

2020 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 test 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 10th 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, (2) greater

command of the requirement for promotion to earlier rankings, (3) increasing judiciousness in the application of karate techniques and, finally, greater maturity in rapport with classmates and instructors at the dojo. At Seichou Karate®, maturity means self-control, patience, cooperativeness, truthfulness, kindness, gentleness and a willingness to nurture others.

Promotion Policy

Seichou Karate® Promotion Tests consist of rank and age-appropriate Performance and Online Written tests. Payment of the Promotion Test fee does not guarantee success or rank advancement. Rather, during the Performance Test, students must demonstrate command of technique, movement patterns, and free-fighting elements and taido (attitude and comportment) appropriate to their rank and age. On the Written Test students must demonstrate an understanding of the terminology and concepts appropriate to their rank. In order to pass students must score 80 percent or higher on both components. Parents may assist their 6 or 7-year old children in understanding questions and filling in answers on Written Tests. However, the answers must come from the children without prompting from parents.

Eligibility for Promotion

In order to be eligible to take a promotion test, newcomers must have taken 25 lessons and all others must have taken 25 lessons since their last promotion test. Additionally, on the third Saturday of each month, we hold study seminars for our students. Adults and children attend separately. Each month we explore a different topic of importance to our students' growth. Promotion tests will cover information given during the seminars. Students may attend the live seminars or they may watch recorded seminars online.

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 unscheduled exam after they have completed the class attendance requirements.

Ranking

Ranking at Seichou Karate® is designated by the color of one's belt as follows: Beginners: white, Intermediate: blue, yellow, green, purple, and Advanced: brown, black. There are two "kyu" rankings for each belt level below black belt. There are also different black belt rankings, which are known as "dan" rankings. Students below the rank of black belt are known as "mudansha," (無段者) whereas those who have achieved the rank of black belt are "yudansha" (有段者).

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 12th 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, kyu, juu
2. Relaxed kneeling posture – seiza
3. Alert kneeling posture – kiza
4. Cross-legged posture – anza
5. Ready stance – yoi dachi (also “fudo dachi”)
6. Forward leaning stance – zenkutsu dachi
7. Kicking stance – keru no kamae
8. Fighting stance – kumite no tachi
9. Fore fist upper punch – seiken jodan zuki
10. Fore fist middle punch – seiken chudan zuki
11. Fore fist lower punch – seiken gedan zuki
12. Fore fist chin strike – seiken ago uchi
13. Back fist face strike – uraken ganmen uchi
14. Back fist side strike – uraken sayu uchi
15. Back fist spleen strike – uraken hizo uchi
16. Overhead block – jodan uke
17. Middle outside block – chudan soto uke
18. Middle inside block – chudan uchi uke
19. Lower block – gedan barai
20. Knee kick – hiza geri
21. Groin kick – kin geri
22. Heel Kick – kakato geri
23. Front kick – mae geri
24. Roundhouse kick – mawashi geri
25. Movement Pattern (kata): Taikyoku 1 and 2
26. Seichou Karate® Pillar I (see below)

For Promotion to 9th Kyu Blue Belt

- All criteria listed above

27. Back leaning stance – kokutsu dachi
28. Pigeon toed stance – sanchin dachi
29. Abbreviated horse back stance – han kiba dachi
30. Rising elbow strike – hiji age uchi
31. Lateral elbow strike – hiji ate uchi
32. Triple elbow strike: across, up, across – hiji ate uchi, age uchi, ate uchi
33. Triple elbow strike: up, across, up – hiji age uchi, ate uchi, age uchi
34. Front high kick – mae keage
35. Side high kick – yoko keage
36. Side kick – yoko geri
37. Joint kick – kansetsu geri
38. All basic techniques set out above with movement
39. Punching Combination 1: 1-2 punch – nihon zuki
40. Fighting Combination 1: response to 1-2 punch: block, block and counter-punch (right, left, right or left, right, left) – gedan barai, gedan barai, gyaku zuki
41. Kicking Combination 1: knee kick, groin kick, heel kick, front kick, roundhouse kick – hiza geri, kin geri, kakato geri, mae geri, mawashi geri
42. Movement Pattern (kata): Taikyoku 3

