

## 2010 Syllabus

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### Growth is a Personal Matter

At Seichou Karate® we encourage our students to grow by constantly challenging themselves. One way of doing this is to strive to attain higher ranking by taking a promotion twice annually. However, as each individual learns at a unique pace, we do not require students to take every promotion test for which they are eligible.

Also, “personal growth” means different things at different points of a student’s training. As such, first-time examinees for promotion must demonstrate a command of the requirements set out below for promotion to 10<sup>th</sup> kyu blue belt. By contrast, for promotion to rankings above the blue belt level, growth is demonstrated by (1) a command of the new requirements for promotion and (2) greater maturity in the context of karate. At Seichou Karate®, maturity means self-control, patience,

cooperativeness, truthfulness, kindness, and gentleness toward others.

## **Promotion Policy**

Seichou Karate® Promotion Tests consist of rank–appropriate Performance and Written tests. During the Performance Test, students must demonstrate command of the basic form, movement patterns, and free-fighting elements appropriate to their rank. On the Written Test students must demonstrate an understanding of the concepts and terminology appropriate to their rank. In order to pass, students must score 80 percent or higher on each component.

### Eligibility for Promotion

In order to be eligible to take a promotion test students must have taken the requisite number of lessons specified for each rank below. For example, newcomers taking their first promotion test must have taken 25 lessons. All others must have taken 25 lessons since their last promotion test.

### Promotion Test Scheduling

Seichou Karate® offers regularly scheduled Promotion Tests each spring and fall. Students may elect to take an exam at those times or, with their instructor’s permission, they may take an exam as soon as they have completed the class attendance requirements.

### Ranking

Ranking at Seichou Karate is designated by the color of one’s belt as follows: white (beginner), blue, yellow, green, purple, brown, and black (advanced student). There are two “kyu” rankings for each belt level below black belt. There are also different levels of black belt rankings. These are known as “dan” rankings. Students below the rank of black belt are known as “mudansha,” whereas those who have achieved the rank of black belt are “yudansha.”

### Students with Prior Martial Arts Experience

At Seichou Karate, the process of learning our particular basic form, movement patterns, and fighting techniques is essential for correct execution and for building “Seichou character.” Therefore, irrespective of whether or not they have had previous martial arts experience, all of our students begin their training at the rank of 12<sup>th</sup> kyu white belt.

**Requirements for Promotion**For Promotion to 10th Kyu Blue Belt

1. How to count from 1 to 10: ichi, ni, san, yon, go, roku, shichi, hachi, kyū, jū
2. Ready stance – yoi dachi (also “fudo dachi”)
3. Pigeon toed stance – sanchin dachi
4. Forward leaning stance – zenkutsu dachi
5. Kicking stance – kerī no kamae
6. Fighting stance – sanzen dachi
7. Fore fist upper punch – seiken jodan zuki
8. Fore fist middle punch – seiken chudan zuki
9. Fore fist lower punch seiken gedan zuki
10. Fore fist chin strike – seiken ago uchi
11. Back fist face strike – uraken ganmen uchi
12. Back fist side strike – uraken sayu uchi
13. Back fist spleen strike – uraken hizo uchi
14. Overhead block – jodan uke
15. Middle outside block – chudan soto uke
16. Middle inside block – chudan uchi uke
17. Lower block / parry – gedan barai
18. Knee kick – hiza geri
19. Groin kick – kin geri
20. Heel Kick – kakato geri
21. Front kick – mae geri
22. Roundhouse kick – mawashi geri
23. Movement Pattern (kata): Taikyoku 1 and 2
24. Seichou Karate Pillar I

For Promotion to 9th Kyu Blue Belt

- All criteria listed above
25. Back leaning stance – kokutsu dachi
  26. Abbreviated horse back stance – han kiba dachi
  27. Punching Combination 1 (1-2 punch) – nihon zuki
  28. Blocking Combination – response to 1-2 punch
  29. Front high kick – mae keage
  30. Side high kick – yoko keage
  31. Side kick – yoko geri
  32. Joint kick – kansetsu geri

33. All basic techniques set out above with movement
34. Kicking Combination: knee kick, groin kick, heel kick, front kick, roundhouse kick – hiza geri, kin geri, kakato geri, mae geri, mawashi geri
35. Movement Pattern (kata): Taikyoku 3

For Promotion to 8th Kyu Yellow Belt

- All criteria listed above
36. Cat stance – neko ashi dachi
  37. Horse back stance – kiba dachi
  38. Knife hand block – shuto uke
  39. Back kick – ushiro geri
  40. Ball of the foot – chusoku
  41. Instep of the foot – haisoku
  42. Knife-edge of the foot – sokuto
  43. All basic techniques set out above with movement
  44. Fighting stance movement: skip, step, switch – okuri ashi, fumi ashi, kosa
  45. Blocking Combination: lower block, 1-2 punch – gedan barai, nihon zuki
  46. Kicking Combination: 1-2 punch, front kick – nihon zuki, mae geri
  47. Movement Pattern (kata): Pinaan 1
  48. Free Fighting: two 2-minute rounds
  49. Seichou Karate Pillar II

