日本空手協会
CALEDON JKA



Student Handbook
Beginner to Black Belt

Table of Contents

Introduction i
Master Gichin Funakoshi ii
His 20 Precepts iii
Caledon JKA 3
Sensei Vincenzo Mazzei 3
Dojo Etiquette 4-7
Kihon, Kata and Kumite 8
Spirit, Focus and Effectiveness 8
- Kiai 8
- Kime 8
- Effective Technique 8

Training Schedule 9
Fee Schedule 10
Training Fees 11
Grading Schedule 12
Grading Requirements 13-17
- 8th Kyu - Yellow Belt 13
- 7th Kyu - Orange Belt 13
- 6th Kyu - Green Belt 13
- 5th Kyu - Blue Belt 14
- 4th Kyu - Purple Belt 14
- 3rd Kyu - 1st Brown Belt 15
- 2nd Kyu - 2nd Brown Belt 15
- 1st Kyu - 3rd Brown Belt 15
- 1st Dan - 1st Black Belt 16
- 2nd Dan - 2nd Black Belt 17
- 3rd Dan - 3rd Black Belt 17

Katas 18-33
- Heian Shodan 19
- Heian Nidan 20
- Heian Sandan 21
- Heian Yondan 22
- Heian Godan 23
- Tekki Shodan 24
- Tekki Nidan 25
- Tekki Sandan 26
- Bassai Dai 27
- Kanku Dai 28
- Enpi 29
- Jion 30
- Jitte 31
- Hangetsu 32
- Gankaku 33

Introduction

The origin of Karate dates back more than a thousand years. Modern Karate was first introduced to the Japanese in 1922 by Master Gichin Funakoshi who at the time was then a professor at the Okinawa Teacher's College. In 1936 Master Funakoshi established the Shotokan style of Karate and in 1955, the Japan Karate Association (JKA) was formed with Master Funakoshi as the chief instructor

Karate is a practical means of self-defense, helps one to build muscularity, endurance and self awareness – and of particular import – discipline and self-confidence.

If Karate is taught and practiced solely as a fighting technique, this is cause for regret. The fundamental techniques have been developed and perfected through long years of study and practice, but to make any effective use of these techniques, the spiritual aspect of the art of self-defense must be recognized and must play the predominant role. It is important to train with the proper attitude and spirit. In essence - you get out what you put in.

The aim of Caledon Karate through the JKA is to continue the traditional art of Shotokan Karate and teach all students who wish to study this unique martial art.



Master Gichin Funakoshi

Founder of Shotokan Karate

1868-1957



His 20 Precepts

The Niju Kun

1. Karate-do begins and ends with rei

2. There is no first strike in karate

3. Karate stands on the side of justice

4. First know yourself, then know others

5. Mentality over technique

6. The heart must be set free

7. Calamity springs from carelessness

8. Karate goes beyond the Dojo

9. Karate is a lifelong pursuit

10. Apply the way of karate to all things. Therein lies its beauty

11. Karate is like boiling water; without heat, it returns to its tepid state

12. Do not think of winning. Think, rather, of not losing

13. Make adjustments according to your opponent

14. The outcome of a battle depends on how one handles emptiness and fullness (weakness and strength)

15. Think of hands and feet as swords

16. When you step beyond your own gate, you face a million enemies

17. Kamae is for beginners; later, one stands in shizentai

18. Perform kata exactly; actual combat is another matter

19. Do not forget the employment of withdrawal of power, the extension or contraction of the body, the swift or leisurely application of technique

20. Be constantly mindful, diligent, and resourceful, in your pursuit of the Way

Caledon JKA

Established in 1991, Caledon JKA was formed by Sensei Vincenzo Mazzei, 5th Dan - operator and head instructor. The school is registered with the JKA and upholds the tradition and high standards of Shotokan Karate.

Sensei MAZZEI provides a quality program of Shotokan Karate for the Caledon area. The program includes classes for all ages, individual students and families as well. Junior, intermediate and advanced classes help students to advance at their own pace.

Over 100 students currently train at Caledon JKA. The black belt instructors are all registered with the JKA and together promote the spirit of Shotokan Karate. They all continue their training locally, with other regional dojos, at clinics, seminars and tournaments as well as national (Koyo) camps and international (Gasshuku) camps to maintain the high standards of their art and to pass this on to all students of the Dojo.



Sensei Vincenzo Mazzei 5th Dan

Dojo Etiquette

KARATE ETIQUETTE INVOLVES ASPECTS OF COURTESY AND CONSIDERATION DESIGNED TO PROMOTE SELF-DISCIPLINE, TRAINING, RESPECT AND HUMILITY. THESE QUALITIES ARE THE MARK OF A WELL-TRAINED KARATE STUDENT; COURTESY AND CONSIDERATION BEGIN IN THE DOJO, BUT MUST CONTINUE AS PART OF THE STUDENT'S DAILY LIFE. DOJO RULES ENSURE PROPER MANNERS, EFFICIENCY AND SAFETY.

To help you understand the correct behavior in the dojo, some of the manners we assume are:

Entering and Exiting the Dojo

On entering the dojo, take off your hats and shoes, dispose of chewing gum, and stop any distracting practices that might interfere with your training or the training of others.

When entering or leaving a dojo, face the practice area and bow. We use this bow to remind ourselves to be grateful for this place to train in and the art we practice.

When entering the dojo while class is in session, enter seiza (kneeling) position until your presence is noted by the instructor and he/she motions for you to enter.

The instructor(s) should always be greeted with a bow and say "OSU".

Preparation for Class

All students should arrive on time to change into their uniform (Gi) before the commencement of class, and to do their warm-up if so desired.

The uniform should be kept clean.

Students should keep their bodies clean and their finger and toe nails trimmed.

Students should not wear excessive make-up, which can rub off on other student's Gi's.

Do not wear jewelry or sharp objects when training.

Students shall ensure that long hair is tied back.

Female students will wear a white undershirt beneath their Gi. Male students do not wear a shirt beneath their Gi.

At no time should a student remove their top, outside the change room.

A student will not be allowed to train while under the influence of drugs or alcohol.

Practice

During warm-ups, it is important to follow the instructor's movements. Keep the pace. This is part of the training in awareness, adaptability, and teaches control and a quick response to external situations.

When class is ready to begin before Sensei enters, students should line up facing the Shomen (front of Dojo) in a straight line, according to rank and seniority, generally with the most senior on the right.

When Sensei is in seiza (kneeling) the most senior student will call "Moku so" (close your eyes, concentrate, meditate). After Moku so, the same student will command "Moku so yame" (open your eyes) and "Shomen ni rei" (bow to the Shomen), then after a brief pause, "Sensei ni rei" (bow to the Sensei). The pause allows Sensei to get into position and the students to direct their focus.

When entering seiza, the right knee touches ground first then the left with toes curled. The feet are then laid flat and the student is in seiza. When rising from seiza, the feet go from laying flat to toes curled, then the left knee raises first followed by the right.

When a technique is being taught, do not talk or fidget. Focus your attention. Begin and end your training by bowing to each other.

During practice, keep discussion to a minimum. In case of a problem with a technique, ask and follow the directions of a senior. If doubt remains, discuss it after class.

Be sensitive to your partner's limitations during practice. Also, be aware of space limitations on the floor. Ensure that no harm is caused to your partner or other students through lack of attention or over-enthusiasm.

In the event of an accident, notify Sensei immediately.

When corrected by the instructor, bow and say OSU.

If you wish to practice something other than the class activity, i.e. to prepare for grading, please ask for permission of the instructor prior to class commencing.

Closing Class

"Moku so" will be called by Sensei or the senior student. The lining up or calling procedures are then the same as for the opening of class. The 'Dojo Kun' (training hall rules) will be called out by Sensei or the senior student. Each student is expected to repeat each rule:

Dojo Kun

Seek perfection of character
Be Faithful
Endeavor
Respect others
Refrain from violent behaviour

The Dojo Kun in Japanese:

hitotsu, jinkaku kansei ni tsutomuru koto
hitotsu, makoto no michi wo mamoru koto
hitotsu, doryoku no seishin wo yashinau koto
hitotsu, reigi wo omonzuru koto
hitotsu, kekki no yu wo imashimuru koto

Students should remain in position until Sensei has left the floor. Once class is dismissed, seek out your partner and bow to them, thanking them for the opportunity to train together.

Never use foul language, or become angry and frustrated - practice discipline.

Keep your attendance up to date, do the required work with spirit and develop sincerity in your training.

Other Points of Etiquette

All visitors to the Dojo are expected to observe Dojo etiquette.

When training at another Dojo, please check the visitation policies, and remember that your behavior reflects on your home Dojo.

Please pay your dues on time. In our enjoyment of Karate training, we may sometimes forget about our responsibilities to Karate and our instructor.

When applying for grading, please have all your training and grading fees paid up before you test.

Dojo Maintenance

The Caledon Karate Dojo belongs to all members. We are all responsible for maintenance and cleanliness of the Dojo. This work has traditionally been done on a volunteer basis. Everyone is asked to contribute and share the work.

Area of Responsibility	Group
Mats & Other Training Equipment	Most junior youths
Ladies Washroom	Most senior female adult
Men's Washroom	Most senior male adult

When asked by any of the instructors. All students will obey when asked to set-up or put away equipment.

Any found, lost or damaged equipment will be immediately brought to the attention of one of the instructors.

Any found or lost personal items will immediately be brought to the attention of one of the instructors, i.e. cell phones, jewelry, watches, etc.



Sometimes the most important part of learning is using the polite courtesy of listening to the instructor at the beginning of the class. As shown here.

The 3 K's: Kihon, Kata and Kumite

The essence of Karate practice consists of 3 components:

Kihon means 'basic'. Practicing kihon focuses on repeating the basic techniques that form the foundation of all the other elements of karate. This often entails moving up and down the Dojo performing a single or short combination of techniques.

Kata means 'form' or 'pattern'. In karate, this means a sequence of prearranged techniques against imaginary opponents. In Shotokan (JKA) karate, kata is viewed as a catalogue of fighting moves that have some practical application for self defence.
The interpretation of the applications in a kata is referred to as 'Bunkai'

Kumite means 'sparring' and is performed with a partner. At the beginner level, this consists of basic 5-step sparring (kihon gohon kumite) and basic one-step sparring (kihon ippon kumite). These involve basic prearranged attacks and defences. At the advanced level, this develops into one-attack semi-free sparring (jiyu ippon kumite), where the positions are less formal but the attacks are still prearranged. The most advanced level is free sparring (jiyu kumite), in which any karate techniques can be employed within the realm of safety. All forms of sparring focus on effective technique.

