
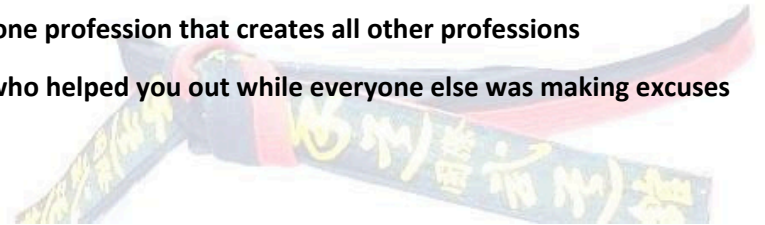


## **A K KARATE SYLLABUS**

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 - 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

) KARATE ↔ EMPTY HAND
) SENSEI ↔ TEACHER
) GI ↔ SUIT (OR) UNIFORM
) OBI ↔ BELT
) REI ↔ BOW
) HAJIME ↔ BEGIN (OR) START
) YAMAE ↔ FINISH (OR) STOP
) DOJO ↔ TRAINING HALL
) 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) KIHRO / 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) NICHY 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 JODAN JUJI UKE /
28)	RISING UPPER (X) BLOCK CHUDAN JUJI UKE / MIDDLE
29)	(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 TEISHO OSHI AGE          |
| 47) | UKE / RISING PALM HEEL BLOCK SHOTEI JODAN UKE / HIGH PALM HEEL       |
| 48) | RECEIVING BLOCK SHOTEI CHUDAN UKE / MIDDLE PALM HEEL RECEIVING       |
| 49) | BLOCK SHOTEI GEDAN UKE / LOW PALM HEEL RECEIVING BLOCK KOKEN         |
| 50) | JODAN MOROTE UKE / DOUBLE WRIST UPPER RECEIVING BLOCK MOROTE         |
| 51) | UCHI UKE / MIDDLE AREA IN-SIDE RECEIVING BLOCK HIZA SOTO UKE / KNEE  |
| 52) | OUT-SIDE BLOCK HIZA UCHI UKE / KNEE IN-SIDE BLOCK SOKUTEI OSAE UKE / |
| 53) | PRESSING SOLE BLOCK MIKAZUKI GERI UKE / CRESCENT KICK BLOCK SOKUTEI  |
| 54) | HARAI UKE / BLOCK WITH THE SOLE OF THE FEET                          |
| 55) |  |
| 56) |  |
| 57) |  |

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

## 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

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



## 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) HEIAN GODAN / PEACEFULL MIND FIVE UNIVERSE
- 12) TEKKEI SHODAN / IRON HORSE ONE
- 13) TEKKEI NIDAN / IRON HORSE TWO
- 14) TEKKEI 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) EMPY / FLYING SWALLOW
- 20) JION / LOVE (AND) GOODNESS
- 21) GANKAKU / CRANE ON THE ROCK
- 22) HANGETSU / HALF MOON
- 23) JITTE / TEN HANDS
- 24) CHINTO / INCREDIBLE HANDS
- 25) SOCHIN / PRESERVE PEACE
- 26) MEIKYO / MIRROR 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)