For Promotion to 7th Kyu Yellow Belt

- All criteria listed above
50. Open toed stance – musubi dachi
  51. Hammer punch 1 (resembles lower block) – tetsui
  52. Hammer punch 2 (resembles middle outside block) – tetsui
  53. Rising elbow strike – hiji age
  54. Lateral elbow strike – hiji ate
  55. Kicking Combination: backfist, back kick, 1-2 punch – uraken, ushiro geri, nihon zuki
  56. Blocking Combination: outside block, backfist, reverse punch – soto uke, uraken, gyaku zuki
  57. Skip, step, switch in box pattern
  58. Free Fighting: three 2-minute rounds
  59. Movement Pattern (kata): Goshinjutsu 1

For Promotion to 6th Kyu Green Belt

- All criteria listed above
- 60. Crane stance – tsuru ashi dachi
- 61. High and low block – Joge uke
- 62. Double-arm block – morote uke
- 63. Knife-hand temple strike – shuto ganmen uchi
- 64. Knife-hand descending collarbone strike – shuto sakotsu uchi
- 65. Knife-hand driving collarbone strike – shuto sokotsu uchikomi
- 66. Knife-hand spleen strike – shuto hizo uchi
- 67. Inside knife-hand strike – shuto ganmen uchi
- 68. Resting kneeling position – seiza: student rests on insteps of feet
- 69. Alert kneeling position – kiza: student rests on balls of feet
- 70. Punching Combination: 1-2-1 fore fist punch
- 71. Blocking Combination: middle inside block with reverse punch – chudan uchi uke, chudan gyaku zuki
- 72. Blocking Combination: middle outside block with reverse punch – chudan soto uke, chudan gyaku zuki
- 73. Kicking Combination: 1-2 punch with front kick and roundhouse kick – nihon zuki, mae geri, mawashi geri
- 74. Movement Pattern (kata): Pinaan 2, Sanchin
- 75. Free Fighting: four 2-minute rounds
- 76. Seichou Karate Pillar III

For Promotion to 5th Kyu Green Belt

- All criteria listed above
- 77. Hook Punch – seiken furi uchi
- 78. Upper Cut Punch – seiken shita zuki
- 79. Cross-leg stance – kake ashi dachi
- 80. Punching Checklist
  - ❖ Proper fist clenching
  - ❖ Proper striking surface of fist
  - ❖ Proper trajectory of active (punching) arm
  - ❖ Proper retraction of non-active hand
  - ❖ Avoid hyper-extending elbow
  - ❖ Harmonize movement of shoulders and hips
- 81. Blocking Checklist
  - ❖ Proper fist clenching
  - ❖ Proper retraction of non-active (non-blocking) hand

- ❖ Proper balance between active and non-active hands
  - ❖ Proper angle of blocking arm and point of contact
82. Shoulder Positioning Checklist
- ❖ Proper orientation of line of shoulders relative to the spine
  - ❖ Proper orientation of shoulders relative to adversary
83. Stance Checklist
- ❖ Balance
  - ❖ Weight distribution
  - ❖ Relative positioning of feet
  - ❖ Compression of legs
84. Blocking Combination: overhead block, middle outside block – jodan uke, chudan soto uke
85. Blocking Combination: middle inside block, lower block – chudan uchi uke, gedan barai
86. Self-defense Combination: response to face punch
87. Kicking Combination: back fist, side kick, 1-2 punch – uraken ganmen uchi, yoko geri, nihon zuki
88. Skip, step, switch in box pattern with front kick
89. Movement Patterns (kata): Pinaan 3, Jo Kihon 1
90. Free Fighting: five 2-minute rounds

For Promotion to 4th Kyu Purple Belt

- All criteria listed above
91. Blocking Combination: four blocks: overhead, middle outside, middle inside, and lower blocks – jodan uke, chudan soto uke, chudan uchi uke, gedan barai
92. Knife hand Overhead Block with Middle Inside Block – shuto jodan uke, chudan uchi uke
93. Cross Arm Block (upper and lower) – jodan juji uke, gedan juji uke
94. Kicking Combination: back fist, back kick, 1-2 punch – uraken genmen uchi, ushiro geri, nihon zuki
95. Kicking Checklist
- ❖ Relaxed upper body
  - ❖ Compressed legs
  - ❖ Short stance
  - ❖ Feet shoulder width apart
  - ❖ Body weight borne on balls of feet
  - ❖ Raise leg in proper manner for each kick
96. Skip, Step, Switch in box pattern with blocking combination 1
97. Skip, step, switch in box pattern with blocking combination 2
98. Forward leaning stance, spear hand, leg sweep, hammer punch, fore fist middle punch
99. Horse Back Stance retreat