Spirit, Focus and Effectiveness

Kiai – Kiai is the martial shout heard in karate. It means 'spirit unity' and is the sound of the short, explosive burst of air that a student exhales when focusing power. The kiai is used to boost one's confidence, intimidate or unsettle an opponent, help with breathing ensuring proper breathing through varied techniques and to focus power. The sound made is not kiai (which would be like yelling 'shout!'), but rather something like 'Ai!' or 'Eia!'. Instances when 'kiai' is required include: Typically twice during Kata as the kiai is considered a technique and omitting it is a mistake, during sparring when you score a technique, on the last technique of a sequence (especially during grading to show spirit) and whenever your instructor tells you to such as at the beginning of an exercise.

Kime – The Art of Focus. Kime literally means 'decision'. It means focusing all one's strength and energy into each technique. Kime-waza means a decisive technique, one that would finish a fight in a single blow. Karate consists of only decisive/effective techniques, thus all techniques are explosive and delivered with maximum intensity in the shortest time possible. The only exception is when a technique is meant to be delivered at a slow speed – in this case, the move is performed under tension in a slow, controlled manner. These moves are not without kime, the kime is merely spread throughout the entire technique.

Effective technique – The goal of karate is to show 'effectiveness' in all techniques, attacks or defence. Effective technique is judged on whether the executed technique would be effective if applied in combat. This is sought in kihon, kata and kumite in all practice, grading and tournament scoring.



Training Schedule

Class	Monday	Tuesday	Wednesday	Thursday	Friday
KARATE KIDS			6:00-6:30 PM		6:00-6:30 PM
WHITE	TBD		6:30-7:15 PM		6:30-7:15 PM
YELLOW	TBD		6:30-7:15 PM		6:30-7:15 PM
ORANGE	TBD		6:30-7:15 PM		6:30-7:15 PM
GREEN/BLUE	TBD		7:15-8:00 PM		7:15-8:00 PM
PURPLE	TBD		7:15-8:00 PM		7:15-8:00 PM
BROWN	TBD		7:15-8:00 PM		7:15-8:00 PM
BLACK	TBD		7:15-8:00 PM		7:15-8:00 PM

The Training Schedule is subject to change by Sensei Vince due to grading, or special classes. These changes will be given well in advance when possible.

Special weekend training and locations will be announced in 1 to 2 weeks in advance of the date. If there are any extra fees required, they will be announced at that time.

It is strongly recommended that students regularly monitor the Caledon JKA website at www.caledonkarate.ca to keep current.

Although all students are requested to attend at least two classes a week, self training at home is suggested to increase one's chances of success in grading and advancement.

Fee Schedule

Instructor Payments

The instructors at the Caledon JKA Dojo donate their time for teaching. They receive no payment. The funds received by the school from student training fees and membership dues are used to help in developing the school facilities and to assist the growth and development of Karate.

Annual Membership

Annual JKA membership fees are $20.00 and are payable by all students. These fees are to register each student with the JKA organization and are due at the beginning of each year.

New Members

New members are provided with a complete package which includes, training fees, annual membership and first grading. Package deals for uniforms and family plans are also available.

Tournament, Seminars and Special Class Fees

Tournament fees are requested in advance of the tournament date. The amounts change with the amount of the student's involvement. A set fee for each event dictates the student fee. There are no fees normally for seminars and special classes, unless special instructors are brought in from outside organizations. All fees will be announced before the event date.

Exams

Exams are held 3 times per year – usually in January, May and September

Caledon Karate Dojo Training Fees

Winter, Spring, Summer, Fall
Each session runs for 12 weeks at training frequency of
2 sessions per week or 24 sessions per term

Karate	
Beginning Packages for (Ages 7 and up)	$270.00
Includes the Regular Membership Rate Training 2 times per week Annual Membership Fee Uniform	
Regular Membership Rates apply thereafter (ages 7 and up)	$270.00
Training 2 times per week	
Beginner Package for Karate Kids (Ages 5-6)	$270.00
Regular Rate – 2 session per week Uniform	
Regular Membership Rate for Karate Kids thereafter	$270.00
Training Session – 2 times per week	

Grading Schedule

GRADE	BELT	MIN. TRAINING REQUIRED
9TH KYU	White	Less than 3 Months
8TH KYU	Yellow	3 Months
7TH KYU	Orange	6 Months
6TH KYU	Green	9 Months
5TH KYU	Blue	12 Months
4TH KYU	Purple	15 Months
3RD KYU	Brown	18 Months
2ND KYU	Brown	21 Months
1ST KYU	Brown	24 Months
SHODAN	1ST Degree Black Belt	4 Years
NIDAN	2ND Degree Black Belt	2 Years as Shodan
SANDAN	3RD Degree Black Belt	3 Years as Nidan

*Note: The times and class periods suggested above represent a guideline only. Please keep a record of class attendance. You require this for grading application. Please allow yourself the time necessary for your personal rate of training. The study of Karate is more important than rank. *Most important, enjoy your training.*

Everybody begins wearing a white belt. From white they progress through the respective levels of yellow, orange, green, blue, purple, brown and black. The Japanese term KYU refers to the colored belts and DAN refers to black belts.

Karate-ka shall wear a clean, white, unmarked Karate Gi and the belt representing his/her present rank at the time of grading.

Note: <u>All grading at Caledon JKA is based on training a minimum of twice weekly and a pretest assessment of the student.</u>

Children & Junior Karate-ka

The grading requirement and waiting period between each grading is the same as for adults and with the expressed approval of his or her instructor.

Please note: a belt with a stripe is allocated for students who are not yet able to display FULL proficiency for their next level belt/kyu – e.g. yellow belt with a stripe issued if not attaining an orange belt.

Grading Requirements

Direction of movement is indicated by an arrow (⇨ is forward movement ⇦ is backward movement)

8th Kyu (yellow belt)

Kihon: ⇨ Chudan Oi-zuki (forward: middle punch)
⇦ Jodan Age-uke (back: rising block)
⇨ Chudan Soto-uke (forward: outside middle block)
⇦ Shuto-uke (back: knife-hand block/back stance)
⇨ Mae-geri (forward: front kick)
⇦ Gedan Berai (back: lower block)

Kata: Heian Shodan

Kumite: Gohon Kumite (5 step sparring) — Jodan/Chudan
** Examiners look predominantly for correct basic form.*

7th Kyu (orange belt)

Kihon: ⇨ Chudan Oi-zuki (forward: middle punch)
⇦ Jodan Age-uke (back: rising block)
⇨ Chudan Soto-uke (forward: outside middle block)
⇦ Chudan Uchi-uke (back: inside middle block)
⇨ Mae-geri (forward: front kick)
⇦ Shuto-uke (back: knife-hand block/back stance)
⇨/⇦ Yoko Ke-age (forward/back: side snap kick in side stance – left and right side)

Kata: Heian Nidan

Kumite: Gohon Kumite (5 step sparring) — Jodan/Chudan
** Examiners look predominantly for correct basic form.*

6th Kyu (green belt)

Kihon: ⇨ Chudan Oi-zuki (forward: middle punch)
⇦ Age-uke + Gyaku-tsuki (back: rising block/reverse punch)
⇨ Chudan Soto-uke + Gyaku-tsuki (forward: outside middle block/reverse punch)
⇦ Chudan Uchi-uke (back: inside middle block)
⇨ Mae-geri (forward: front kick)
⇦ Shuto-uke (back: knife-hand block/back stance)
⇨/⇦Yoko Ke-age (forward/back: side snap kick in side stance – left and right side)
⇨/⇦Yoko Ke-komi (side thrust kick in side stance – left and right side)

Kata: Heian Sandan

Kumite: Ippon Kumite (1 step sparring) — Jodan/Chudan left/right
**Examiners look for correct pivoting of the hips during renzoku-waza (transition from block to counter-attack) and clear grasp of the hand techniques. Begin to grasp 'focus' (finish at end of technique). Start to show 'effective technique'.*

5th Kyu (blue belt)

Kihon: ⇨ Chudan Oi-zuki (forward: middle punch)
⇦ Age-uke + Gyaku-tsuki (back: rising block/reverse punch)
⇨ Chudan Soto-uke + Gyaku-tsuki (forward: outside middle block/reverse punch)
⇦ Chudan Uchi-uke (back: inside middle block)
⇨ Mae-geri (forward: front kick)
⇦ Gedan Berai + Gyaku-tsuki (back: lower block/reverse punch)
⇨ Mawashi-geri (forward: round-house kick)
⇦ Shuto-uke (back: knife-hand block/back stance)
⇨/⇦ Yoko Ke-age (forward/back: side snap kick in side stance – left and right side)
⇨/⇦ Yoko Ke-komi (side thrust kick in side stance – left and right side)

Kata: Heian Yondan

Kumite: Ippon Kumite (1 step sparring) —Jodan/Chudan/Mae-geri left/right side
** Examiner looks for starting to show ability to apply techniques to defend oneself.*

4th Kyu (purple belt)

Kihon: ⇨ Chudan Oi-zuki (forward: middle punch)
⇦ Age-uke + Gyaku-tsuki (back: rising block/reverse punch)
⇨ Chudan Soto-uke + Gyaku-tsuki (forward: outside middle block/reverse punch)
⇦ Chudan Uchi-uke + Gyaku-tsuki (back: inside middle block/reverse punch)
⇨ Mae-geri (forward: front kick)
⇦ Gedan Berai + Gyaku-tsuki (back: lower block/reverse punch)
⇨ Mawashi-geri (forward: round-house kick)
⇦ Shuto-uke + Nukite (back: knife-hand block/back stance to spear hand/front stance)
⇨/⇦ Yoko Ke-age (forward/back: side snap kick in side stance – left and right side)
⇨/⇦ Yoko Ke-komi (side thrust kick in side stance – left and right side)

Kata: Heian Godan

Kumite: Ippon Kumite (1 step sparring) — Jodan/Chudan/Mae-geri left/right side
**Examiners are looking for appropriate degree of strength and sharpness of execution in each technique (Kihon, Kumite, and Kata).*

3rd Kyu (1st brown belt)

Kihon: ⇨ Chudan Oi-zuki (forward: middle punch)
⇨ Sambon Renzuki (forward: triple punch jodan/chudan/chudan)
⇨ Chudan Soto-uke + Yoko Empi (forward: outside middle block/front stance to elbow strike/side stance)
⇦ Age-uke + Gyaku-tsuki (back: rising block/reverse punch)
⇨ Chudan Uchi-uke + Gyaku-tsuki (forward: inside middle block/reverse punch)
⇦ Shuto-uke + Nukite (back: knife-hand block/back stance to spear hand/front stance)
⇨ Mae-geri (forward: front kick)
⇨ Mawashi-geri (forward: round-house kick)
⇨/⇦ Yoko Ke-age (forward/back: side snap kick in side stance – left and right side)
⇨/⇦ Yoko Ke-komi (side thrust kick in side stance – left and right side)forward movement

