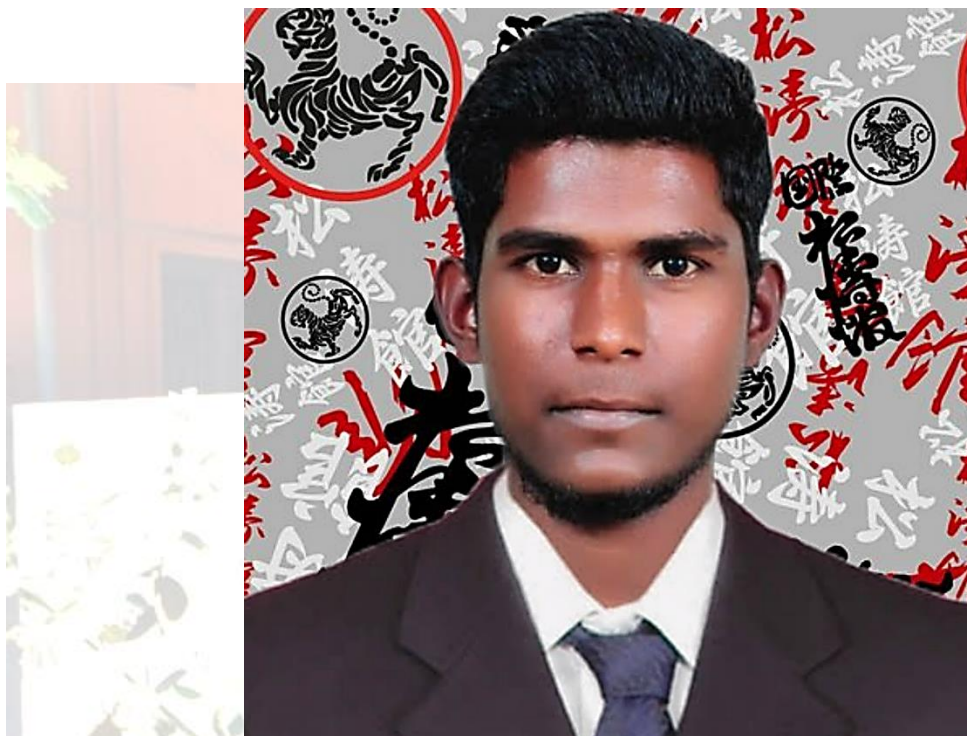




FOUNDER OF AK KARATE SCHOOL

7TH DAN BLACK BELT KYOSHI

GRAND MASTER JOHN BENJAMIN



BLACK BELT 3RD DAN SENSEI- A. AJEETH KUMAR
CHIEF INSTRUCTOR, CHIEF EXAMINER & TECHNICAL DIRECTOR



GENERAL SECRETARY
SENSEI- H.K DINESH
BLACK BELT 1ST DAN



JOINT SECRETARY
SENSEI- K. CHETAN KUMAR
BLACK BELT 1ST DAN



BLACK BELT 1ST DAN
ASST. EXAMINER
SENSEI- UPENDRA KUMAR



BLACK BELT 1ST DAN
ASST. EXAMINER
SENSEI- N CHANDRU



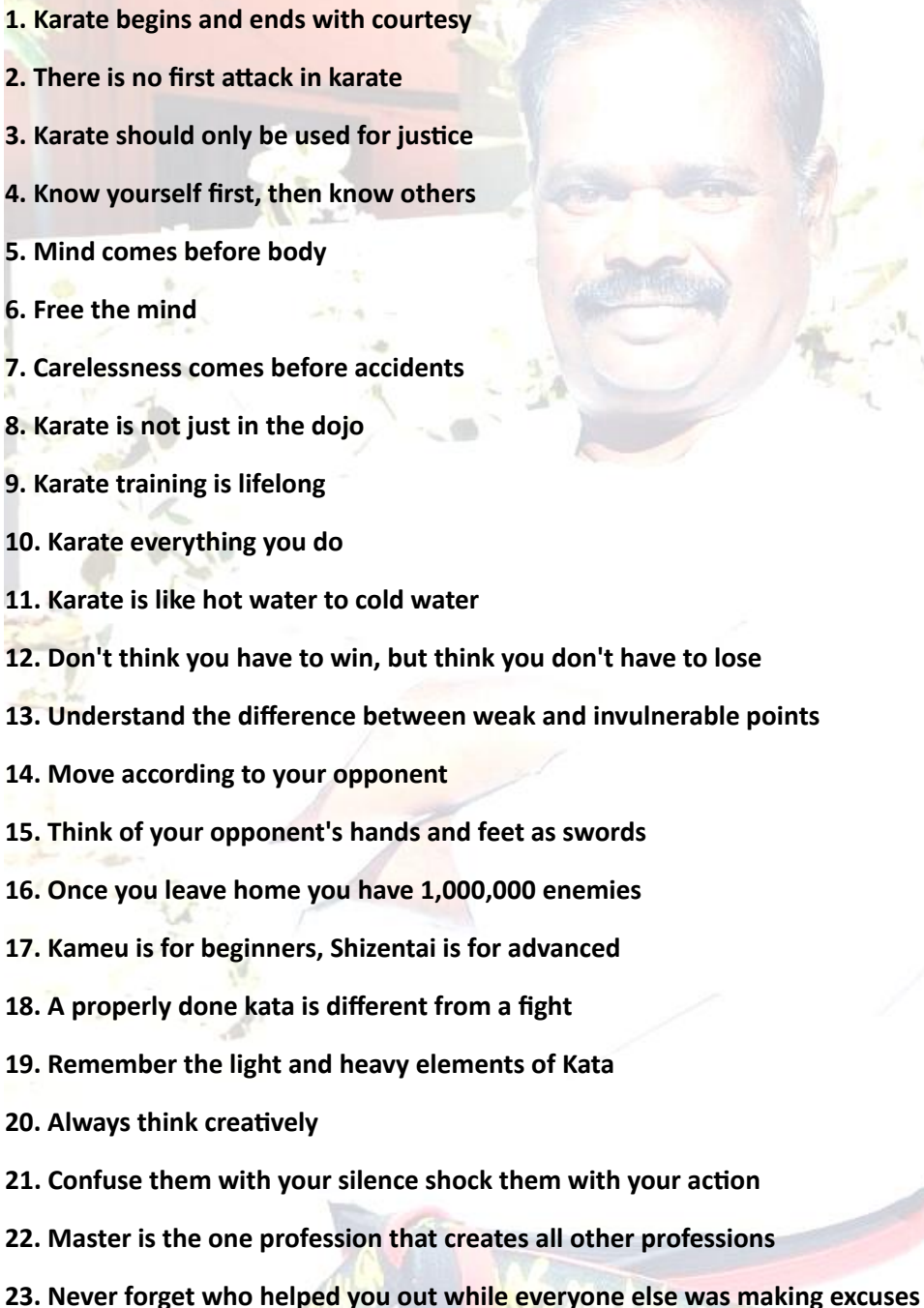
BLACK BELT 1ST DAN
ASST. EXAMINER
SENSEI- PRADEEP



A K KARATE SYLLABUS

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

23 Lessons from [Master Kyoshi John Benjamin]

- 
1. Karate begins and ends with courtesy
 2. There is no first attack in karate
 3. Karate should only be used for justice
 4. Know yourself first, then know others
 5. Mind comes before body
 6. Free the mind
 7. Carelessness comes before accidents
 8. Karate is not just in the dojo
 9. Karate training is lifelong
 10. Karate everything you do
 11. Karate is like hot water to cold water
 12. Don't think you have to win, but think you don't have to lose
 13. Understand the difference between weak and invulnerable points
 14. Move according to your opponent
 15. Think of your opponent's hands and feet as swords
 16. Once you leave home you have 1,000,000 enemies
 17. Kameu is for beginners, Shizentai is for advanced
 18. A properly done kata is different from a fight
 19. Remember the light and heavy elements of Kata
 20. Always think creatively
 21. Confuse them with your silence shock them with your action
 22. Master is the one profession that creates all other professions
 23. Never forget who helped you out while everyone else was making excuses

A K KARATE SYLLABUS

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

Karate is a Japanese martial art that focuses on self-defence and counterattacking body movements.

