



DO KARATE
空手道

SYLLABUS

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The Ju Dachi Martial LTD has produced a comprehensive syllabus which all JDMA instructors must follow. Depending on the students grade will determine what techniques need to be taught. Below is an example of the how and what category each movement / technique belongs too.

Category Table					
Zuki Waza (Punching Techniques)	Uke Waza (Blocking Techniques)	Geri Waza (Kicking Techniques)	Renzoku Waza (Continuous Techniques)	Kumite (Pairwork)	Kata (Forms)

10th- 9th Kyu

Section	Techniques	Count
Zuki Waza	Choku Zuki / Oi Zuki Jodan	4 times
Uke Waza	Gedan Barai / Age Uke	4 times
Geri Waza	Mae Geri	4 times
Renzoku Waza	Gedan Barai, Oi Zuki Jodan	2 times
Kata	Kihon Kata	1 time
Kumite	N/A	4 times

9th- 8th Kyu

Section	Techniques	Count
Zuki Waza	Choku Zuki / Oi Zuki Chudan	4 times
Uke Waza	Age Uke / Gedan Barai / Soto Uke	4 times
Geri Waza	Mae Geri in Zenkutsu Dachi	4 times
Renzoku Waza	Kizame Zuki, Mae Geri, Gayku Zuki, Age Empi in Zenkutsu Dachi on the spot same side only / Kiame Geri, Mae Geri in Zenkutsu Dachi.	(3 times)
Kata	Heian Shodan	1 time
Kumite	Go Hon Kumite: Attacker Oi Zuki Jodan. Defender Jodan Age Uke fininsh with Gyaku Zuki.	1 time

8th- 7th Kyu

Section	Techniques	Count
Zuki Waza	Choku Zuki / Oi Zuki Jodan / Oi Zuki Chudan / Gyaku Zuki	4 times
Uke Waza	Age Uke / Gedan Barai / Soto Uke / Uchi Uke	4 times
Geri Waza	Mae Geri / Yoko Geri Kekome in Keba Dachi / Mawashi Geri in Zenkutsu Dachi	4 times
Renzoku Waza	Uchi Uke, Kizame Zuki, Gayku Zuki, Uraken Uchi in Zenkutsu Dachi (Plus Previous Combination.)	3 times
Kata	Heian Nidan	1 time
Kumite	Go Hon Kumite: Attacker Oi Zuki Jodan. Defender Jodan Age Uke fininsh with Gyaku Zuki. Attacker Oi Zuki Chudan. Defender Chudan Soto Uke fininsh with Gyaku Zuki.	1 time

7th- 6th Kyu

Section	Techniques	Count
Zuki Waza	Choku Zuki / Oi Zuki Jodan / Oi Zuki Chudan / Gyaku Zuki Chudan.	4 times
Uke Waza	Age Uke, Gedan Barai, Soto Uke, Uchi Uke	4 times
Geri Waza	Mae Geri / Yoko Geri Kekome and Keage in Keba Dachi / Mawashi Geri in Zenkutsu Dachi	4 times
Renzoku Waza	Soto Ude Uke, simultaneously change stance into Keba Dachi Empi. same arm Uraken, change into Zenkutsu Dachi Gyaku Zuki.	3 times
Kata	Heian Sandan	1 time
Kumite	Sanbon Kumite: Attacker Oi Zuki Jodan, Oi Zuki Chudan, Mae Geri. Defender Jodan Age Uke, Chudan Soto Uke, Gedan Barai fininsh with Gyaku Zuki.	1 time

6th- 5th Kyu

Section	Techniques	Count
Zuki Waza	Choku Zuki / Oi Zuki Jodan / Oi Zuki Chudan / Gyaku Zuki Chudan/ Sanbon Kumite.	4 times
Uke Waza	Age Uke, Gyaku Zuki, Soto Uke, Gyaku Zuki / Chudan Uchi Uke	4 times
Geri Waza	Mae Geri / Yoko Geri Kekome and Keage in Keba Dachi / Mawashi Geri in Zenkutsu Dachi	4 times
Renzoku Waza	Age Uke Gyaku Zuki, Gedan Bari Uke in Zenkutsu Dachi (Plus previous combination.)	3 times
Kata	Heian Yondan	1 time
Kumite	Ippon Kumite: Attacker Oi Zuki Jodan, Oi Zuki Chudan, Mae Geri. Defender Jodan Age Uke, Gyaku Zuki / Chudan Soto Uke, Gedan Barai, Gyaku Zuki.	1 time