For Promotion to 8th Kyu Yellow Belt

- All criteria listed above
43. Knee walking: forward and turning (teens and children only)
 44. Cat stance – neko ashi dachi
 45. Roundhouse block – mawashi uke
 46. Knife hand block – shuto uke
 47. Back kick – ushiro geri
 48. Ball of the foot – chusoku
 49. Instep of the foot – haisoku
 50. Knife-edge of the foot – sokuto
 51. Shin (leg) – ken
 52. All basic techniques set out above with movement
 53. Footwork: skip, step, switch – okuri ashi, fumi ashi, kosa
 54. Blocking Combination 1: lower block with middle reverse punch – gedan barai chudan gyaku zuki
 55. Blocking Combination 2: overhead block with middle reverse punch – jodan uke chudan gyaku zuki
 56. Blocking Combination 3: middle outside block with middle reverse punch – chudan soto uke chudan gyaku zuki
 57. Blocking Combination 4: middle inside block with middle reverse punch – chudan uchi uke chudan gyaku zuki

58. Fighting Combination 2: 1-2 punch, knee kick – nihon zuki, hiza geri
59. Fighting Combination 3: 1-2 punch, groin kick – nihon zuki, kin geri
60. Fighting Combination 4: 1-2 punch, heel kick – nihon zuki, kakato geri
61. Fighting Combination 5: 1-2 punch, front kick – nihon zuki, mae geri
62. Fighting Combination 6: 1-2 punch, roundhouse kick – nihon zuki, mawashi geri
63. Movement Pattern (kata): Pinaan 1
64. Free Fighting: two 2-minute rounds
65. Seichou Karate® Pillar II (see below)

For Promotion to 7th Kyu Yellow Belt

- All criteria listed above
66. Ukemi from squatted position: backward
 67. Ukemi from squatted position: to right and to left sides
 68. Ukemi from standing position: falling backward
 69. Ukemi from standing position: falling to the right and left sides
 70. Horseback stance – kiba dachi
 71. Open toed stance – musubi dachi
 72. Punching Combination 2: triple fore fist punch to head: 1-2-1 straight to the chin, straight to the chin, straight to the chin (left, right, left or right, left, right) – sanbon zuki
 73. Punching Combination 3: triple punch to the head: 1-2-1 straight to the chin, hook to the side of the head, straight to the chin (left, right, left or right, left, right) – ago uchi, furi uchi, ago uchi
 74. Side hammerfist strike (resembles lower block) – tetsui sayu uchi
 75. Descending hammerfist strike (resembles descending knifehand strike) – tetsui sakotsu uchi
 76. Outside hammerfist temple strike (resembles middle outside block) – tetsui ganmen uchi
 77. Fighting Combination 7: backfist, back kick, 1-2 punch – uraken, ushiro geri, nihon zuki
 78. Fighting Combination 8: lower block, 1-2 punch – gedan barai, nihon zuki
 79. Fighting Combination 9: response to face punch: soto uke, uraken, gyaku zuki
 80. Footwork: skip, step, switch with punching
 81. Footwork: skip, step, switch with kicking
 82. Free Fighting: three 2-minute rounds
 83. Movement Pattern (kata): Goshinjutsu 1

For Promotion to 6th Kyu Green Belt

- All criteria listed above
84. Ukemi from kneeling position: forward and backward rolling
 85. Ukemi from standing position: forward and backward rolling
 86. Crane stance – tsuru ashi dachi
 87. High and low block – Joge uke

88. Double-arm block – morote uke
89. Top of Wrist Block – koken uke
90. Top of Wrist Strike – koken uchi
91. Palm Heel Block – shotei uke
92. Palm Heel Strike – shotei uchi
93. Fore fist hook punch – seiken furi uchi
94. Fore fist inverted punch – seiken shita zuki
95. Fore fist rising punch – seiken zuki age uchi
96. Punching Combination 4: triple fore fist punch to the head: 1-2-1 straight to the chin, uppercut the chin, straight (left, right, left or right, left, right) – nihon zuki, shita zuki
97. Punching Combination 5: triple fore fist punch to the head, shoulder or ribs: 1-2-1 straight, straight, hook (left, right, left or right, left, right) – nihon zuki, furi uchi
98. Punching Combination 6: triple fore fist punch to the head: 1-2-1 straight to the chin, straight to the chin, hook to the side of the head (left, right, left or right, left, right) – sanbon zuki
99. Punching Combination 7: triple fore fist punch to the head: 1-2-1 straight to the chin, straight to the chin, uppercut to the chin (left, right, left) – sanbon zuki
100. Footwork: skip, step, switch in north, south, west, east pattern with punching
101. Footwork: skip, step, switch in north, south, west, east pattern with kicking
102. Kicking Combination 8: back fist, back kick, knee kick, groin kick, heel kick, front kick, roundhouse kick, back kick, 1-2 punch – uraken ganmen uchi, ushiro geri, hiza geri, kin geri, kakato geri, mae geri, mawashi geri, ushiro geri, nihon zuki
103. Movement Pattern (kata): Pinaan 2, Sanchin
104. Free Fighting: four 2-minute rounds
105. Seichou Karate® Pillar III (see below)