The word "karate" is a combination of the Chinese characters "kara" (empty) and "te" (hand), which translates to "empty hand".

Here are some characteristics of karate:

Origin: - Karate originated in the Ryukyu Kingdom, which is now the Okinawa prefecture of Japan. It developed from indigenous Ryukyuan martial arts and Chinese martial arts.

Training: - Karate training includes three components:

Kihon: - Basics, such as strikes, blocks, kicks, stances, and movements

Kata: - Traditional patterns of movements that promote self-defence principles

Kumite: - Sparring, where techniques and principles are applied against an opponent

Emphasis: - Karate emphasizes concentrating as much of the body's power as possible at the point and instant of impact.

Striking surfaces: - Karate practitioners strike with their hands, ball of the foot, heel, forearm, knee, and elbow.

Mental and moral aspects: - Karate also has mental and moral aspects that target the overall improvement of the individual.

Styles: - There are four main styles of karate in Japan: Shotokan, Goju-ryu, Shito-ryu, and Wado-ryu.



AK Karate can have many health benefits,

including:

1) Physical fitness

Karate can improve your cardiovascular health, muscle strength, flexibility, coordination, and agility. It can also help with weight loss and fat burning.

2) Mental health

Karate can help relieve stress and increase focus. It can also help you become less prone to anxiety disorders and panic attacks.

3) Confidence

As you progress in karate, you'll achieve new ranks and master challenging techniques, which can build your self-esteem and confidence.

4) Self-defence

Karate can teach you valuable self-defence skills, such as strategic kicks and punches. This can improve your reaction time, situational awareness, and physical preparation for real-life situations.

5) Reflexes

Regular sparring sessions or competitive matches can help you develop sharper reflexes, which can lead to faster reactions in every aspect of life.

6) Mood

Karate training can increase the amount of endorphins in your body, which can give you more energy and a better outlook on life.

The Top 10 Physical Benefits of Karate for Kids

Sensei David

Founder at Senshi Karate Do Creator USANKF Coach

Karate is more than just a martial art—it's a comprehensive physical activity that offers numerous benefits for children. From improving fitness levels to enhancing coordination and agility, karate provides a holistic approach to physical development. Here are the top 10 physical benefits of karate for kids:

1. Improved Cardiovascular Health

Karate training involves aerobic exercises such as punching, kicking, and kata (forms) practice, which elevated the heart rate and improves cardiovascular endurance. Regular karate practice helps strengthen the heart, improve circulation, and enhance overall cardiovascular health.

2. Enhanced Strength and Muscle Tone

Karate techniques require the use of various muscle groups throughout the body, including the arms, legs, core, and back. By performing punches, kicks, blocks, and stances, children develop strength and muscle tone, leading to a stronger, more resilient physique.

3. Increased Flexibility and Range of Motion

Karate involves dynamic stretching exercises that improve flexibility and range of motion in joints and muscles. Through regular stretching routines and kata practice, children develop greater flexibility, which enhances mobility and reduces the risk of injury.

4. Better Balance and Coordination

Karate training emphasizes balance and coordination through precise movements and stances. By practicing techniques that require precise footwork and body control, children develop better balance and coordination, which translates to improved performance in sports and daily activities.

5. Enhanced Agility and Speed

Karate drills and sparring exercises focus on agility and speed, requiring quick reflexes and rapid movements. As children train to execute techniques with speed and accuracy, they develop agility, reaction time, and overall athleticism.

6. Stronger Bones and Joint Health

The impact of striking and blocking techniques in karate helps strengthen bones and joints, promoting bone density and reducing the risk of osteoporosis later in life. Additionally, the repetitive movements in karate training contribute to joint stability and flexibility.

7. Improved Posture and Body Awareness

Karate emphasizes proper posture and body alignment during techniques and stances. By practicing correct posture and alignment, children develop better body awareness and posture, which can prevent postural issues and improve overall posture and alignment.

8. Enhanced Endurance and Stamina

Karate training involves prolonged periods of physical exertion, which improves endurance and stamina over time. As children engage in sparring, kata practice, and conditioning drills, they build endurance, allowing them to sustain physical activity for longer durations.

9. Stress Relief and Mental Well-being

Physical activity, such as karate training, releases endorphins, the body's natural mood elevators, which promote feelings of happiness and well-being. Karate provides an outlet for children to release stress, tension, and pent-up energy, leading to improved mental health and emotional resilience.

10. Discipline and Self-confidence

Consistent karate practice instills discipline and self-confidence in children, as they set goals, overcome challenges, and see improvements in their physical abilities. By mastering techniques and advancing through belt ranks, children gain a sense of accomplishment and self-assurance that carries over into other areas of their lives.

A K KARATE GRADING RULES & SYLLABUS

APPROVED BY THE [KYOSHI JOHN BENJAMIN MASTER], CREATED BY: - AJEETH KUMAR TECHNICAL
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 - SHOTOKAN KARATE TERMINOLOGY SYLLABUS

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

JAPANESE TO ENGLISH TRANSLATE, TERMINOLOGY

0) KARATE ↔ EMPTY HAND
0) SENSEI ↔ TEACHER
0) GI ↔ SUIT (OR) UNIFORM
0) ODI ↔ BELT
0) REI ↔ BOW
0) HAJIME ↔ BEGIN (OR) START
0) YAMAE ↔ FINISH (OR) STOP
0) DOJO ↔ TRAINING HALL
0) MAWATTE ↔ TURN
0) JODAN ↔ UPPER LEVEL
1) CHUDAN ↔ MIDDLE LEVEL
2) GEDAN ↔ LOWER LEVEL (OR) DOWNER LEVEL
3) KATA / MOLD
4) KUMITE / SPARRING
5) YOI / READY STANCE
6) MIGI / RIGHT
7) HIDARI / LEFT
8) MAE / FRONT
9) USHIRO / BACK
0) YOKO / SIDE
1) MIGI YOKO / RIGHT SIDE
2) HIDARI YOKO / LEFT SIDE
3) MAWASHI / ROUND HOUSE
4) MIKADZUKI / CRESENT
5) TOBI / FLYING
6) KARA / FROM
7) DAI / BIG
8) SHO / SMALL
9) KEAGE / SNAP
0) KEKOMI / THRUST
1) TSUKI (OR) ZUKI / PUNCH
2) UKE / BLOCK
3) UCHI / STRIKE
4) GERI / KICK
5) EMPI / ELBOW
6) HITSUI / KNEE
7) DACHI / STANCE
8) KIME / FOCUS
9) KIAI / MARTIAL SHOUT
0) KIHON / BASIC
1) ZANSHIN / MARTIAL STATE OF MIND
2) OSS / RESPECTFUL GREETING
3) ASHI / LEG (OR) FOOT
4) SOTO / OUT
5) UCHI / IN
6) TEISHO / PALM HEEL
7) NAMI ASHI / INSIDE