5 th - 4 th Kyu		
Section	Techniques	Count
Zuki Waza	Choku Zuki / Oi Zuki Jodan / Oi Zuki Chudan / Gyaku Zuki Chudan.	4 times
Uke Waza	Age Uke, Gyaku Zuki, Soto Uke, Gyaku Zuki / Chudan Uchi Uke Gyaku Zuki / Gedan Barai, Gyaku Zuki.	4 times
Geri Waza	Mae Geri / Yoko Geri Kekome and Keage in Keba Dachi / Mawashi Geri in Zenkutsu Dachi	4 times
Renzoku Waza	Age Uke, Gayku Zuki, Gyaku Uchi Uke, Mae Geri Gyaku Zuki. (Plus previous combination.)	3 times
Kata	Heian Godan	1 time
Kumite	Ippon Kumite: Attacker Oi Zuki Jodan, Oi Zuki Chudan, Mae Geri. Defender Jodan Age Uke, Gyaku Zuki / Chudan Soto Uke, Gedan Barai, Gyaku Zuki. (Each attack and defence left and right.)	1 time

4 th - 3 rd Kyu		
Section	Techniques	Count
Zuki Waza	Choku Zuki / Oi Zuki Jodan / Oi Zuki Chudan / Gyaku Zuki Chudan / Sambon Zuki.	4 times
Uke Waza	Age Uke, Gyaku Zuki, Soto Uke, Gyaku Zuki / Chudan Uchi Uke Gyaku Zuki / Gedan Barai, Gyaku Zuki.	4 times
Geri Waza	Mae Geri / Yoko Geri Kekome and Keage in Keba Dachi / Mawashi Geri in Zenkutsu Dachi	4 times
Renzoku Waza	Age Uke, Gayku Zuki, Gyaku Uchi Uke, Mae Geri Gyaku Zuki. (Then perform the combination by changing the first block to the following: Soto Uke / Uchi Uke. and Gedan Barai Uke.	3 times
Kata	Tekki Shodan	1 time
Kumite	Jyu Ippon Kumite: Attacker Oi Zuki Jodan, Oi Zuki Chudan, Mae Geri. Defender Jodan Age Uke, Gyaku Zuki / Chudan Soto Uke. Gedan Barai. Gyaku Zuki.	1 time

3 rd - 2 nd Kyu		
Section	Techniques	Count
Zuki Waza	Choku Zuki / Oi Zuki Jodan / Oi Zuki Chudan / Gyaku Zuki Chudan / Sambon Zuki.	4 times
Uke Waza	Age Uke, Gyaku Zuki, Soto Uke, Gyaku Zuki / Chudan Uchi Uke Gyaku Zuki / Gedan Barai, Gyaku Zuki.	4 times
Geri Waza	Mae Geri / Yoko Geri Kekome and Keage in Keba Dachi / Mawashi Geri in Zenkutsu Dachi	4 times
Renzoku Waza	Age Uke, Gayku Zuki, Gyaku Uchi Uke, Mae Geri Gyaku Zuki. (Then perform the combination by changing the first block to the following: Soto Uke / Uchi Uke. and Gedan Barai Uke.	3 times
Kata	Bassai Dai	1 time
Kumite	Jyu Ippon Kumite: Attacker Oi Zuki Jodan, Oi Zuki Chudan, Mae Geri, Yoko Geri. Mawashi Geri. Defender Jodan Age Uke, Gyaku Zuki / Chudan Soto Uke, Gedan Barai. Gyaku Zuki. Keage Uke. Gyaku Zuki Uchi Uke. Gyaku Zuki.	1 time

