

The karate Martial Arts Academy modular access programme (access to Inshallah Karate)

With your access modular each student has a set training programme. Your programme might be the same as most other students in your group or, it may vary a little or a lot. This will depend on your particular grade and needs. Your kyu grade programme will consist of a sequence of units, which you will train over the years to come. This starts with a six weeks block for the seventh kyu grade then twelve weeks block per kyu grade from 6th kyu – 4th kyu. 3rd kyu – 1st kyu will be a 24 weeks block per kyu grade. Access to black belt 1st dan student must undergo a 50 weeks block.

Martial Arts Academy has structured training years into a series of instruction blocks (called karate modules) within which you will complete one or more units and credits.

Your access to black belt 1st dan level (1) one is made up of a sequence of units and credits from 7th kyu all the way to 1st kyu. The following are the kyu grade units and credit values:

1. 7 th kyu	50 units	2 credits	Foundation
2. 6 th kyu	80 units	4 credits	Foundation
3. 5 th kyu	100 units	6 credits	Foundation
4. 4 th kyu	120 units	7 credits	Foundation
5. 3 rd kyu	150 units	9 credits	Intermediate
6. 2 nd kyu	180 units	14 credits	Intermediate
7. 1 st kyu	220 units	20 credits	Intermediate
8. 1 st dan	300 units	40 credits	Advanced level 1.
9. 2 nd dan	390 units	60 credits	Advanced level 2.
10. 3 rd dan	480 units	80 credits	Advanced level 3.

Modular

Credit value:

Credits are awarded to you when you have successfully completed a kyu grade (units) Each credit has a value or number indicating how much it is worth.

Certificate:

In order to be awarded your certificates you must grade and gain units and credits.

1st dan black belt level 1: access to:

In order to gain access to black belt 1st level (1) one you must be awarded a certain amount of credits from grade 7th – 1st kyu – a total of 50 credits, with at least 40 of these credits at intermediate level (3rd – 1st kyu).

1st dan black belt level 1 (competent):

In order to gain your black belt 1st dan you must be awarded a certain amount of credits. Experience has shown that students who do not achieve more than 48 credits at foundation level (7th kyu – 4th kyu) to intermediate level (3rd kyu – 1st kyu) are less likely to succeed on a black belt 1st dan exam. To stand a chance of progression to higher standard at 1st dan black belt you will have to achieve additional mandatory requirements.

LANGUAGE LIST: Japanese Chinese French German Italian Turkish Kurdish Swedish Dutch Urdu Tree Afrikaans Arabic Swahili Egyptian Ebo.

6th Kyu

Kihon etiquette tsuki dachi & uke kata (Basic methodical techniques)

- 1) Kamaete, musubi – dachi, seiza, sensei – ni – rei, otagai – ne – rei, kiritsu, then yohi into heiko – dachi then kiba – dachi hidi jodan – uke migi seiken zuki jodan, then turn clockwise into kiba – dachi migi yoko double soto uke chudan then turn clockwise into kiba – dachi ushiro double seiken zuki jodan (with left fist on top) Repeat (with right fist on top), then turn clockwise into shiko – dachi hidari yoko hidi uchi – uke migi jodan – uke, then turn clockwise into kiba – dachi mae hidi seiken – zuki chudan, migi jodan – uke, hidi – seiken – zuki – chudan migi seiken – zuki chudan – kiai Then pull back right foot into left mae zenkutsu – dachi blocking left gedan – barai followed by gyaku zuki chudan – choku kiai then step, moving right foot only, into kiba – dachi double seiken zuki (left fist on top) repeat (right fist on top) then heiki – dachi – yohi

Renraku waza; Combination techniques pre-emptive (of karate action)

- 1) Mushi – dachi, fudo – dachi, hidari banmi gamae, kiai, migi gyaku zuki jodan, migi maegeri chudan, migi kizami – zuki jodan (Pulling back right fist swiftly to right hip side) Then backward hidi jodan uke, step backward for the second time and block migi jodan- uke with a vigorous hidi gyaku zuki chudan – kiai

Kata:  Shodan

Discipline regimen exercise:

1. 12 Push-ups
2. 12 Sit-ups
3. 50 Alternating knee charge

Pair techniques: 1

Jiyu Kumite (free fighting)

6th Kyu Units and Credits

	Units	Credits
Kihon	25	
Renraka waza	10	4
Kata	20	
Discipline	5	
Pair technique	10	
Jiyu Kumite	10	
Total	80	4