8) URIKEN / BACK FIST
9) TETTSUI / BOTTOM FIST
0) KIBA / STRADDLE
1) ZENKUTSU / FORWARD
2) KOKUSTU / BACK
3) KAGI / HOOKED
4) SANCHIN / HOUR GLASS
5) HACHISI / OPEN LEG
6) HANGETSU / WIDE HOURB GLASS
7) NEKO ASHI / CAT
8) KEN / FIST
9) KENTSUI / HAMMER FIST
0) IPPON / THREE POINTS
1) WAZA-ARI / TWO POINTS
2) YUKO / ONE POINTS
3) GO HAN KUMITE / 5-STEP SPARRING
4) SAN BON KUMITE / 3-STEP SPARRING
5) IPPON KUMITE / 1-STEP SPARRING
6) JU IPPON KUMITE / SEMI FREE STYLE SPARRING
7) AGE / RISING
8) AKA / RED
9) AO / BLUE
0) ORENJI / ORANGE
1) KIIRO / YELLOW
2) MIDORI / GREEN
3) MURASAKI / PURPLE
4) PINKU / PINK
5) GREY / GREY
6) KURO / BLACK
7) SHIRO / WHITE

WEEK 'S NAME IN JAPANESE

8) NICHİ YOUBI / SUNDAY
9) GETSU YOUBI / MONDAY
0) KA YOUBI / TUSEDAY
1) SUI YOUBI / WEDNESDAY
2) MOKU YOUBI / THURSDAY
3) KIN YOUBI / FRIDAY
4) DO YOUBI / SATURDAY

MONTH'S NAME IN JAPANESE

5) ICHI GATSU / JANUARY
6) NI GATSU / FEBRUARY
7) SAN GATSU / MARCH
8) SHI GATSU / APRIL
9) GO GATSU / MAY
0) ROKU GATSU / JUNE
1) NANA GATSU / JULY
2) HACHI GATSU / AUGUST
3) KU GATSU / SEPTEMBER
4) JYU GATSU / OCTOBER
5) JYU ICHI GATSU / NOVEMBER
6) JYU NI GATSU / DECEMBER

ENGLISH – JAPANESE / ALPHABETS

97)	A	KA
98)	B	ZU
99)	C	MI
100)	D	TE
101)	E	KU
102)	F	LU
103)	G	JI
104)	H	RI
105)	I	KI
106)	J	ZU
107)	K	ME
108)	L	TA
109)	M	RIN
110)	N	TO
111)	O	MO
112)	P	NO
113)	Q	KE
114)	R	SHI
115)	S	ARI
116)	T	CHI
117)	U	DO
118)	V	RU
119)	W	ME
120)	X	NA
121)	Y	FU
122)	Z	ZI

UKE / BLOCKS, [BASICS CLOSED-HAND BLOCK]

23)	GEDAN BARAI (OR) GEDAN UKE / DOWNNER BLOCK
24)	JODAN AGE UKE / UPPER BLOCK (OR) RISING BLOCK
25)	CHUDAN SOTO [UDE] UKE / OUTSIDE-FOREARM BLOCK
26)	CHUDAN UCHI [UDE] UKE / INSIDE-FOREARM BLOCK
27)	GEDAN JUJI UKE / DOWNER (X) BLOCK
28)	JODAN JUJI UKE / RISING UPPER (X) BLOCK
29)	CHUDAN JUJI UKE / MIDDLE (X) BLOCK
30)	HAITO UCHI UKE / MIDDLE INSIDE RECEIVING BLOCK
31)	KAKUTO UKE / WRIST JOINT BLOCK
32)	HIKI UKE / PULLING BLOCK
33)	TEISHO UKE / PALM HEEL BLOCK
34)	SOKUMEN AWASE UKE / COMBINED BLOCK
35)	SHUTO MAWASHI UKE / CIRCULAR KNIFE HIND RECEIVING BLOCK
36)	HARI UKE / OPEN HAND DOWNER BLOCK AND OPEN HAND UPPER BLOCK TOGETHER
37)	SHUTO MAE MAWASHI UKE / ROUND HOUSE REVERSING BLOCK
38)	HIJI CHUDAN UKE / MIDDLE LEVEL ELBOW BLOCK
39)	JODAN NAGASHI UKE / UPPER FLOWING BLOCK
40)	URA UKE / BACK HAND OPEN BLOCK
41)	HAITO MOROTE UCHI UKE / BOTH HAND RIDGE STRIKING BLOCK
42)	YAMA UKE / MOUNTAIN BLOCK
43)	HAITO UKE / RIDGE HAND RECEIVING BLOCK
44)	SHUTO MOROTE GEDAN UKE / BOTH KNIFE HAND LOWER RECEIVING BLOCK

45)	SHOTEI MOROTE GEDAN UKE / DOUBLE LOW PALM HEEL RECEIVING BLOCK
46)	MOROTE GEDAN BARAI / BOTH HAND DOWNER BLOCK
47)	TEISHO OSHI AGE UKE / RISING PALM HEEL BLOCK
48)	SHOTEI JODAN UKE / HIGH PALM HEEL RECEIVING BLOCK
49)	SHOTEI CHUDAN UKE / MIDDLE PALM HEEL RECEIVING BLOCK
50)	SHOTEI GEDAN UKE / LOW PALM HEEL RECEIVING BLOCK
51)	KOKEN JODAN MOROTE UKE / DOUBLE WRIST UPPER RECEIVING BLOCK
52)	MOROTE UCHI UKE / MIDDLE AREA IN-SIDE RECEIVING BLOCK
53)	HIZA SOTO UKE / KNEE OUT-SIDE BLOCK
54)	HIZA UCHI UKE / KNEE IN-SIDE BLOCK
55)	SOKUTEI OSAE UKE / PRESSING SOLE BLOCK
56)	MIKAZUKI GERI UKE / CRESCENT KICK BLOCK
57)	SOKUTEI HARAI UKE / BLOCK WITH THE SOLE OF THE FEET

OPEN HAND BLOCKS

58)	CHUDAN SHUTO UKE / KNIFE HAND BLOCK
59)	HAISHU UKE / BACK HAND BLOCK
60)	TATE SHUTO UKE / VERTICAL KNIFE HAND BLOCK
61)	KAKE UKE / HOOKING BLOCK
62)	TSUKAMI UKE / GRASPING BLOCK (OR) TIGER MOUTH BLOCK

ADVANCED BLOCKS

63)	MAKI OTOSHI UKE / ROLLING DROPPING BLOCK
64)	OSAE UKE / PRESSING BLOCK
65)	SUKUI UKE / SCOOPING BLOCK
66)	HAIWAN UKE / BACK ARM BLOCK
67)	GEDAN NAGASHI UKE / DOWNER FLOWING BLOCK

