



# **Samurai Karate Waverley**

## **Student Manual**

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# 1 Dojo Etiquette

Students must at all times conduct themselves as outlined in the dojo creed. The following 5 values are the outlined in the creed:

1. Doryoku: **Effort**
2. Nintai: **Patience**
3. Jisei: **Temperance**
4. Sonkei: **Respect**
5. Sozo: **Creativity**

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## 2 Attendance

For a student to attempt their next grading basic attendance at classes must be met:

- a) Students must have a minimum of 25 lessons between kyu grades to 4th Kyu (Purple Belt).
- b) A minimum of 50 lessons between each grade from 4th to 1st Kyu.
- c) From 1st Kyu to Shodan - Ho: 100 lessons minimum achieved in a space of 9 months continuous training.
- d) From Shodan Ho to Shodan: 75 lessons minimum achieved in a space of 6 months continuous training.
- e) To Nidan: A minimum of 3 years of continuous training after attainment of Shodan.
- f) To Sandan: A minimum of 4 years continuous training after attainment of Nidan.

Students must please note that these are the recommended minimum training periods. Many students will require further preparation time. After this minimum period, please be guided in this respect by your Sensei. All gradings of Nidan and above require ratification and confirmation by world headquarters.

The Student must ensure they have completed the following minimum requirements before attempting gradings, failure to comply will mean not grading:

- The number of lessons must meet the required minimum, unless instructed otherwise by your Sensei.
- Knowledge of grading syllabus & terminology.
- Appropriate grading fees paid.
- Association membership current.
- Association license presented with fee.

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### 3 Grading Tips

Here are a few points to bear in mind when you go for a grading:

- Ensure you have trained regularly and thoroughly in the techniques and kata required for the grade you hope to achieve.
- A grade is not awarded for the number of techniques you can perform. Rather it is awarded on the quality of the performance i.e. good strong stances, snappy techniques, good hip movements, concentration posture etc.
- Your kata should be a combination of technical skill, power and concentration. It should not be rushed. Take a few seconds to compose yourself before starting the kata and concentrate fully on it. A bad start may jeopardize your chance of a good score. Concentrate for about 3-4 seconds after the last movement of the kata, before returning to the 'Yoi' position and again wait a few seconds before relaxing and bowing to the examiner.
- If you do not understand the examiner's request, ask him to repeat it. Failure to understand the Japanese terminology does not necessarily mean lost points, though you should know all the names of basic techniques.
- You should wear a clean, pressed Karate-Gi, make sure that finger & toe nails are cut short and you must not wear any metallic objects. If you have long hair you should wear a hachi-maki. This will help avoid the habit of flicking the hair away from your face during the performance of Kata and the consequent loss of concentration which will lose you points. White is the only acceptable colour for a hachi-maki.
- When you are called before the examiner, do not forget to bow correctly (a nod of the head is not sufficient). Failure to bow to the examiner before and after each section of the examination and before and after sparring with an opponent shows a lack of knowledge of basic dojo etiquette and may lead to the examiner dismissing you.
- When waiting your turn to be called, do not lean against the walls or sprawl on the mat or dojo floor and please keep silent when others are taking part in their examination.
- Finally remember this, the examiner is not there to fail you, he wants to pass you, but you have to help by doing the right thing during the examination. Make sure you have prepared yourself accordingly.

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## 4 Novice Grading Terms

The following is a list of Japanese terms for techniques & their English translations:

- Ashi Sabaki: Foot movement
- Chudan: Waist to shoulder
- Chudan-uke: Inside middle block
- Empi-uchi: Elbow strike
- Gedan: Low, under waist
- Gedan barai: Downward block
- Geri: Kick
- Gyaka-zuki: Reverse punch
- Ippon Kumite: Pre-arranged , single attack sparring
- Jodan: Above shoulder
- Jodan-age-uke: Upper rising block
- Kamae: On guard
- Kansetsu-geri: Side kick to knee, shin etc
- Kata: Pre-arranged form
- Kingeri: Groin kick
- Mar geri: Front kick
- Maeken zuki: Leading hand punch
- Neko-achi-dachi: Cat stance
- Oi-zuki: Lunge punch
- Shiko-dachi: Sumo stance
- Shotei: Palm Heel
- Shukui-uke: Sweeping block (palm heel or wrist)
- Shuto: Open hand
- Shuto uchi: Knife hand strike
- Shuto-uke: Open hand block
- Sokutsudachi: back stance
- Tzuki: Punch
- Uchi: Strike
- Uke: Block
- Uraken: Bare knuckle
- Yoi-dachi: Ready stance
- Zenkutsu-dachi: Forward stance

