.)
 - [SOCHIN] {JI'IN} [TEKKI SANDAN]
 - [CHINTE] [NIJUSHIHO]

AK KARATE BELT GRADING SYLLABUS

APPROVED BY THE [JOHN BENJAMIN], CREATED BY: - AJEETH KUMAR TECHNICAL DIRECTOR FOR IMPLEMENTATION, FROM [01/01/2020]

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4TH DAN {YONDAN}

- TRAINING REQUIRED 11 YEARS. (3 YEARS AFTER 3RD DAN REGISTRATION)

MINIMUM AGE: - 35 -OR OVER

FULL BODY WARMUP & STRETCHING, FULL BODY STRENGTH EXERCISES

- YONDAN GRADINGS ARE BY TECHNICAL DIRECTOR 'S INVITATION ONLY.

- MUST BE AN ACCREDITED NATIONAL JUDGE AND REFEREE,

BY KIHON

- AS DIRECTED BY EXAMINER.

KUMITE: -

A) KIHON IPPON KUMITE: - BOTH RIGHT AND LEFT SIDES, WITH ONE TECHNIQUE PERFORMED THAT IS THE EXAMINERS CHOICE FROM

- JODAN, CHUDAN, MAE GERI, YOKO GERI & MAWASHI GETRI

B) JIYU IPPON KUMITE: - BOTH RIGHT AND LEFT SIDES, WITH ONE

TECHNIQUE PERFORMED THAT IS THE EXAMINERS CHOICE FROM

- JODAN, CHUDAN, MAE GERI, YOKO GERI,
MAWASHI GERI, USHIRO GERI, KIZAMI TUSKI, GYAKU TSUKI

C) JIYU KUMITE – ANY TWO SELF DEFENCE TECHNIQUE.

KATA

A) SHITEI KATA – (EXAMINER CHOOSE ONE KATA FROM THIS GROUP)

- MEIKO, GOJUSHIHO-DAI, GOJUSHIHO – SHO, UNSU, WANKAN

B) SENTEI KATA – (CANDIDATE CHOOSE ONE KATA FROM THIS GROUP.)

- BASSAI DAI, KANKU DAI, JION ENPI, JITTE

C) EXPLANATION AND DEMONSTRATION OF TWO BUNKAI WILL BE REQUESTED BY THE EXAMINER.

AK KARATE BELT GRADING SYLLABUS

APPROVED BY THE [JOHN BENJAMIN], CREATED BY: - AJEETH KUMAR TECHNICAL DIRECTOR FOR IMPLEMENTATION, FROM [01/01/2020]

BLACK BELT

5TH DAN {GODAN}

- TRAINING REQUIRED 15 YEARS. (4 YEARS AFTER 4TH DAN REGISTRATION)
 - MINIMUM AGE: -45 OR OVER
 - YONDAN GRADING ARE BY TECHNICAL DIRECTOR'S INVITATION ONLY
 - MUST BE AN ACCREDITED NATIONAL JUDGE AND REFEREE , CERTIFIED BY NSKAININDIA
- FULL BODY WARMUP & STRETCHING, FULL BODY STRENGTH EXERCISES

KIHON

- AS DIRECTED BY EXAMINER KATA

KUMITE

A) KIHON IPPON KUMITE: - BOTH RIGHT AND LEFT SIDES, WITH ONE TECHNIQUE PERFORMED THAT IS THE EXAMINERS CHOICE FROM JODAN, CHUDAN, MAE GERI, YOKO GERI AND MAWASHI GERI

B) JIYU IPPON KUMITE: - BOTH RIGHT AND LEFT SIDES, WITH ONE TECHNIQUE PERFORMED THAT IS THE EXAMINERS CHOICE FROM JODAN, CHUDAN, MAE GERI, YOKO GERI, MAWASHI GERI, USHIRO GERI, KIZAMI TSUKI, GYAKU TSUKI