100. Kicking Combination: back fist, back kick, front kick, roundhouse kick, back kick, 1-2 punch – uraken ganmen uchi, ushiro geri, mae geri, mawashi geri, ushiro geri, nihon zuki
101. Movement Pattern (kata): Pinaan 4, Yansu
102. Free Fighting: six 2-minute rounds
103. Seichou Karate Pillar IV

For Promotion to 3rd Kyu Purple Belt

- All criteria listed above
104. Skip, step, switch with 45 degree angle – okuri ashi, fumi ahsi, yonju-go-do kosa
  105. Kicking Combination: back fist, back kick, front kick, roundhouse kick, back kick, 1-2 punch, switch feet and knee kick – uraken ganmen uchi, ushiro geri, mae geri, mawashi geri, ushiro geri, nihon zuki, kosa, hiza geri
  106. Movement Patterns (kata): Jo Kihon 2
  107. Free Fighting: seven 2-minute rounds
  108. Cardiovascular Fitness: 8 repetitions of item 88 above

For Promotion to 2nd Kyu Brown Belt

- All criteria listed above (with special emphasis on items 63 – 66 and 78) and 50 lessons
109. 45 degree horse back stance – yonju-go-do kiba dachi
  110. 1 revolution each:
    - ❖ Skip, step, switch with 1-2 punch
    - ❖ Skip, step, switch with back foot front kick
    - ❖ Skip, step, switch with roundhouse kick
    - ❖ Skip, step, switch with back kick
  111. Cardiovascular Fitness: 12 repetitions of item 88 above
  112. Movement Patterns (kata): Gekisai-dai, Tsuki-no-kata, Goshinjutsu 2
  113. Free Fighting: eight 2-minute rounds

For Promotion to 1st Kyu Brown Belt

- All criteria listed above and 50 lessons
114. 45 degree horse back stance with upper cut
  115. 45 degree stance with lateral elbow strike
  116. Movement Patterns (kata): Pinaan 5, Saiha, Jo Kihon 3
  117. Ten 2-minute rounds of free fighting
  118. Free Fighting: ten 2-minute rounds

**Seven Pillars of Seichou Karate®**

The purpose of Seichou Karate is to raise powerful students whose martial strength is exceeded only by the abundance and peacefulness of their hearts. Additionally, traditional Japanese karate, like all traditional Japanese culture, is a path to good manners. These great goals require hard work and take years to achieve. To accomplish them, Seichou Karateka should manifest the Seven Pillars of Seichou Karate through their behavior.

**I. Honesty & Justice**

- Be honest with all people.
- Believe in fairness and justice, not from other people, but from yourself.
- There are no shades of gray in questions of honesty and justice. There is only right and wrong.

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Gi

**II. Courtesy**

- Seichou Karateka do not prove their strength by being rude or disrespectful to others.
- They are courteous to everyone, even to people who are unkind to them because, without respect for others, our students can never reach their potential.
- Seichou Karateka understand that one of the best ways to show respect is to listen carefully to what others have to say.
- Thus, Seichou Karateka are respected not merely for their fighting strength, but also for their courteous behavior toward others.

礼

Rei

**III. Courage**

- Seichou Karateka do the correct thing even when it is not the popular thing. They understand that it is not always easy to disagree with popular trends or opinions, but they must protect their principles stand up for justice and fairness.
- They do not hide like a frog in a well. They live life fearlessly and fully, but they are never reckless.
- They make good choices based upon their wisdom, intellect, and experience.
- The inner strength of Seichou Karateka becomes apparent during difficult times.

勇

Yu



**IV. Honor**

- Seichou Karateka know that the true measure of a person is how he behaves when no one is watching. So, they will behave honestly even when they are alone.
- They are the best judges of their own honor. So, they are not unnecessarily concerned with what others think of them.
- They know that words alone do not earn honor. Rather, Seichou Karateka understand that their choices and daily behavior determine the quality of their character.

名誉

Meiyo

**V. Compassion**

- Seichou Karate® training is difficult and sometimes painful. Our students become strong only after many years of our training.
- The special knowledge and strength that students develop in Seichou Karate® training carry special responsibilities. So, our students must never use their special strength and knowledge in violent or criminal ways.
- Instead, our students should help others at appropriate times. They do not help others to receive praise or reward, but because kindness and compassion are the key to creating a better society for everyone.

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Jin

**VI. Complete Sincerity**

- A Seichou Karate® student's promise is more valuable than gold. So, someone who receives a promise from one of our students does not have to ask a second time because we always honor our promises.
- Seichou Karateka know that their promise is precious. So, they do not give it easily. Once they give their promise, they try their best to honor their word.

誠

Makoto

**VII. Duty & Loyalty**

- Seichou Karateka take responsibility for their actions. At times of moral crisis, they commit to do the correct thing because they know that to do otherwise would subject themselves, their family, and their group to scorn.
- Seichou Karateka are grateful for their good health, their intellect, and their human relationships. They show their gratitude by never doing anything to jeopardize them.
- Seichou Karateka are fiercely loyal to those who have helped them to grow in positive ways.

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Chu