

THE GRADING SYLLABUS FOR THE HARA KARATE ACADEMY

Welcome to Hara Karate Academy. For the benefit of all students we expect Dojo rules to be followed by all. If you have any questions or concerns please ask. Always tell whoever is taking the session if you have an illness or injury.

Having joined the Academy, please ensure your licence is kept up-to-date and that you wear a gi. Free sparring will not be permitted without protective gloves and boots.

It is very difficult to construct a grading syllabus that is totally comprehensive, so we have laid down the minimum requirements for each grade, giving each instructor a framework to build on according to each student's own ability.

Gradings are held every four months: MARCH/JULY/NOVEMBER and to be eligible you must have regularly attended classes and be recommended by your instructor. Each belt achieved is recognition of developing skills and early on you may be grading every four months (up to Green Belt); Green to Brown Belt is four months juniors / eight months adults/cadets; Brown to Black Belt is eight months juniors / twelve months adults/cadets.

All students should look forward to gradings and treat them as another experience within Karate-Do.

You are a "junior" until you are aged 10, attending secondary school and are over 5 feet tall or over 5 stone or brown or black belt, at which time you become a "cadet". There are techniques in the syllabus which do not form part of the grading assessment for juniors which are indicated by an asterisk (*).

Once you have reached the age of 16 you will have the choice of being assessed as a "cadet" or as an "adult/senior".

HARA KARATE ACADEMY



HEADQUARTERS (HOMBU)

47 Suffolk Drive
Laindon
Essex
SS15 6QH

Telephone no: 01268 491350
Moble: 078877 20064

AFFILIATED to CSW – Combat Sports World-wide

GRADING SYLLABUS

Established 07/07/2000

Chief Instructor: Peter John McLaughlin

DOJO ETIQUETTE AND PROTOCOL

1. On entering and leaving the dojo (hall) all Karateka (students) should say: “Osu” loudly and rei (bow) with confidence.
2. Always pay attention to the instructor and attempt to follow their instructions to the best of your ability.
3. No eating, drinking, drugs or smoking is permitted in the dojo.
4. Karate gi should be kept clean and in good repair at all times.
5. Finger nails and toe nails should be kept clean and cut short.
6. Jewellery must not be worn. If it cannot be removed, it must be taped over.
7. All karateka should use the time before class as a period for warming up and asking the higher grades for information and advice. Instructors must be addressed appropriately, i.e. Sensei. When arriving late, you should kneel down by the side of the dojo and wait for the instructor to let you join the class. Always ask permission to leave the dojo for whatever reason.
8. Any member found using the art of Karate for personal gain or conducting him/herself in a violent or rude manner, will have his/her membership terminated.
9. The dojo must always be kept clean and tidy. This is the responsibility of all grades.
10. If a Karateka does not train for a period of more than three months, they will need to re-sit their grading as an assessment and ask where they stand in the rankings in the Dojo as there is a possibility they will relinquish their position in the line-up.

When sparring, the Academy recommended gloves, boots, shin and instep pads are mandatory.

BRIEF HISTORY OF KARATE-DO

The Karate we practise today was brought to its present form during the 17th century when Okinawa was overrun and occupied by the Japanese and the Okinawan samurai were forbidden to own any weapons. In the desperate years that followed they developed and refined the techniques of Karate until their bodies and hands were as deadly and effective in their defence as the swords that were taken from them. Where and how Karate was taught was a mystery to most Okinawans, for to be introduced to the discipline of Karate was to be marked as one of the most poised and trusted human beings and was an honour as high as any that could be bestowed. In the more settled times that followed, although remaining secret and known only through word of mouth on the island of Okinawa, it became a course of exercise valued for its health and character building.

SENSEI PETER McLAUGHLIN

Sensei Peter McLaughlin, after years of self-searching, began his training in 1982 at the age of 25. He joined Sessen Ryu Karate and achieved his Black Belt 1st Dan by 1987. In 1986 he participated and won an Essex Kumite Tournament. He was the captain of the Hullbridge Karate Team in 1987 and 1988 and became a club instructor the same year he achieved his 2nd Dan – 1989. In 1999 he gained his 1st Dan Black Belt in Kubodo martial arts weapon. In the association he was grading co-ordinator from 1991 to 2000. He then formed Hara Karate Academy on 7th July, 2000 and was awarded his 5th Dan in 2002. Since then he has now received his 6th Dan in 2010.