DOUBLE HAND BLOCK

68)	MOROTE UKE / DOUBLE HAND BLOCK
69)	KAKIWAKE UKE / WEDGE BLOCK (OR) SEPARATING BLOCK
70)	MANJI UKE / SHAPED BLOCK (OR) SYMBOL BLOCK
71)	KOSA UKE / CROSSING BLOCK
72)	HASAMI UKE / SCISSORS BLOCK
73)	BO UKE / STAFF BLOCK
74)	AWASE UKE / COMBINED BLOCK
75)	OSHI UKE / PUSHING BLOCK

DACHI / STANCE

76)	MOTO DACHI / FOUNDATIONAL STANCE
77)	TEIJI DACHI / T-STANCE
78)	KAKE DACHI / HOOKED STANCE
79)	LAIGOSHI DACHI / KNEELING STANCE
80)	GANKAKU DACHI (OR) SAGI ASHI DACHI / HERON LEG STANCE (OR) FOOT BEHIND KNEE

OUTER TENSION STANCES

81)	SHIKO DACHI / HORSE STANCE
82)	KIBA DACHI / STRADDLE STANCE
83)	ZENKUTSU DACHI / FORWARD STANCE
84)	FUDO DACHI / ROOTED STANCE (OR) IMMOVABLE STANCE
85)	KOKUTSU DACHI / BACK STANCE

INNER TENSION STANCES

86)	NEKO ASHI DACHI / CAT STANCE
87)	SANCHIN DACHI / HOURGLASS STANCE
88)	HANGETSU DACHI / HALF MOON STANCE

NATURAL STANCES

89)	HEISOKU DACHI / FORMAL ATTENTION STANCE
90)	MUSUBI DACHI / INFORMAL ATTENTION STANCE
91)	HEIKO DACHI / PARALLEL ATTENTION STANCE (OR) NATURAL STANCE
92)	HACHIJI DACHI / NATURAL STANCE
93)	UCHI HACHIJI DACHI / INWORD NATURAL STANCE
94)	RENOJI DACHI / L-STANCE
95)	TEINOJI DACHI / T-STANCE

UNSTABLE STANCES

96)	KOSA DACHI / CROSS STANCE
97)	ASHI DACHI / LEG STANCE
98)	TSURU DACHI / CRANE LEG STANCE
99)	HIZAKUTSU DACHI / KNEE BENDING STANCE
00)	HIZA DACHI / ONE KNEE STANCE

GERI – KICKS [BASIC KICKS]

01)	MAE GERI KEAGE / FRONT SNAP KICK
02)	MAE GERI KEKOMI / FRONT THRUST KICK
03)	JODAN MAE GERI / UPPER-LEVEL FRONT KICK
04)	GEDAN MAE GERI / DOWNER LEVEL FRONT KICK
05)	YOKO GERI KEAGE / SIDE SNAP KICK
06)	YOKO GERI KEKOMI / SIDE THRUST KICK
07)	JODAN YOKO GERI / UPPER-LEVEL SIDE KICK
08)	GEDAN YOKO GERI / DOWNER LEVEL SIDE KICK
09)	MAWASHI GERI / ROUND HOUSE KICK
10)	JODAN MAWASHI GERI / UPPER-LEVEL ROUND HOUSE KICK
11)	CHUDAN MAWASHI GERI / MIDDLE LEVEL ROUND HOUSE KICK
12)	GEDAN MAWASHI GERI / DOWNER LEVEL ROUND HOUSE KICK

ADVANCED KICK

13)	JODAN USHIRO GERI / UPPER-LEVEL BACK KICK
14)	CHUDAN USHIRO GERI / MIDDLE LEVEL BACK KICK
15)	GEDAN USHIRO GERI / DOWNER LEVEL KICK
16)	URA-MAWASHI GERI / REVERSE ROUND HOUSE KICK
17)	MIKAZUKI GERI / CRESCENT (MOON) KICK
18)	TOBI GERI / JUMP KICK

ADVANCED LEG ATTACKS

19)	FUMI KOMI / THRUSTINGSTEP (OR) STOMPING KICK
20)	ASHI BARAI / FOOT SWEEP
21)	ASHI NAMI-GAESHI (OR) NAMI ASHI GERI / FOOT RETURNING WAVE (OR) WAVE LEG KICK

NON-TRADITIONAL KICKS

22)	USHIRO-URA-MAWASHI GERI / SPINNING BACK REVERSE ROUND HOUSE
23)	URA-MIKAZUKI GERI / REVERSE (INSIDE) RESCENT KICK
24)	KAGE GERI / HOOK KICK
25)	OTOSHI KAKATO GERI / DROPPING HEEL KICK (AXE KICK / HAMPER KICK)
26)	TSUMASAKI GERI / TIP OF TOES KICK
27)	SUNE GERI / SHIN KICK
28)	KIN GERI / GROIN KICK
29)	NANAME GERI / OBLIQUE KICK

UCHI (STRIKES) ROUND HOUSE STRIKES

30)	KENTSUI UCHI / HAMMER FIST STRIKE
31)	URAKEN UCHI / BACK FIST STRIKE
32)	SHUTO UCHI / SHDRD HAND STRIKE
33)	HAITO UCHI RIDGE HAND STRIKE (OR) SWORD RIDGE STRIKE
34)	TEISHO / PALM HEEL

ANIMAL STRIKES

35)	KEITO / CHICKEN-HAN
36)	SEIRYUTO / OX- JAW (OR) SABRE STRIKE
37)	KAKUTO / CRANE-HAND
38)	KUMADE / BEAR-HAND
39)	WASHIDE / EAGLE-HAND

SMASHING TECHNIQUES

40)	EMPI-UCHI (OR) EMPI-ATE / ELBOW STRIKE (OR) ELBOW SMASH
41)	HIZA-TSUCHE (OR) HIZA-ATE / KNEE SMASH (OR) KNEE KICK

TSUKI (OR) ZUKI / PUNCHES (OR) PUNCH [BASIC PUNCHES]

42)	CHUDAN ZUKI / STRAIGHT PUNCH
43)	OI ZUKI / LUNGE PUNCH
44)	GYAKU ZUKI / REVERSE PUNCH
45)	KISAMI ZUKI / JAB PUNCH

ADVANCED PUNCHES

46)	URA ZUKI / INVERTED PUNCH
47)	AGE ZUKI (OR) AGE TSUKI / RICING PUNCH
48)	KAGE ZUKI / HOOK PUNCH
49)	MAWASHI ZUKI / ROUNDHOUSE PUNCH
50)	TATE ZUKI / VERTICAL PUNCH
51)	UKI ZUKI / BLOCKING PUNCH

DOUBLE HAND PUNCHES

52)	MOROTE ZUKI / DOUBLE HAND PUNCH
53)	YAMA ZUKI / MOUNTAIN PUNCH
54)	YUMI ZUKI / BOW PUNCH
55)	AWASE ZUKI /COMBINED PUNCH (OR) U- PUNCH
56)	HEIKO ZUKI / PARALLEL PUNCH
57)	HASAMI ZUKI / SCISSORS PUNCH