Kata: Tekki Shodan

Kumite: Ippon Kumite (1 step sparring) — Jodan/Chudan/Mae-geri/Yoko Ke-komi left/right side
** Examiner looks for starting to apply core strength in Kihon, Kata & Kumite. Focusing on core & hips rotation, vibration, thrust and pendulum movement.*

2nd Kyu (2nd brown belt)

Kihon: As 3rd Kyu Kihon

Kata: Sentei Kata (Bassai dai, Kanku dai, Jion or Empi) — student must choose from one of these

Kumite: Jiyu Ippon Kumite (semi-free sparring) — Jodan/Chudan/Mae-geri/Yoko Ke-komi left and right side
** Examiner looks for marked improvement in hip movement, kime and understanding of Bunkai in Kihon, Kata and kumite.*

1st Kyu (3rd brown belt)

Kihon: ⇨ Chudan Oi-zuki (forward: middle punch)
⇨ Sambon Renzuki (forward: triple punch jodan/chudan/chudan)
⇨ Chudan Soto-uke + Yoko Empi + Yoko Uraken (forward: outside middle block/front stance to elbow strike/back fist side stance)
⇦ Age-uke + Gyaku-tsuki (back: rising block/reverse punch)
⇨ Chudan Uchi-uke + Gyaku-tsuki (forward: inside middle block/reverse punch)
⇦ Shuto-uke + Nukite (back: knife-hand block/back stance to spear hand/front stance)
⇨ Mae-geri (forward: front kick)
⇨ Mawashi-geri (forward: round-house kick)
⇨ Rengeri (Chudan/Jodan – forward: double front kick/2 steps)
⇨/⇦ Yoko Ke-age (forward/back: side snap kick in side stance – left and right side)
⇨/⇦ Yoko Ke-komi (side thrust kick in side stance – left and right side)

Kata: Sentei Kata (Bassai dai, Kanku dai, Jion, Empi) — student must choose from one of these

Kumite: Jiyu Ippon Kumite (semi-free sparring) — Jodan/Chudan/Mae-geri/Yoko Ke-komi/Mawashi-geri - one side
** Examiners look for ease and naturalness of execution, for speedy and powerful kime, and for smooth, instantaneous, dynamic elasticity of delivery.*

1st Kyu (3rd brown belt with black stripe)

Subsequent to pretesting by Sensei(s) Leung/Mazzei, all 1st kyu students deemed qualified to grade for Shodan will receive a brown belt with black stripe.

Dan Requirements (black belt)

1st Dan Shodan

Kihon: ⇨ Sambon Renzuki (forward: triple punch jodan/chudan/chudan)
⇦ Jodan Age-uke + Gyaku-tsuki (back: rising block/reverse punch)
⇨ Chudan Soto-uke + Yoko Empi + Yoko Uraken + Gyaku-tsuki (forward: outside middle block/ front stance to elbow strike/back fist side stance to reverse punch front stance)
⇦ Chudan Uchi-uke + Kizama-zuki + Gyaku-tsuki (back: inside middle block/jab/reverse punch)
⇨ Shuto-uke + Nukite (back: knife-hand block/back stance to spear hand/front stance)
⇨ Mae-geri (forward: front kick)
⇨ Rengeri (Chudan/Jodan – forward: double front kick/2 steps)
⇨ Mawashi-geri (forward: round-house kick)
⇨/⇦Yoko Ke-age (side snap kick step in side stance alternating feet)
⇨/⇦ Yoko Ke-komi (side thrust kick in side stance alternating feet)

Kata: Sentei Kata (Bassai dai, Kanku dai, Empi, Jion) — student may choose any of these

Kumite: Jiyu Ippon Kumite (Jodan/Chudan/Mae-geri/Yoko Ke-komi/Mawashi-geri one side/right)

** For Shodan to Sandan grading, examiners test for basic understanding and functional ability in the foundational techniques of karate. Proper and effective application of techniques with kime, focus, speed and power.*



2nd Dan Nidan

Kihon: ⇨ Kizama-zuki + Sambon Renzuki (free Kamae)
⇨ Mae-geri + Jun-zuki (free Kamae)
⇦ Jodan Age-uke + Chudan Soto-uke + Gyaku-tsuki (block with same arm)
⇦ Gedan-barai + ⇨ Chudan Jun-tsuki + Chudan Jun-tsuki
⇦ Shuto-uke + Kizami-Mae-geri + Nukite (Kokutsu-dachi to Zenkutsu-dachi)
⇨ Yoko Ke-age + Yoko Ke-komi (Kiba-dachi alternating feet)
⇨ Yoko Ke-komi + Gyaku-tsuki (free Kamae)
⇨ Mawashi-geri + Gyaku-tsuki (free Kamae)

Kata: Student's favorite Kata

Kumite: Jiyu Kumite (free sparring)

3rd Dan Sandan

Kihon: ⇨ Kizama-zuki + Sambon Renzuki (free Kamae)
⇦ Jodan Age-uke + Chudan Soto-uke + Gyaku-tsuki (block with same arm)
⇨ Chudan Uchi-uke + Kizama-zuki + Gyaku-tsuki (Kokutsu-dachi to Zenkutsu-dachi)
⇦ Shuto-uke + Kizami-Mae-geri + Nukite (Kokutsu-dachi to Zenkutsu-dachi)
⇦ Jodan Age-uke + ⇨ Mawashi-geri + Yoko Uraken + Chudan Jun-tsuki
⇨ Mae-geri + Yoko Ke-komi + Mawashi-geri + Gyaku-tsuki (alternate feet)

Mae-geri + Yoko Ke-komi + Ushiro-geri (Zenkutsu-dachi + same feet left/right)

Kata: Student's favorite Kata

Kumite: Jiyu Kumite (free sparring)



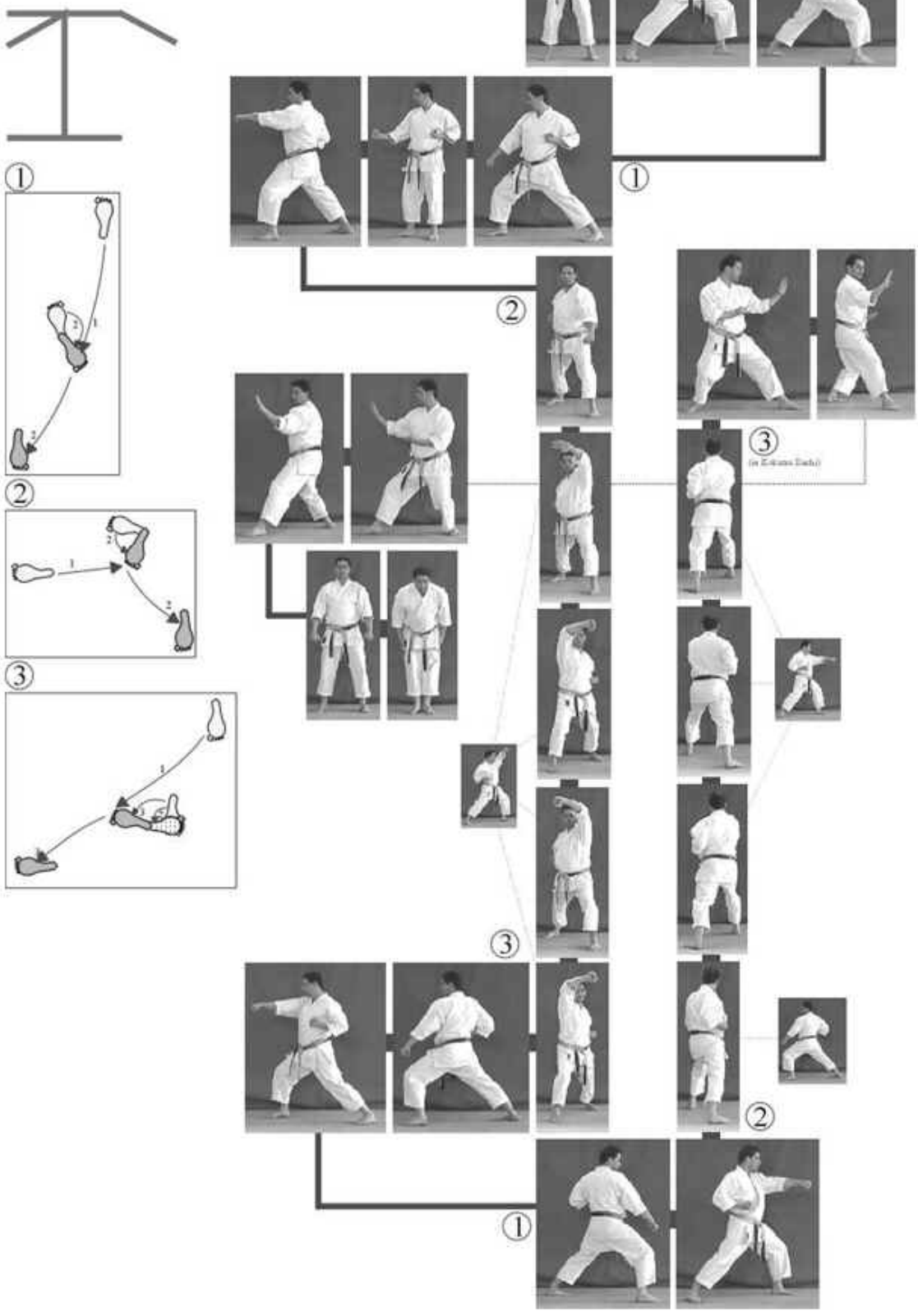
Katas

Heian Shodan	21 movements	Peaceful Mind #1	Shorin
Heian Nidan	26 movements	Peaceful Mind #2	Shorin
Heian Sandan	20 movements	Peaceful Mind #3	Shorin
Heian Yondan	27 movements	Peaceful Mind #4	Shorin
Heian Godan	23 movements	Peaceful Mind #5	Shorin
Tekki Shodan	29 movements	Iron Horse Stance #1	Shorei
Tekki Nidan	24 movements	Iron Horse Stance #2	Shorei
Tekki Sandan	36 movements	Iron Horse Stance #3	Shorei
Bassai Dai	42 movements	Storming the Fortress (big)	Shorin
Kanku Dai	65 movements	Look to the Sky (big)	Shorin
Enpi	37 movements	Flying Swallow	Shorin
Jion	47 movements	Temple or Inner Strength	Shorei
Jitte	24 movements	Ten Hands	Shorei
Hangetsu	41 movements	Half Moon	Shorei
Gankaku	42 movements	Crane on a Rock	Shorin