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## 5 Intermediate Grading Terms

The following is a list of Japanese terms for techniques & their English translations:

- Agezuki - Raising punch
- Ashiberai - Foot sweep
- Chokugan - Concentrated stare
- Empi-uchi - Elbow strike
- Haito uchi - Ridge hand strike
- Hittsui/Hiza Geri - Knee strike
- Ju-ippou-kumite - Semi-free one step sparring
- Kagezuki - Hook punch
- Kake dachi - T Stance
- Kake uke - Hooking block
- Kiai - Focussed shout
- Kime - Focus
- Maeashigeri - Circular front kick
- Mawashi-geri - Roundhouse kick
- Mawashi-uke - Round house block
- Mikazukigeri - Crescent kick
- Nukite - Spear hand
- Oi-zuki - Lunge punch
- Randori - A form of sparring with emphasis on continuous technique.
- Shuto - Knife hand
- Tettsui - Hammer fist
- Tsuru ashi dachi - Crane stance
- Tsuru-ashi - Combination of front and rear foot shuffle used to obtain distance or break opponents rhythm
- Ura Mawashigeri - Side round kick
- Urazuki - Close punch
- Ushiro Geri - Back Kick
- Ushiro Uchi Mawashigeri - Spinning heel kick
- Yoko-geri kakato - Side kick with heel
- Yoko-geri sokuto - Side kick with edge of foot
- Zanchin – Awareness

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## 6 Fighting Combinations

All the following combinations are from left kamae. Additional practice from right kamae is recommended. After the last move in all combinations, execute an open hand thrust with the withdrawn hand, then back to kamae.

**1a. Slide in right oizuki.**

1b. Slide in right oizuki, left gyaku zuki.

**1c. Slide in right one leg punch.**

1d. Slide in right oizuki, step over right gyaku zuki.

**2a. Slide in right gyaku zuki.**

2b. Slide right gyaku zuki chudan, left jodan maekenzuki.

**2c. Slide in left shottei uchi, right gyakuzuki.**

2d. Slide in left jodan uraken, right gyaku zuki.

**3a. Slide in left maekenzuki.**

3b. Slide in left chudan maekenzuki, right jodan gyaku zuki '

**3c. Slide back to right 45 'left maekenzuki,**

3d. Slide back to left 45 ' left uraken, right gyakuzuki.

**4a. Slide in right maegeri, right oizuki.**

4b. Slide in right maegeri, left gyaku zuki.

**4c. Slide in right maegeri, right one leg punch.**

4d. Slide in right maeashigeri, left uraken, right gyakuzuki.

**5a. Skip in left maegeri, right gyakuzuki.**

5b. Right gyakuzuki, skip in left maegeri, right gyakuzuki.

**5c. Skip in left mawashigeri, right gyakuzuki.**

5d. Right one leg punch, step over left mawashigeri.

**6a. Step back right shuto block, left gyaku zuki, right thrust, step forward repeat.**

6b. Step back right shuto block, right uraken, step forward, repeat.

**6c. Slide back right jodan shotei uke, left maekenzuki.**

6d. Slide back right jodan shotei uke, left chudan shotei uke, right gyakuzuki.

**7a. Slide in left shuto gedan barai, right gyaku zuki.**

7b. Slide in left shuto gedan barai, left jodan maekenzuki.

**7c. Step back, right gedan barai, left gyakuzuki, step forward, repeat.**

7d. Step back, cross hand gedan barai (jiyu uke), right uraken, step forward cross hand gedan barai (jiyu uke), right gyaku zuki.

**8a. One leg open hand fake jodan, left gyaku zuki.**

8b. One leg open hand fake jodan, left gyaku zuki, right jodan maekenzuki.

**8c. One leg open hand fake jodan, right uraken.**

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8d. One leg open hand fake jodan, right uraken plus left gyakuzuki.

**9a. Slide in, right ashiberai.**

9b. Skip in, left ashiberai.

**9c. Slide in right ashiberai, right oizuki.**

9d. Slide in right ashiberai, right uraken.

**10a. Right maegeri, left mawashigeri.**

10b. Right maegeri, left ushiro gen'.

**10c. Right maegeni, step in right yoko geri.**

10d. Right ushiro geri, step in right ushiro mawashigeri.

*These are only a guide to the basic combinations, your instructor will demonstrate the correct form and theory of attack or defence on each technique.*

## **7 Grading Requirements**

Please consult your Sensei for the grading requirements prior to each grading.