FORE -KUNCKLE PUNCHES

58)	IPPON-KEN / ONE-KNUCKLE FIST
59)	NAKADAKA-IPPON -KEN / MIDDLE FINGER ONE-KNUCKLE FIST
60)	HIRAKEN / FLAT FIST

SPEAR-HAND

61)	IPPON NUKITE / ONE- FINGER SPEAR- HAND
62)	NIHON NUKITE / TWO- FINGER SPEAR HAND
63)	TATE-NUKITE (OR) SHIHON-NUKITE / VERTICAL SPEAR HAND (OR) FOUR FINGER SPEAR HAND
64)	HIRA NUKITE (OR) SHIHON-NUKITE / FLAT SPEAR HAND (OR) FOUR FINGERSPEAR HAND

KATAS NAMES IN JAPANESE TO ENGLISH TRANSLATE

BASIC KATA'S

- | |
|----------------------------------|
| 1) TAIKYOKU SHODAN / BASIC ONE |
| 2) TAIKYOKU NIDAN / BASIC TWO |
| 3) TAIKYOKU SANDAN / BASIC THREE |
| 4) TAIKYOKU YONDAN / BASIC FOUR |
| 5) TAIKYOKU GODAN / BASIC FIVE |
| 6) TAIKYOKU ROKUDAN / BASIC SIX |

TOURNAMENT KATA'S

- | |
|---|
| 7) HEIAN SHODAN / PEACEFULL MIND ONE |
| 8) HEIAN NIDAN / PEACEFULL MIND TWO |
| 9) HEIAN SANDAN / PEACEFULL MIND THREE |
| 10) HEIAN YODAN / PEACEFULL MIND FOUR |
| 11) HEAIN GODAN / PEACEFULL MIND FIVE UNIVERSE |
| 12) TEKKI SHODAN / IRON HORSE ONE |
| 13) TEKKI NIDAN / IRON HORSE TWO |
| 14) TEKKI SANDAN / IRON HORSE THREE |
| 15) BASSAI DAI / PENETRATING THE FORTRESS-BIG |
| 16) BASSAI SHO / PENETRATING THE FORTRESS-SMALL |
| 17) KANKU DAI / TO LOOK AT THE SKY-BIG |
| 18) KANKU SHO / TO LOOK AT THE SKY-SMALL |
| 19) EMPI / FLYING SWALLOW |
| 20) JION / LOVE (AND) GOODNESS |
| 21) GANKAKU / CRANE ON THE ROCK |
| 22) HANGETSU / HALF MOON |
| 23) JITTE / TEN HANDS |
| 24) CHINTE / INCREDIBLE HANDS |
| 25) SOCHIN / PRESERVE PEACE |
| 26) MEIKYO / MIRROW OF THE SOUL |
| 27) JIIN / NAMED AFTER THE SAINT |
| 28) GOJUSHIHO DAI / 54 STEPS-BIG |
| 29) GOJUSHIHO SHO / 54 STEPS-SMALL |
| 30) NIJUSHUHO / 24 STEPS |
| 31) WANKAN / CROWN OF A KING |
| 32) UNSU / CLOUD HANDS |

A K KARATE TIME TABLE

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

TUESDAY: -

RUN, WARMUP, AND TOURNMENT KATA KUMITE

BASICS EXERCISES VARIATION NAMES: -

- 1) [TOES WALK: 30 M], [BLADE WALK: 30 M], [HEELS WALK: 30 M], [ELEPHANT WALK: 30 M]
- 2) [FROG JUMP: 20 M], [FROG WALK: 20 M], [X SQUAT: 20 M]

FRIDAY: -

RUN, WARMUP, AND TOURNMENT KATA KUMITE

BASICS EXERCISES VARIATION NAMES: -

- 1) [KNEE LAUNCHERS: 20 M], [BOTH KNEE WALK: 10 M]
- 2) [HIGH INTENSITY POWER FRONT KICK: 20 REPS]
- 3) [HIGH INTENSITY POWER SIDE KICK: 20 REPS]
- 4) [HIGH INTENSITY POWER ROUNDHOUSE KICK: 20 REPS]

SUNDAY: - ALL VARIATION RUNS 5 ROUNDS, WARM UP

BASICS EXERCISES VARIATION NAMES: -

- 1) [HAND WALK ALL VARIATIONS: 10 M (OR) 20 REPS], [FORWARD BACKWARD SIDE SETUPS: 30 M (OR) 20 REPS]
- 2) [SIDE SETUP AND FRONT KICK AT SAME TIME: 30 M (OR) 20 REPS]
- 3) [SIDE SETUP AND SIDE KICK AT SAME TIME: 30 M (OR) 20 REPS]
- 4) [SIDE SETUP AND SLAP KICK AT SAME TIME: 30 M (OR) 20 REPS]
- 5) [MONKEY FRONT RUN: 30 M], [MONKEY LEFT :15 M (L) AND RIGHT-SIDE RUN:15 M (R)]
- 6) [CRAB WALK: 10 M], [CHAMELEON: 10 M]
- 7) [PUSH UP FORWARD JUMP, PUSH UP BACKWARD JUMP: 20 REPS]
- 8) [PUSH UP RIGHTWARD JUMP, PUSH UP LEFTWARD JUMP: 20 REPS]
- 9) [FRONT ROLL ALL VARIATIONS: 10 REPS], [TYRES THROWING ALL VARIATIONS: 10 REPS]
- 10) [RUNNING WITH A PERSON ON THE SHOULDER THIS EXERCISE HAS 2 METHODS: 10 M]
- 11) [RUNNING WITH A PERSON ON THE BACK: 10 M],[RUNNING WITH A PERSON IN HAND: 10 M]
- 12) [SELF DEFENCE TECHNIQUE ALL VARIATIONS: 10 REPS],
- 13) [TRADITIONAL KARATE KATA], [TRADITIONAL KARATE REAL FIGHTS]
- 14) USE THE PUNCHING BAG (HEAD, SHOULDER ATTACK, PUNCHES, ELBOWS, KNEE AND ALL KICKS ATTACK: 20 REPS)

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: - 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 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 SUTTEPPU 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