OUR LOGO

Hara means inner spirit, strength, focus and harmony and centre of energy. In anatomy and physiology terms, Hara means abdominal area. With every movement of the body the transverse abdominal muscle contracts to stabilise the pelvic region. There are seven elements of Hara: four physical – fire, earth, water and air / three spiritual – vigour, courage and vivacity.

GENERAL TERMS

Atemi Waza	Techniques to strike the vital points	Mawatte	Turn
Budo	Martial art way	Nunchaku	Rice flail
Do	Way or path	Obi	Belt
Dojo	Way place/training hall	Rei	Bow
Gi	Uniform	Ritsu Rei	Standing bow
Hishiryo	Second nature	Seiza	Kneeling posture
Kansetsu	Joint locks	Sempai	Senior
Waza	Way of karate	Sensei	Teacher
Karate-do	Karate practitioner	Shime Waza	Strangle & choke technique
Karateka	Spirit	Taikyoku	Training kata
Ki	Spirit shout	Tai sabaki	Body evasion
Kiai	Focus	Taiso	Exercise
Kime	Junior	Taemashiwara	Wood breaking
Kohei	Grasping	Tanto	Knife
Tsukami		Zanshin	Alertness

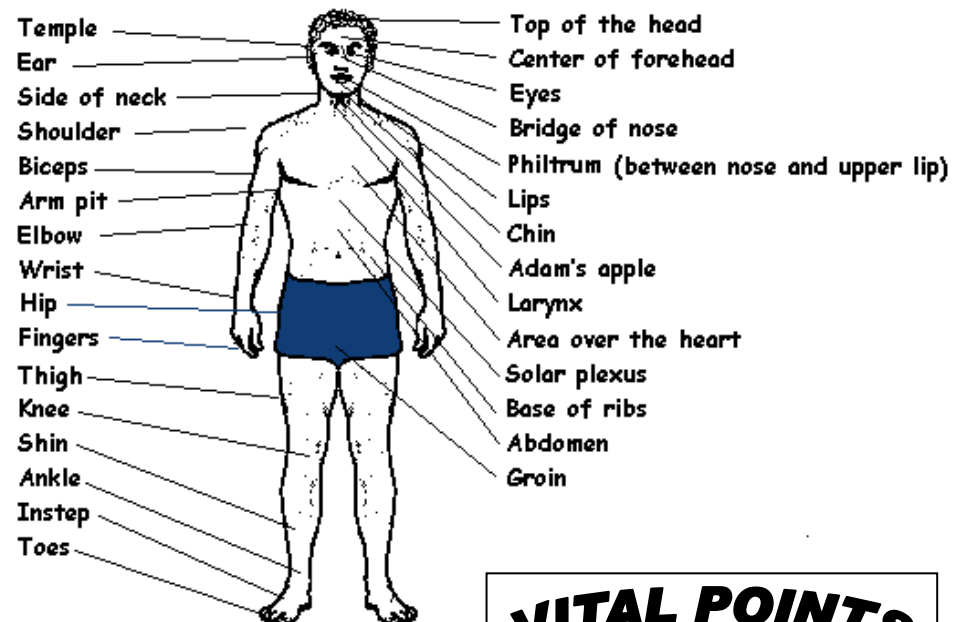
	One	Rokyu	Six
Ichi	Two	Shachi	Seven
Ni	Three	Hachi	Eight
San	Four	Ku	Nine
Yon	Five	Ju	Ten
Goh			