2 nd - 1 st Kyu		
Section	Techniques	Count
Zuki Waza	Choku Zuki / Oi Zuki Jodan / Oi Zuki Chudan / Gyaku Zuki Chudan / Sambon Zuki.	4 times
Uke Waza	Age Uke, Gyaku Zuki, Soto Uke, Gyaku Zuki / Chudan Uchi Uke Gyaku Zuki / Gedan Barai, Gyaku Zuki.	4 times
Geri Waza	Mae Geri / Yoko Geri Kekome and Keage in Keba Dachi / Mawashi Geri in Zenkutsu Dachi	4 times
Renzoku Waza	Age Uke, Gayku Zuki, Gyaku Uchi Uke, Mae Geri Gyaku Zuki. (Then perform the combination by changing the first block to the following: Soto Uke / Uchi Uke. and Gedan Barai Uke.	3 times
Kata	Choice of Bassai Dai / Jion / Empi or Kanku Dai	1 time
Kumite	Jyu Ippon Kumite: Attacker Oi Zuki Jodan, Oi Zuki Chudan, Mae Geri, Yoko Geri. Mawashi Geri. Defender Jodan Age Uke, Gyaku Zuki / Chudan Soto Uke, Gedan Barai. Gyaku Zuki. Keage Uke. Gyaku Zuki Uchi Uke. Gyaku Zuki.	1 time

1 st Kyu- 1 st Dan		
Section	Techniques	Count
Zuki Waza	Choku Zuki / Oi Zuki Jodan / Oi Zuki Chudan / Gyaku Zuki Chudan / Sambon Zuki.	4 times
Uke Waza	Age Uke, Gyaku Zuki, Soto Uke, Gyaku Zuki / Chudan Uchi Uke Gyaku Zuki / Gedan Barai, Gyaku Zuki.	4 times
Geri Waza	Mae Geri / Yoko Geri Kekome and Keage in Keba Dachi / Mawashi Geri in Zenkutsu Dachi	4 times
Renzoku Waza	Stepping backwards, Age Uke, Gyaku Zuki, Step back Uchi Uke, Kizame Zuki, Gyaku Zuki, Uraken Uchi, Step Back, Soto Uke, same arm Yoko Enpi Uchi in Keba Dachi, Uraken Uchi, Gyaku Zuki Chudan in zenkutsu Dachi, Step Gedan Barai, Same arm Uraken Uchi, Gyaku Zuki Chudan, Step Back, Shuto Uke in Kokutsu Dachi, Kizame Mae Gei land in Zenkutsu Dachi, Nukite. (Plus any previous combination chosen by the examiner.)	3 times
Kata	Choice of Bassai Dai / Jion / Empi or Kanku Dai	1 time
Kumite	Sanbon Kumite Ippon Kumite Jyu Ippon Kumite. Kumite Examiner may chose up to three kumite exercises.	1 time

1 st - 2 nd Dan		
Section	Techniques	Count
Zuki Waza	Choku Zuki / Oi Zuki Jodan / Oi Zuki Chudan / Gyaku Zuki Chudan / Sambon Zuki. (Examiners choice of three exercises.)	4 times
Uke Waza	Age Uke, Gyaku Zuki, Soto Uke, Gyaku Zuki / Chudan Uchi Uke Gyaku Zuki / Gedan Barai, Gyaku Zuki. (Examiners choice of three exercises.)	4 times
Geri Waza	Mae Geri, Gyaku Zuki / Yoko Geri Keage Uraken Gyaku Zuki in Zenkutsu Dachi.	4 times
Renzoku Waza	Kizame Zuki, Oi Zuki Jodan, Gyaku Zuki Chudan Step Back: Age Uke same arm Soto Uke, Gyaku Zuki Any Kyu Grade Combination Stepping forwards. Step Back: Shuto Uke, Kizame Mae Geri, Nukite	4 times
Kata	Choice of Bassai Dai / Jion / Empi or Kanku Dai	1 time
Kumite	Sanbon Kumite Ippon Kumite Jyu Ippon Kumite. Kumite Examiner may chose up to three kumite exercises.	1 time