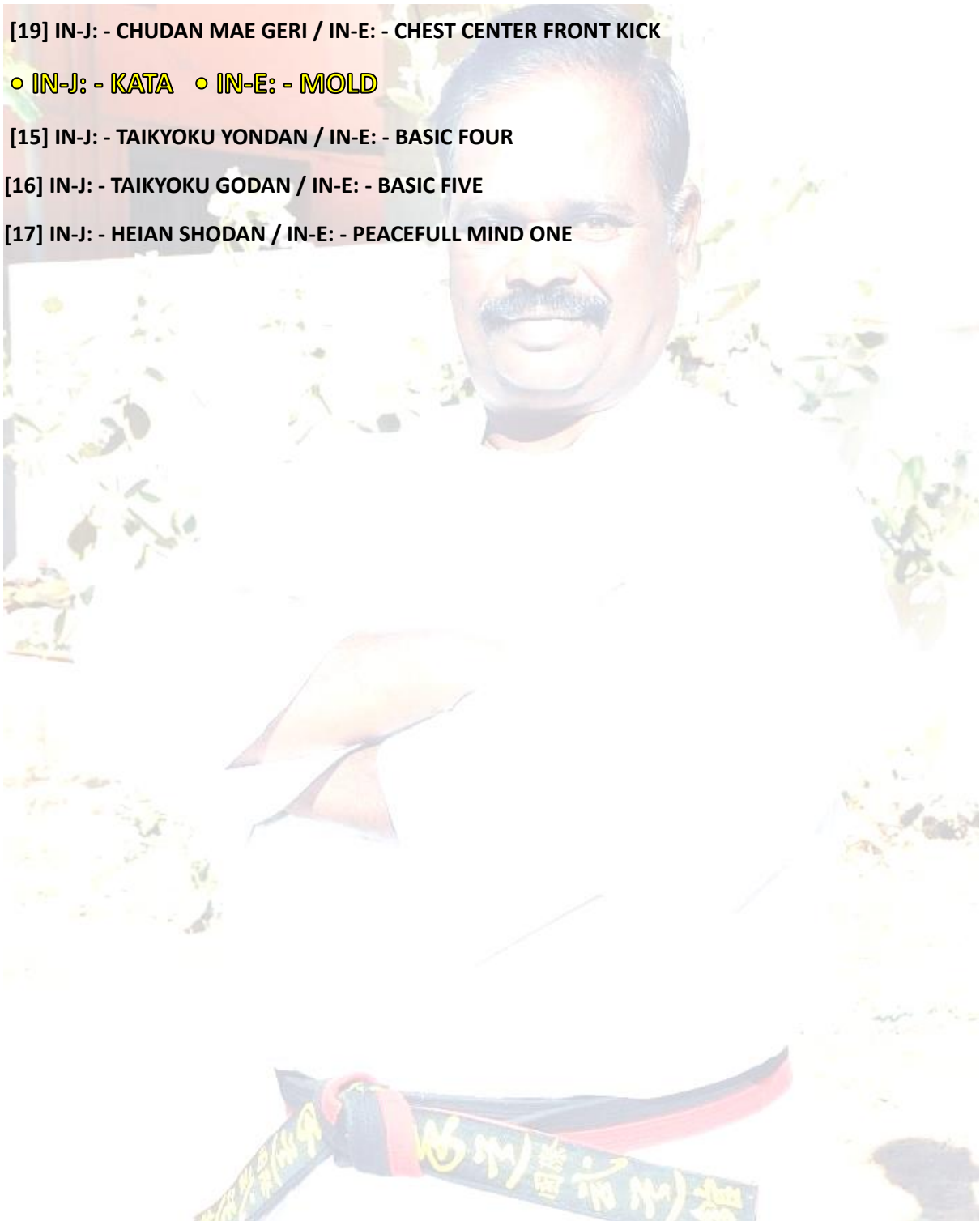
[19] IN-J: - CHUDAN MAE GERI / IN-E: - CHEST CENTER FRONT KICK

• 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-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: - 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

6TH KYU [ROYU KYU]

- 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-E: - BASICS

IN: J: - KIHON WA ZENSHIN TO KOTAI NO SUTEPPI 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

[PERFORM 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

[PERFORM 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

3RD KYU {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, MIDDLE, 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]

- 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

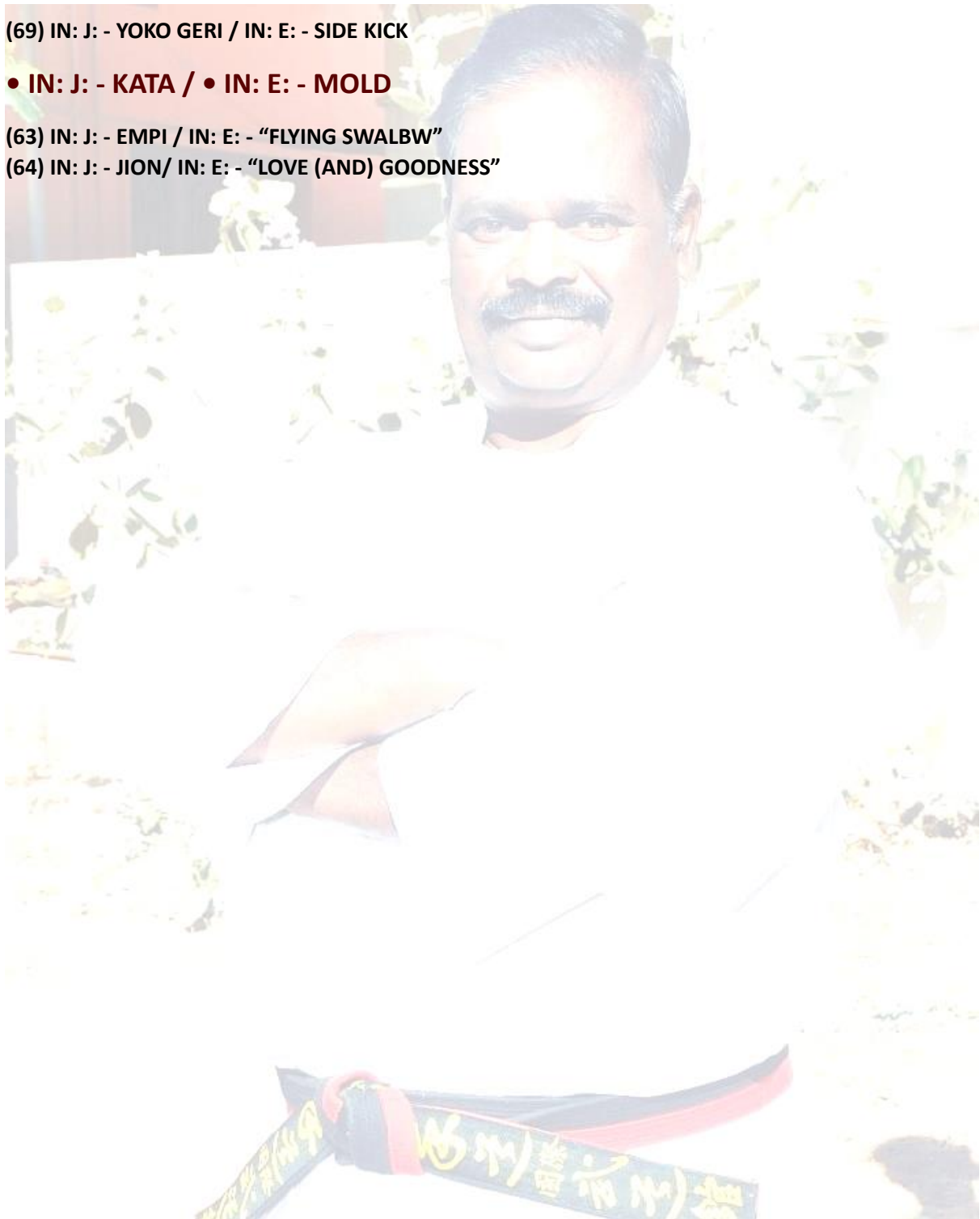
(68) IN: J: - MAWASHI GERI / IN: E: - ROUND HOUSE KICK

(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 IMPLEMENTION, 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].