PHYSIOLOGY

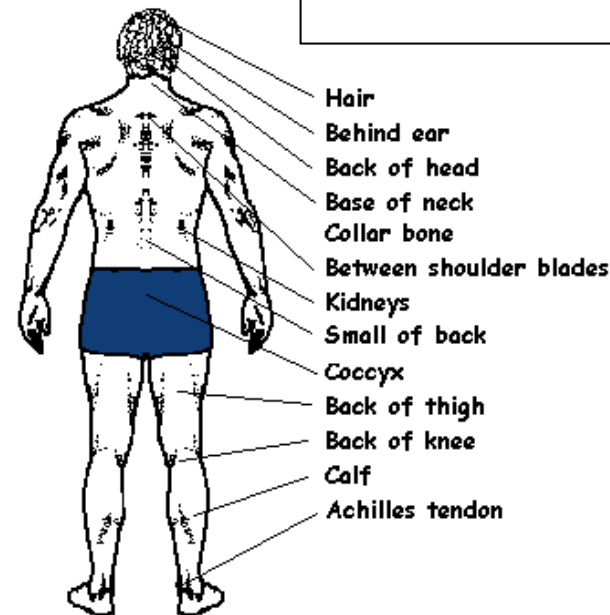
Jodan	Upper	Chudan	Middle
Gedan	Lower	Hidari	Left
Migi	Right	Heisoku	Instep
Sokuto	Edge of foot		

REFEREE'S TERMS

Hajime	Begin	Yame	Stop
Yoi	Ready	Ippon	One point
Wazari	Half point	Aka	Red
Shiro	White	Shiai	Contest



VITAL POINTS



HARA KARATE ACADEMY

TEST REQUIREMENTS FOR SANDAN (3rd DAN)

KIHON – All techniques from syllabus

KATA:		1. Seisan	2. Kurunfa
WEAPONS:	KATA	Jo Bow, Nunchaku, Tonfa, Boken, Sia	
BUNKAI:		1. Seisan	2. Kurunfa
IPPON KUMITE:		All six attacks x 4 defence	
DEFENCE FROM:		Three Tsukomi Waza (of choice)	
Renraku Sabaki plus 2 x all Tsukomi Waza			
SHIAI:		Against various opponents, armed and unarmed	

***DAN GRADES ARE EXPECTED TO ATTEND COURSES TO DEVELOP
TECHNIQUES AND ATTEND COMPETITIONS TO SHOW THEIR
CREDENCE IN THE ACADEMY***

**6th KYU (YELLOW BELT TO ORANGE)
(TOLERANCE)**

Four Months' Training/Sixteen Sessions (Minimum)

STANCES	<i>Dachi Waza</i>	BLOCKS	<i>Uke Waza</i>
Rear	<i>Kokutsu</i>	Inner Forearm	<i>Uchi Ude</i>
Cat	<i>Neko Ashi</i>	Cross Arm	<i>Juji Ude</i>
		Knife Hand	<i>Shuto</i>

STRIKES	<i>Uchi Waza</i>	KICKS	<i>Geri Waza</i>
Knife Hand	<i>Mawashi Shuto</i>	Stamping	<i>Fumikomi</i>
Reverse Punch	<i>Gyaku Tsuki</i>	Cutting	<i>Fumikeri</i>
Hammer Fist	<i>Tettsui</i>	Front Snap	<i>Mae Keage</i>

FORWARD BREAKFALL (From kneeling position) *Ukemi Waza*

SELF DEFENCE TECHNIQUE* *Goshin Waza**
 1. Bear Hug – Front & Rear 2. Hair Grasp

KATA *PINAN ICHI*

JIYU KUMITE x 2 **Free Sparring**

VITAL POINTS x 4* *Atemi Waza**

ONE STEP SPARRING* *Ippon Kumite**
 1. *Otoshi Tettsui* Descending Hammer Fist
 2. *Jodan Oi Tsuki* Upper Stepping Punch
 3. *Chudan Oi Tsuki* Middle Stepping Punch

ATTEND A COURSE OR COMPETITION

HARA KARATE ACADEMY

TEST REQUIREMENTS FOR SHODAN (1ST DAN) Eight Months' Training (Juniors)/Twelve Months (Adults/Cadets) (Minimum)

Essay on: "What Makes a Good Dan Grade"
(One month before grading date)

KIHON – All techniques from syllabus

KATA:	1. Hishiryō & previous	2. Taemashiwara*
WEAPON:	Boken	
BUNKAI*	1. Hishiryō*	2. Pinan Yon* 3. Pinan Goh*
IPPON KUMITE*	x 2 defences from all six attacks*	
GOSHIN WAZA*	From attacks while seated and laying*	
OASE WAZA*	x 3	Holding
KANSETSU WAZA*	x 3	Joint Locks
SHIME WAZA*	x 3	Strangle & Choke
Breakfalls from Standing, Forward, Backward, Left & Right <i>Ukemi Waza</i>		
JIYU KUMITE x 10		
KI:	Demonstration of Spirit Test	
TSUKOMI WAZA*	x 6 of choice	