2 nd - 3 rd Dan		
Section	Techniques	Count
Zuki Waza	Choku Zuki / Oi Zuki Jodan / Oi Zuki Chudan / Gyaku Zuki Chudan / Sambon Zuki. (Examiners choice of three exercises.)	4 times
Uke Waza	Age Uke, Gyaku Zuki, Soto Uke, Gyaku Zuki / Chudan Uchi Uke Gyaku Zuki / Gedan Barai, Gyaku Zuki. (Examiners choice of three exercises.)	4 times
Geri Waza	Mae Geri, Gyaku Zuki / Yoko Geri Keage Uraken Gyaku Zuki in Zenkutsu Dachi.	4 times
Renzoku Waza	Kizame Zuki, Oi Zuki Jodan, Gyaku Zuki Chudan Step Back: Age Uke same arm Soto Uke, Gyaku Zuki Any Kyu Grade Combination Stepping forwards. Step Back: Shuto Uke, Kizame Mae Geri, Nukite	4 times
Kata	Any Heian to Tekki Shodan Kata, Chosen by examiner. Students favorite Kata.	1 time
Kumite	Sanbon Kumite three varations all attacks remain the same. 1. Attacker Oi Zuki Jodan, Oi Zuki Chudan, Mae Geri. Defender Jodan Age Uke, Chudan Soto Uke, Gedan Barai fininsh with Gyaku Zuki. 2. Attacker Oi Zuki Jodan, Oi Zuki Chudan, Mae Geri. Defender Jodan Age Uke, Chudan Uchi Uke, Gyaku Gedan Barai fininsh with Kizame Zuki Jodan, Gyaku Zuki Chudan. 3. Attacker Oi Zuki Jodan, Oi Zuki Chudan, Mae Geri. Defender: Haiwan Uke, Morote Uke. Keage Uke fininsh with Gyaku Zuki	1 time

3 rd - 4 th Dan		
Section	Techniques	Count
Zuki Waza	Choku Zuki / Oi Zuki Jodan / Oi Zuki Chudan / Gyaku Zuki Chudan / Sambon Zuki. (Examiners choice of three exercises.)	4 times
Uke Waza	Age Uke, Gyaku Zuki, Soto Uke, Gyaku Zuki / Chudan Uchi Uke Gyaku Zuki / Gedan Barai, Gyaku Zuki. (Examiners choice of three exercises.)	4 times
Geri Waza	Mae Geri, Gyaku Zuki / Yoko Geri Keage Uraken Gyaku Zuki in Zenkutsu Dachi.	4 times
Renzoku Waza	Any Combination three combinations from 9 th -1 st Kyu	4 times
Kata	Any Heian to Tekki Shodan Kata, Chosen by examiner. Students favorite Kata.	1 time
Kumite	Ippon Kumite five different attacks for Jodan, Chudan and Mae Geri	1 time
	<p><u>Jodan Attacks /</u></p> <p>One: Attacker: Oi Zuki Jodan / Defender: Chudan Soto Uke, Gyaku Zuki.</p> <p>Two: Attacker: Oi Zuki Jodan / Defender: Haiwan-uke / zenwan-hitae-Kamae, Gyaku Haito Uchi.</p> <p>Three: Attacker: Oi Zuki Jodan / Defender: Tai Sabaki Age Uke, Yoko Geri Keage, Yoko Empi Uchi finish in Keba Dachi.</p> <p>Four: Attacker: Oi Zuki Jodan / Defender: Jodan Juji Uke, Mawshi Geri, Empi</p> <p>Five: Attacker: Oi Zuki Jodan / Defender: Jodan Age Uke, Tai Sabaki, Mae Geri, Tate Empi Uchi in Zenkutsu Dachi.</p> <p><u>Chudan Attacks /</u></p> <p>One: Attacker: Oi Zuki Chudan / Defender: Soto Uke, Gyaku Zuki</p> <p>Two: Attacker: Oi Zuki Chudan / Defender: Soto Uke inside the attack shit into Keba Dachi, Yoko Empi Uchi.</p> <p>Three: Attacker: Oi Zuki Chudan / Defender: Oi Zuki Chudan / Defender: Uchi Uke, Kizame Zuki Jodan, Gyaku Zuki Chudan</p> <p>Four: Attacker: Oi Zuki Chudan / Defender: Shuto Uke, Kizame Mawashi or Mae Geri, Nukite.</p> <p>Five: Attacker: Oi Zuki Chudan / Defender: Keage Uke spin round Ura Empi Uchi.</p> <p><u>Kicking Attacks /</u></p> <p>One: Attacker: Mae Geri Chudan / Defender:Gedan Barai, Gyaku Zuki</p> <p>Two: One: Mae Geri / Defender: Gyaku Gedan Barai, Kizami Zuki Jodan, Gyaku Zuki Chudan.</p> <p>Three: One: Oi Zuki Chudan / Defender: Gedan Barai, Gyaku Tate Shuto Uke, Mawashi Empi.</p> <p>Four: One: Oi Zuki Chudan / Defender: Kegae Uke, Tate Zuki</p> <p>Five: One: Oi Zuki Chudan / Defender: Catch the kicking and finish with a throw.</p>	