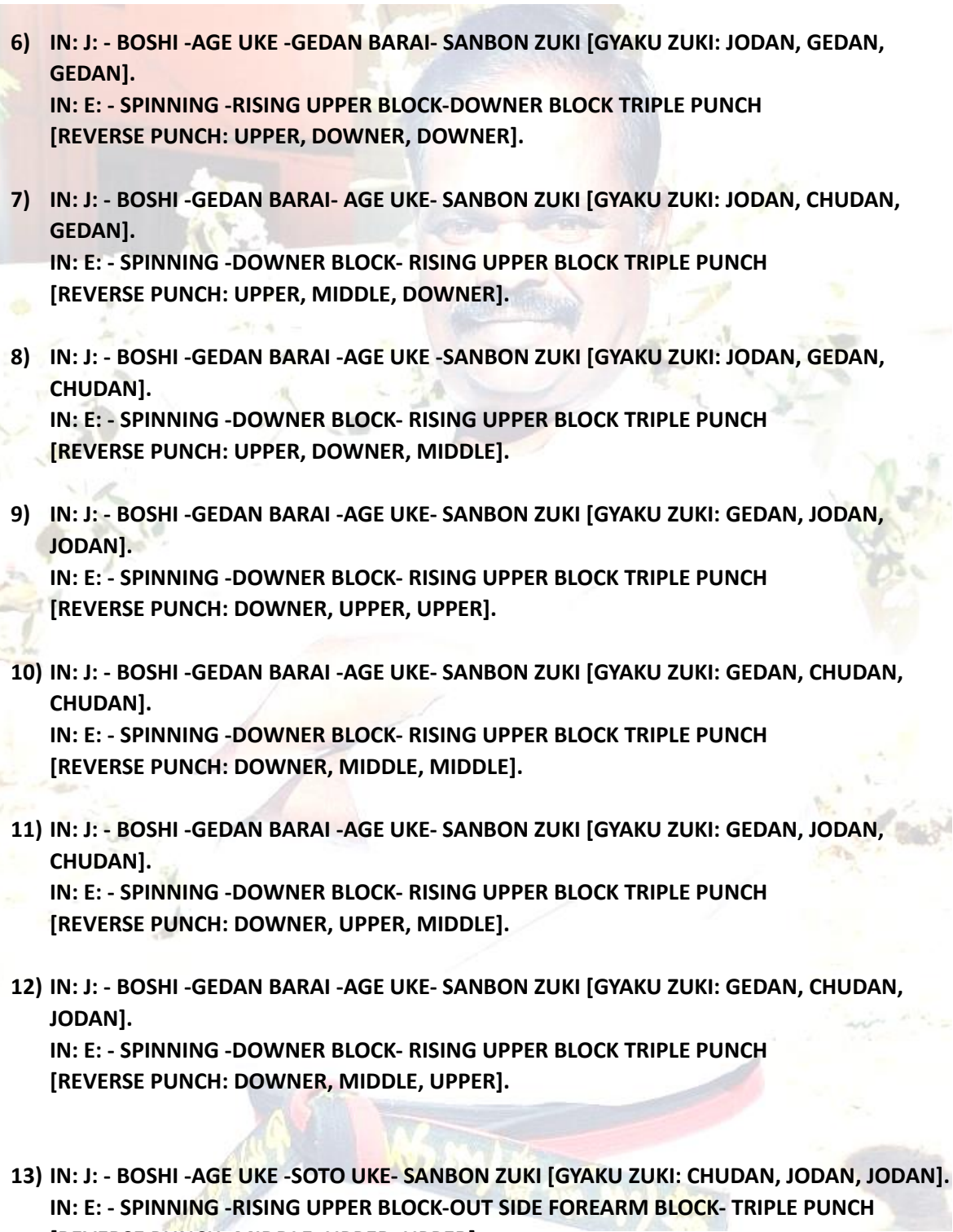
IN: E: - SPINNING -RISING UPPER BLOCK-DOWNER BLOCK TRIPLE PUNCH
[REVERSE PUNCH: MIDDLE, DOWNER, DOWNER].

- 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/

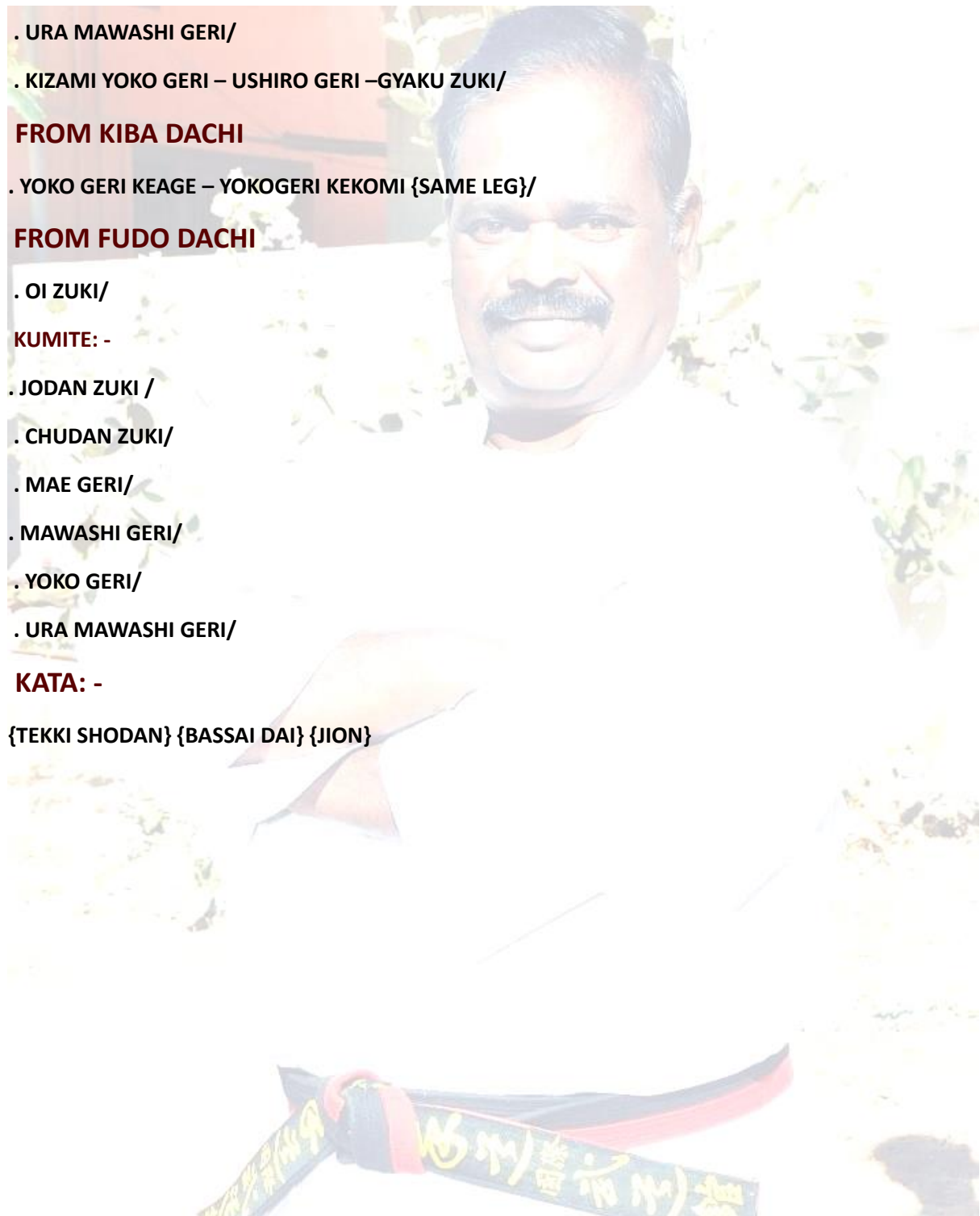
. MAWASHI GERI/

. 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 IMPLEMENTION, 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 IMPLEMENTION, 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 SHUTOUKE-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.