YOU ARE EXPECTED TO ATTEND & COMPETE IN ALL SEMINARS & COMPETITIONS IN THE 8 MONTHS PRECEDING YOUR GRADE

4th KYU (GREEN BELT TO BLUE)
(LOYALTY)
Four Months' Training (Juniors)/Eight Months (Adults/Cadets)
(Minimum)

STANCES	<i>Dachi Waza</i>	BLOCKS	<i>Uke Waza</i>
Immovable	<i>Fudo</i>	Knee	<i>Hiza</i>
Transition	<i>Musubi</i>	Scooping	<i>Sukui</i>
Hour Glass	<i>Sanchin</i>	Elbow	<i>Empi</i>

STRIKES	<i>Uchi Waza</i>	KICKS	<i>Geri Waza</i>
Spear Hand	<i>Nukite</i>	Rear	<i>Ushiro</i>
Fore Knuckle	<i>Hiraken</i>	Roundhouse	<i>Mawashi</i>
Ox Jaw	<i>Seiryuto</i>		

REAR BREAKFALL (From crouched position) *Ukemi Waza*

SELF DEFENCE TECHNIQUE* *Goshin Waza**
 1. Double Lapel Grasp 2. Double Wrist Grab - front & rear

KATA *1. PINAN SAN 2. SANCHIN**

JIYU KUMITE x 4 **Free Sparring**

VITAL POINTS x 12* *Atemi Waza**

ONE STEP SPARRING* *Ippon Kumite**
 Against previous plus: *Mawashi Tsuki Jodan*

CHARGING TECHNIQUES* *Tsukomi Waza**
 1. Front Kick, Roundhouse Kick, Rear Kick
 (*Mae Geri, Mawashi Geri, Ushiro Geri*)
 2. Palm Heel, Fore Knuckle, Back Knuckle
 (*Teisho, Hiraken, Uraken*)

BREAKING *Taemashiwara* Gyaku Tsuki*

ATTEND A COURSE & COMPETE IN KATA OR KUMITE

2nd KYU (RED BELT TO PURPLE)
(CONCENTRATION)
Four Months' Training (Juniors)/Eight Months (Adults/Cadets)
(Minimum)

STANCES	<i>Dachi Waza</i>	BLOCKS	<i>Uke Waza</i>
Crane	<i>Tsuri</i>	Palm Heel	<i>Teisho</i>
Straddle	<i>Shiko</i>	Sweeping	<i>Nagashi</i>

STRIKES	<i>Uchi Waza</i>	KICKS	<i>Geri Waza</i>
Hook	<i>Kage</i>	Flying	<i>Mae Tobi</i>
Roundhouse	<i>Mawashi</i>	Rear Heel	<i>Kakato</i>
Claw Hand	<i>Kani</i>	Front Heel*	<i>Ascending Kakato*</i>

SELF DEFENCE TECHNIQUE*	<i>Goshin Waza*</i>		
Against 4 stick attacks			
KATA	<i>PINAN GOH</i>		
JIYU KUMITE x 6	Free Sparring		
VITAL POINTS x 20*	<i>Atemi Waza</i>		
ONE STEP SPARRING*	<i>Ippon Kumite*</i> x 6 attacks		
CHARGING TECHNIQUES*	<i>Tsukomi Waza*</i>		
1. Cross Backfist, Side Kick, Cross Knife Hand (<i>Juji Uraken, Yoko Geri, Juji Shuto</i>)			
2. Instep Kick, Double Palm Heel, Head Butt (<i>Kin Geri, Morote Teisho Uchi, Atama Uchi</i>)			
BREAKING*	<i>Taemashiwara*</i>		
1. <i>Shuto Uchi</i>	2. <i>Mawashi Geri</i>	(consecutively with a pause between)	
BUNKAI*	<i>PINAN NI</i>		
WEAPON*	Nunchaku:	3 x Uke, 3 x Uchi against Jo Bow	

ATTEND 1 OR 2 COURSES & COMPETE IN BOTH KATA AND KUMITE