4 th - 5 th Dan		
Section	Techniques	Count
Zuki Waza	Choku Zuki / Oi Zuki Jodan / Oi Zuki Chudan / Gyaku Zuki Chudan / Sambon Zuki. (Examiners choice of three exercises.)	4 times
Uke Waza	Age Uke, Gyaku Zuki, Soto Uke, Gyaku Zuki / Chudan Uchi Uke Gyaku Zuki / Gedan Barai, Gyaku Zuki. (Examiners choice of three exercises.)	4 times
Geri Waza	Mae Geri, Jun Zuki / Mae Geri, Gyaku Zuki / Mae Tobi Geri.	4 times
Renzoku Waza	Any Combination three combinations from 9 th -1 st Kyu	4 times
	Four Directional punching	
Tai Sabaki	Tenshin Sabaki / Tenshin Sabaki Bunkai	1 time
Kata	Any Heian to Tekki Shodan Kata, Chosen by examiner.	
Kansetsu Waza	Ikkyo, Nikkyo, Sankyō and Koto Gyashi	
Kata Bunkai	9 th to 4 th Kyu Bunkai	
Kumite	Ippon Kumite and or Sanbon Kumite	

TERMINOLOGY

As a JDMA instructor you should know the following terms. We have made it easy for you to understand by categorising the most common terms used in teaching Karate Do in various tables. As an instructor you should use Japanese terminology whenever possible in the class. You must also teach what each term means to your students so they understand how the words are put together and their meaning.

Stances	
Dachi	Stance
Zenkutsu Dachi	Front Stance
Kokutsu dachi	Back Stance
Kiba dachi	Horse Stance
Neko Ashi dachi	Cat Stance
Fudo dachi	Rooted Stance
Hangetsu dachi	Half Moon Stance
Sanchin dachi	Foot Ahead Stance
Kosa dachi	Crossed Leg Stance

Punches	
Choku Zuki	Standing Punch
Oi Zuki	Stepping Punch
Gyaku Zuki	Reverse Punch
Kizame Zuki	Lead Punch
Age Zuki	Rising Punch
Tate Zuki	Vertical Punch
Yama Zuki	Wide U Punch
Keage Zuke	Hock Punch
Ura Zuki	Short Punch
Morte Zuki	Double Punch

Kicks	
Funakomi	Stamp Kick
Mae Geri	Front Kick
Mawashi Geri	Round House Kick
Mae Tobi Geri	Jumping Front Kick
Ushero Geri	Back Kick
Ura Mawashi Geri	Reverse Round House Kick
Yoko Geri Keage	Side Snap Kick
Yoko Geri Kekomi	Side Thrust Kick
Yoko Tobi Geri	Jumping Side Kick

Types of Kumite	
Go Hon Kumite	Five Step Spar
Sambon Kumite	Three Step Spar
Ippon Kumite	One Step Spar
Jiyu Ippon Kumite	Semi Free One Step Spar
Jiyu Kumite	Free Spar

Counting	
Ichi	One
Ni	Two
San	Three
Shi	Four
Go	Five
Roku	Six
Shichi	Seven
Hachi	Eight
Kyu	Nine
Ju	Ten

Targets	
Jodan	High Level
Chudan	Mid Level
Gedan	Low Level

Strikes	
Age Enpi Uchi	Rising Elbow Strike
Mawashi Enpi Uchi	Round Elbow Strike
Yoko Enpi Uchi	Side Elbow Strike
Haito Uchi	Ridge Hand Strike
Hiza Uchi	Knee Strike
Shuto Uke	Knife Hand Strike
Yoko Testu Uchi	Side Fist Strike
Uraken Uchi	Backfist Strike

Blocks	
Age Uke	Rising Block
Gedan Barai Uke	Lower Arm Block
Keage Uke	Hock Block
Morte Uke	Double Block
Shuto Uke	Knife Hand Block
Soto Uke	Outside Block
Tate Shuto Uke	Vertical Open Hand Block
Uchi Uke	Inside Block