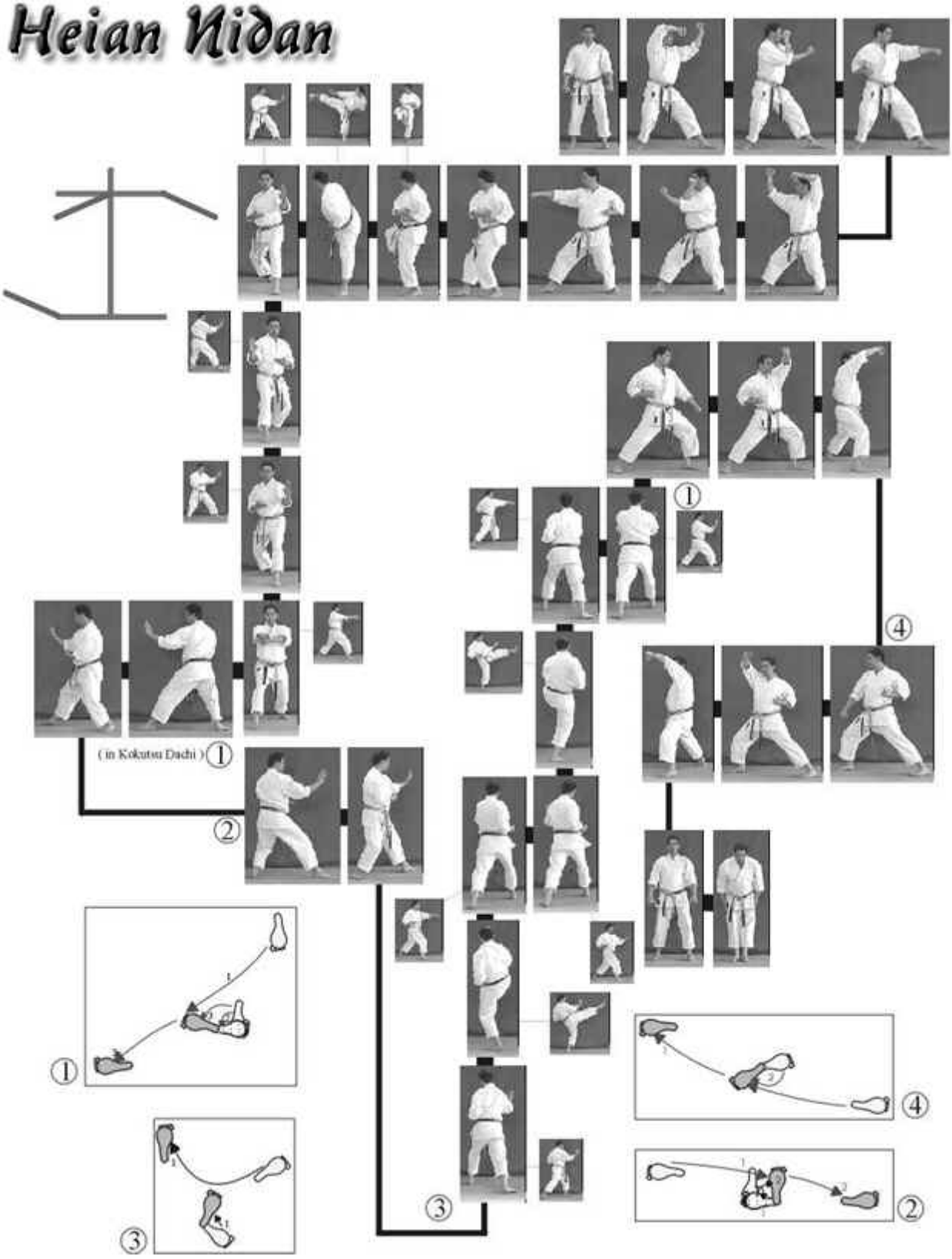
Shorin kata movements are performed with the mind and bodyset of being flexible, soft and slow, with quick sharp movements.

Shorei kata movements are performed with the mind and bodyset of being strong, solid, with solid movements, strong-hard foundation.