For Promotion to 5th Kyu Green Belt

- All criteria listed above
106. Hook kick – uchi mawashi geri
 107. Back spinning kick – ushiro mawashi geri
 108. Inside crescent kick – uchi mikazuki geri
 109. Outside crescent kick – soto mikazuki geri
 110. Cross-leg stance – kake ashi dachi
 111. Knife-hand outside temple strike – shuto ganmen uchi
 112. Knife-hand descending collarbone strike – shuto sakotsu uchi
 113. Knife-hand driving collarbone strike – shuto sakotsu uchikomi
 114. Knife-hand spleen strike – shuto hizo uchi
 115. Knife-hand inside temple strike – shuto uchi uchi
 116. Consecutive Blocking: overhead block, middle outside block, middle inside block, lower block – jodan uke, chudan soto uke, chudan uchi uke, gedan barai
 117. Footwork: skip, step, switch with blocking combinations

118. Kicking Combination 9: 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
119. Kicking Combination 10: roundhouse kick, hook kick, 1-2 punch – mawashi geri, uchi mawashi geri, nihon zuki
120. Kicking Combination 11: hook kick, roundhouse kick, 1-2 punch – uchi mawashi geri, mawashi geri, nihon zuki
121. Kicking Combination 12: 1-2 punch, switch feet, axe kick – nihon zuki, kosa, ono geri
122. Kicking Combination 13: 1-2 punch, feint front kick, switch to roundhouse kick – nihon zuki, mae geri, mawashi geri
123. Kicking Combination 14: 1-2 punch, low roundhouse kick (tap), high roundhouse – nihon zuki, gedan mawashi geri, jodan mawashi geri
124. Kicking Combination 15: backfist, back kick, knee kick, 1-2 punch – uraken, ushiro geri, hiza geri, nihon zuki
125. Kicking Combination 16: backfist, back kick, front kick, 1-2 punch – uraken, ushiro geri, mae geri, nihon zuki
126. Kicking Combination 17: backfist, back kick, high roundhouse kick, 1-2 punch – uraken, ushiro geri, jodan mawashi geri, nihon zuki
127. Kicking Combination 18: backfist, back kick, low roundhouse kick, 1-2 punch – uraken, ushiro geri, gedan mawashi geri, nihon zuki
128. Movement Patterns (kata): Pinaan 3, Jo Kihon 1
129. Free Fighting: five 2-minute rounds
130. Seichou Karate® Pillar IV (see below)

For Promotion to 4th Kyu Purple Belt

- All criteria listed above
131. Footwork for kicking: abbreviated horseback stance: step front, step behind, step front
 132. Footwork for kicking: abbreviated horseback stance: step behind, step front, step behind
 133. Footwork for kicking: abbreviated horseback stance: step behind, step front, step behind, step across, step behind
 134. Consecutive Knife-hand strikes: outside temple strike, descending collarbone strike, driving collarbone strike, spleen strike, inside temple strike – shuto ganmen uchi, shuto sakotsu uchi, shuto sakotsu uchikomi, shuto hizo uchi, shuto uchi uchi
 135. Knife hand Overhead Block with Middle Inside Block – shuto jodan uke, chudan uchi uke
 136. Cross Arm Block (upper and lower) – jodan juji uke, gedan juji uke
 137. Escape from corresponding hand grab – the katate dori, irimi tenkan, kokyu nage 1
 138. Escape from cross hand grab – kosa dori, kokyu nage 1
 139. Skip, Step, Switch box pattern: 1 revolution each:
 - ❖ Skip, step, switch with jab and 1-2 punch
 - ❖ Skip, step, switch with back foot knee kick
 - ❖ Skip, step, switch with front kick
 - ❖ Skip, step, switch with roundhouse kick

- 140. Movement Pattern (kata): Pinaan 4, Yansu
- 141. Free Fighting: six 2-minute rounds
- 142. Seichou Karate® Pillar V (see below)