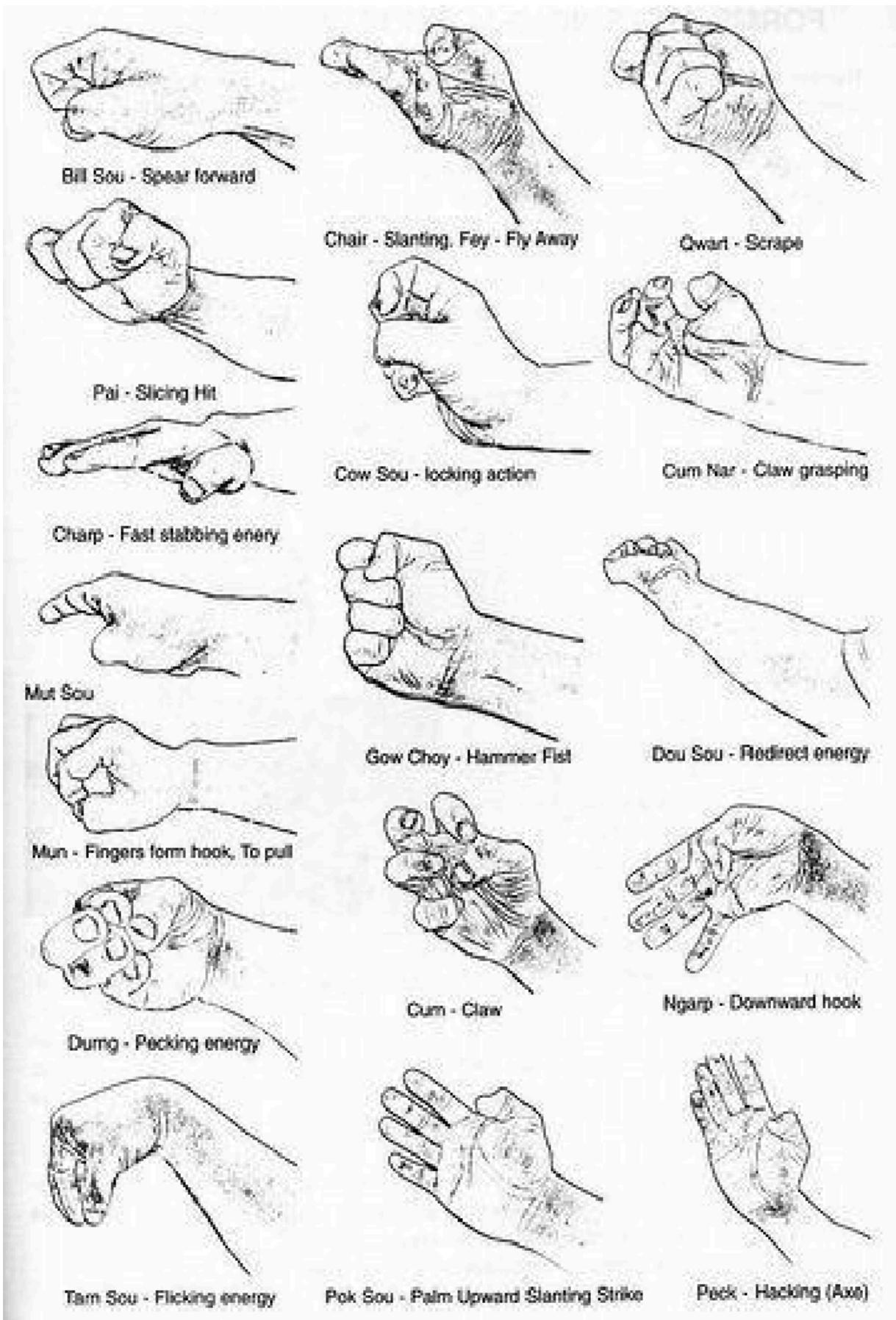
C) JIYU KUMITE: - ANY TWO SELF DEFENCE TECHNIQUE.

A) SHITEI KATA – (EXAMINER CHOOSE ONE KATA FROM THIS GROUP) MEIKO, GOJUSHIHO – DAI, GOJUSHIHO – SHO, UNSU, WANKAN

B) SENTEI KATA – (CANDIDATE CHOOSE ONE KATA FROM THIS GROUP) BASSAI DAI, KANKU DAI, JION, ENPI, JITTE

C) EXPLANATION AND DEMONSTRATION OF TWO BUNKAI WILL BE REQUESTED BY THE EXAMINER

ANY QUERIES REGARDING THIS SYLLABUS PLEASE CONTACT: - SENSEI A. AJEETH KUMAR
INSTRUCTOR & TECHNICAL DIRECTOR [AK KARATE]



LES TECHNIQUES DE BLOQUAGES



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