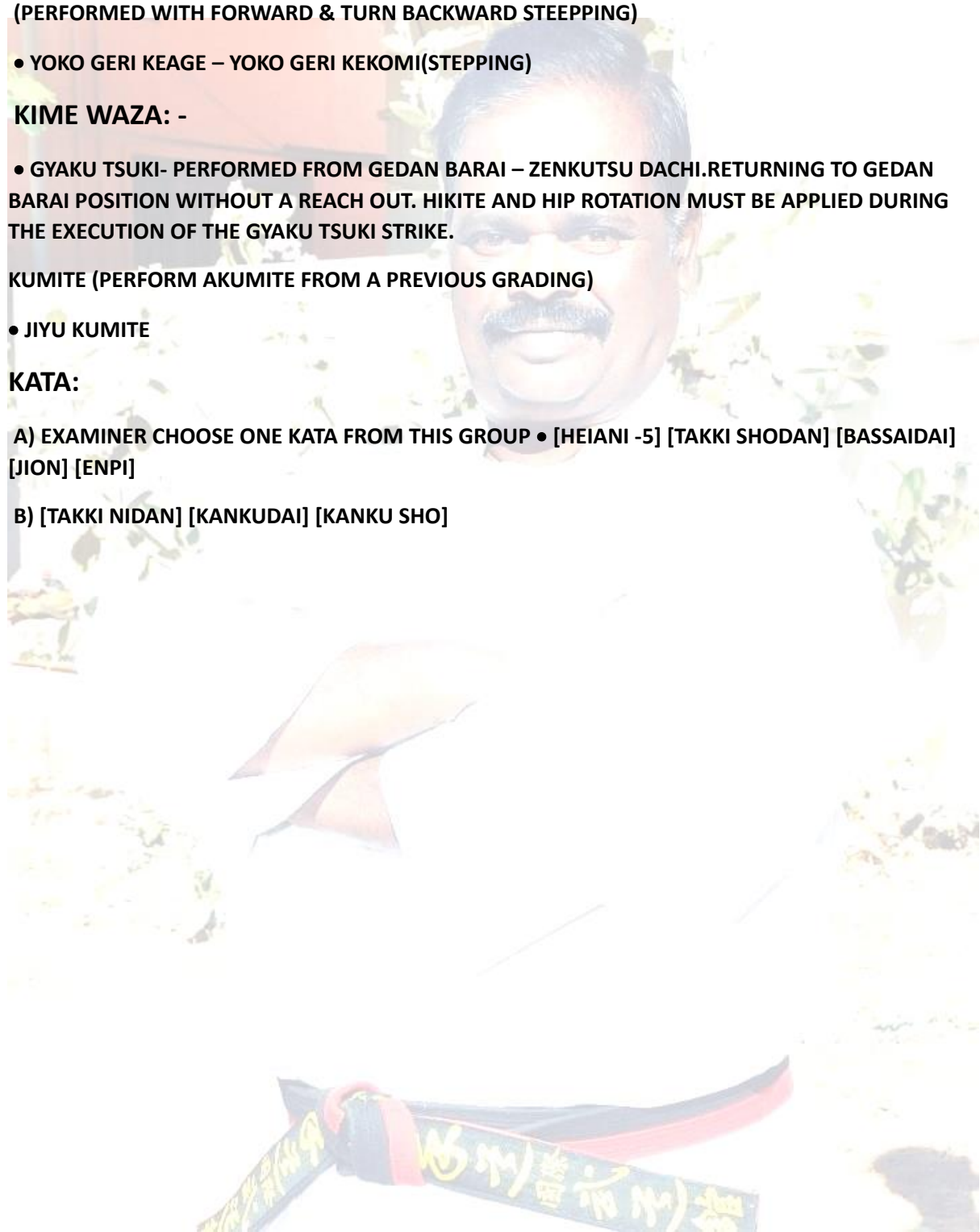
KUMITE (PERFORM AKUMITE FROM A PREVIOUS GRADING)

- 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 (BASCIS) 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

AK KARATE BELT GRADING SYLLABUS

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

BLACK BELT

3RD DAN {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 (BASICS) 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 ZENKUTSU 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]

BLACK BELT

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 NSKAINdia

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

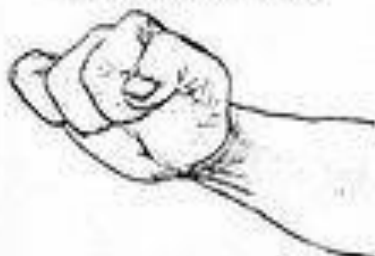
B) SENTEI KATA – (CANDIDATE CHOOSE ONE KATA FROM THIS GROUP) BASSAI DAI, KANKU DAI, JION, ENPI, JITTE

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]



Bill Sou - Spear forward



Pai - Slicing Hit



Charp - Fast stabbing enery



Mut Sou



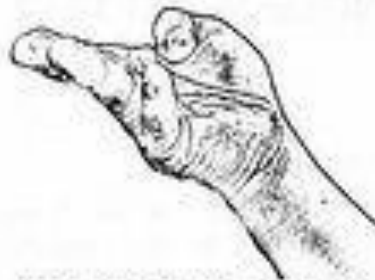
Mun - Fingers form hook, To pull



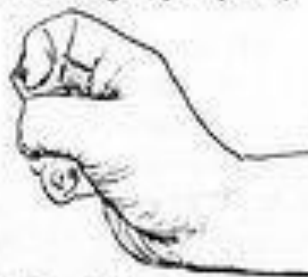
Dumg - Pecking energy



Tam Sou - Flicking energy



Chair - Slanting, Fey - Fly Away



Cow Sou - locking action



Gow Choy - Hammer Fist



Cum - Claw



Pok Sou - Palm Upward Slanting Strike



Qwart - Scrape



Cum Nar - Claw grasping



Dou Sou - Redirect energy



Ngarp - Downward hook



Peck - Hacking (Axe)

LES TECHNIQUES DE BLOQUES



Age-Uke



Soto-Uke



Uchi-Uke



Morote-Uchi-Uke



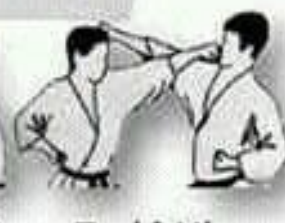
Shuto-Uke



Otoshi-Uke



Kakiwake-Uke



Tsuki-Uke



Te-Osae-Uke



Jodan-Juji-Uke



Nagashi-Uke



Tate-Shuto-Uke



Haiwan-Nagashi-Uke



Kakuto-Uke



Sokumen-Awase-Uke