For Promotion to 3rd Kyu Purple Belt

- All criteria listed above
- 143. Skip, step, switch with 45 degree angle – okuri ashi, fumi ashi, yonju-go-do kosa
 - 144. Takedown response to corresponding hand grab: katate dori, kokyu nage 2
 - 145. Takedown response to face punch: clothesline throw to the front – menzuki, irimi nage omotte
 - 146. Takedown response to overhead strike: clothesline throw to the back – showmen uchi, irimi nage ura
 - 147. Consecutive Blocking in forward leaning stance: overhead block, middle outside block, middle inside block, lower block, middle-inside-lowerblock combination – jodan uke, chudan soto uke, chudan uchi uke, gedan barai, chudan uchi uke-gedan barai
 - 148. North, South, West, East pattern: 1 repetition each:
 - ❖ Skip, step, switch with jab and 1-2 punch
 - ❖ Skip, step, switch with back foot knee kick
 - ❖ Skip, step, switch with groin kick
 - ❖ Skip, step, switch with heel kick
 - ❖ Skip, step, switch with front kick
 - ❖ Skip, step, switch with roundhouse kick
 - 149. Movement Patterns (kata): Jo Kihon 2
 - 150. Free Fighting: seven 2-minute rounds
 - 151. Seichou Karate® Pillar VI (see below)

For Promotion to 2nd Kyu Brown Belt

- All criteria listed above
- 152. Takedown response to front kick to the front – Mae geri, irimi nage omotte
 - 153. Takedown response to front kick to the back – Mae geri, irimi nage ura
 - 154. Consecutive Blocking: in forward leaning stance: overhead block, middle outside block, back leaning stance: knifehand block, middle inside block, forward leaning stance: lower block, middle-inside-lower block combination – zenkutsu dachi jodan uke, chudan soto uke, kokutsu dachi shuto uke, chudan uchi uke, zenkutsu dachi gedan barai, chudan uchi uke-gedan barai
 - 155. Fighting Combination 4 response to triple punch (face, ribs, face): outside block, lower block, roundhouse block, fore fist lunge punch – soto uke, gedan barai, mawashi uke, jodan oi zuki
 - 156. Kicking Combination 19: front kick, back kick, knee kick
 - 157. Kicking Combination 20: front kick, back kick, groin kick
 - 158. Kicking Combination 21: front kick, back kick, heel kick
 - 159. Kicking Combination 22: front kick, back kick, front kick

160. Kicking Combination 23: front kick, back kick, low roundhouse kick
161. Kicking Combination 24: front kick, back kick, high roundhouse kick
162. Movement Patterns (kata): Gekisai-dai, Tsuki-no-kata, Goshinjutsu 2
163. Free Fighting: eight 2-minute rounds
164. Seichou Karate® Pillar VII (see below)

For Promotion to 1st Kyu Brown Belt

- All criteria listed above and 50 lessons
165. Response to overhead strike arm control 1 to the front – Shomen uchi, ikkyo omotte
 166. Response to overhead strike arm control 1 to the back – Shomen uchi, ikkyo ura
 167. Response to face punch arm control 1 to the front – Menzuki, ikkyo omote
 168. Response to face punch arm control 1 to the back – Menzuki, ikkyo ura
 169. Takedown: Large outside leg sweep – Osoto gari
 170. Movement Patterns (kata): Pinaan 5, Saiha, Jo Kihon 3
 171. Free Fighting: ten 2-minute rounds

Training Hall Oath

1. I practice Seichou Karate® to refine myself mentally and physically to become a productive member of a peaceful society.
2. I will achieve these goals by being honest, courteous and sincere in the spirit of self-respect and respect for others.
3. I will seek out great teachers and companions who uplift me and, in turn, I will uplift others.
4. I will shun negative influences and purge myself of negative thoughts.
5. I will be courageous but never foolhardy.
6. I will treasure my good health and make the most of my opportunities.
7. I will look for the goodness in others and not dwell on their shortcomings.
8. In turn, I am confident that goodness, health and strength will multiply within me as I practice Seichou Karate® and walk the path of Personal Growth.

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.

義

Gi

II. Courtesy

- Seichou Karateka do not prove their strength by being rude or disrespectful to others.
- They are courteous even to disagreeable people 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 will be respected not merely for their martial prowess, 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 even though it is not always easy to go against popular trends or opinions, they defend their principles stand up for justice.
- They do not hide like a frog in a well. They live 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 honorably even when they are alone.
- Seichou Karateka are the best judges of their own honor. So, they are not unnecessarily concerned with what others think of them.
- Seichou Karateka know that words alone do not earn honor. Rather, they 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 training.
- The special knowledge and strength that students develop Seichou Karate® Dojo carry special responsibilities. So, our students must never use their special knowledge, skills or strength 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. Thus, when we help others, we help also ourselves.

仁

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 jeopardizing them.
- Seichou Karateka are fiercely loyal to those who have helped them to grow in positive ways.

忠

Chu