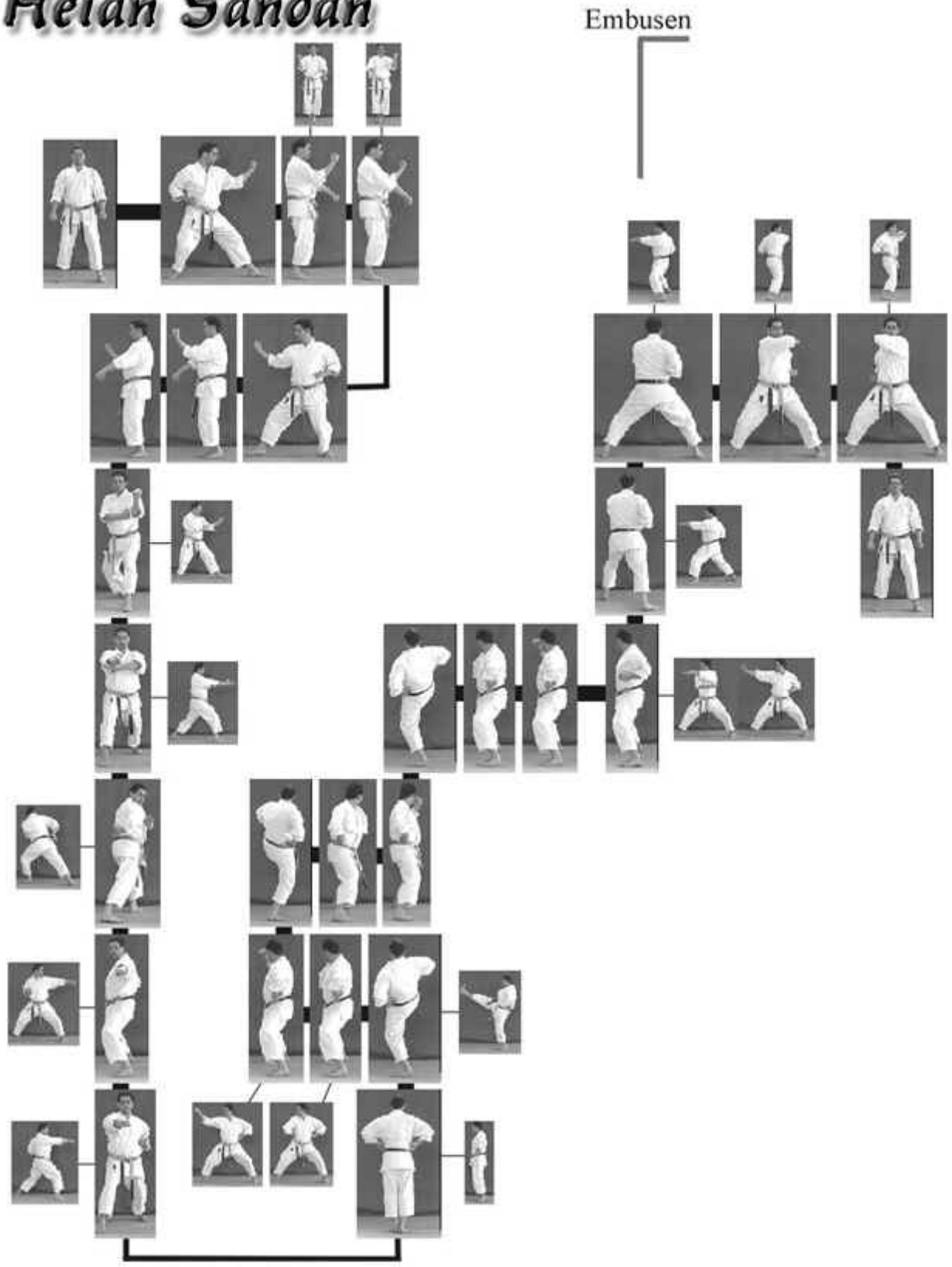
Heian Shodan



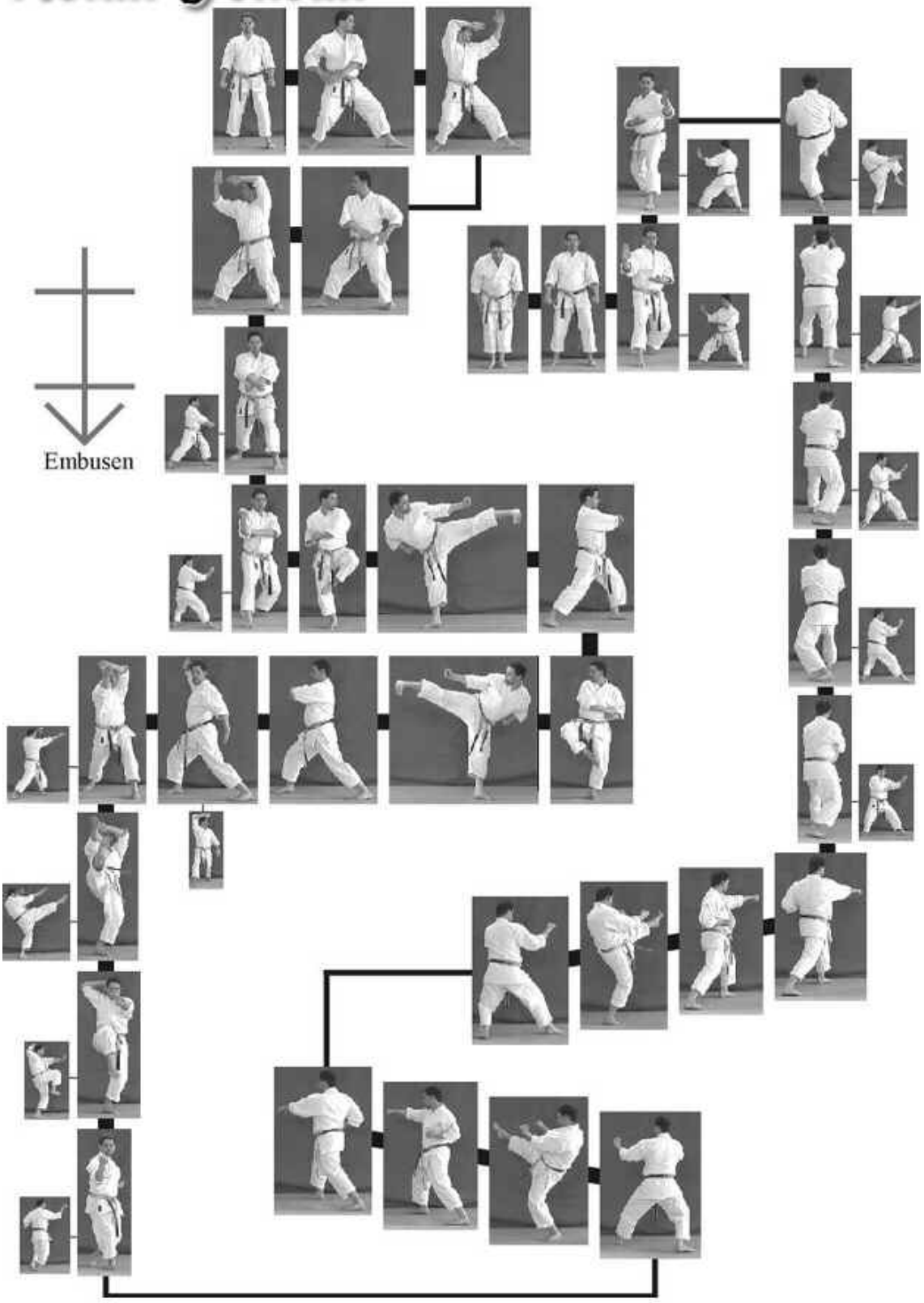
Heian Nidan



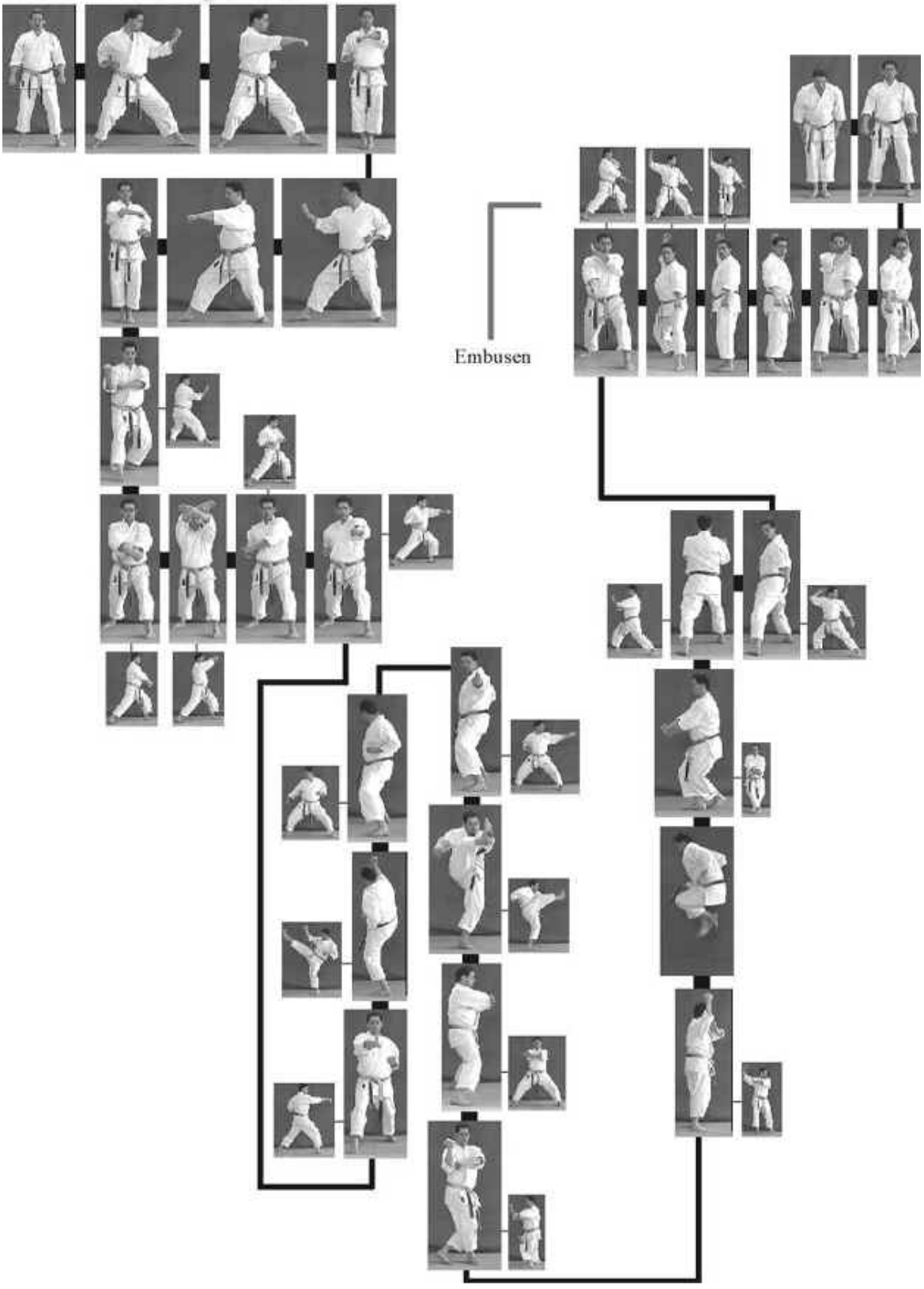
Heian Sandan



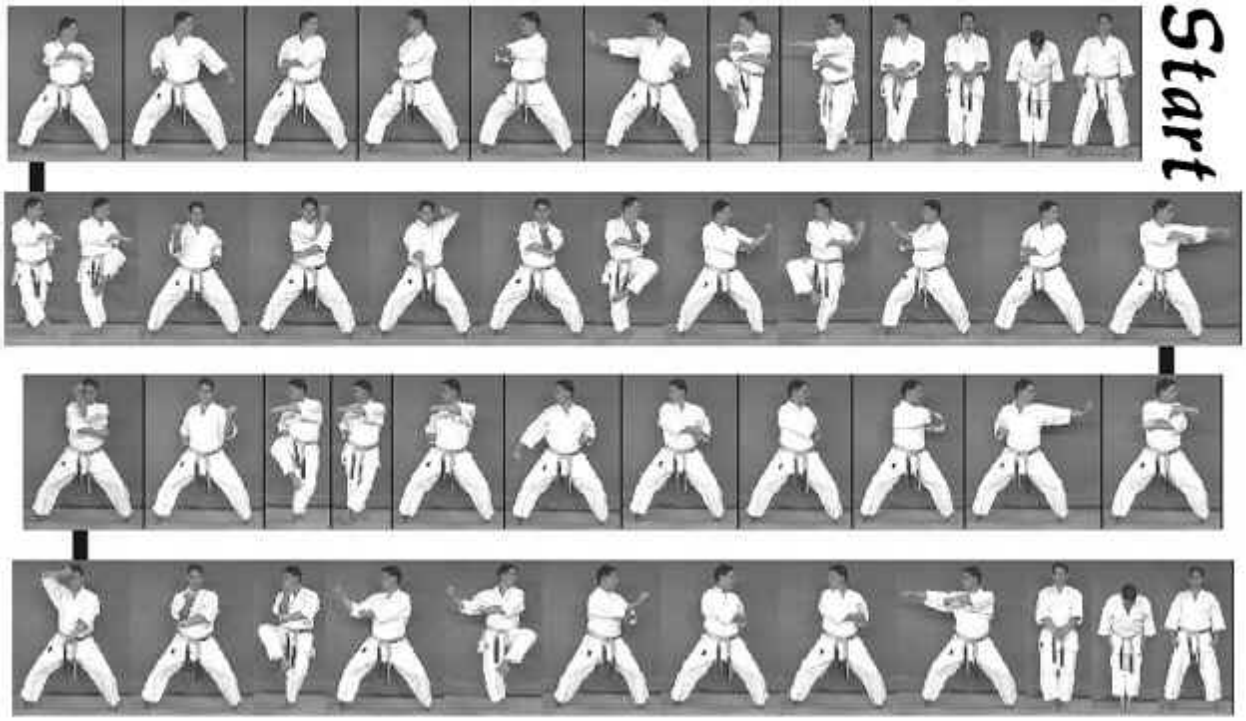
Heian Yondan



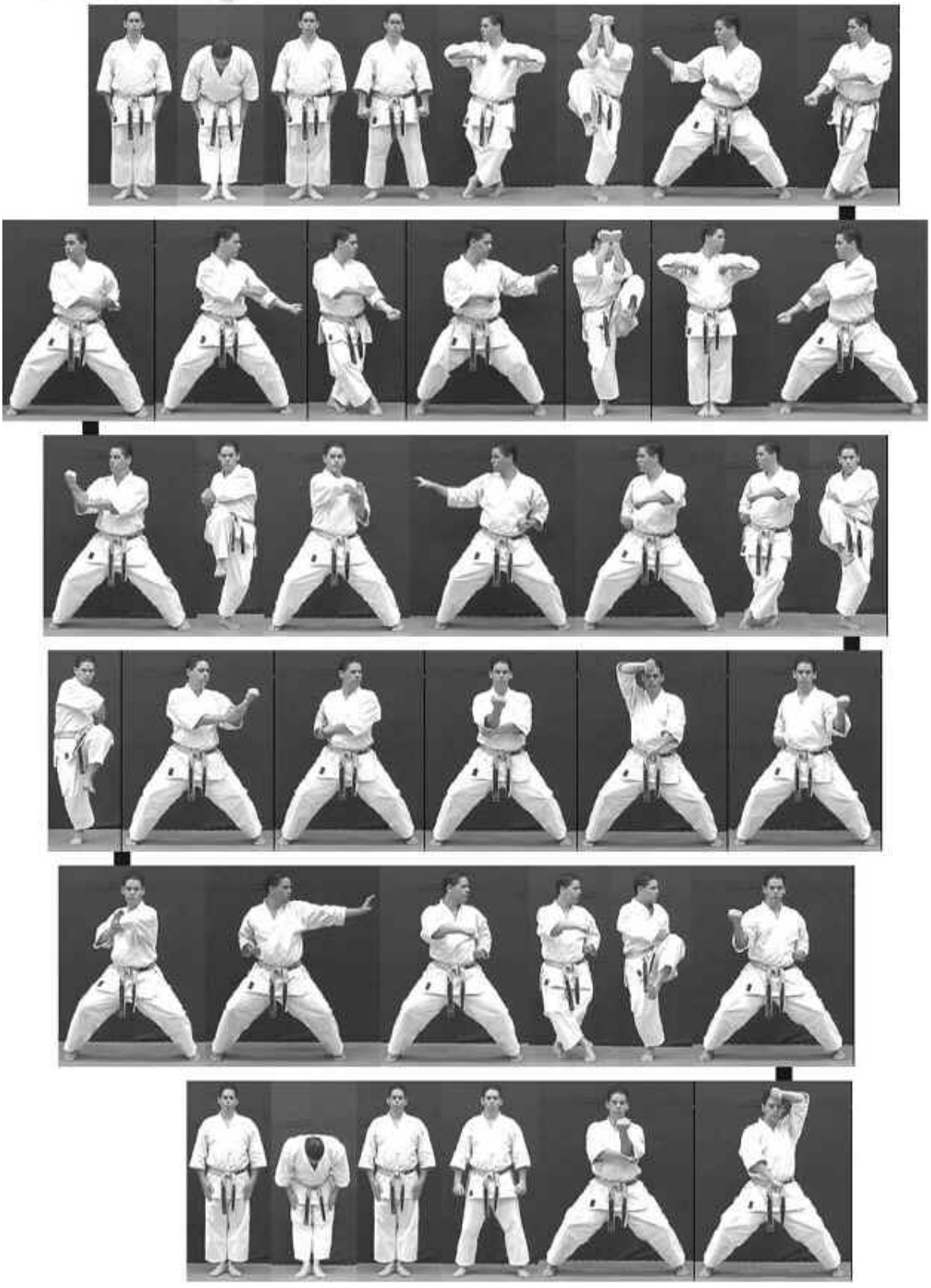
Heian Godan



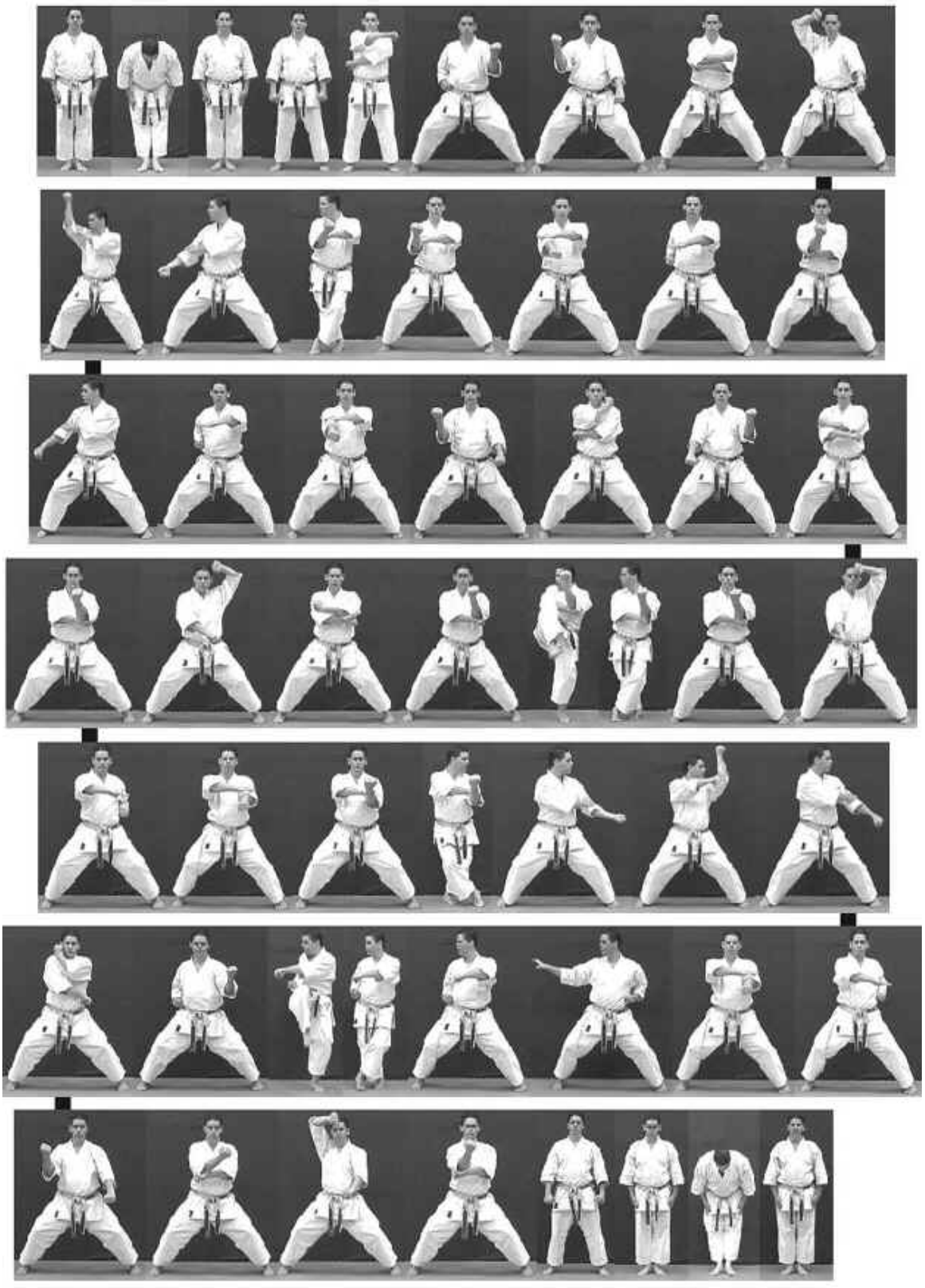
Tekki Shodan



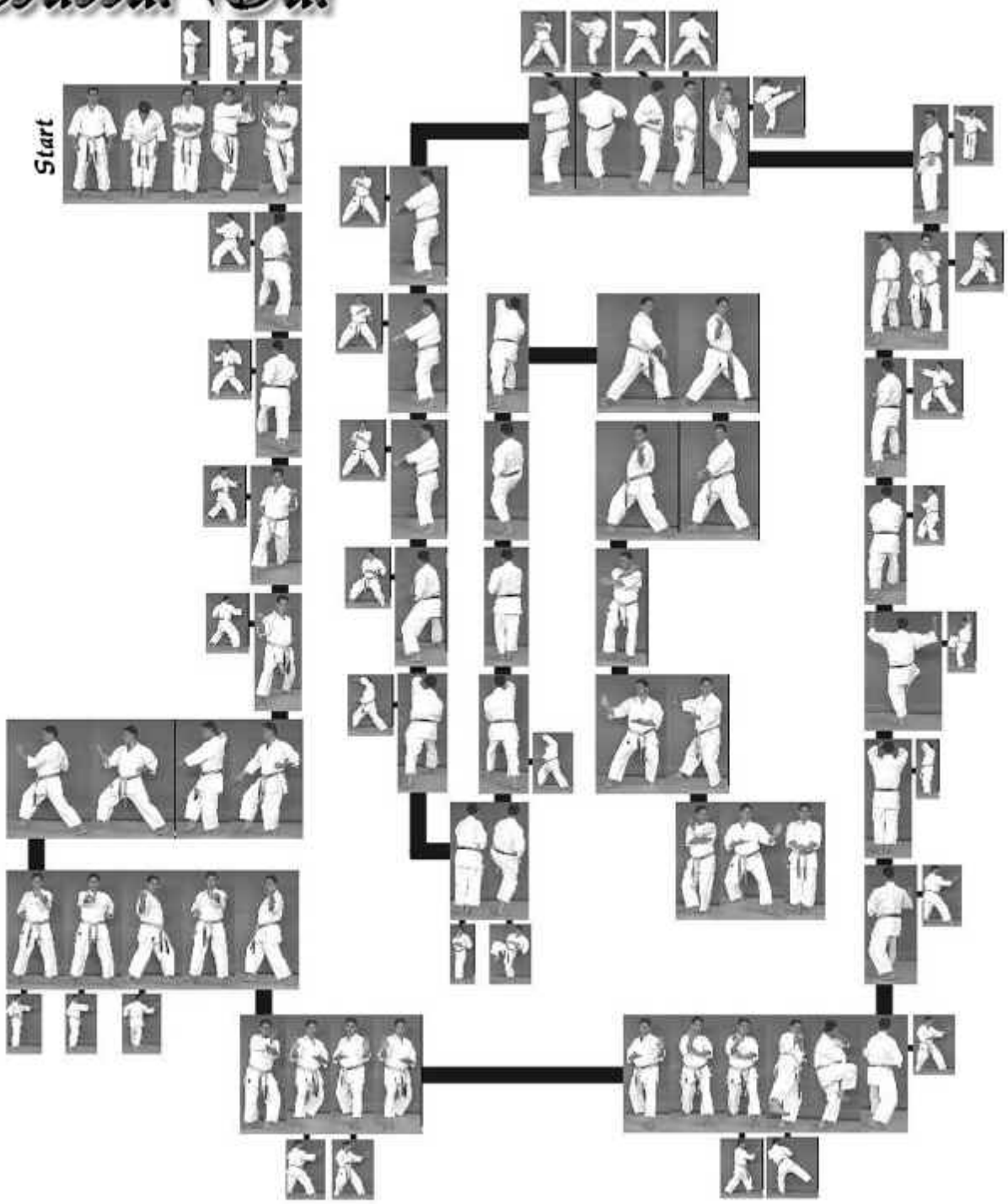
Tekki Nidan



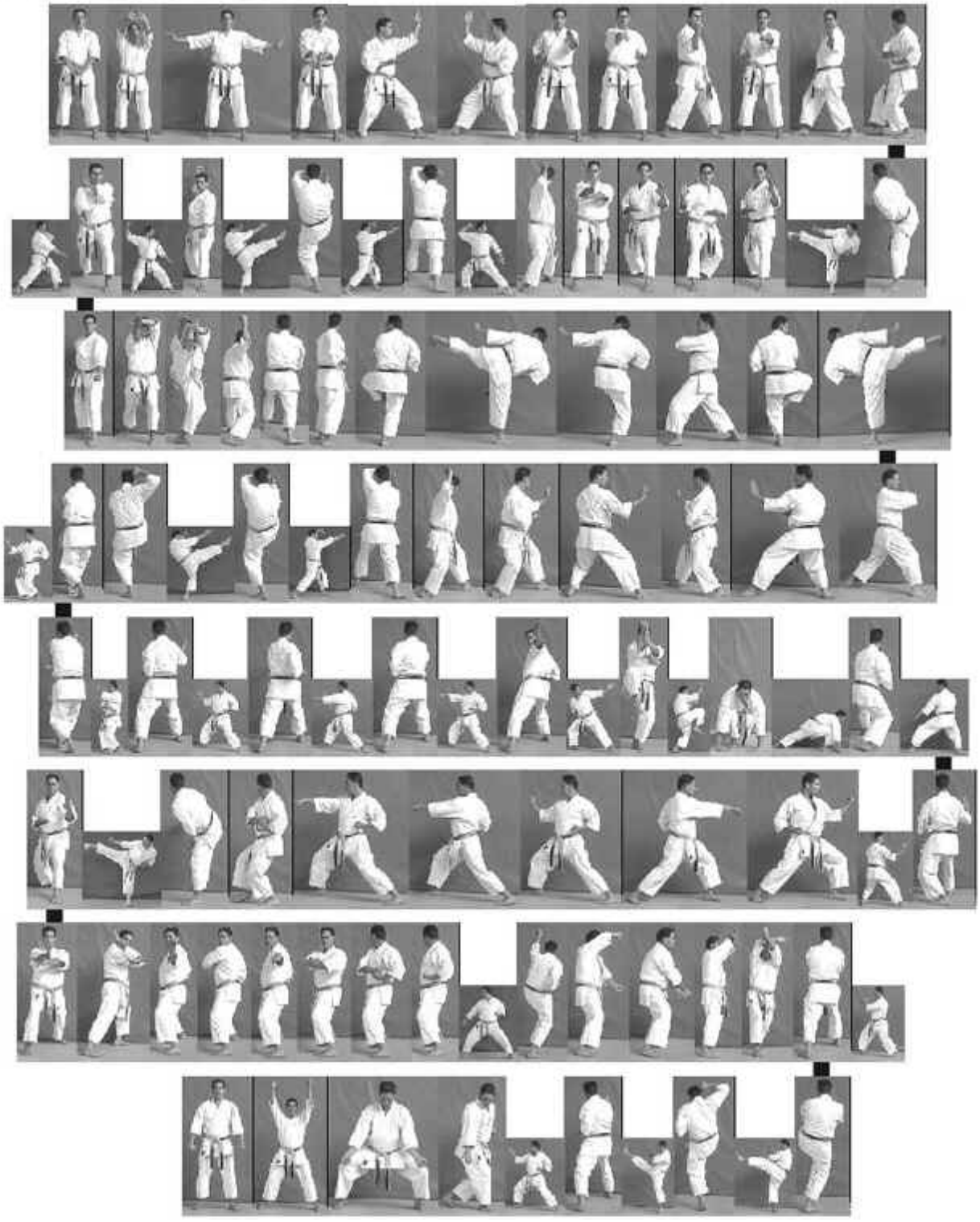
Tekki Sandan



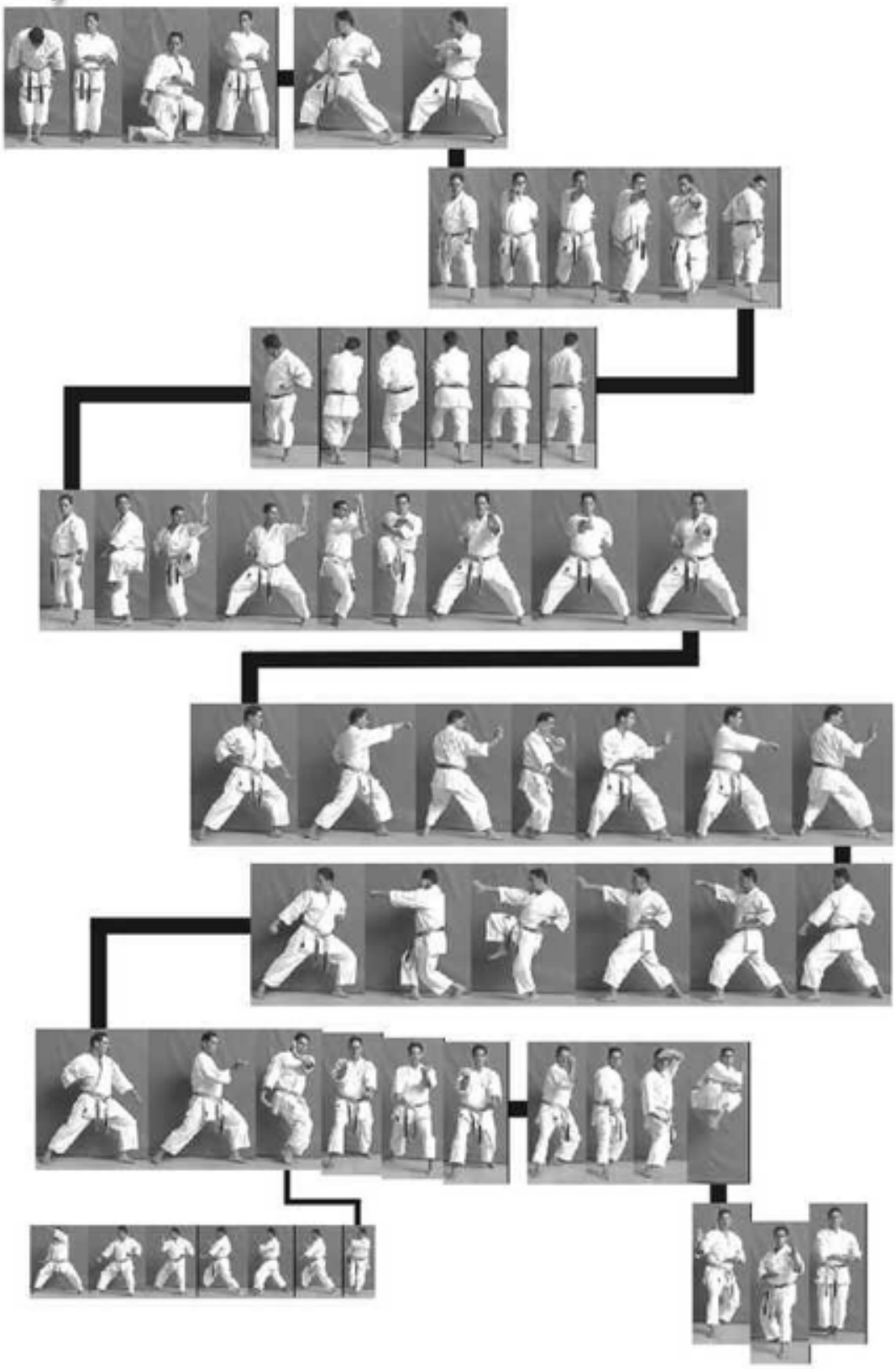
Bassai Dai



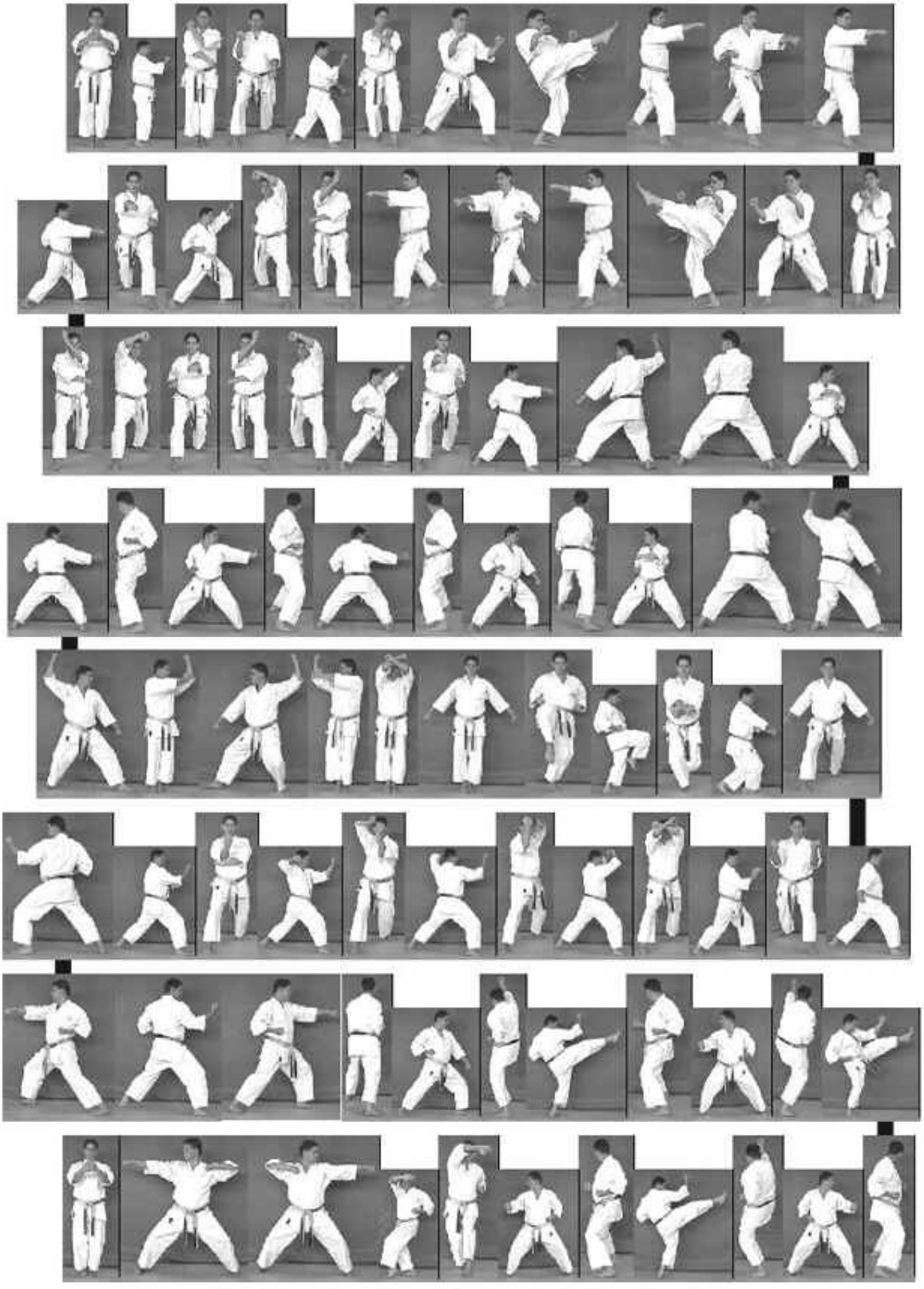
