

Recommended Learning for 8th Kyu

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A = Attitude, Discipline, Etiquette	Key Learning Areas - Explanation
T-1 = Technique - Stance, blocking, punching/striking, kicking	
T-2 = Technique - Key Basics	
T-3 = Technique - Kata	
S = Self Defence - Applied basics, bunkai, kumite, spirit	
C = Conditioning - Push ups, sit ups, squat kicks	
K = Knowledge, Concepts, Budo Theory	In order to help you progress in all areas of your karate training, it is important to understand what is expected of you at each level. Over or under emphasis in any one of the key learning areas can be detrimental to your overall development. Especially, please keep in mind that learning new sequences (kata or bunkai) is secondary to developing a strong foundation of the key basics at each level. A minimum competency is required to pass your grading test for each new rank, but if you work closely with these key learning areas under the guidance of your instructor you are certain to progress.

Level	Key Area	Requirement	Standard
Level 1	A	Seiza Self Control	Does not move while sitting in seiza.
	T-1	Mae, yoko, ushiro, mawashi, age and otoshi enpi	Perform all elbow strikes (Enpi no Kata) with correct form, balance, posture and pull back (other hand).
	T-2	Kime (focus at end of technique) Seichusen (correct target) Breathing (out with techniques)	Techniques finish with a sharp focus and power Techniques are consistently aimed towards the centre line Breath out is in time with techniques
	T-3	Enpi no kata	Performs kata alone, with count, while demonstrating an emerging understanding of the key basics for this level (see above, T-1 & T-2)
	S	Bogu kumite Gizami zuki, gyaku zuki	Uses single punch or combination (gizami zuki, gyaku zuki) with correct distance, target and a strong kiai
	C	Push ups, sit ups, squat kicks 10 of each exercise	Correct technique – in order to work the necessary muscle groups
	K	“Kime”	“Kime” is the focussed power at the end of all techniques. Recognises this word when it is used by the instructor.

Level	Key Area	Requirement	Standard
Level 2	A	Respect	Always walks behind people who are training, never in front or between partners.
	T-1	Kagi zuki Ushiro mawashi zuki Shuto uke Teisho Ushiro mawashi enpi	Perform all strikes and blocks (Nijuushichi te waza) with correct form, balance, posture and pull back (other hand).
	T-2	Kime (focus at end of technique) Seichusen (correct target) Breathing (out with techniques)	Same as level 1, but more refined
	T-3	Nijuushichi te waza	Performs kata alone, with count, while demonstrating an emerging understanding of the key basics for this level (see above, T-1 & T-2)
	S	Ashi sabaki (footwork)	In kumite, uses footwork to retreat from an incoming single technique attack, then immediately advance with a counter technique at correct distance before the opponent can retreat
	C	Push ups, sit ups, squat kicks 15 of each exercise	Correct technique – in order to work the necessary muscle groups
	K	“Seichusen”	“Seichusen” is the correct centre line which is often attacked and always defended. Recognise this word when it is used by the instructor.

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Level	Key Area	Requirement	Standard
Level 3	A	Obi (belt)	Properly ties belt and keeps it tied throughout the class. Faces the back when it comes undone and tightens it up as required.
	T-1	Taisabaki	Effectively uses taisabaki and delivers a counter punch with correct distance (Kihon dosa yon)
	T-2	Kime (focus at end of technique) Seichusen (correct target) Breathing (out with techniques)	Same as level 2, but more refined
	T-3	Kihon dosa yon	Performs kata alone, with count, while demonstrating an emerging understanding of the key basics for this level (see above, T-1 & T-2)
	S	Kihon doas yon bunkai (3 attackers)	Uses correct footwork to evade, block and counter at correct distance, based on the sequence of kihon dosa yon
	C	Push ups, sit ups, squat kicks 20 of each exercise	Correct technique – in order to work the necessary muscle groups
	K	Showa	Can correctly say the showa in Japanese, following the lead of a senior

Level	Key Area	Requirement	Standard
Level 4	A	Perseverance ** TASK **	Practice all kata that you know at least once a day every day for 4 consecutive weeks.
	T-1	All techniques from kata	Same as level 1, 2 & 3 - but more refined
	T-2	Kime (focus at end of technique) Seichusen (correct target) Breathing (out with techniques)	Same as level 3, but more refined
	T-3	Kihon dosa yon Enpi no kata Nijuushichi te waza	Performs the kata demonstrating all techniques pragmatically with power and intensity
	S	One step sparring	Receives single technique attacks from an opponent, blocks and counters using a variety of techniques (from enpi no kata and nijuushichi te waza) with good distance
	C	Push ups, sit ups, squat kicks 25 of each exercise	Correct technique – in order to work the necessary muscle groups
	K	Japanese	Recognise names of all techniques & kata at this level

Perseverance: *Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all.*

~ Dale Carnegie

Confidence: *When you have confidence, you can have a lot of fun. And when you have fun, you can do amazing things.*

~ Joe Namath