Kanku Dai



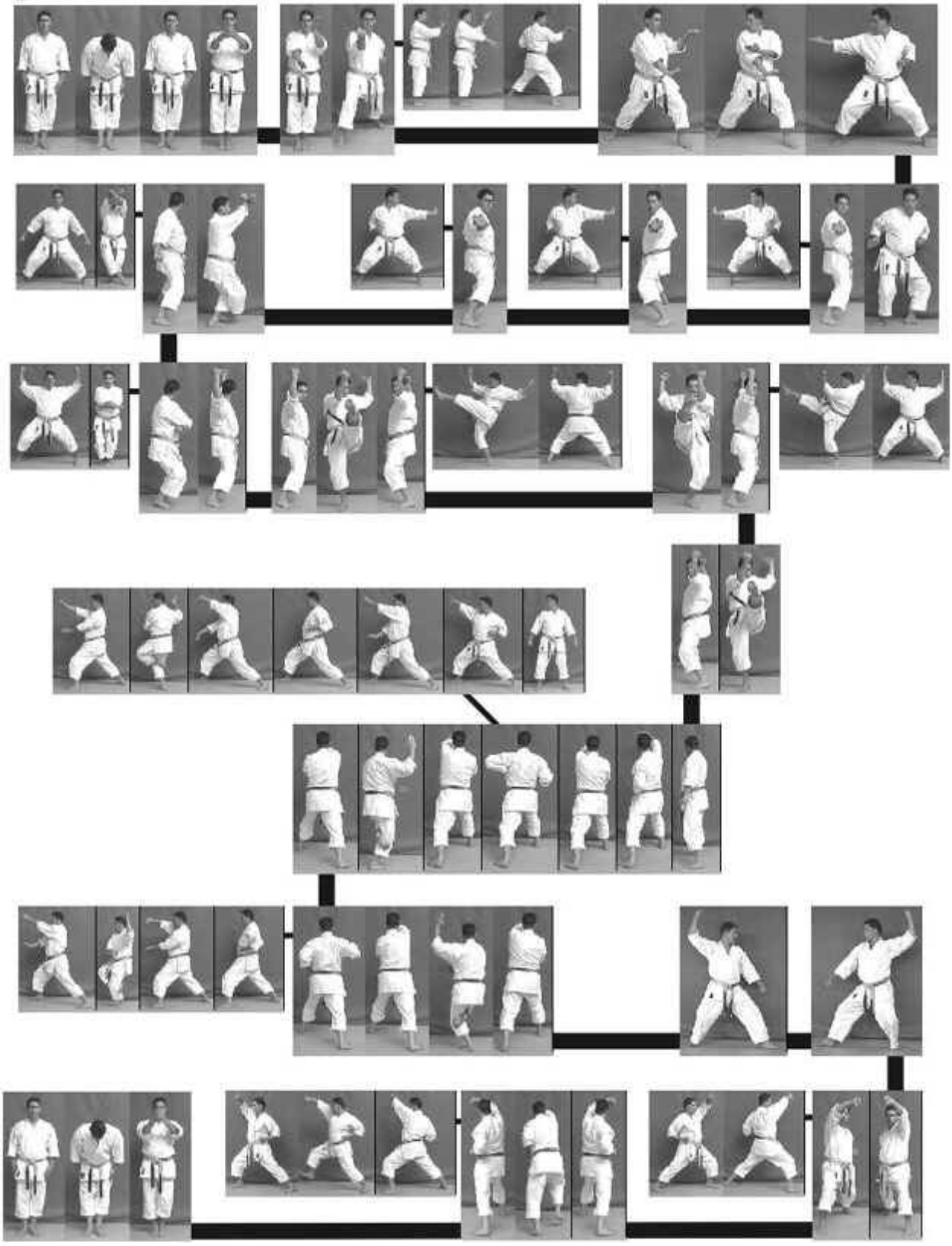
Enpi



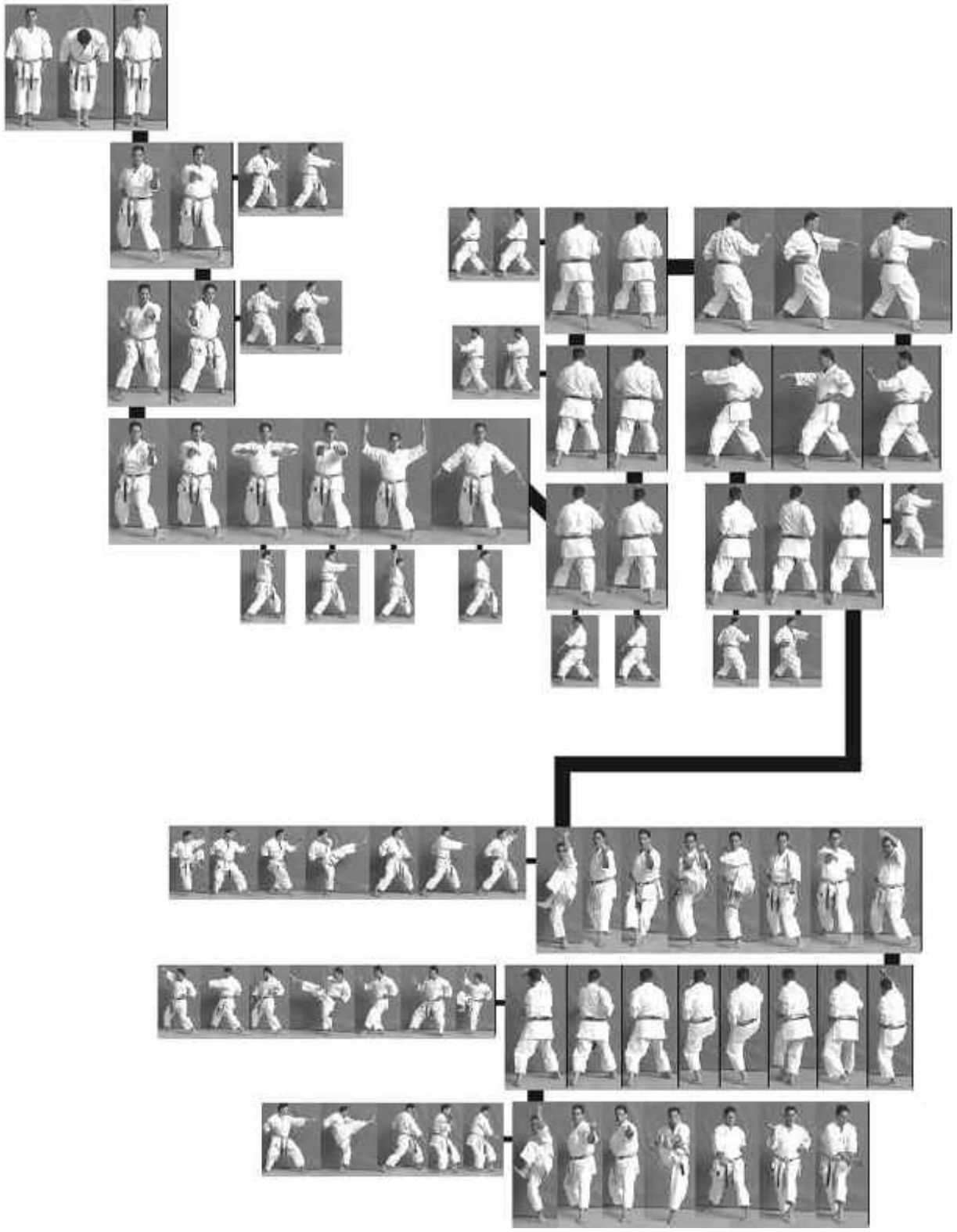
Jion



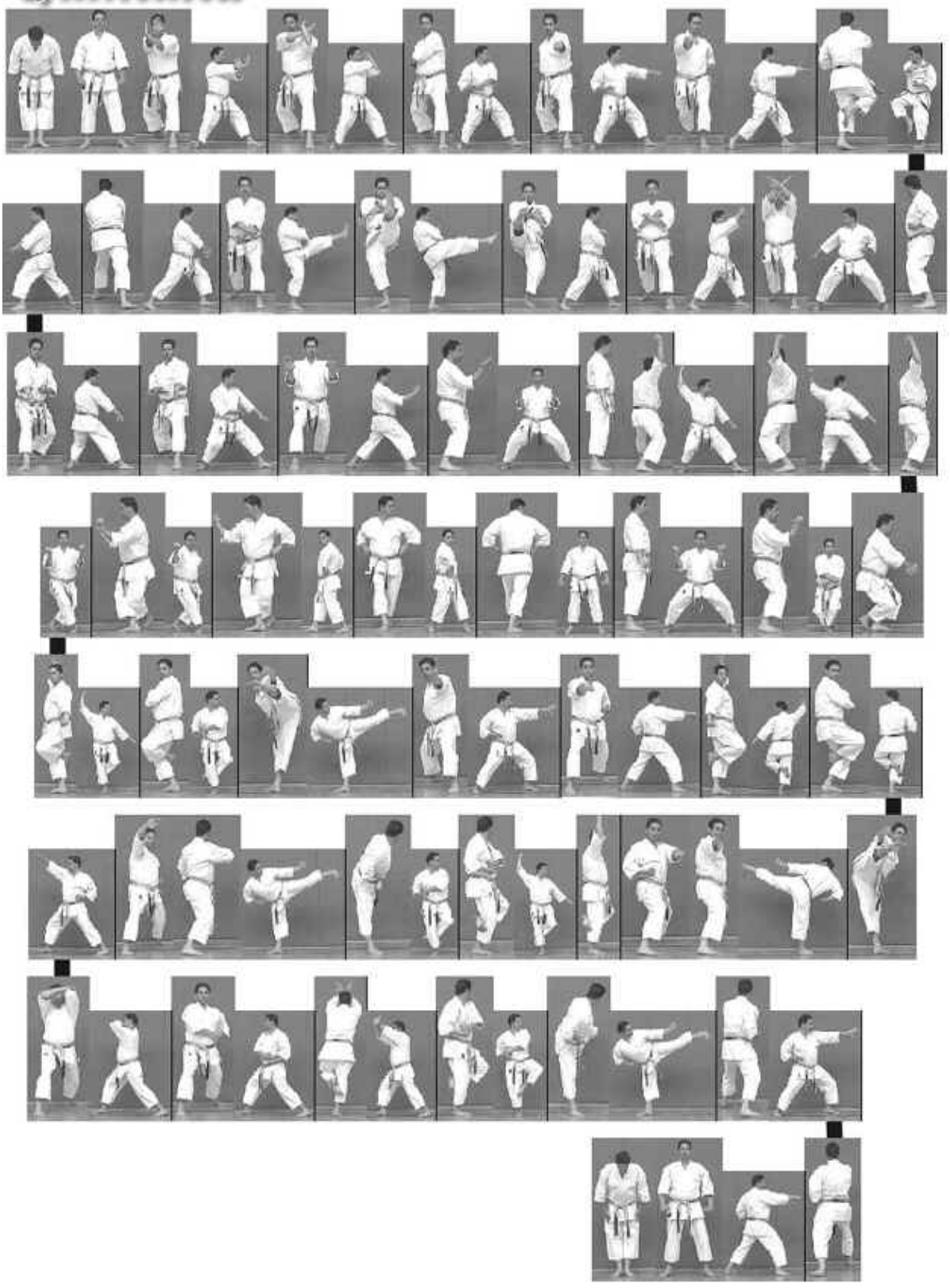
Jitte



Hangetsu



Gankaku



Notes

Community Support



Tom Marchese, P.Eng, PMP, Broker of Record

Tom has over 25 years of management experience and has been providing Real Estate solutions since 2012.

In addition to being the Broker of Record, Tom is a professional engineer (P.Eng), a professional project manager (PMP), and is a black belt student of Shotokan Karate. He brings to his work the same kind of discipline it took to achieve those designations, and he brings it to bear every day in going above and beyond for his team members and clients alike.

In short, Tom is one seriously disciplined Real Estate Broker!

Client Commitments

1. To be driven by integrity. Always!
2. To present all factors for consideration so you can buy or sell with confidence, in a pressure-free environment.
3. To be a total solutions provider by maintaining a reliable network of industry related professionals.
4. By always seeking out new education and training, I relentlessly improve the value of my service.

Customized Service Plans

From Full Service Brokerage to Commission Free, and everything in between! I offer Custom Service options that match your goals, and expectations.

Member of Caledon Karate

Tom has been a black belt since 1995, and is a proud supporter of Caledon Karate. Under the leadership of Sensei Vince Mazzei, we aim to give students a rewarding experience that provides skills that extend well beyond the dojo.






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